

Emerging Healthy Ageing through the Internet Environment Expansion in the Indian Context: A Scoping Review

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ABSTRACT

Introduction: The rapid development of internet facilities and the availability of digital technologies have significantly impacted various facets of life, including health and aging. As India's population is aging faster with improved health care services, it is of utmost importance that we accept technology as part of our daily routines.

Aim: In this review paper, we are finding the emerging paradigm shift of healthy aging occurring due to the growing digital environment in the Indian context, through research conducted since 2015. It explores the role of social media platforms, telemedicine, mobile health applications, and digital literacy in promoting health and well-being among older adults in India.

Materials and Methods: The major focuses of this paper include the influence of internet-based interventions on disease management, mental health, social engagement and health promotion activities, and access to healthcare services.

Results: The review highlights the use of the internet as an enabler and a potential barrier among older populations, depending on their access and digital competence. Many intervention studies showed significant progress in leveraging internet-based solutions to enhance the quality of life for older adults, challenges such as the digital divide, and cybersecurity fears. However, due to the socio-cultural diversity of Indian older adults, access to these digital interventions were limited.

The findings highlight the growing need for policy-level initiatives to bridge the gap in using digital technology, improve digital literacy, and develop inclusive and user-friendly technologies.

Conclusion: This paper recommends building strategies for raising equitable internet usage for sustainable, healthy aging. This would address India's growing aging population and its unique socio-economic landscape.

Keywords: Chronic disease management, Digital divide, Digital literacy, Older adults, Social engagement, Telemedicine

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