

## Cyber Wellness

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### ABSTRACT

Cyber wellness (CW) refers to the positive well-being of Internet users. This has to do with the understanding of online behavior and awareness of how to protect oneself in cyberspace, i.e. to become a responsible digital learner and or user. Cyber wellness is the overall well-being of Internet users in the digital space, emphasizing responsible online behavior, digital literacy, and awareness of potential online threats. It has to do about fostering a healthy and balanced relationship with technology to enhance our lives while mitigating risks. The paper looks into the pros and cons of CW, its challenges and solutions to them in ensuring its overall benefit to humanity.

**KEYWORDS:** *Cyber wellness, online behavior, cyberspace or digital space, digital technology, cyberbullying, smishing, phishing, vishing, cyberstalking, cyberchondria, digital detoxes*

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### INTRODUCTION

In today's hyper-connected world, our lives are intricately intertwined with technology. The internet, smartphones, and social media platforms have become indispensable tools for communication, education, and entertainment, but providing great opportunities and significant challenges as well. Cyber wellness, therefore, is not merely about avoiding online risks, it is about fostering a healthy and balanced relationship with technology to enhance our overall well-being. This involves a broad range of practices aimed at promoting positive digital habits – ethical online behavior, protecting ourselves from online harms, and leveraging technology's potential for growth and connection. There is therefore the need for us to understand the concept and the dimensions of Cyber wellness, both as youths and adults alike [1, 2], as shown in Figure 1.

Our mental and emotional well-being affects more than just our productivity, as it plays great role in how well we can manage and defend ourselves against cyber risks. Moreover, when one is burned out, one becomes more vulnerable to falling for cyber threats and scams that one can otherwise avoid. When a person is in a state of prolonged fatigue and facing a

ransomware attack, such emotional toll could push such a person to the brink of a breakdown, as shown in Figure 2. We know that running a business comes with pressures such as long hours, financial uncertainty, and the weight of responsibility which leads to stress, anxiety, and burnout. For some people, adding cybersecurity into the mix makes the burden even heavier, as shown in Figure 3[3].

### HISTORY OF CYBER WELLNESS

Cyber wellness is a relatively recent concept that emerged in response to the increasing use of the internet and digital technologies. Its focus is on safe, responsible, and respectful online behavior based on technology use, encompassing aspects like information security, privacy concerns, and interpersonal interactions. The history of cyber wellness (CW) is closely linked to the rise of the digital age and the recognition of online risks and opportunities.

- 1. Emergence in the late 1990s-early 2000s:** The rapid expansion of the internet in the late 1990s, brought about the concerns of online safety, especially for children and teens, started to gain attention. Issues such as cyberbullying [4],

exposure to inappropriate content, and online predators became widespread.

- Early responses: Governments and educational institutions began creating basic guidelines for online safety. Programs were mostly reactive, focusing on filtering content and monitoring usage [5].
- 2. Development of digital citizenship (Mid-2000s):** During this period, the concept of “digital citizenship” began gaining traction. This encompassed not just safety, but also ethical behavior and critical thinking online. Cyber wellness became a broader educational goal.
- Notable initiatives: The US and countries like Singapore began integrating digital citizenship and cyber wellness topics into their national curricula [6, 7].
- 3. Institutionalization in education systems (2010s):** The 2010s saw cyber wellness formally included in many school systems. Singapore was among the pioneers in Southeast Asia to institutionalize cyber wellness education under its Ministry of Education, as shown in Figure 4.
- Key focus: Respect for self and others, safe and responsible use of technology, digital footprints, and empathy in online interactions [8].
- 2015: This was when researchers began exploring cyber counseling as guidance and counseling strategy in the digital age, utilizing online platforms like websites, emails, and video conferences [9].
- 4. Integration with Mental Health and Media Literacy (2020s):** Due to increase in awareness cum psychological impacts of digital use – such as internet addiction, social media anxiety, and digital fatigue – cyber wellness evolved to include aspects of emotional and mental well-being, promoting digital equilibrium. It focuses on cyber hygiene, user awareness, and cyber well-being, particularly in the health sector, to help prevent cyber threat like hacking and identity theft [10, 11].
- 2023 and 2024:** The studies of 2023 investigated cyberchondria, a phenomenon where individuals excessively research their health online, and developed scales to measure cyberchondria tendencies. In 2024, experts stressed the importance of balancing virtual activities, setting boundaries, and prioritizing mental hygiene for overall cyber wellness [12].

