IMPACT OF LONELINESS AND BOREDOM ON DIGITAL ESCAPISM

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Abstract

The rise in popularity of social media and smartphone has attracted a lot of scholarly attention, especially in light of their psychological and societal effects since early 2010s. Humans beings are inherently drawn to both social interaction and isolation, both of which are crucial for psychological development. This may turn to digital escapism when loneliness and boredom collide. The present study used a quantitative research to investigate how psychological factors, boredom and loneliness affect people's use of digital escapism. A total of 106 participants between the ages of 18 to 32 included in the study. By Using convenience sampling technique, the sample was recruited from the Aligarh district, with Participants were chosen based on their availability and willingness to participate. According to the statistical analysis, people in the Aligarh district's digital escapism behaviours mostly due to psychological variables including loneliness and boredom, while demographic considerations had little effect. According to the results, future programs aimed at preventing digital escapism should concentrate on promoting mental health and offering substitute coping mechanisms for unpleasant feelings.

Keywords: Loneliness, Boredom, Digitalism, Aligarh

1. Introduction

In the twenty-first century, digital technology has rehabilitated almost every aspect of human existence. Digital platforms are now deeply embedded in people daily exists all over the world, from communication and entertainment to education and employment (Merchant, 2012). While these advancements have brought unprecedented convenience and connectivity, they have also introduced new psychological and emotional challenges that are still being understood (Montag and Diefenbach, 2018). Paradoxically, even as people are more "connected" than ever before through social media, messaging apps and online communities, feelings of loneliness and boredom are becoming increasingly widespread. As a result, many individuals are turning to digital escapism retreating into virtual spaces not merely for entertainment, but to cope with emotional discomfort and to avoid confronting reality, or fill psychological voids. The increasing prevalence of social media and smartphone use since the early 2010s has sparked widespread scholarly interest, particularly concerning their psychological and social impacts. Numerous studies have investigated the connections between social media usage, well-being and feelings of loneliness (Pellegrino, A., et., al, 2022). However, less attention has been given to the underlying motivations for engaging with digital platforms especially escapism, which may offer insight into how individuals cope

with psychological distress in a digitally connected world. Escapism is often defined as a habitual or deliberate mental diversion from reality, typically to avoid unpleasant emotions or situations. Within this conceptual framework, (Mostad 2024) proposed a dualistic approach to escapism, characterized by avoidant and maladaptive coping mechanisms and self-expansive escapism, which is seen as more constructive, offering opportunities for emotional growth and engagement. This distinction mirrors broader psychological theories that differentiate between adaptive and maladaptive coping strategies.

In an era where entertainment was easily accessible, it was expected that people would feel less bored than in the past. However, reports showed that boredom had actually increased over time (Haller, Hadler and Kaup, 2013). This trend was concerning, as chronic boredom was known to negatively impact well-being, learning and behaviour. Digital media appeared to contribute to boredom in several ways. It often divided people's attention, making it difficult to focus deeply on any single task. It also raised people's expectations for constant engagement, due to the fast-paced and stimulating nature of online content. As a result, everyday activities seemed dull in comparison. Furthermore, digital media use often reduced the sense of meaning people derived from their time, since much of the content lacked depth or purpose. It also heightened the awareness of opportunity costs, making individuals feel that they were missing out on other potentially more rewarding activities. Lastly, although many turned to digital media to cope with boredom, it proved to be an ineffective strategy, offering only temporary distraction rather than meaningful engagement (Tam and Inzlicht, 2024).

In the digital age, technological advancements have fundamentally transformed how individuals communicate, interact and seek entertainment. The proliferation of smartphones, social media platforms, video games and streaming services has made digital engagement a cornerstone of modern life (Kim,M., 2023). While these innovations have revolutionized the way people connect, access information and entertain themselves, they have also introduced new emotional and psychological challenges. Among these challenges, loneliness, boredom and digital escapism have emerged as significant areas of concern, particularly among younger generations who are highly immersed in digital environments (Ranki, 2016). Loneliness, the subjective feeling of emotional disconnection from others has become alarmingly prevalent despite the expansion of online communication tools (Nowland et al., 2018). Social media, messaging apps and virtual platforms provide constant access to others, yet many individuals, particularly adolescents and young adults, report feeling more isolated than ever before. The paradox of being constantly "connected" through digital means while platforms as temporary escape mechanisms. However, this digital engagement, rather than alleviating the deeper emotional needs, often exacerbates feelings of loneliness, as it provides only superficial interactions without genuine human connection (Butler, B. S. and Matook, S. (2015). While loneliness typically refers to a negative emotional state marked by feelings of isolation, emptiness, or disconnection, aloneness does not inherently carry negative connotations. Aloneness can instead be a positive and empowering state, associated with self-reliance, inner peace, self-determination and the ability to engage in meaningful self-reflection.

