



DIGITAL DETOX AND RESISTANCE TO HYPERCONNECTIVITY: AWARENESS OF NEGATIVE TECHNOLOGY IMPACTS AND EFFORTS TO LIMIT DIGITAL DEVICE USAGE

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Abstract

This study examines how certain members of society recognize negative consequences of excessive technology exposure and undertake deliberate efforts to limit digital device usage. Using a qualitative literature review method, this research synthesizes theoretical arguments from psychology, media sociology, and public health. Findings indicate that awareness emerges through boundary experiences such as digital fatigue, relational conflicts, or physical symptoms. This awareness is strengthened by exposure to alternative narratives about life without constant connectivity. Resistance to hyperconnectivity manifests in various digital detox strategies including gradual reduction, rule based restrictions, and temporary total cessation. Success depends on personality factors, initial motivation, social pressure, and availability of meaningful alternative activities. Failure often results from unrealistic expectations and all or nothing thinking patterns. Digital detox contains political dimensions as resistance against attention extraction business models and surveillance normalization. Restoring personal agency represents the most significant benefit of this practice.

Keywords: digital detox, hyperconnectivity, technology resistance, screen time, attention economy

Introduction

The development of digital technology has transformed nearly every aspect of human life over the last two decades. Smart devices, social media, and instant messaging applications have become constant companions, accompanying individuals from the moment they wake up until they fall asleep. Continuous notifications create a habit of checking phones dozens or even hundreds of times a day. This culture of permanent connectivity is celebrated as an advancement that facilitates communication and information access. However, over time, segments of society have begun to experience exhaustion from the demands of being constantly available online. They suffer from sleep disorders, decreased ability to concentrate, and feelings of anxiety when separated from their digital devices. Awareness of the psychological cost of this hyperconnectivity has prompted the emergence of a resistance movement known as *digital detox*. This practice involves the conscious and planned reduction of digital device usage to restore life balance (Can & Iflazoglu, 2025). This shift is inseparable from how popular culture and the massive consumption of modern digital content shape new values, attitudes, and behavioral patterns among today's younger generation (Kurniawan & Khayru, 2021).

Digital detox does not mean a total rejection of technology. It is an individual effort to renegotiate their relationship with digital devices. Some choose to abstain from social media over the weekend. Others implement "no-phone" rules during family dinners. Still others take a full week off from all digital screens to vacation in remote locations. These varied practices demonstrate that there is no single *digital detox* model that fits everyone (Ahmad et al., 2025). Each individual designs a strategy that aligns with their specific needs and constraints. The core of all these practices is the realization that constant connectivity comes at a price. This price includes time lost for face-to-face interactions, fragmented attention, and the stress of a relentless flood of information. *Digital detox* is a response to that price (Gilbert et al., 2025). This transformation reflects the dynamics of social interaction in a digital society, where online communication patterns and the presence of virtual communities slowly change how humans connect with one another (Darmawan, 2021).

Hyperconnectivity creates a paradox where individuals feel connected to many people virtually but feel lonely in real life (Paul, 2025). Thousands

of friends on social media cannot replace the warmth of direct conversation with neighbors or family members. Being busy replying to messages and comments causes one to miss precious moments with the people physically present. Small children who watch their parents stare at phone screens learn that digital devices are more important than their presence. Couples who sleep side-by-side but are each preoccupied with their phones lose the opportunity to share stories about their day. *Digital detox* seeks to restore priority to real human relationships. By reducing time spent in the virtual world, individuals regain space to build deeper emotional connections with those around them (Li et al., 2025). This effort to set boundaries is a crucial response amid the strong penetration of social media that dominates digital literature and the daily lives of contemporary youth (Kurniawan et al., 2021). Furthermore, the massive flow of virtual information carries its own risks, such as increased public participation, which is unfortunately often accompanied by the widespread dissemination of disinformation in the digital space (Rojak, 2023).

The professional world contributes to the pressure to remain connected. Office instant messaging apps blur the lines between work time and rest time. An employee may receive a message from a supervisor at ten o'clock at night and be expected to respond immediately. This expectation of constant availability creates chronic stress that impacts physical and mental health. Many workers feel they are never truly disconnected from work, even when formally on leave or outside working hours. In a professional context, *digital detox* means establishing clear boundaries (Gaju, 2025). One can turn off office app notifications after work hours. They can refuse to join chat groups that are not directly related to their primary duties. They dare to not reply to messages outside of work hours without feeling guilty. The courage to set these boundaries is a form of resistance against a work culture that demands 24-hour availability. This phenomenon of work-boundary tension is increasingly prominent with the adoption of digital human resource management practices in remote work systems that demand high flexibility (Mardikaningsih & Darmawan, 2022). To bridge this transition without sacrificing the psychological well-being of workers, the role of digital leadership is essential in building mental readiness and adaptation competencies for employees amid workplace automation (Mardikaningsih & Darmawan, 2023).

