

From Digital Fatigue to Holistic Wellness: Effectiveness of a 21-Day Yoga, Physical and Social Activity Intervention Among Women Students in Higher Education

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Abstract

The present study examined the effectiveness of a structured 21-day intervention programme integrating yoga, physical activity, mindfulness practices, recreational participation, social engagement, and digital detox activities among women students in higher education institutions. A mixed-method research design using pre-test and post-test analysis was adopted. A purposive sample of 100 women students participated in the intervention programme. Standardised tools such as the Depression Anxiety Stress Scale (DASS-21), Physical Health Assessment Scale, and Digital Behaviour Assessment Schedule were used for data collection. The findings revealed substantial reductions in depression, anxiety, stress, screen time, and social media dependency after the intervention programme. Improvements were also observed in posture, physical fitness, energy level, and healthier digital behaviour among participants. The study concludes that structured wellness-oriented intervention programmes can effectively reduce the adverse effects of excessive online engagement and promote holistic well-being among women students. This study is part of the 2024-25 minor project, funded by the ICSSR.

Keywords: Digital Wellness, Mental Health, Women Students, Physical Activity, Yoga, Social Engagement, Screen Time, Higher Education, Holistic Well-Being

1. Introduction

Excessive online engagement and prolonged screen exposure have increasingly become associated with mental stress, anxiety, depression, sedentary behaviour, sleep disturbances, posture-related discomfort, and weakened interpersonal relationships among university students. Women students are particularly vulnerable due to academic stress, emotional pressure, and increased dependence on digital communication platforms. The present study focuses on evaluating the effectiveness of a structured 21-day intervention programme designed to improve the mental and physical well-being of women students affected by prolonged online engagement.

2. Objective of the Study

To explore the effectiveness of a structured 21-day intervention programme that incorporates yoga, physical activities and social engagement in mitigating the adverse effects of excessive online engagement on mental and physical health among women students.

3. Hypothesis

Participation in the 21-day physical and social activity programme will lead to significant improvements in both mental health and physical health outcomes among participants.

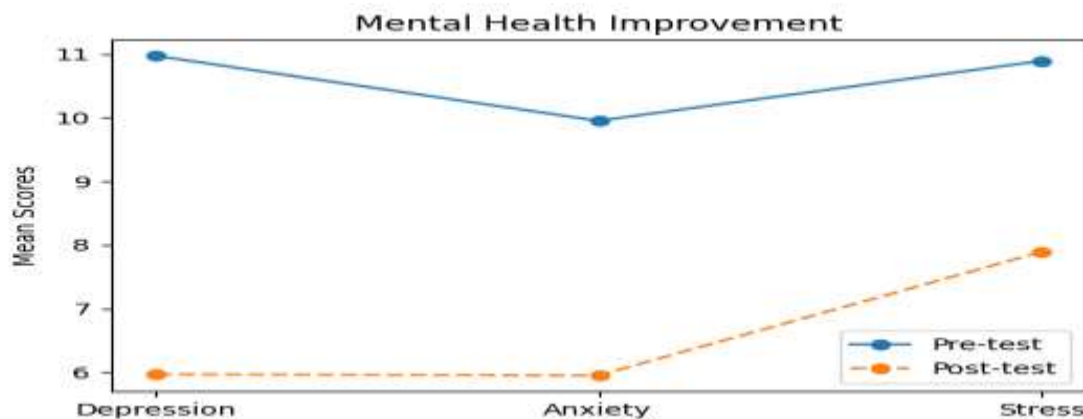
4. Methodology

The study adopted a mixed-method research design integrating quantitative and qualitative approaches. A purposive sample of 100 women students from higher education institutions in Kerala participated in the intervention programme. The intervention included yoga sessions, aerobics, stretching exercises, recreational games, meditation, mindfulness practices, peer interaction sessions, and digital detox activities. Pre-test and post-test assessments were conducted using DASS-21, Physical Health Assessment Scale, and Digital Behaviour Assessment Schedule.