- New emphasis: This is on digital mindfulness, managing screen time, dealing with online hate, and understanding misinformation [13, 14].

## THE KEY ASPECTS OF CYBER WELLNESS

Some of the major aspects of cyber wellness include [15-17]:

- 1. Online safety:** This has to do with:
  - Protecting personal information online.
  - Recognizing and avoiding suspicious types of phishing attacks (phishing scams) like: Email phishing, vishing, spear phishing, smishing and malware.
  - Using strong passwords and two-factor authentication, as shown in Figure 5.
- 2. Responsible digital citizenship** – This involves:
  - Being respectful in online communication.
  - Avoiding cyberbullying or cyberstalking and standing up against it, as shown in Figure 6.
  - Understanding digital footprints and consequences of online behavior.
- 3. Balanced use of technology** – This is by:
  - Managing screen time.
  - Maintaining a healthy balance between online and offline activities.
- 4. Critical thinking**, which is by:
  - Evaluating the credibility of on online information.
  - Recognizing fake news and misinformation.
- 5. Digital literacy:** Developing skills to navigate the internet safely and responsibly, including understanding online etiquette and establishing boundaries with technology.

## THE IMPORTANCE OF CYBER WELLNESS

The importance of cyber wellness is to ensure as well as enhance [18]:

- Mental and emotional health by avoiding online harm, such as internet addiction or cyberbullying.
- Personal and data security by preventing identity theft and fraud.
- Positive digital relationships which is by building a respectful and inclusive online community.
- Academic and workplace integrity through the promotion of ethical behavior in digital environments.
- Promote safe and responsible online behavior: Cyber wellness encourages individuals, especially youths, to behave ethically and respectfully online, reducing risks like cyberbullying and identity theft [19].

- Enhances digital literacy by helping users to critically evaluate online content, protect their privacy, and avoid falling for scams or fake news [20].
- Prepare students for the digital economy by equipping them with the necessary skills needed to navigate online environments safely, which is crucial in modern work and learning settings [21].
- Reduce legal and security risks: Understanding cyber wellness reduces risky behavior such as illegal downloading or sharing harmful content, which can lead to legal consequences or data breaches [22].

### THE THREE PRINCIPLES OF CYBER WELLNESS

The Singapore Ministry of Education (MOE) makes use of cyber wellness (CW) framework in developing the child's instinct to protect and empower him to take responsibility for his own well-being in cyberspace, via the three principles of cyber wellness, which are: "Respect for Self and Others", "Safe and Responsible Use" and "Positive Peer Influence" – that will enable the child to make careful and well-considered decisions [23].

### CYBERSECURITY

Cybersecurity is the practice of protecting computer systems, networks, and data from unauthorized access, damage, or disruption. This has to do with the implementation of various technologies, policies, and procedures to mitigate cyber threats and risks [24]. Computer security (also called cybersecurity, digital security or information technology (IT) security) is a sub-discipline within the field of Information Security – dealing with the protection of computer software, systems and networks [25].

The different types of cybersecurity include among others [26-29]:

- Cloud security, Network security, information security,
- Endpoint security, Operational security, Zero Trust,
- Mobile security, IoT security, Application security, etc.

### CHALLENGES FACING CYBER WELLNESS

Some of the key challenges facing cyber wellness include:

#### 1. Cyberbullying and online harassment:

Challenge: Many users, particularly adolescents, face bullying and harassment on social media platforms, which could lead to psychological distress [30].

#### 2. Exposure to inappropriate content:

Challenge: Children and teens accidentally or intentionally access violent, sexual, or harmful

content, which can impact their mental and emotional well-being [31].

#### 3. Internet addiction and screen time issues:

Challenge: The overuse of digital devices and platforms can lead to addiction (i.e. digital addiction), affecting sleep (i.e. cause sleep deprivation), eye strain, academic performance, and real-life relationships [32].

