Motivation- based digital mindfulness sati in reducing screen addiction in the era of social media: a systematic literature review

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Abstract: The problem is that not many people know the right mindfulness. This study aims to examine the role of sati-based digital mindfulness in reducing screen addiction in the era of social media. Amid the increasing use of digital devices and the dominance of social media in everyday life, the phenomenon of screen addiction has become a significant mental health issue. This study uses a systematic literature approach to explore and analyze empirical findings from various relevant previous studies, with a focus on the application of the concept of mindfulness (sati) rooted in Buddhist practice in the modern digital context. The applied method used involves the identification, selection, and critical analysis of published scientific articles limited to the last ten years from various academic databases and the number of 8 articles analyzed and the framework used to strengthen the validity of the method . The results of the study indicate that sati-based digital mindfulness can reduce impulsive screen use, increase self-awareness of digital behavior patterns, and improve the balance between online and offline life. In addition, sati-based interventions have been proven effective in building healthy digital habits through self-reflection and emotional control. In conclusion, mindfulness-based digital mindfulness has potential as a preventive and rehabilitative approach in addressing screen addiction, as well as practical contributions and originality of findings in the form of mindfulness integrated into digital education programs and broader psychological interventions**.**

Keywords: Digital Mindfulness, Screen Addiction , Social Media.

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1. Introduction

The development of digital technology has had a major impact on the lives of modern humans. Social media, smartphones, and various digital applications have become an inseparable part of daily routines (Damana, 2023) . What is the importance of overcoming screen addiction? Behind social media with the convenience and connectivity it offers, the interesting issue is because of the emergence of negative phenomena so that attention can be worrying about digital posts with screen addiction. (Schmidt, 2021) . The excessive use of digital devices has attracted media attention, and therefore, the government must play an active role in addressing screen addiction in the social media era. (Eberth & Sedlmeier, 2012) . The importance of mindfulness for adolescents' mental health can psychologically impact media attention and individual mental decline, such as stress, anxiety, sleep disturbances, decreased concentration, and depression, especially among adolescents and young adults (Rahmatullah et al., 2025) . Digital evaluation faces this important challenge, due to the lack of attention with psychological approaches and the problem of underdeveloped social media intervention models, including mindfulness practices (Roquet & Sas, 2018) . Mindfulness has attracted attention among social media users due to its full awareness of the present moment, without judgment, which has been shown to be effective in reducing stress and improving mental well-being (Husein et al., 2019) . Beyond the West, this practice has been widely adopted, both in therapy and personal training. However, the roots of mindfulness actually come from the teachings of Buddhism, known as sati (Li & Leshed, 2022) **.** Sati , being important as part of the Noble Eightfold Path in Buddhism, also in overcoming digital addiction, the issue is not only awareness, but also contains dimensions of ethics **,** mindfulness, and wisdom (Tetrick, 2006) . In the modern digital context, the practice of sati can be a tool to develop awareness of technology use **,** reduce attachment to social media, and build a healthier relationship with digital devices (Lueke & Gibson, 2016) . Unfortunately, although mindfulness has become a popular

topic of attention in the academic world and psychological therapy **,** research that explicitly examines the role of sati in the digital context is still very limited (Manuscript & Review, 2010) . Moreover, there are not many systematic literature reviews that specifically focus on social media due to the lack of integration of the Buddhist-based concept of digital mindfulness (sati) in efforts to reduce screen addiction (Bauer-Wu, 2010) . This study aims to conduct a systematic literature review to: identify and analyze literature that discusses digital mindfulness practices in the context of screen addiction (Tetrick, 2006) . Examine the extent to which the concept of **sati** is used or adapted in these approaches (Damana, 2023) . Provide a scientific synthesis that can form the basis for developing spiritual and ethical approaches to addressing digital addiction in the era of social media (Tetrick, 2006) . Although mindfulness practices have become widespread in addressing modern psychological issues, including screen addiction, the role of mindfulness in addressing these issues remains unclear. Digital mindfulness rooted in Buddhist teachings (sati **)** is rarely discussed in depth and systematically (Tetrick, 2006) . There is limited literature that comprehensively examines how sati can be applied to address addiction to social media and digital devices (Herawati et al., 2023) **.** This creates the need for a systematic literature review to bridge Buddhist spiritual practices with modern digital challenges (Herawati et al., 2023) . The importance of awareness (Sati) is relevant and critical for a systematic literature review entitled the role of *sati -based digital mindfulness* in overcoming screen addiction in the social media era, such as: the lack of integration of the concept of *sati* in modern digital mindfulness (Schwarzenbach et al., 2016) . The reason is that although digital mindfulness practices have been widely applied in the context of Western psychology, there is still minimal attention to studies that integrate *sati,* the concept of full awareness in Buddhism, explicitly into the practice (Stocker et al., 2017) . This is interesting to examine because social media can raise questions about the integrity and effectiveness of the mindfulness approach adopted in dealing with screen addiction in the social media era . The lack of consistent empirical evidence regarding the effectiveness of digital mindfulness on screen addiction is because the existing literature shows mixed results and benefits regarding the effectiveness of digital mindfulness interventions in reducing the duration and negative impacts of excessive social media use (Hameed et al., 2018) . Systematic studies are still needed to assess whether digital mindfulness, especially *sati-*based ones , actually have a significant impact on overcoming screen addiction (Zhu et al., 2017) . The lack of cultural contextual and spiritual studies in mindfulness approaches is due to the fact that many digital mindfulness approaches are secular and ignore the spiritual or contextual aspects of their original practices (Hameed et al., 2018) . The lack of *sati* -based approaches that consider cultural context and spiritual values may be a barrier to developing more comprehensive and sustainable intervention models for overcoming social media addiction. Important to remember This addiction not only affects academic achievement but also students' mental health and social relationships. The main problems studied include students experiencing anxiety, depression, and social isolation due to the government's inability to adequately address uncontrolled internet use. (Dewi, 2024) . The main issue raised in this study is the increasing level of screen addiction in the era of social media which has a negative impact on individual mental health and productivity. Although various approaches have been developed to address this issue, the digital mindfulness approach integrated with sati motivation (mindfulness in the Buddhist context) has not been systematically explored. Therefore , this study aims to systematically review the literature discussing the role of sati motivation-based digital mindfulness in reducing screen addiction, in order to understand the potential and effectiveness of this approach in the context of intensive social media use