Younger generations born and raised with the internet face unique challenges related to hyperconnectivity. They have never experienced adulthood without access to smartphones. The social pressure to be present on social media is very strong because social interactions and social status are often measured by online activity (Ejaz & Khaliq, 2025). Yet, ironically, the generation most familiar with technology also reports the highest levels of anxiety and depression. They realize that social media forces them to compare themselves to the unrealistic, curated lives of others. They are tired of the demand to always appear happy and successful in every post. *Digital detox* becomes a logical escape. Some choose to delete their social media accounts permanently. Others switch to "dumbphones" that can only be used for calling and texting. This radical decision is often misunderstood by peers as an odd or outdated attitude. This digital gap and discomfort are not only experienced by the younger generation but are also felt by the senior generation in the workplace, who face adaptation challenges and require specific strategies to bridge the intergenerational gap (Darmawan, 2024).

The main problem that arises is the lack of systematic understanding regarding the processes that drive individuals to engage in *digital detox*. Not everyone exposed to hyperconnectivity chooses to resist. There are specific factors that make a person more likely to realize the negative impacts of technology and take corrective action. These factors could include traumatic experiences such as cyberbullying, extreme exhaustion after working from home during the pandemic, or simply boredom from the routine of checking their phones. However, research on these predictive factors remains limited and fragmented. Consequently, interventions to assist individuals experiencing difficulties with hyperconnectivity are often trial-and-error. A person might be advised to reduce phone usage without guidance on which strategies are most effective for their specific situation. The lack of a clear roadmap causes many to fail in their *digital detox* efforts and return to old habits (Lemahieu et al., 2025). From an organizational perspective, this uncertainty in the adaptation process requires an *ambidextrous leadership* model, capable of balancing efficiency exploitation through digital transformation while exploring innovative strategies for long-term growth (Irfan & Darmawan, 2024).

Another issue is the inequality of access to the benefits of *digital detox*. Individuals with jobs that demand high digital availability, such as online

motorcycle taxi drivers or platform-based freelancers, do not have the luxury of turning off their phones. Their income depends on quick responses to notifications from applications. Similarly, entry-level office workers often do not dare to refuse their superiors' requests outside of working hours for fear of losing their jobs. *Digital detox* becomes a practice that is only affordable for those with strong bargaining power or adequate financial resources (Gong et al., 2023). The working class is, in fact, forced to remain connected, even though they may feel the negative impacts of hyperconnectivity the most. This inequality widens the gap in psychological well-being between social classes. Those who most need a break from constant connectivity are the least able to take it. This structural problem is rarely discussed in popular literature on *digital detox*, which tends to focus on individual choices.

Excessive use of digital devices is linked to an increase in cases of anxiety disorders, depression, and attention deficit disorders among young people (Ives et al., 2025). On the other hand, the tech industry continues to design applications and features created to make users addicted. Personalized notifications, infinite scroll, and recommendation algorithms are behavioral engineering techniques deliberately created to maximize the time users spend on screens. In a condition where users are fighting against giant companies that have the best teams of psychologists, reliance on individual willpower alone is not enough. A better understanding of the mechanisms of resistance to hyperconnectivity is needed. This knowledge can be used to design public policies that protect the public from the exploitative practices of the tech industry. Without serious study, individuals will continue to be trapped in cycles of addiction that are designed systematically. This condition is further complicated by the emergence of various patterns of legal violations in the digital technology realm, which demands clarity in regulations regarding aspects of liability and the validity of evidence to protect user rights (Sutanto et al., 2023).

The purpose of this writing is to construct a theoretical understanding of the processes of awareness and resistance toward hyperconnectivity as embodied in the practice of digital detox. This writing provides a contribution in the form of a conceptual framework that explains the triggering factors of awareness as well as the strategies used by individuals to limit the use of digital devices. Practically, the results of this

study can serve as a reference for mental health intervention designers who wish to help individuals manage their relationship with digital technology in a healthier manner.

