

EDITORIAL



CYBERPSYCHOLOGY -AN INEVITABLE

"We are still at the beginning of an unimaginable shift in how we live." says Dr. Mary Aiken, a world leading Cyberpsychologist, professor and chair of the Department of Cyberpsychology at Capitol Technology University, Washington D.C.

The word 'cyber' comes from '*Cybernetics*' which is a scientific study of communication and control, and '*Psychology*' is the scientific study of human mind and behavior in different contexts.

The world has turned on its axis in the past decade, and most basic facilities like education, banking, shopping, employment, even dating have become online. Many people prefer it that way because it is less time, money and energy consuming; it is smart and cool, and it is a sign of a 21st century competent individual.

But alas, just like everything else, the cyber world is full of dangers for an innocent user. These dangers are potent enough to cause long lasting harm. These may be as grave as being incriminated for an unintentional cybercrime, being physically harmed, being brain washed and groomed by an ill meaning stranger or falling prey to a range of mental illnesses.

We cannot do away with the Internet, so the next **best step is to educate ourselves on the best practices related to the digital world.**

But not all news from the world is bad. Some developed countries are making constructive use of Cyberpsychology experts by designing robots which are capable of teaching social and academic skills to mentally and physically challenged children.

Formal degree courses designed by global experts in Cyberpsychology are being offered by leading universities.

I hope this issue gives rest to some of your worries and gives you the answers you are looking for.



Dr. Geetanjali Jha,
Co-editor, Head of Digital Parenting and Cyberpsychology Research at iMature EdTech, Counseling Psychologist.



RTN. DR. SHIVANI SULE PRESIDENT, ROTARY CLUB OF NAGPUR VISION.

It was a pleasure to interview Dr. Shivani Sule, the President of Rotary Club of Nagpur Vision. Her dynamism, enthusiasm and honesty are indeed infectious.

She is an Ophthalmologist by profession. She has completed DNB Ophthalmology from IGGMC, Nagpur. After that she worked as a fellow at LV Prasad Institute, Hyderabad and trained in PHACO & oculoplasty surgeries. She has also trained in facial aesthetics in Mumbai. So, she is an ophthalmic plastic surgeon now.

We can confidently say that as the daughter of renowned ophthalmologist PDG Dr. Satish Sule, she has carried on the legacy. Shivani is blessed with many talents. She is a superb cricketer, an amazing singer, a runner, badminton player and also a cyclist. She says that she starts her day by reminding herself that she is alive with all organs functioning & surrounded by friends and loved ones. Her attitude of being a die-hard optimist is the secret to her happiness. She always manages to find something good in every bad and sad situation.

It's not surprising that her daughters are as dynamic as she is. Her elder daughter Sharvari is 23 and works as Assistant manager at Capital markets CBRE Bengaluru. Her younger one Shomira is a 12th grader studying at Woodside Priory school SFO along with pursuing her basketball dream. She has won many accolades as a world class basketball player.

Dr. Shivani feels that after the covid pandemic people are detached from each other and are attached to gadgets or virtual worlds. This is the reason for increased rates of depression, anxiety etc. She wishes DAGMHI 3030 to focus on improving relationships and also form a support group for teen issues.

Rtn. Dr. Shantala Bhole
Director DAGMHI 3030

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Online Safety

It is about how a user can protect their online identity and credentials while interacting with the virtual world.

It involves acquiring the essential knowledge and skills to ensure a smooth online experience.

A person aware and skilled in being safe online can also be helpful to others in an online emergency.

It deals with more of the humane aspects than the technical aspects. It has more to do with how people think and interact online as a person, group or as an organization.

It involves training, organization wide awareness programs, providing guidelines and adopting best practices.

Aakash Thakur
MS (Cyber Law and Information Security)

Online Security

It involves securing the information where ever it goes through a network like internet.

It involves securing your computers mobile phones, servers, apps and Operating systems running in them & the interactions between these devices worldwide.