Human beings are naturally inclined toward both social connection and solitude each serving essential roles in psychological growth and development (Bansal, Y. (2024). Just as attachment is vital for emotional bonding and support, aloneness is equally crucial for individual autonomy and self-awareness.

In this view, loneliness is seen as the negative extreme of aloneness, occurring when solitude is unwanted, prolonged, or emotionally distressing. Therefore, fostering a healthy understanding of aloneness as a constructive and sometimes necessary part of the human experience can help differentiate it from the more harmful state of loneliness (Stein and Tuval, 2015). Perceptions of leisure as boredom are often linked to negative emotional experiences and arise when individuals believe that their leisure options lack frequency, excitement, variation, or novelty (Barnett, 2005). Studies suggests that people tend to feel most satisfied with their lives and leisure time when they perceive having an optimal amount of discretionary time neither too much nor too little to engage in personally meaningful activities. For leisure to be psychologically rewarding, it must provide an optimal level of stimulation or arousal.

People may suffer from leisure boredom if they they have too much spare time but nothing interesting enough to o ccupy it. This condition is typically caused by a mismatch between the availability of time and the perceived quality or appeal of available leisure experiences, resulting in feelings of restlessness, dissatisfaction and emotional distress (Leung, 2015). Similarly, an emotional state that has spread widely is boredom, which is defined by a lack of stimulating activities and meaningful engagement. In today's fast-paced world of prompt indulgence and information surplus, boredom is regarded as an unpleasant and undesirable state. Persistently those who suffer from chronic boredom frequently use digital entertainment, such social network scrolling, video games, or binge-watching TV series, to fill their void (Hans, A. K., & Kaur, H. 2024). The fundamental causes of boredom which can include discontent with one's everyday activities, a lack of fulfilment and a deeper emotional hole are not adequately addressed by this digital engagement, which only provides short-term solutions. A substantial variation and concept of boredom has changed. The "end of boredom" as we know may be forthcoming, according to researchers and the internet and digital technologies are playing a significant role in this change. Boredom was once thought to be a place for reflection, creativity and existential analysis, but it has been overtaken by the constant stimulation provided by contemporary media surroundings (Maheux, A. J., et al., 2025). There are very few moments of mental dormancy or silence in the world that has been created by the culture industries of television, movies, advertising and now social media. People are continuously bowed in search of novelty, connection or distraction is produced by the widespread use of cell phones, on-demand streaming and algorithmic content delivery (Zakay, 2014). These circumstances have significantly reduced the psychological space and temporal slack needed for deep boredom to manifest. Boredom and loneliness are two emotional situations that can drive people to turn to digital escapism (Subudhi et al., 2020). The term "digital escapism" describes people's propensity to lose themselves in the cybernetic world as a surviving mechanism to avoid dealing with uncomfortable feelings or challenging situations in real life. The overuse of digital technologies as a form of escape can have unfavourable effects, such as social disengagement, a decline in emotional health and even addictive behaviours, even though it may offer momentary comfort (Kosa and Uysal, 2020).

2. Objectives of the Study

1. To determine loneliness's severity and it affects digital escapism.

2. To assess boredom and Its influence in the promotion of digital escape.

3. To analyse the prevalence of digital escapism.

2.1 Hypotheses

1. There is significant impact of loneliness on digital escapism.

2. There is significant impact of boredom on digital escapism

3. Methodology

The methodology describes the procedures and rationale used for data collection and analysis.

The present study was conducted to examine the impact of loneliness and boredom on digital escapism. The various aspects concerning the methodology have been described under the following headings.

3.1 Research Design

A research design is the plan or framework used to conduct a research study. It involves outlining the overall approach and methods that will be used to collect and analyse data in order to answer research questions or test hypotheses.

The present study employed a quantitative research design to explore the impact of psychological variables, loneliness and boredom on digital escapism among individuals. A structured questionnaire was used to collect data from the participants.

3.2 Sample and Sampling Technique

A total of 106 respondents ranging in age from 18-32 participated in the study. The sample was drawn from the Aligarh district using a convenience sampling technique, where participants were selected based on their availability and willingness to participate. This method was chosen due to time constraints and accessibility of the target population.

