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A Cognitive Study on the Impact of Digital Silence on Women

Doyel Mukherjee Prodhan¹, Nafisa Sultana², Rajanya Basak³, Mahikshit Mazumder⁴

Digital communication is a part of how we talk to each other these days both when we are with friends and family and when we are at work. We use platforms all the time and this has created some new problems, like digital silence. Digital silence happens when someone does not answer a message online or they take a time to do so. This study is about how digital silence affects the health of women especially when they're at work. The study looked at what other people have written about silence from 2018 to 2026. It found out that there are kinds of digital silence like when someone does not answer a message because they are busy and when someone does not answer a message on purpose. The study also looked at how these different kinds of silence make people feel and how they get along with the people they work with. Sometimes digital silence can be good for people's health. Taking a break from talking to people can help people feel less stressed and not so overwhelmed. When someone does not answer a message, it can make the other person feel anxious and lonely and not know what is going on. Women may be more impacted by silence than men because they desire to have close relationships with other people. The study indicates that we need to be aware of the effects that digital communication has on our health. The study also indicates that we need to carry out research on the effects that digital silence has on the mental health of women when they are at work. Digital communication and digital silence are concepts to be taken into consideration because they have the potential to impact our lives in a large way. The study indicates that we need to be cautious when using communication and consider its potential effects on our lives and our relationships and feelings towards others. Digital silence is a problem and needs to be addressed in a thoughtful manner. Digital silence and communication are concepts that we need to consider when we think about our health and our relationships with others, i.e., people.

Keywords: Digital silence, women mental health; psychological wellbeing, cognitive and emotional capacity; self-worth, Digital fatigue

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