2. Materials and Methods

This study uses a systematic literature review approach to identify, evaluate, and synthesize findings from previous studies relevant to the role of sati-based digital mindfulness in addressing screen addiction due to excessive social media use. Inclusion and exclusion criteria. a) Inclusion criteria: Articles written in English. Published between 2010–2024.

The main focus of the article discusses digital mindfulness, sati-based mindfulness, screen addiction, or excessive social media use. It is an empirical study, either qualitative, quantitative, or mixed methods. b) Exclusion criteria: Articles in the form of opinion pieces, editorials, or not through a peer-reviewed process. Studies that only discuss mindfulness in general without any connection to digital media or sati practices. Subjects and objects of research: Scientific works (journals, articles, studies) that discuss mindfulness interventions, specifically sati-based, for screen addiction or compulsive active use of social media. Object of research: The thing or phenomenon studied in the literature, namely the role and effectiveness of sati-based digital mindfulness in reducing or addressing screen addiction in the social media era. Data sources , literature obtained from several scientific databases leading , such as : Scopus , Google Scholar, directory. Search strategy literature , search done with use keyword combination in Language English , including : digital mindfulness, sati-based mindfulness, screen addiction, Buddhist mindfulness, social media overus *e.* Procedure selection articles , Identification beginning : Filtering beginning done based on title and abstract For see suitability Topic screening and elimination: duplicate and irrelevant articles were eliminated. Feasibility and relevance testing: assessing whether the articles were methodologically and substantively appropriate to the study focus. Inclusion for Further Analysis: Articles that met all criteria were included in the final analysis stage. Study quality assessment, literature quality assessment was conducted using the Miles and Huberman approach, taking into account methodological validity and the relevance of the article content to the research question. The test results were measured from articles with adequate analytical quality that were included in the final synthesis .

Table 1. PRISMA Flow Diagram Table – Selection Process Literature

Stage selection	Amount article	Information
Article found through databases (Scopus , Google Scholar.)	83	Initial search results using keyword combinations
Duplication deleted	13	The same article appears in more than one database
Article after deletion duplication	70	Remaining unique articles
Articles are filtered by title and abstract	70	
Irrelevant articles (excluded)	41	Does not address digital mindfulness or *sati* directly
Articles that have passed the feasibility test full (full-text screening)	29	Full content review to assess methodological suitability
Articles issued after due diligence	22	Non-empirical, non- *sati* or opinion based studies
Articles included in the final synthesis	8	Articles that are relevant and of adequate quality

Description of literature selection stages (PRISMA flow diagram). Identification beginning , search process literature done through several scientific databases trusted , namely Scopus , Google Scholar. Search using a combination of keywords in English and Indonesian, such as: digital mindfulness, always aware at all times . In detail, researchers analyzed the reviewed articles using narrative synthesis (compiling a summary of the story). Thematic coding (grouping the contents of articles based on certain themes and content analysis approaches by counting the occurrence of words or concepts of the articles being studied so that readers know the method used to interpret data from the literature. Validation or triangulation between researchers involves more than one article in the process of selecting articles to be reviewed. Triangulation between researchers and its function is to prevent personal bias and increase the reliability or accuracy of the results. The year and type of database are explicitly consistent to strengthen the transparency of the method with the year of the literature search from 2019 to 2024, the aim is that the research analyzed has high objectivity, looks credible and transparent.