3.3 Sample Selection Criteria

Inclusion Criteria

- People between 18 years and 32 were included.
- Both male and female were included.
- Those understood English and had access to the internet.
- People from both rural and urban background were included.
- People from different educational background were included.
- People from all religions were included.
- Married and Unmarried people were included.

Exclusion Criteria

- Participants below 18 years of age were excluded.
- Participants above 32 years of age were excluded
- The non-educated participants were not included.

3.4 Data Collection Tool

The primary instrument for data collection was a self-administered questionnaire consisting of two main sections:

Demographic Information: Including age, gender, place of residence, education qualification and marital status.

Psychological and Behavioural Measures**:** Including items measuring loneliness using UCLA Loneliness Scale**,** boredom through Boredom Proneness scale and digital escapism by Consumer Escapism Scale**.**

Standardized scales and Likert-type items were used to ensure reliability and validity. The Scales were modified to adjust the study criterion.

3.5 UCLA Loneliness Scale

The UCLA Loneliness Scale (Version 3), developed by psychologist Daniel Russell in 1996, is a 20-item self-report measure designed to assess subjective feelings of loneliness and social isolation. Participants respond to each item using a 4-point Likert scale ranging from 1 (Never) to 4 (Always). Sample items include questions such as, "How often do you feel left out?"

It exhibits high internal consistency (Cronbach's alpha ranging from 0.89 to 0.94) and test-retest reliability over a one-year period (r = 0.73).

The scale was modified, 8 items were included only to measure the loneliness of the sample.

3.6 The Boredom Proneness Scale (BPS)

It is a self-report questionnaire used to measure boredom. It is a commonly used tool in research to assess trait boredom, or the disposition to be bored. The BPS was originally developed as a 28-item scale using a 7-point Likert scale (1-Strongly Disagree – 7- Strongly Agree), but shorter versions have also been developed. The total score can range from 28 to 168, with higher scores indicating a greater tendency to experience boredom.

The BPS is a valid and reliable test, alpha scores for the internal consistency and the test-retest reliability are at 0.83 and 0.79 respectively.

The scale was modified, 8 items were included only to measure the boredom of the sample.

3.7 Consumer Escapism Scale (CES)

Consumer escapism scale consisting of reality detachment, cognitive distraction and anticipated relief, was modified to measure desire to escape unpleasant states through digital platforms. 8 items were included only to measure digital escapism of the sample.

3.8 Procedure

The data was collected with a multi-item online questionnaire. For this purpose, UCLA Loneliness Scale**,** Boredom Proneness scale and Consumer Escapism Scale were converted into a Google form each having 8 items. Additionally, questions to gather socio-demographic details of respondents (age, gender, level of education, place of residence and marital status) were added in the form. It was circulated among different participants, students mostly; using online platforms including WhatsApp and Instagram. The purpose of the study was conveyed to all participants and they were informed of the confidentiality of the data prior to data collection. After observing their willingness and taking their informed consent they were given the questionnaire for data collection. Once the data was collected, the participants were thanked for their cooperation. The raw data was computed into Ms Excel and SPSS. The total scores on all the scales were calculated on SPSS. Then, data was analysed using inferential statistic methods in order to test the hypotheses and draw conclusions.

3.9 Descriptive Statistics

Descriptive statistics were used to summarize the demographic characteristics of the respondents, including age, gender, place of residence, education qualification and marital status. Frequencies and percentages were computed to provide a clear overview of the distribution of the sample across these categories. This helped establish a demographic profile of the participants and gave context for interpreting the psychological and behavioural data.

The Table 1 presents the frequency and percentage distribution of the demographic characteristics of the 106 respondents who participated in the study.

Table 1: Frequency and Percentage Distribution of Respondents by Demographic Characteristics

variables	Categories	frequency	percent
Age of Respondent	18-20	9	8.5
	21-23	58	54.7
	24-26	29	27.4
	27-29	5	4.7
	30-32	5	4.7
	Total	106	100
Gender	Male	33	31.1
	Female	73	68.9
	Total	106	100
Place of Residence	Urban	93	87.7
	Rural	13	12.3
	Total	106	100
Education	Master's	34	32.1
	Bachler's	72	67.9
	Total	106	100
Marital Status	Single	95	89.6
	Married	8	7.5
	not replied	3	2.8
	Total	106	100

Compiled by author

Age of Respondents:

The majority of participants fall within the 21–23 age group (54.7%), indicating that over half the sample is in early adulthood. The second-largest group is aged 24–26 (27.4%), followed by a small proportion in the 18–20 category (8.5%). Very few respondents are aged 27–29 and 30–32, each representing 4.7% of the total. This shows a predominantly young sample, primarily composed of individuals in their early twenties.