#### 4. Privacy and data protection concerns:

Challenge: Users often lack awareness of how their personal information is collected, stored, and shared, leading to privacy breaches [22].

#### 5. Digital misinformation and fake news:

Challenge: The spread of false information online can mislead users, cause public panic, or damage reputations [33].

#### 6. Lack of cyber wellness education:

Challenge: Many schools and families fail to provide adequate guidance on safe and responsible internet use to their children and wards [19].

#### 7. Rapidly evolving technology:

The constant evolution of technology makes it difficult to keep pace with new threats and risks.

#### 8. Lack of awareness:

Many individuals and organizations unfortunately lack the awareness of cyber wellness and the potential risks associated with digital technologies.

#### 9. Insufficient cybersecurity measures

Such as weak passwords or outdated software can make individuals and organizations vulnerable to cyber threats.

#### 10. Social engineering:

In this case, attackers use social engineering tactics, such as phishing and pre-texting, to trick individuals into divulging sensitive information.

### SOLUTIONS TO CYBER WELLNESS CHALLENGES

The followings can be considered as solutions to address cyber wellness challenges among others:

#### Individual-level solutions [34, 35]:

- Develop healthy mobile phone habits: Need to establish screen-free zones, set boundaries, and prioritize offline activities to reduce digital addiction.
- Practice digital mindfulness: This will involve regularly taking breaks from screens, performing digital detoxes (i.e. a break from the digital world) [36], and engaging in activities that promote mental hygiene and well-being.
- Protect personal data by the use of strong passwords, enable two-factor authentication, and



be cautious when sharing sensitive information online.

### Organizational-level solutions [37]:

- Implement mental health support by providing dedicated resources for mental health support, like online platforms or counseling services, to promote cyber wellness and overall well-being.
- Foster a cyber-safe culture
- Utilize AI-Driven content

### Community-level solutions [16, 19, 38, 39]:

- Promote cyber literacy
- Encourage cyber self-care
- Support cyber wellness initiatives

## ROLES OF GOVERNMENTS IN CYBER WELLNESS

Governments play a crucial role in promoting cyber wellness (CW) by implementing various measures to protect citizens, organizations, and infrastructure against cyber threats. Some of the key roles governments can play are:

- **Developing and implementing cybersecurity policies:** Governments can establish robust cybersecurity frameworks, laws, and regulations to safeguard digital assets and promote cyber wellness. For instance, the European Union's General Data Protection Regulation (GDPR) sets a benchmark for data protection and privacy, influencing cybersecurity policies worldwide [40, 41].
- **Public awareness and education:** This can be done by governments to educate citizens about cyber risks, best practices, and online safety through awareness campaigns and training programs. This would include promoting digital literacy, cybersecurity awareness, and responsible online behavior [42, 43].
- **Data protection:** Robust data protection laws and regulations need be implemented by governments to safeguard sensitive information cum personal data and national security intelligence.
- **Cyber defense:** Governments are to develop and implement strategies to defend against cyber attacks, and also establish Computer Security Incident Response Teams (CSIRTs) to handle security breaches and minimize damages [44].
- **Regulation and compliance:** Governments must ensure compliance with cybersecurity regulations, laws, and standards, and sanction/impose penalties for non-compliance.
- **Collaboration and partnerships:** Governments should foster partnerships with the private sector, civil society, and international organizations to

promote cyber wellness and share best practices [41].

- **Cybersecurity governance:** Governments can establish a multi-layered cybersecurity governance model involving federal agencies, private sector partnerships, and regulatory compliance frameworks.

Some examples of effective government initiatives include: Estonia's e-Governance initiative, Israel's national cybersecurity authority, and United States' executive order [41, 43].

## CONCLUSION

Cyber wellness (CW) undoubtedly forms a critical aspect of our digital lives, encompassing the practices, habits, and mindset necessary to maintain a healthy and safe online presence. When we understand the challenges and solutions associated with CW, it is then that individuals, organizations, and communities can play it safe and work together harmoniously to help promote a culture of digital responsibility and well-being. Digital twins, Internet of Things (IoT), Artificial Intelligence (AI), and Machine Learning (ML) collectively create a powerful technological ecosystem that can significantly enhance cyber wellness.