Various standards, benchmarks and protocols are rolled out by governing bodies, for these devices and interactions between them to ensure security.

It deals more with technical, rather than humane aspect of online interaction.

Passwords, digital certificates, User access control, 2 factor authentication, IT security policy etc. are such measures.

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CYBERPSYCHOLOGY



Mr. Raghu Pandey,
Founder of iMature.in

DCIM : A CRITICAL SKILLSET FOR 21st CENTURY DIGITAL LIFE

The inevitable addition of gadgets and the Internet in our lives is affecting our mind, behaviour, lifestyles and relationships. The parents as well as teachers are concerned about safeguarding the children from the digital world and internet addiction. Because of the same reason, the face of parenting has also changed.

Most of the parents are worried about the problems the Internet poses to their children, but are clueless as to how to manage them. Majority of the teenagers are not aware of the pitfalls be it external threats or internal risks. Teenage being the formative years, the negative impact on the physical & mental health can be serious and long lasting.

While we all are talking and worried about the dark side of the internet, the bright side is full of opportunities for students. But we aren't training our children properly to **leverage the tools of the internet for education and career.**

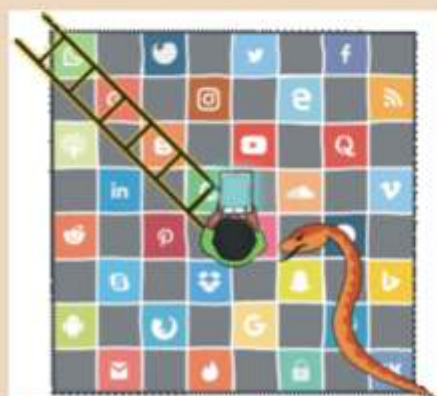
This is exactly why **iMature.in (first in India)** has introduced the concept of DCIM – **Digital Citizenship and Internet Maturity** – a unique program that will help us know, acknowledge and fill these skill gaps.

The founder, Mr. Raghu Pandey, is the pioneer of DCIM education in India. He has been working on it for a decade. He has also authored a book – 'Become an iMature student'. He iterates that **Internet Maturity is an absolute life skill for everyone in the 21st century**". He emphasizes that these skills are Psychology based and aimed at modifying the online behaviour of the child or the parent.

When there is something new, we would not know its implications and applications. The same applies to social media tools also - they are designed with a purpose but we use them mindlessly. And therefore, we must learn to **be mindful while using social media** - one needs to understand why apps & social media exist.

"If the individuals acquire the DCIM skills, they will neither become the victims of cybercrimes nor the unintentional perpetrators. They will be aware & skilled to make a constructive & safe use of the Internet.", adds **Dr. Geetanjali Jha who is the Head of Cyberpsychology research at iMature.in.** During the developmental phase the youngsters feel that the parents won't understand their problems and they easily fall prey to ill elements from the cyber world. Hence, parents and teachers should accept the fact that these skills are very important and critical. The skills that should be inculcated – the kids should be nurtured with.

It is the responsibility of digital parents that their kid should be internet mature. - **As narrated to Dr. Aabha Pimprikar, Co-editor**



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CYBERPSYCHOLOGY AN UPCOMING DISCIPLINE

Cyberpsychology - A Discipline Which Studies The Psychology Behind People's Online Behaviour.

Cyberpsychology is an amazing and unexpected amalgamation of two seemingly immiscible disciplines of study. It is an up and coming branch which is gaining the interest of Psychologists like myself. The main point of interest lies in studying the online behaviour of people, the difference between a person's social and digital behaviour, what is the motivation for this difference in behaviour, why do people become so mesmerized to their gadgets, what is the charm behind mindlessly watching videos, the nature and impact of online gaming addiction on the mind....the list goes on extensively.

It is safe to say that Cyberpsychology studies the human mind in context to the interaction between humans and the cyber world.