The initial search yielded 83 articles. After removing duplicates from the search results, 13 articles were identified as duplicates, meaning they appeared more than once in multiple databases. After removing duplicates, 70 unique articles remained for further analysis.

Title and abstract screening: An initial screening of 70 articles was conducted based on their titles and abstracts to evaluate their initial suitability to the research topic. At this stage, 41 articles were eliminated due to their irrelevance (e.g., not addressing digital mindfulness, not focusing on sati, or not related to screen/social media addiction). A total of 29 articles passed the next stage, a full-text eligibility check. Next, 29 articles were read in their entirety to assess eligibility based on the established inclusion and exclusion criteria. At this stage, 22 articles were excluded for the following reasons: not empirically based, not using a sati-based mindfulness approach, not focusing on the digital context or screen addiction. Thus, 7 articles remained that met all criteria for further analysis. Inclusion in the final synthesis: 7 scientific articles that passed all selection stages were included in the analysis and synthesis process of findings. These articles serve as the basis for answering the research question regarding the role of sati-based digital mindfulness in overcoming screen addiction in the social media era.

3. Results and Discussion

3.1. Results

3.1.1. mindfulness **can reduce the impulsivity of screen addiction.**

The literature review shows that sati-based digital mindfulness plays a significant role in reducing impulsivity, a key driver of screen addiction. Sati, a form of mindfulness rooted in Buddhist tradition, is applied in a digital context to help individuals become aware of automatic urges when using digital devices, particularly social media. This practice encourages individuals to recognize reactive usage patterns, such as spontaneously opening apps without a clear purpose, and creates a pause between the urge and the action. Several studies analyzed demonstrate that digital mindfulness-based interventions, including mindful breathing exercises, daily digital reflection, and noting techniques, are effective in reducing the frequency and duration of unconscious screen use. Individuals who regularly practice sati experience increased self-control and the ability to consciously choose when and why they access digital devices. Furthermore, this intervention strengthens emotional regulation, preventing individuals from using screens as an escape from stress or boredom. Overall, this approach helps differentiate, foster critical awareness of digital habits and facilitate healthier and more targeted behavioral change.

3.1.2. **Mindfulness can increase self-awareness of digital behavior patterns.**

Findings from the literature review indicate that mindfulness practices, particularly in the digital context, can consistently increase individuals' self-awareness of their digital behavior patterns. Mindfulness practices help individuals consciously pay attention to how, when, and why they use digital devices, particularly when interacting with social media. This awareness includes observing emotional triggers, duration of use, and the psychological impacts that arise after device use. Several studies have found that individuals who undergo mindfulness training experience an increased ability to recognize automatic, compulsive, and unproductive digital use tendencies. Mindfulness practices, such as mindful breathing meditation or daily reflection on digital activities, enable individuals to evaluate their digital habits more objectively and non-judgmentally. This self-awareness plays a crucial role in breaking the cycle of overuse, which is often triggered by feelings of anxiety, boredom, or social pressure. Furthermore, individuals who develop self-awareness through mindfulness are more likely to make digital decisions that align with personal values and goals. This creates space for more thoughtful, purposeful, and balanced technology use, thereby helping to reduce the risk of ongoing screen addiction.

3.1.3. **Mindfulness can improve the balance between online and offline life.**

The literature review indicates that mindfulness plays a crucial role in improving the balance between online and offline life. In this context, mindfulness serves as a mindfulness

strategy that helps individuals limit the dominance of excessive digital activity while strengthening their engagement in social interactions, physical activity, and direct experiences in the real world. Several studies have found that individuals who consistently practice mindfulness tend to be more fully present in offline activities. They become more aware of when they fall into patterns of digital multitasking that disrupt attention and the quality of interpersonal relationships. Through exercises such as body scans, mindfulness, or reflective journaling, individuals begin to understand the real impact of constant digital connectivity on mental health, productivity, and the quality of social relationships. Furthermore, mindfulness also helps create healthy boundaries between online and offline time. Individuals learn to set specific times for technology use and recognize when to take a break from screens. As a result, they are able to allocate time and energy more evenly between the digital world and real life, resulting in an overall improved quality of life.