Gender:

The gender distribution reveals a larger proportion of female respondents (68.9%) compared to male respondents (31.1%), suggesting a gender imbalance in the sample, with women making up more than two-thirds of the participants.

Place of Residence:

Most respondents live in urban areas (87.7%), while only 12.3% come from rural settings. This indicates

a largely urban-based sample, which could influence perspectives related to digital access and behaviour.

Educational Qualification:

In terms of education, 67.9% of respondents hold a Bachelor's degree, while 32.1% have completed their Master's degree. This reflects a relatively educated population, with all participants having at least an undergraduate qualification.

Marital Status:

The vast majority of respondents are single (89.6%), while only 7.5% are married and a small percentage (2.8%) preferred not to disclose their marital status. This again aligns with the young age profile of the participants, where marriage is less common.

The demographic profile of the sample is predominantly young, female, urban-dwelling, single and well-educated, which provides important context for interpreting their responses in the broader study.

3.10 Data Analysis

To examine the research objectives and test the relationships between the variables, a series of statistical analyses were conducted using IBM SPSS Statistics software (version XV). The analyses were performed in a structured manner, progressing from basic descriptive statistics to more complex inferential procedures.

Pearson Correlation Analysis and Multiple linear regression were employed to examine significant predictors of digital escapism.

3.11 Pearson Correlation Analysis

To explore the relationships between variables, particularly between the psychological constructs (loneliness and boredom) and digital escapism, Pearson correlation coefficients (r) were calculated. This test measured the strength and direction of linear relationships between continuous or ordinal variables. A two-tailed significance level ($p < .05$) was set as the criterion for determining statistical significance. It was conducted to examine the strength and direction of the relationship between the dependent variable, digital escapism and several independent variables, including loneliness, boredom, age, gender, place of residence, education qualification and marital status.

3.12Multiple linear regression

To assess the combined and individual predictive power of the demographic and psychological variables on digital escapism, a multiple linear regression analysis was conducted. The dependent variable was digital escapism, while the independent variables included age, gender, marital status, place of residence, education qualification, loneliness and boredom**.**

4. Result

Statistical Analysis: IBM SPSS Statistics XXV was used to conduct statistical analysis of the data. IBM SPSS Statistics XXV is a comprehensive system for analysing data. All the data were screened for missing values and outliers. There were no outliers in the data. Based on the objectives and hypotheses of the present research, statistical analyses outputs, results and discussion are presented in Table 2:

Table 2: Correlation among Digital escapism, Boredom, Loneliness, Age, Gender, Place of Residence, Educational Qualification and Marital Status

Variables	X_1	X_2	X_3	X_4	X_5	X_6	X_7	X_8
X_1	1							
X_2	0.557**	1						
X_3	0.401**	0.537**	1					
X_4	-0.117	-0.226*	-0.284**	1				
X_5	-0.021	-0.012	-0.049	-0.023	1			
X_6	0.101	0.200*	0.135	-0.178	0.127	1		
X_7	0.068	0.12	0.237*	-0.308**	-0.287**	-0.174	1	
X_8	-0.246*	-0.211*	-0.259**	0.335**	-0.081	-0.119	-0.123	1

***. Correlation is significant at the 0.01 level (2-tailed). *. Correlation is significant at the 0.05 level (2-tailed).*
Source: Primary Survey data, 2025, January. The analysis done by author

NOTE: X_1= Digital Escapism, X_2= Boredom, X_3= Loneliness, X_4= Age, X_5= Gender, X_6= Place of Residence, X_7= Educational Qualification and X8= Marital Status.

In the present study, correlation analysis was conducted to examine the strength and direction of the relationship between the dependent variable, digital escapism and several independent variables, including boredom, loneliness, age, gender, place of residence, educational qualification *and* marital status. The analysis revealed a stronger positive correlation between digital escapism and boredom (r = 0.557), as well as a moderate positive correlation between digital escapism and loneliness (r = 0.401), suggesting that individuals experiencing higher levels of loneliness and boredom are more likely to engage in digital escapism. Demographic variables such as age (r = -0.117), gender (r = -0.021), place of residence (r = 0.101) and education qualification (r = 0.068) do not show statistically significant relationships with digital escapism, as their p-values are above the 0.05 threshold. This suggests that these demographic factors may not play a meaningful role in predicting digital escapism behaviour in this sample. Marital status shows a significant negative correlation with digital escapism (r = -0.246), indicating that unmarried individuals may be more likely to engage in digital escapism compared to those who are married.