Method

This writing uses a qualitative literature study approach to examine the processes of awareness and resistance toward hyperconnectivity. This approach is appropriate because the research aims to understand the subjective experiences of individuals in performing digital detox without collecting data directly from participants. Bryman (2016) explains that qualitative literature studies allow researchers to identify recurring themes from various written sources and build a coherent theoretical argument. The procedures followed include searching for relevant documents through academic databases, selection based on inclusion criteria, information extraction, and thematic synthesis. The sources used originate from journals of psychology, media sociology, communication studies, and public health. Gagnon (2010) emphasizes that carefully conducted library research can produce new propositions that are equivalent to field research in terms of analytical depth. The author positions themselves as a reflective interpreter of texts. The validity of the argument is strengthened through source triangulation across disciplines.

Data analysis was conducted using the thematic analysis method, focusing on coding and categorizing patterns of meaning. All collected documents were read repeatedly to identify how different authors define hyperconnectivity, what factors trigger awareness of its negative impacts, and what strategies are used to perform resistance. Dudley (2005) reminds that qualitative research must pay attention to the nuances of language and the construction of reality contained within the text. The author did not only note explicit statements but also read between the lines to capture unstated assumptions. The analysis process involved the author in a back-and-forth cycle between data and interpretation. The emerging categories were not predetermined but were constructed inductively from the reading materials (Lindgren et al., 2020). The author acknowledges that every interpretation is tentative and open to debate. However, intellectual honesty was maintained by presenting textual evidence transparently. The final result of this process is

a holistic understanding of how individuals negotiate their relationship with digital technology amidst the pressures of hyperconnectivity.

Result and Discussion

Awareness of the negative impacts of hyperconnectivity usually arises through unpleasant boundary experiences (Karppi et al., 2021). An individual may find themselves spending three hours endlessly scrolling through social media posts without remembering anything they have seen. This feeling of emptiness and wasted time triggers questions about the meaning of such activity. Another common experience is conflict with loved ones due to being overly preoccupied with a phone. A child complaining about not being noticed or a partner feeling neglected can be a mirror reflecting back problematic behavior. Some also realize the presence of physical symptoms like dry eyes, neck pain, or sleep disturbances after staying up late checking their phones. Awareness rarely comes suddenly. More often, it is an accumulation of many small incidents that eventually reach a critical point. At that point, individuals begin to question whether the benefits gained from constant connectivity are worth the price paid. In the broader social environment, the prevalence of this behavior is also exacerbated by the vulnerability of the digital public space, which is often distorted by the spread of false information and hoaxes that disrupt user focus (Sinambela, 2022).

This awareness process is reinforced by exposure to alternative narratives about life without technology (Eabrasu, 2025). Someone who reads an article about the benefits of walking in nature without a phone or hears the experience of a friend who has undergone a *digital detox* begins to imagine different possibilities. These narratives serve as models showing that life without constant connection is possible and even enjoyable. Without such models, individuals might assume that hyperconnectivity is an inevitable condition that cannot be changed. They think that everyone experiences the same thing, so there is no reason to complain. Exposure to alternative narratives shatters this assumption. Individuals realize that they have a choice. They do not have to be constant slaves to notifications. The awareness of having a choice is the first step toward action. Someone who has reached this stage begins to seek information on how to conduct a *digital detox*. This pursuit of life balance becomes an important part of

the comprehensive formation of human resource quality to build loyalty and optimal work performance in daily life (Darmawan et al., 2020).

Environmental factors play a crucial role in triggering or inhibiting awareness of the negative impacts of technology (Tsai & Hsieh, 2025). An individual living in an environment where everyone is always holding a phone will consider such behavior normal. There is no social feedback reminding them that something is wrong. Conversely, individuals who have friends or family who have already implemented restrictions on digital device usage will more quickly realize the imbalance in their own lives. A work environment that supports life balance with "no-email-on-weekends" policies also helps workers realize that hyperconnectivity is not an absolute necessity. Conversely, an environment that normalizes overtime and 24-hour availability actually reinforces problematic behavior patterns. Individuals in such an environment may realize they are tired but consider that fatigue an inseparable part of professional work. Awareness without environmental support is often not enough to drive change. Therefore, modern organizations are now required to reconstruct human resource management by offering flexibility to build the reputation of an adaptive employer (Mardikaningsih, 2025). This step is crucial in aligning digital practices in the workplace to provide a positive experience for employees from the perspective of modern management (Putra et al., 2022).