Our purpose of dedicating this month's theme to Cyberpsychology, is to throw light on some practical aspects of Cyberpsychology which are already impacting our lives.

There are many branches which come under Cyberpsychology. Some of the related branches are -

- Forensic Cyberpsychology
- Abnormal Cyberpsychology
- Sports And Health Cyberpsychology
- Cyberpsychology And Online Workspace
- Cyberpsychology Of Social Networking
- Consumer Cyberpsychology And Online Marketing
- The Psychology Of Artificial Intelligence
- The Psychology Of Gaming
- Psychological Applications Of Virtual Reality
- Cyberpsychology And Robotics

More new branches are added to this umbrella even as we speak about it.

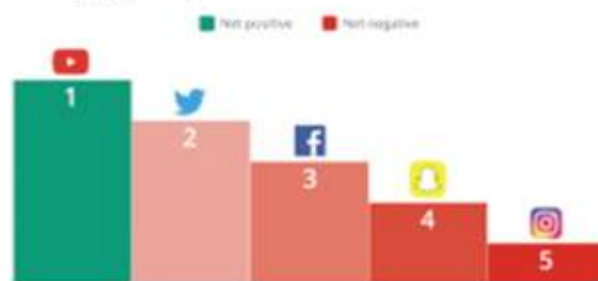
In the current issue we are going to address and understand the ones which are directly impacting our lives, especially post Covid 19 pandemic, now that most of the world is forced to live more online than offline. These issues are -

- 1)Online Reputation - The impression that is formed about an individual or an organization, when their online profile is checked out. A bad or absent online reputation, both will work against you.
- 2)Internet Maturity - Internet Maturity is the 21st century life skill
- 3)Internet addiction - Compulsively using the Internet at the expense of your health, relationships, education and other aspects of life.
- 4)Digital Parenting and Digital Leadership - The skills that equips parents to guide their children in becoming Internet Mature

Many leading universities like National Forensic Sciences University - India, Norfolk State University, Virginia - USA University of Buckingham - UK are offering certificate and degree courses in Cyberpsychology.

Hope you find this issue useful and interesting. Happy reading.

Dr. Geetanjali Jha,
Head of Digital Parenting and Cyberpsychology research at iMature EdTech,
Counseling psychologist.



Spending more than 3 hours on social media per day puts adolescents at a higher risk for mental health problems. 13% of kids aged 12-17 report depression and 32% report anxiety. 25% of 18 to 25-year-olds report mental illness.

Fact source etactics.com; Image courtesy StatistaCharts.



CYBERPSYCHOLOGY

UNDERSTANDING INTERNET ADDICTION

The Internet has become an inseparable part of our lives these days. We all are highly dependent on it right from purchasing things online to surfing Instagram reels mindlessly. Everything comes with pros and cons, even the Internet. On one hand it can make your job quick and easy but on the other hand it can impact your mental health if used in an uncontrollable amount.



Everybody enjoys playing games online, taking selfies, watching videos and it's okay to indulge in all such activities to an extent. However, we all must be aware that such activities can lead to a condition called Internet addiction, which means prolonged use of the Internet where the person has a compulsive need to spend a large amount of time on the Internet and cannot refrain from it. This unhealthy behaviour impacts the individual's mental health leading to few mental disorders such as depression, OCD, it disturbs sleep cycle and makes the individual physically inactive. This addiction interferes with the person's life to an extent that it starts ruining their relationship with family and friends.

There are different types of Internet addiction:

◆ **Gaming** - This includes people spending large amount of time gambling or playing games which can lead to financial difficulties and mental health issues for them.

◆ **Sex** - Such people are involved in cyber sex with others thereby neglecting their real life partners. This type of addiction also includes watching porn videos.

◆ **Selfitis** - Such people are obsessed with taking selfies every now and then and posting them on the social networking sites that they use. According to a study conducted it was found that selfitis could be one of the symptoms of narcissistic disorder.