More information on Cyber wellness (CW) can be found in the books in [45-50] and the following related journals:

- Journal of Adolescent Health
- Journal of Educational computing Research
- Educational Technology & Society
- Computer in Human Behavior
- Cyberpsychology, Behavior, and Social Networking

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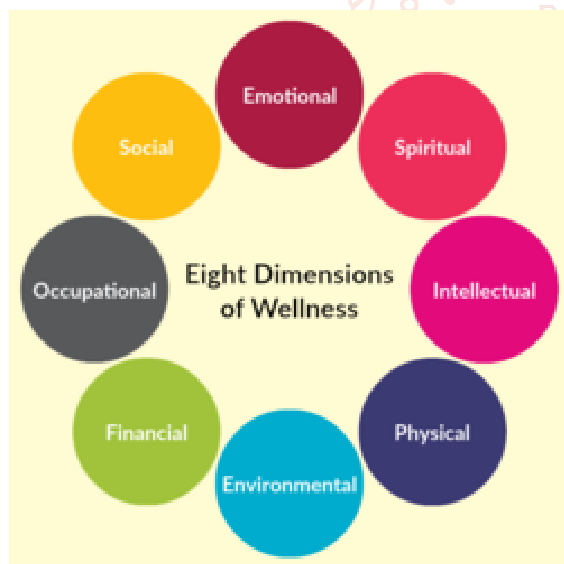
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**Figure 1. Cyberbullying**

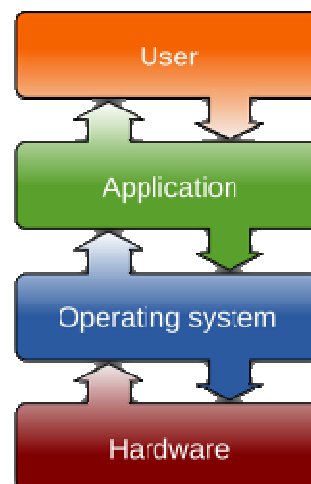
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**Figure 2. Wellness (alternative medicine)**

Source: [https://www.google.com/search?sca\\_esv=2859b14fb4899a7d&sxsrf=AE3TifPEgqw2z4xcTdDb1Zz8itG85ogwDw:1748267364214&q=images+on+cyber+wellness+by+wikipedia&udm=2&fbs=AIj pHxU7SXXniUZfeShr2fp4giZ1Y6MJ25\\_tmWITc7uy4KleOJTKjrFjVxydQWqI2NcOhYPURIV2wPgv\\_w\\_sE\\_0Sc6QqqU7k8cSQndc5mTXCIWHa5yWh8UZLeaMB2TzSL707pcnajOVzuG8nS7sxlclHIHT7piY8EJN1nt\\_1OxpO4jRCM7y46MmzzMDHqGNS T6xFea\\_Jb9OOjWE\\_EbrmKsB62WJGHF5nA&sa=X&ved=2ahUKEwi\\_q925o8GNAXU5SaQEHZh2BrEQtKgLegQIEhAB&biw=1036&bih=539&dpr=1#vhid=Aid9csmgzAV78M&vssid=mosaic](https://www.google.com/search?sca_esv=2859b14fb4899a7d&sxsrf=AE3TifPEgqw2z4xcTdDb1Zz8itG85ogwDw:1748267364214&q=images+on+cyber+wellness+by+wikipedia&udm=2&fbs=AIj pHxU7SXXniUZfeShr2fp4giZ1Y6MJ25_tmWITc7uy4KleOJTKjrFjVxydQWqI2NcOhYPURIV2wPgv_w_sE_0Sc6QqqU7k8cSQndc5mTXCIWHa5yWh8UZLeaMB2TzSL707pcnajOVzuG8nS7sxlclHIHT7piY8EJN1nt_1OxpO4jRCM7y46MmzzMDHqGNS T6xFea_Jb9OOjWE_EbrmKsB62WJGHF5nA&sa=X&ved=2ahUKEwi_q925o8GNAXU5SaQEHZh2BrEQtKgLegQIEhAB&biw=1036&bih=539&dpr=1#vhid=Aid9csmgzAV78M&vssid=mosaic)