The simplest *digital detox* strategy is gradual reduction. An individual decides not to open social media for the first hour after waking up. Once accustomed, they increase the duration to two hours, then half a day, and so on. This incremental approach has a higher success rate because it does not trigger extreme withdrawal symptoms. Individuals can still access digital devices for essential needs such as work or emergency communication. What changes is the habit of impulsively opening applications every time there is a notification. Gradual reduction allows the brain to adjust to lower levels of stimulation. The boredom that arises when not holding a phone slowly transforms into creativity. Individuals begin to discover alternative activities such as reading books, cooking, or simply sitting in contemplation. These discoveries strengthen their commitment to continue reducing digital device usage because they experience firsthand the benefits of the newly discovered time (Ahmad et al., 2025). This adaptation process is similar to the effectiveness of cross-

functional training in organizations, which requires planned steps to build solid teamwork (Fared & Darmawan, 2021).

Another popular strategy is rule-based restriction. An individual establishes device-free zones at home, such as the bedroom or the dining table. These rules are absolute. No exceptions. Phones are not allowed into those zones under any circumstances. This approach relies on modifying the physical environment to change behavior. By placing phones in another room, the temptation to check them is significantly reduced. Individuals do not need to rely on willpower every single moment because the environment is already designed to support their goals. Digital-device-free zones also create space for higher-quality social interactions (Abeele et al., 2024). Families who have dinner together without phones have longer and deeper conversations. Couples who sleep without phones in the bedroom have better sleep quality and are more likely to talk before sleeping. Strict rules require initial discipline but become automatic habits after a few weeks. Through these consistent restrictions, individuals can increase work engagement and personal performance, even in the midst of massive digital disruption (Putra & Arifin, 2025).

A more radical strategy is "cold turkey" or temporary total cessation. An individual decides not to use digital devices at all for a certain period, usually one week or one month. During this period, they might leave their phone with a friend, use a "dumbphone," or go to a place without internet access. This approach provides the most intense experience of living without technology. In the early days, individuals usually feel extreme anxiety. They constantly reach for the pocket where their phone should be. However, after a few days, a sense of calm begins to emerge. Thoughts become clearer. Attention is no longer fragmented by constant incoming notifications. Many report that they can read thick books in one sitting or complete projects that had been delayed for years (Menon, 2025). This experience often becomes a turning point that permanently changes their relationship with technology. Although they may later return to using smartphones, they become more selective and conscious in their usage. This effort to restructure habits aligns with the importance of directed digital innovation governance to support sustainable individual capacity development programs (Mardikaningsih & Wardoyo, 2024).

The biggest challenge in a *digital detox* is social pressure from one's environment. Friends accustomed to communicating via social media may feel offended when they do not receive a quick response. They interpret delayed replies as a sign of apathy or arrogance. Families who are used to sharing photos and news through family chat groups might complain because they cannot reach the individual who is detoxing. Colleagues might consider someone who turns off notifications after work hours as lacking dedication. This social pressure can derail even the strongest *digital detox* efforts. Individuals need a strategy to manage the expectations of others (Li et al., 2025). They need to communicate clearly that they are detoxing, explain the reasons, and offer alternatives for emergency communication, such as a regular phone call. Without good communication, others will continue to exert pressure in the same way as before the detox, and the individual will feel guilty for disappointing them. This context of professional pressure requires a wise digital leadership style to balance work efficiency without sacrificing the harmony of interpersonal relationships (Mardikaningsih et al., 2025).

Individual differences in *digital detox* success are heavily influenced by personality factors. Someone with a high tendency toward neuroticism may find it more difficult to let go of their phone because they use it as a tool to reduce anxiety through constant distraction. Every time they feel anxious, they reach for their phone. This cycle is hard to break because letting go of the phone means facing anxiety without an escape. Conversely, individuals with high self-awareness find it easier to detox because they have a greater capacity to monitor their own behavior and resist impulses. They are also more likely to plan detox strategies systematically and evaluate their progress periodically. Personality factors cannot be changed, but awareness of one's own tendencies can help individuals design appropriate strategies. Someone who knows they are prone to anxiety may require professional support or a very slow, gradual approach. They may also need to replace the phone's function as an anxiety-reduction tool with alternative activities such as meditation or exercise (Nguyen, 2022). In addition to personality factors, integrating spiritual values into self-development programs can also serve as a strong internal foundation for individuals facing the era of digital transformation (Putra et al., 2025).