5. Results and Discussion

5.1 Mental Health Improvement After Intervention

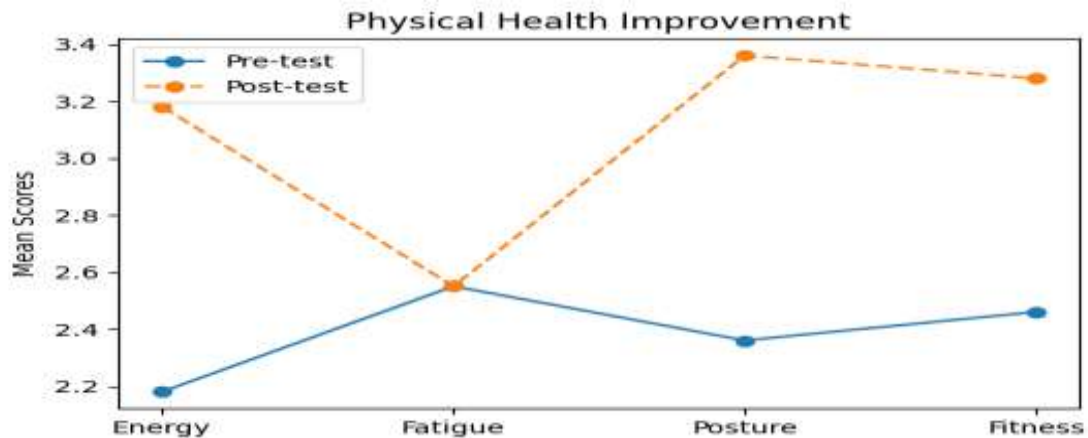
Variable	Pre-test Mean	Post-test Mean	Mean Difference
Depression	10.97	5.97	5.00
Anxiety	9.95	5.95	4.00
Stress	10.89	7.89	3.00



The findings revealed substantial reductions in depression, anxiety, and stress among women students after participation in the intervention programme.

5.2 Physical Health Improvement After Intervention

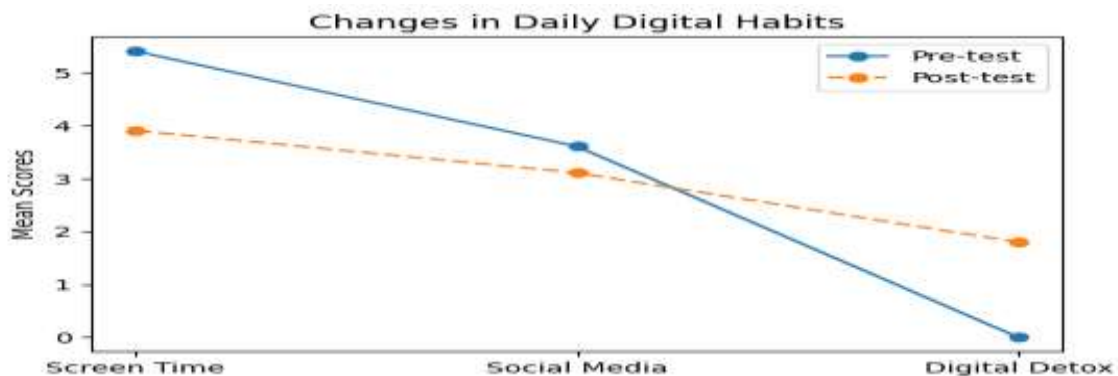
Variable	Pre-test Mean	Post-test Mean	Mean Difference
Energy Level	2.18	3.18	+1.00
Fatigue	2.55	2.55	0.00
Posture	2.36	3.36	+1.00
Physical Fitness	2.46	3.28	+0.82



The intervention programme improved posture, physical fitness, and energy levels among participants.

5.3 Changes in Daily Digital Habits

Variable	Pre-test Mean	Post-test Mean	Mean Difference
Screen Time	5.41	3.91	-1.50
Social Media Use	3.61	3.11	-0.50
Digital Detox	0.00	1.80	+1.80



The findings indicate reduced screen time, reduced social media dependency, and increased digital detox practices after the intervention programme.

6. Discussion

The findings strongly support the effectiveness of structured wellness-oriented intervention programmes in reducing the psychological and physical effects associated with excessive online engagement. Yoga, physical activity, recreational participation, mindfulness practices, and social interaction contributed to improved emotional balance, physical fitness, healthier lifestyle behaviour, and reduced dependence on digital media.

7. Conclusion

The present study concludes that the structured 21-day intervention programme significantly improved the mental and physical well-being of women students. The programme reduced depression, anxiety, stress, screen dependency, and unhealthy digital habits while improving posture, physical fitness, and

energy level. The findings emphasize the importance of integrating wellness-oriented programmes within higher education institutions to promote holistic well-being among students.

8. Recommendations

- Introduce wellness-oriented programmes in higher education institutions.
- Promote yoga, physical activity, and mindfulness practices among students.
- Encourage digital detox and balanced technology use.
- Establish student wellness centres and counselling services.
- Conduct long-term wellness intervention programmes.

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