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**Figure 3. Computer security**

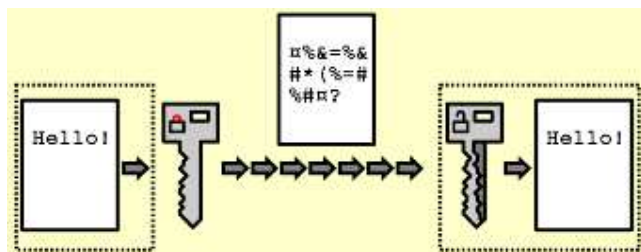
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**Figure 4. Media Development Authority, Singapore**

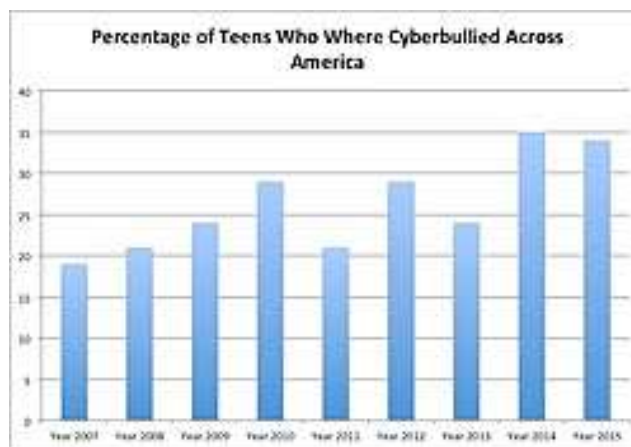
Source: [https://www.google.com/search?sca\\_esv=2859b14fb4899a7d&sxsrf=AE3TifPEgqw2z4xcTdDb1Zz8itG85ogwDw:1748267364214&q=images+on+cyber+wellness+by+wikipedia&udm=2&fbs=AIj pHxU7SXXniUZfeShr2fp4giZ1Y6MJ25\\_tmWITc7uy4KleOJTKjrFjVxydQWqI2NcOhYPURIV2wPgv\\_w\\_sE\\_0Sc6QqqU7k8cSQndc5mTXCIWHa5yWh8UZLeaMB2TzSL707pcnajOVzuG8nS7sxlclHIHT7piY8EJN1nt\\_1OxpO4jRCM7y46MmzzMDHqGNS T6xFea\\_Jb9OOjWE\\_EbrmKsB62WJGHF5nA&sa=X&ved=2ahUKEwi\\_q925o8GNAXU5SaQEHZh2BrEQtKgLegQIEhAB&biw=1036&bih=539&dpr=1#vhid=cE\\_ccTM3i88VxM&vssid=mosaic](https://www.google.com/search?sca_esv=2859b14fb4899a7d&sxsrf=AE3TifPEgqw2z4xcTdDb1Zz8itG85ogwDw:1748267364214&q=images+on+cyber+wellness+by+wikipedia&udm=2&fbs=AIj pHxU7SXXniUZfeShr2fp4giZ1Y6MJ25_tmWITc7uy4KleOJTKjrFjVxydQWqI2NcOhYPURIV2wPgv_w_sE_0Sc6QqqU7k8cSQndc5mTXCIWHa5yWh8UZLeaMB2TzSL707pcnajOVzuG8nS7sxlclHIHT7piY8EJN1nt_1OxpO4jRCM7y46MmzzMDHqGNS T6xFea_Jb9OOjWE_EbrmKsB62WJGHF5nA&sa=X&ved=2ahUKEwi_q925o8GNAXU5SaQEHZh2BrEQtKgLegQIEhAB&biw=1036&bih=539&dpr=1#vhid=cE_ccTM3i88VxM&vssid=mosaic)

