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Digitalization and Psychological Well-Being of Older Adults: A Social Work Perspective on Inclusion and Mental Health

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ABSTRACT

Communication, service accessibility, health care delivery, and social engagement have all changed as a result of digitalization. Nonetheless, the swift development of digital technologies has led to notable inequalities among the elderly population, especially in developing nations like India where access, affordability, and digital literacy are still unequal. This study, which focuses on digital inclusion, social connectivity, and mental health outcomes, investigates the connection between digitalization and older individuals' psychological well-being from a social work viewpoint. The study examines the effects of digital interaction on loneliness, depression, self-efficacy, and life satisfaction in older adults using secondary data from national surveys, policy publications, and empirical research.

According to research, engaging in meaningful digital activities—like using social media, smartphones, telemedicine, and online financial services—can improve access to health information, build social support networks, and encourage autonomy, all of which have a good impact on psychological well-being. On the other hand, stress, dependence, and loneliness may worsen as a result of digital exclusion, insufficient digital literacy, and cyber-related worries. The study draws attention to structural obstacles that limit access to digital information, such as age-related preconceptions, gender inequities, rural-urban divides, and socioeconomic disparity.

In order to close the digital divide, the article highlights the value of intergenerational learning models, community-based interventions, digital literacy training, and legislative advocacy from a social work

standpoint. Promoting inclusive digital spaces that uphold dignity, mental health, and active aging is a crucial task for social workers. The study comes to the conclusion that improving older individuals' general well-being in an increasingly digital world requires addressing digital inclusion, which is not just a technology issue but also a psychosocial and rights-based issue.

Keywords: Digitalization, Psychological Well-Being, Older Adults, Digital Inclusion, Mental Health, Social Work, Active Ageing.