◆ **Mindless Video watching** - Such people are addicted to watching videos on YouTube and Instagram reels mindlessly for hours.

◆ **Compulsive information seeking** - The person is obsessed with searching and collecting the information from the Internet.

Here is a small inventory that can help you to keep a track of your thoughts, feelings and behaviour.

◆ Do I feel satisfied after spending hours online?

◆ Do I feel anxious or do I experience some withdrawal symptoms like mood swings, irritation, restlessness, anger, frustration, emptiness, lack of concentration on the work at hand, compulsive need to use the Internet when it's not available?

◆ Do I use the Internet as a coping mechanism to cope with difficult feelings like sadness, anxiety or depression?

◆ Do I neglect my relationships, work or anything significant when using the Internet?

Keep asking yourself these questions every night before bed so that you can keep a check on your Internet usage and can modify your schedule accordingly. Relaxation methods like deep breathing and meditation can help you with your negative feelings. It's never too late to ask for help. Approach a professional today if you feel Internet addiction is causing stress and impairment in your or your loved ones life.

Sakshi Kothari
M.A. Clinical Psychology

YOUR ONLINE REPUTATION CAN BE A KEY - TO YOUR SUCCESS OR DEFEAT

Online reputation is how a person appears on different online platforms. Online reputation is a general perception that Internet users have of a person or an organization based on their online presence and influenced by their online activities.

This perception of someone on social media can quickly change in response to a poorly chosen message, financial scandal, interpersonal conflict, broken promise, or misunderstanding. It may also have a significant financial effect on a company. Consideration and cultivation of one's online reputation are crucial, particularly if one's livelihood depends on it.

The impression that people form of you when they find you online is known as your personal reputation online. 40,000 Google searches are made on average per second, according to Internet Live Stats. Someone, somewhere, might be searching for your profile to contact you about a career opportunity or even a fascinating business possibility.

In the 21st century, our online reputation is responsible for forming our first impression. By looking at our social and professional media profiles, our prospective college/university administrators and professional employers can find out a lot about us. A bad or absent online reputation may be extremely harmful for our future prospects.

For example, if someone applies for a higher degree or a job as an artist, but has nothing to show about his/her skills on the social and professional networking platforms, he/she may not be able to get even an interview for that position.

Or a school teacher posts some comments in an abusive language that can harm her real life reputation as a respectable teacher.

Online reputation can also depend on-

Bad review: By clients or former employers.

Social media: The Internet never forgets, so mindlessly written comments can harm the profile of the comment writer as well as the person for whom that comment is written.

Technological problems: Like a glitch in the server could ruin the reputation of an organization.

Spreading rumors: Misinformation and spreading rumors may be extremely detrimental to someone's online reputation.

Information spreads through social media at unrealistically faster rates. Customers learn about a company's violation of data. The statements that are politically or socially incorrect and made on their advertising channels etc. and this may happen within minutes.

Our Online reputation is our calling card which proves to the world that we are what we claim to be, so let us be mindful in building it.



Image Courtesy : iMature.in

Dr. Sakshi Kochhar,
Psychologist



CYBERPSYCHOLOGY GROWING IMPORTANCE OF INTERNET MATURITY

We exist simultaneously in the physical and virtual reality. Since the world has digitized we depend on the devices for almost everything. Adults have their professional life entirely dependent on the Internet now and children attend their classes over the Internet. And everyone likes to spend time on social media to connect with their friends.

We try to give our children a healthy education and morals to abide by for life, but what about a healthy Internet education?

The Internet is a world full of threats and dangers such as cyberbullying, phishing attacks, threat of brainwashing by strangers, even risk of your own child becoming a cybercriminal unknowingly, risk of mental disorientation due to digital addictions and the list goes on! Do you want your children to stand barefoot in this thorny virtual world?