Table 3: Regression Analysis (Criterion Variable: Digital Escapism)

Predictors	R	R^2	b	S. E	β	T	p
Loneliness			0.28	0.209	0.136	1.341	0.183
Boredom			0.589	0.122	0.476	4.832	0.000
Age	0.586	0.343	0.922	1.37	0.063	0.673	0.502
Gender			-0.675	2.42	-0.024	-0.279	0.781
Place of Residence			-0.779	3.457	-0.02	-0.225	0.822
Education			-0.809	2.616	-0.029	-0.309	0.758
Marital Status			-4.355	2.782	-0.139	-1.565	0.121

Compiled by author

The Regression Analysis Table 3 provides detailed information about the contribution of each independent variable in predicting the dependent variable, Digital Escapism, using a multiple linear regression model. The correlation coefficient (R) is 0.586, indicating a moderate positive relationship between the predicted and actual values of the dependent variable. The R Square value is 0.343, meaning that approximately 34.3% of the variance in the dependent variable is explained by the model. The Unstandardized

Coefficients (b) represent the actual amount of change in digital escapism for a one-unit change in each predictor, assuming all other variables are held constant. The Standardized Coefficients (Beta) show the relative strength of each predictor by placing them on the same scale, making it easier to compare their influence.

From the table 3, the constant (intercept) is 16.662, which is the predicted value of digital escapism when all independent variables are zero, although it's not statistically significant (p = .126). Among the predictors, boredom stands out as the most significant variable with a b value of 0.589 and a Beta of 0.476, indicating a strong positive effect on digital escapism. The t-value is 4.832 and the p-value is .000, suggesting this relationship is statistically significant.

Other variables like loneliness, age, gender, place of residence, education qualification and marital status do not show statistically significant contributions to the model, as their p-values are all above the common significance threshold of 0.05. While loneliness has a positive coefficient (b = 0.280), its effect is not significant (p = .183). Interestingly, some predictors such as marital status and education qualification show negative coefficients, but again, these results are not statistically significant, meaning they don't meaningfully predict changes in digital escapism in this model.

In summary, boredom emerges as the key predictor of digital escapism, while the other variables, though included in the model, do not significantly influence the outcome based on this analysis.

Table 4: Explained and Unexplained Variation in Predicting Digital Escapism

Predictive Model	sum of squares	df	Mean Square	F	Sig
Explained	6095.085	7	870.726	7.318	0.000
Unexplained	11660.764	98	118.987		
Total	17755.849	105			

Compiled by author

The Table 4 presents the analysis of variance for the multiple linear regression model where the dependent variable is Digital Escapism. This table helps determine whether the regression model significantly predicts the outcome variable.

The "Regression" row shows the variation explained by the independent variables in the model age, gender, marital status, education qualification, place of residence, loneliness and boredom. The Sum of Squares for regression is 6095.085, which represents the explained variance and the degrees of freedom (df) is 7, corresponding to the number of predictors. The Mean Square, calculated by dividing the regression sum of squares by its degrees of freedom, is 870.726.

The "Residual" row reflects the unexplained variation the part of digital escapism not accounted for by the model. The Residual Sum of Squares is 11,660.764 with 98 degrees of freedom, which relates to the number of observations minus the number of predictors and intercept. Its Mean Square is 118.987, representing the average unexplained variance per observation.

The F-value is 7.318, which is a test statistic that compares the explained variance to the unexplained variance. A higher F-value generally indicates a more significant model. The associated Significance

(Sig.) value is .000, which is well below the conventional threshold of 0.05. This indicates that the overall regression model is statistically significant, meaning the predictors, when taken together, significantly explain variations in digital escapism.

In summary, the ANOVA results show that the regression model provides a good fit and significantly predicts the dependent variable, Digital Escapism, based on the set of independent variables.

5. Discussion

The aim of this study was to explore the impact of psychological variables (loneliness, boredom) on digital escapism among individuals, demographics included were age, gender, place of residence, educational qualification and marital status. The findings of this study offer valuable insights into the factors contributing to digital escapism and suggest areas for further research.