The motivation behind *digital detox* varies greatly between individuals. Some are motivated by the desire to increase work productivity (Gilbert et al., 2025a). They feel that constant notifications fracture their concentration, so tasks that should take one hour take three. For them, *digital detox* is a tool to achieve higher efficiency. Others are motivated by health issues. Sleep disturbances, chronic headaches, or wrist pain from typing too much on a phone drive them to reduce usage. Others are motivated by relational reasons. They realize that their relationship with their partner or children is deteriorating due to the presence of digital devices in every shared moment. Still others are motivated by existential reasons. They question the meaning of a life spent in front of a screen and want to experience reality directly, not through digital representation. These differences in motivation influence the strategies chosen as well as the criteria used for success (Li et al., 2025). This diversity of motivation and mental readiness is also reflected in the professional world, especially when preparing cross-generational human resource competencies, including future generations, to face the digital environment (Gani & Darmawan, 2023).

Digital detox is not always successful. Many individuals start with high enthusiasm but return to old habits after a few weeks. Failure often occurs because of unrealistic expectations. A person thinks that after one week of detox, they will turn into a completely different person and will never be addicted to their phone again. When they return to using their phone and find themselves still tempted to check notifications, they consider the entire effort a total failure and give up. Yet, setbacks are a normal part of the behavior change process. What distinguishes long-term success from failure is how one responds to setbacks. Those who succeed accept that sometimes they will be tempted and use their phone more than planned, then return to the path without overly blaming themselves. Those who fail are the ones who use a single setback as an excuse to stop entirely. The "all-or-nothing" mindset is very dangerous in *digital detox* (King et al., 2025). Ultimately, the commitment to keep rising from these obstacles will determine the quality of emotional bonds and the loyalty of workers toward the long-term goals of the organization where they reside (Eddine et al., 2023).

Generational differences affect how individuals conduct *digital detox*. Older generations, who grew up without the internet, find it easier to let go of digital devices because they have memories of life without technology

(Kshirsagar & Ingle, 2024). They know that the world will not collapse if the phone is turned off. Conversely, younger generations who have never experienced adulthood without a smartphone face greater difficulties. For them, letting go of their phone feels like losing a part of themselves. This condition occurs because the process of self-identity formation and modern society's social perception is already very much tied to virtual interaction patterns on social media (da Costa et al., 2022). Their social identity is partially built through online presence. Their friends have no communication alternatives besides social media. Study groups, campus organizations, and even college classes rely on instant messaging applications for coordination. Therefore, work readiness and the competitiveness of the younger generation are now highly determined by the mastery of basic digital skills, which have become a primary demand in the technological era (Darmawan, 2025). For the younger generation, *digital detox* is not just about changing individual habits, but rather resisting the entire social structure built upon the foundation of digital technology. Those who succeed usually have a social support network that also does the same or at least respects their choices. Without collective support, *digital detox* becomes a very lonely endeavor and is prone to failure. The gap in technology access and mastery of digital skills also potentially widens the distance in obtaining decent educational and work opportunities in society (Arifin & Darmawan, 2021).

The role of alternative devices in *digital detox* is often overlooked. Many people fail in *digital detox* because they try to replace phone usage with empty activities such as watching television or sleeping longer. Yet, the goal of detox is not merely to reduce screen time, but to fill the newly discovered time with meaningful activities. Successful individuals usually have a list of alternative activities ready to be performed whenever the urge to check their phones arises (Ahmad et al., 2025). They might prepare a book on the bedside table to read instead of checking their phone in the morning. They might carry stationery and a sketchbook to fill spare time on public transport. They might join a sports club or a hobby community that provides face-to-face social interaction. Alternative devices do not have to be low-tech. Some people use dedicated music players to listen to music without notification interruptions. Others use standard wristwatches to check the time without needing to look at their phones. Creativity in

finding replacements for phone functions is crucial for long-term success. In the realm of management, the provision of alternative activities that support life-work balance is in line with positive perceptions and employee efforts to adapt in work environments supported by digital ecosystems (Eddine & Darmawan, 2025). These efforts to restore balance will, in turn, strengthen organizational effectiveness as a whole through the sharing of optimal performance-supporting factors (Darmawan, 2024a).