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**Figure 5. Encryption**

Source:[https://www.google.com/search?sca\\_esv=2859b14fb4899a7d&sxsrf=AE3TifPEgqw2z4xcTddb1Zz8itG85ogwDw:1748267364214&q=images+on+cyber+wellness+by+wikipedia&udm=2&fbs=AIjpHxU7SXXniUZfeShr2fp4giZ1Y6MJ25\\_tmWITc7uy4KleOJTKjrFjVxydQWqI2NcOhYPURIV2wPgv\\_w\\_sE\\_0Sc6QqqU7k8cSQndc5mTXCIWHa5yWh8UZLeaMB2TzSL707pcnajOVzuG8nS7sxlCHHT7piY8EJN1nt\\_1OxpO4jRCM7y46MmzzMDHqGNS\\_T6xFea\\_Jb9OOjWE\\_EbrmKsB62WJGHF5nA&sa=X&ved=2ahUKEwi\\_q925o8GNAXU5SaQEZH2BrEQtKgLegQIEhAB&biw=1036&bih=539&dpr=1#vhid=aXBiosYeVpWwWM&vssid=mosaic](https://www.google.com/search?sca_esv=2859b14fb4899a7d&sxsrf=AE3TifPEgqw2z4xcTddb1Zz8itG85ogwDw:1748267364214&q=images+on+cyber+wellness+by+wikipedia&udm=2&fbs=AIjpHxU7SXXniUZfeShr2fp4giZ1Y6MJ25_tmWITc7uy4KleOJTKjrFjVxydQWqI2NcOhYPURIV2wPgv_w_sE_0Sc6QqqU7k8cSQndc5mTXCIWHa5yWh8UZLeaMB2TzSL707pcnajOVzuG8nS7sxlCHHT7piY8EJN1nt_1OxpO4jRCM7y46MmzzMDHqGNS_T6xFea_Jb9OOjWE_EbrmKsB62WJGHF5nA&sa=X&ved=2ahUKEwi_q925o8GNAXU5SaQEZH2BrEQtKgLegQIEhAB&biw=1036&bih=539&dpr=1#vhid=aXBiosYeVpWwWM&vssid=mosaic)



**Figure 6. Cyberbullying**

Source:[https://www.google.com/search?sca\\_esv=2859b14fb4899a7d&sxsrf=AE3TifPEgqw2z4xcTddb1Zz8itG85ogwDw:1748267364214&q=images+on+cyber+wellness+by+wikipedia&udm=2&fbs=AIjpHxU7SXXniUZfeShr2fp4giZ1Y6MJ25\\_tmWITc7uy4KleOJTKjrFjVxydQWqI2NcOhYPURIV2wPgv\\_w\\_sE\\_0Sc6QqqU7k8cSQndc5mTXCIWHa5yWh8UZLeaMB2TzSL707pcnajOVzuG8nS7sxlCHHT7piY8EJN1nt\\_1OxpO4jRCM7y46MmzzMDHqGNS\\_T6xFea\\_Jb9OOjWE\\_EbrmKsB62WJGHF5nA&sa=X&ved=2ahUKEwi\\_q925o8GNAXU5SaQEZH2BrEQtKgLegQIEhAB&biw=1036&bih=539&dpr=1#vhid=QDCrPJ3gEa1mQM&vssid=mosaic](https://www.google.com/search?sca_esv=2859b14fb4899a7d&sxsrf=AE3TifPEgqw2z4xcTddb1Zz8itG85ogwDw:1748267364214&q=images+on+cyber+wellness+by+wikipedia&udm=2&fbs=AIjpHxU7SXXniUZfeShr2fp4giZ1Y6MJ25_tmWITc7uy4KleOJTKjrFjVxydQWqI2NcOhYPURIV2wPgv_w_sE_0Sc6QqqU7k8cSQndc5mTXCIWHa5yWh8UZLeaMB2TzSL707pcnajOVzuG8nS7sxlCHHT7piY8EJN1nt_1OxpO4jRCM7y46MmzzMDHqGNS_T6xFea_Jb9OOjWE_EbrmKsB62WJGHF5nA&sa=X&ved=2ahUKEwi_q925o8GNAXU5SaQEZH2BrEQtKgLegQIEhAB&biw=1036&bih=539&dpr=1#vhid=QDCrPJ3gEa1mQM&vssid=mosaic)