The most notable results included in the study is the substantial positive correlation between loneliness and digital escapism that is r=0.401, p=0.000, as well as boredom and digital escapism where r=0.557 and p=0.000. These results align with earlier studies that indicate high correlation between states like loneliness and boredom with digital escapism. According to Kuss and Griffiths in 2017 claimed that individuals frequently use digital platform like social media or online games as a coping strategy to get away from depression or lonely sensation. By engrossing oneself in a different digital world, digital escapism can give people a way of relieving negative emotions explained by Jain et. (2025). Moreover, the idea that people turn to digital activities as a means of stimulation and void filling when they are bored is further supported by Lacey et., al in 2019, the study's finding of a positive link between digital escapism and boredom. According to Przybylski and Weinstein (2017) showed that people who are bored are more inclined to use their smartphones and other digital entertainment disproportionately. Unlike the key psychological components, digital escapism did not significantly correlate with demographic variables such as age, gender, place of residence or educational attainment. Specifically, age and digital escapism exhibit weak correlation and non-significant association (r=-0.117, p=0.234), which is consistent with other study that has shown conflicting findings about age and digital behaviour (Kuss et., al., 2014). According to some research, due to increased exposure to technology, youngster is more likely to engage in digital escapism. However, other studies indicate that age may not be a significant determinant when it comes to digital behaviour.

This study, however, supports the findings of Lo, Wang and Fang (2018) who observed that there were little gender differences in digital escapism, especially when it concerned social media use. Interestingly there was an inverse relationship between digital escapism and marital status. According to this study single might be more prone than married people to use digital escapism. This is because single people spare more time and participate in less social activities, which could cause them to use digital platforms for leisure and social interactions. The findings are consistent to previous study by Yen et al. (2017), which hypothesized that who have fewer social interaction in real life might be more likely to seek out digital interactions. The survey also looked at participants residence, the majority participant (87.7%) lived in urban areas while only 12.3% lived in rural regions. This finding, however might have been affected by the study's much higher proportion of urban residents, as these groups might have had easier access to technology and online resources.

In order to investigate how various environmental elements might affect digital behaviour by concentrating on bigger, more balanced sample from both rural and urban areas. The goal of this study is to investigate the intricate connection between digital escapism, loneliness and boredom. It will also look at how these emotional situations impact digital behaviours and the effects such behaviours have on mental health and overall wellbeing. In order to understand the psychological and emotional factors that lead to excessive digital involvement and its possible long-term implications, this study will look into how loneliness and boredom affect people's inclination for digital escapism.

6. conclusion

This study concludes by highlighting the significance of psychological variables like boredom and loneliness in predicting digital escapism. Despite the lack of substantial correlations between demographic parameters including age, gender and education, marital status emerged as a possible contributing factor. According to the findings, the future interventions aimed at preventing digital escapism ought to concentrate on promoting mental health and offering substitute coping mechanisms for unpleasant feelings. To Understand the intricate dynamics of digital escape and the part played by demographic and psychological factors will require more investigation. The study investigated the association between people's digital escapism, psychological characteristics and demographic parameters. The results indicate important insights on the elements that influence the study population's behaviour related to digital escapism are highlighted.

Digital escapism was found to be significant determinant of psychological issues, specifically loneliness and boredom. It appears that some states are a significant factor in influencing digital behaviour among respondents who expressed higher levels of boredom and loneliness were more inclined to engage in digital escape. These results are consistent with previous research that indicates people frequently use digital platforms as a coping strategy when they're feeling socially isolated. The absence of substantial correlations with demographic variables suggests that psychological and emotional elements might have a greater impact on the development of digital escapism behaviour than demographic parameters alone.

Additionally, digital escapism was somewhat found to be inversely correlated with marital status, with unmarried people being more likely to indulge in this behaviour. This suggests that further investigation is needed, which shows social connection like marriage, may lessen the urge for escapism. The overall findings of the study highlight how crucial psychological health is to comprehend digital escapism. Future interventions aimed at preventing digital escapism might benefit from addressing psychological characteristics such as loneliness and boredom. This could provide alternative coping mechanisms for persons who are prone to excessive digital involvement.

The statistical analyses revealed that demographic factors had limited influence, while psychological factors like boredom and loneliness played a significant role in digital escapism among individuals in the Aligarh district. Based on correlation and regression analysis, these findings underline the need of emphasizing emotional well-being and offer empirical support for psychological theories of digital behaviour. The findings add to our knowledge of digital behaviour and underscore the need for future

study in multiple settings to examine how distinct demographic, psychological and environmental factors interact in promoting digital escapist.

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