The Internet also has an abundance of learning and career opportunities. But how can we make the best use of these?

The simple answer is - by becoming Internet Mature.

Internet maturity is an understanding of the 21st century Internet and being well aware of the threats and dangers present over it, while making the best use of the opportunities it presents.

Since the web 2.0 gives us liberty to make and share our own content, an Internet mature person must know how to create digital content such as presentations, videos, how to work in MS office, photography and more. One should also know which is the best platform to share the content.

Here are some behavioral characteristics of an Internet mature person -

1) They are highly concerned about their Online Reputation and always make conscious decisions about the kind of content they are sharing or is being shared by their friends about them. Because they know that the Internet never forgets.

2) They know the mature way of online relationship building. They don't trust everyone who sends a friend request, or writes praising comments. They make sure to check a stranger's background, profile, and mutual trustworthy friends before engaging with him/her.

3) They understand that sharing personal information such as phone number, school's name and address, house address and live location etc. can be an open invitation for cyber criminals.

Keep yourself safe online by using the Safety Mantra given by iMature that is FAST CAR & Secret location.

- F- Firewall
- A- Antivirus
- S- Strong password
- T- Trust with caution
- C- Confidence - to deal with cyberbullies
- A- Avoid - antisocial elements online
- R- Report - about cyberbullies and antisocial elements

Secret Location - Keep your physical locations secret from strangers online.

In the post covid era where every aspect of life has become digitized, being Internet Mature is a need of the hour. So, Be Mature-Be Secure!

Nisha Kanade,
B.A. Psychology,
Intern at iMature EdTech

Upgrade your digital skills or perish. Applies to everyone 🤖🤖



FROM DIGITAL PARENTING TO DIGITAL LEADERSHIP

Hey parents!

Are you facing any of the following troubles?

- Anxiety about your child's online activities?
- Change in your child's behavior, like aggression, talk of violence, frustration, mood swings, bouts of anger, aloofness, moodiness etc.?
- Your child addicted to all Internet related activities (games, videos, social media etc.)?
- Finding yourself incapable of formulating an effective and lasting resolution to these woes?

If you answered yes to any of these questions, then you are one of the many Digital Parents I have had similar conversations with.

A digital parent is a parent who tries to understand, support and regulate his/her child's activities in the digital world, and this effort of guiding the child is called Digital Parenting.

The first step of **Digital Parenting begins when your child gets his/her hands on a smart gadget, capable of Internet access.** Many parents get stumped right after this and they do not know how to guide their child in the digital world. The hurdle is their mind set that the Internet is an enemy to them and their child.

Whereas the truth is that the Internet can be a very good friend to you and your child, if only you approach it with the right preparation.

This preparation comprises your transformation from a Digital Parent into a Digital Leader!

A Digital Leader is a Digital parent who is responsible for making their child an Internet Mature child.

An Internet Mature child is the one who is *aware of the risks, threats and opportunities present in the digital world.* Not only that, an Internet mature child, has the *wisdom of using the Internet responsibly.* He knows how to *keep away from undesirable and unethical cyber behavior.* He knows *whom to contact in case of a mishap while using the Internet.* An Internet Mature child can also be a *dependable guide for his friends.*

It is often said that there are no manuals on parenting. Very true! But fortunately for us, there is a manual and program on guiding parents into becoming Digital Leaders for their children. It is the first program made in India, by me and my team. (More information about this can be sought on request.)

We are working with the motto **"Every Child Internet Mature"** and we honestly cannot fulfill this goal without you!

So, if you are a 21st century parent and do not want your child to be "Internet immature", **then take this transformative journey from a Digital parent to a Digital leader, for the best interests of your child.**

Bon Voyage!

Dr. Geetanjali Jha,
Head of Digital Parenting and Cyberpsychology research at
iMature EdTech,
Counseling Psychologist.



A Digital Parent who is a Digital Leader.
Image courtesy - iMature.in