Chapter 5
Technological Issues in Emotional and Mental Health

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ABSTRACT

In the 21st century, people are connecting with technology, and most of the people are spending time in social networks for sharing information. For the most part, spending time on social media is linked with an increased risk of loneliness and depression. Negative effects of social media and social network are affecting the person's mental, emotional, and physical health. The World Health Organization (WHO) reported that 8,000,000 people are dying due to suicide every year, and especially, every 40 seconds teenagers are dying. Generally, most of the teenagers are emotionally imbalanced; most of the suicide is committed on high depression. Depression is the foremost cause of emotional and mental illness. Emotional health is a state of emotional wellbeing, and it's a hidden and invisible factor as well as a factor for good mental health; mental health is a deep-seated problem for most humans. With this background, this chapter discusses the emotional and mental health with respect to technological issues.

INTRODUCTION

Emotional health is so important of every human's life because no humans can live without emotions such as smile, enjoy, angry and so on. Emotions are innate characteristics, and exposing and realizing of emotions are depends on individuality. Emotions play a crucial role in human life for their happiness and mutual understanding with the society. Emotionally healthy persons can control their emotions, feel-

ings, thoughts, overall behaviour and realize the potential of them. Generally, emotional outburst created by destructive emotions suffers other seriously. An emotionally unstapled administrator always getting angry easily and scolds his/her subordinate is an example for emotional outburst. Emotions cannot be controllable but manageable. Some peoples are not compromise with their negative/destructive emotions that directly suffers others and themselves also. Suicidal activities are the result of uncontrollable destructive emotions. Everyone take care about

Figure 1. 15-29 years ages causes of suicides (WHO, 2017)
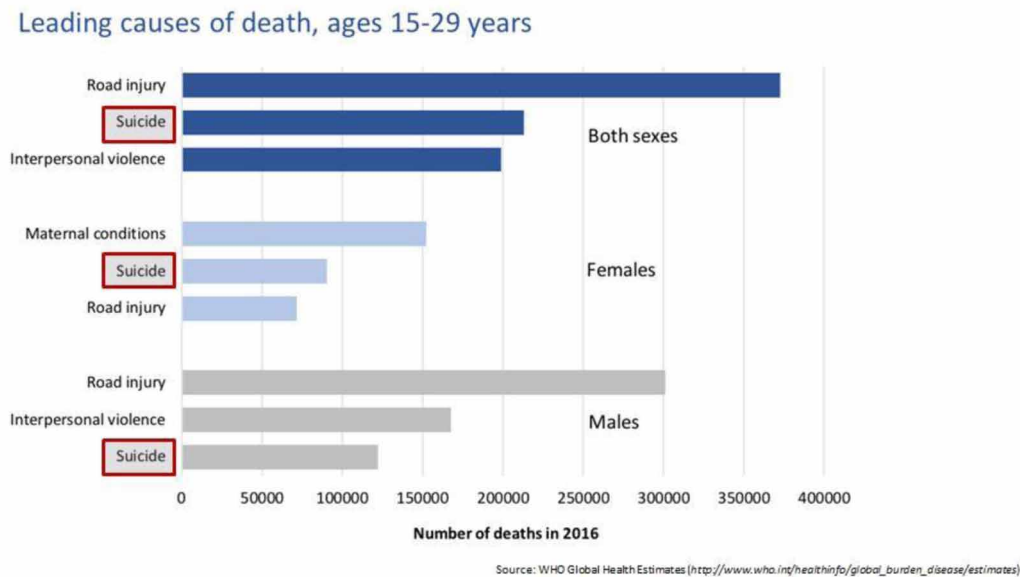
World Health Organization (WHO) reported that 8, 00,000 people are dying due to suicide every year and every 40 seconds 15-29 years old people are dying is deployable news. Roving the blue whale game also is one of the best examples of illness of emotional health problems. American Association of Suicidology (AAS), 'Blue Whale Challenge' is a social media game and the teenage people addicted to this game. It purposefully encourages the activity of hold in self-harm and suicidal behaviour to the young people. AAS also insisted that the teenage people directed by the game to do suicidal activities and ending their lives. Because of teenage people are not known to how rightly deal with their own emotions.

Emotionally Healthy person is an individual who knows how can aware of negative emotions, how to manage their negative feelings and they can handle the emotional problems. Maintaining emotional health is one of the skills to improve our lifestyles and travel our life path in positive manner. Emotional healthy persons always manage the destructive emotions and he/she follow some management strategies. They always prefer constructive emotions for maintaining the mental and emotional health. Emotional health is linked with one's mental health and physical health and so on.

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