Digital detox also has a political dimension that is rarely discussed. The decision to reduce digital device usage is a form of resistance against the technology industry's business model, which is based on attention extraction (Antón, 2025). Companies like social media giants generate revenue by selling user attention to advertisers. Every minute a user spends in front of a screen is money for those companies. By undergoing *digital detox*, individuals consciously withdraw their attention from the market. They refuse to become commodities. This capitalization phenomenon is often criticized because the application of algorithm-based management on digital platforms has the potential to trigger de-professionalization or the dehumanization of work, especially for workers in the gig economy sector (Darmawan, 2024b). This restrictive action is individual but has collective implications. If millions of people perform a *digital detox* simultaneously, the advertising revenue of technology companies will drop. They would be forced to change their business models to something that does not rely on user addiction. This digital political dimension is also reflected in the importance of political ethics in the use of social media by public figures to maintain the quality of communication and democratic education in cyberspace (Al Hakim & Irfan, 2023). *Digital detox* also resists the normalization of surveillance. Digital devices constantly collect data on user locations, habits, interests, and social interactions. By reducing device usage, individuals reduce the amount of data that can be extracted about them. This is an act of privacy protection that does not require technical expertise.

Long-term changes after *digital detox* vary greatly. Some individuals return to the same usage patterns as before the detox after a few months. They consider the detox a temporary, refreshing experience but one that does not change basic habits. Others maintain some changes. They might still use smartphones but delete social media applications or implement strict time limits. A small fraction takes radical steps by switching to

"dumbphones" permanently or leaving social media forever. This last group usually has strong ideological reasons (Ahmad et al., 2025). They are not just bored or tired of hyperconnectivity, but they fundamentally reject the way digital technology organizes human life. For them, *digital detox* is not just a momentary break, but a new lifestyle. They build daily routines intentionally designed to minimize screen exposure. They seek jobs that do not demand constant digital availability. They build communities with people who share similar values. Life without technology might not be possible in the twenty-first century, but life with technology whose boundaries are guarded is very possible. This selective lifestyle requires a systematic and planned risk management approach to ensure the success of habit restructuring in the midst of a constantly changing environment (da Silva et al., 2022). For organizations, this phenomenon of changing employee lifestyles must be responded to through adaptive human resource management innovation to maintain competitive advantage in the era of globalization (Abdullah et al., 2021).

Digital detox is about restoring agency. Individuals trapped in hyperconnectivity often feel that they have no choice (Anandpara et al., 2024). Notifications determine when they must pay attention. Algorithms determine what content they see. Addictive app designs make it difficult for them to stop. *Digital detox* is a statement that they still have control over their own lives. They can choose when to connect and when to disconnect. They can choose what deserves their attention and what does not. The restoration of this agency has positive effects that go beyond the reduction of screen time. Individuals become more confident in making other decisions about their lives. They are braver in refusing unreasonable requests at work. The ability to manage one's basic personality capacity is proven to have a significant effect on the performance and professional responsibilities shown in the work environment (Darmawan, 2017). They are more capable of maintaining personal boundaries in social relationships. They learn that saying "no" is an empowering act. *Digital detox* is a microcosm of a larger struggle to become a subject of one's own life, rather than an object controlled by external forces. In an institutional context, the restoration of control and individual well-being depends heavily on the presence of digital-oriented leadership capable of pushing operational efficiency while maintaining the psychological well-being of its

members (Darmawan & Gardi, 2024). Such supportive leadership styles play a large role in shaping an organizational culture that is responsive and adaptive to the constant flow of change (Al Hakim et al., 2022), which ultimately contributes positively to productivity improvement through the guarantee of its workers' welfare (Darmawan et al., 2022).

Conclusion

Public awareness of the negative impacts of hyperconnectivity emerges through boundary experiences such as digital fatigue, relational conflict, or physical symptoms resulting from excessive use. This process of awareness is strengthened by exposure to alternative narratives about living without constant connection as well as support from social environments that value balance. Resistance to hyperconnectivity is manifested in various digital detox strategies, ranging from gradual reduction and strict rule-based limitations to temporary total cessation. The success of a digital detox is influenced by personality factors, initial motivation, social pressure, and the availability of meaningful alternative activities. Failure often occurs due to unrealistic expectations and an all-or-nothing mindset. Digital detox has a political dimension as a form of resistance against attention-extraction business models and the normalization of surveillance. The recovery of agency is the most important benefit of this practice.

The implications of these findings for mental health practice are the necessity for interventions tailored to individual profiles. Counselors are advised not to prescribe a uniform digital detox for all clients, but rather to help clients identify strategies that align with their personality, social environment, and motivations. For future researchers, it is suggested to conduct comparative studies on the effectiveness of various digital detox strategies across different populations, such as office workers, teenagers, or the elderly. Longitudinal research is required to track long-term changes following digital detox interventions. This study is limited to the theoretical realm; therefore, future empirical research could test the propositions that have been established. Organizations and policymakers are advised to create environments that support digital detox practices through rest-time protection policies and public awareness campaigns.

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