



The Role of Digital Learning Ecosystems in Supporting Mental Health Among Urban Youth: A Multidisciplinary Approach

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Abstract

The rapid expansion of digital learning ecosystems—comprising online learning platforms, virtual classrooms, mobile learning applications, and AI-driven educational tools—has transformed how urban youth engage with education and social environments. While these technologies offer flexibility, connectivity, and innovative learning opportunities, they also intersect with critical mental health challenges faced by young people navigating fast-paced urban contexts. This paper examines the role of digital learning ecosystems in influencing and supporting the mental health of urban youth through a multidisciplinary lens integrating education, humanities, psychology, and digital innovation. By exploring how digital platforms shape learning behaviours, identity formation, emotional well-being, and social interaction, the study investigates both the benefits and risks associated with digital learning environments. Using empirical data and theoretical frameworks, the research highlights how well-designed digital learning systems can enhance mental health literacy, provide accessible psychological support, reduce stigma, and promote resilience. The findings underscore the need for a holistic, youth-centred approach that leverages technology along with humanistic and educational principles to build supportive and inclusive digital learning ecosystems.

Keywords: Digital Learning Ecosystem, Urban Youth, Mental Health, Multidisciplinary Approach, Digital Innovation, Psychological Well-being, Education Technology, Humanities Perspectives, Digital Pedagogy