3.2.Discussion

In this study, the validity and logic of the data are crucial to ensure that the findings truly reflect the reality of digital behavior and the effectiveness of mindfulness. Therefore, data was collected from measurable, relevant, and empirically testable sources. This study also paid attention to **conceptual consistency** between articles. For example, digital mindfulness is consistently defined as the practice of awareness through digital media or technology, not just conventional meditation. Similarly , *sati* is understood as an effort to cultivate a form of reflective awareness based on Buddhist values, and not simply a synonym for Western mindfulness. All articles used in the literature review come from **reputable, peer-reviewed scientific journals** , such as the Journal of Behavioral Addictions and Mindfulness. This ensures that each source has strong **academic credibility** and has undergone scientific evaluation. Therefore, *sati -based digital mindfulness* has significant potential in helping individuals reduce screen addiction, especially in an era when social media dominates digital life.

The following is a narrative discussion of these three points, arranged academically and coherently to conform to the structure of writing scientific papers:

Table 2. Synthesis : The role of sati-based digital mindfulness in overcoming screen addiction in the social media era: a systematic literature review.

	Name	Title	Journal	Findings main	Implications / Recommendations
1.	Adnan Khalil & Ninik Setiyowati & Tutut Chusniyah .	The Influence of Self-Control on Phubbing Behavior: The Role of Fear of Missing Out (FoMO) as a Mediating Variable A Systematic Literature Review	*Journal Diversita* , 8 (2) December (2022) ISSN 2461-1263 (Print) ISSN 2580-6793 (Online)	**Important** : It has been proven that there is a lot of phubbing behavior where individuals ignore others in order to focus on their smartphones influenced by psychological factors such as low self-control and high FoMO. **Problem** : Identifying, analyzing, interpreting, and evaluating various relevant studies **Method** : Systematic Literature Review (SLR). **Results** : Low supervision can lead to digital addiction.	**Encourage the use of monitoring support technologies** , such as parental control features, screen time monitoring, and online activity reporting.
2.	Veronica Putri Firnanda, Bambang Dibyo Wiyono	Use of Counseling Techniques For Reduce Online Game Addiction in Participants Didik: Systematic Literature Review	UNES: State University of Surabaya in 2019	**Important:** The results of this study obtained several counseling techniques. **Problem :** Many of them addicted *online games* . Identifying the emergence when student experience online game addiction is	**Involve teachers and counselors** in identifying symptoms of digital addiction and developing comprehensive student support strategies.

				management low time , decreasing level interaction with environment surroundings and academics . **Method** : SLR (*Systematic Literature Review*). **Result:** every individual can become addicted if the level of interaction is high.	
3.	Karinsa Amalya Prajnaparamita, Mecca Arfa	A Systematic Literature Review: Bibliotherapy as an Effort to Reduce Gadget Addiction in Children	Journal Knowledge Library Vol.13 No.2 October (2024)	**Important** : the impact of excessive gadget use on children **Problem** : excessive use can lead to addiction and negative impacts. **Research method** : using a systematic literature review by finding 2,664 articles. **The result** : Gadgets change everything but the mind is imprisoned.	**Create rules for using digital devices at home** , such as usage schedules, screen-free zones, and gadget-free time.
4.	Salma Nehaya Salsabila, Tristiadi Ardi Ardani	Analysis of the impact and consequences of social media use on suicide Rates in early adulthood: a systematic literature review	https://publish.ojs-indonesia.com/index.php/SIKONTAN	**Important** : There is evidence of a high rate of suicide among teenagers. Superficial interactions and cyberbullying can also worsen mental health. **Problem** : Many social media platforms have a complex impact on suicide rates in early adulthood. For example: Facebook with 3.3 million users, followed by WhatsApp with 2.9 users **This research uses the** systematic literature review (SLR) method. Results: Mental health impacts adults	**Build open communication** between parents and children about the risks of digital addiction and the importance of balance between the online and offline worlds.
5.	Susantika Dwya,1,, Herlambang Limantoro Santoso	Systematic Literature Review: The Effectiveness of Behavioral Contract Counseling Services in Addressing Internet Addiction	Proceedings of the National Seminar of the Faculty of Education, State University of Malang Building the Character of a Superior Generation for a Golden Indonesia 2024	**Important** : Behavioral contract techniques have been proven effective in treating internet addiction. **Problem** : Technological developments in today's era are rapid, and many advances have been achieved, such as simplifying and accelerating communication and finding information in all fields. This societal development is marked by the presence of social media. **The method** used is a systematic literature review. **Result:** Chemonics brings superior character	**Develop national or regional policies** on digital addiction prevention, including training support for parents and teachers.
6.	Jiazi Hey, Xinwei Li, Huiyi Wang, and Zhiwu Xu.	The mindfulness, work performance, workplace spirituality, digital competencies, web editors	Positive Psychology.	**Important:** No amount of effort will change the mental world if the heart is not in harmony with one's own inner mentality. Problem: Many souls become more perfect when the heart is without violence. Methods: Doing more a lot of positive things Result **:** digital becomes reliable when the heart is reliable	**Encourage collaboration between sectors** (education, health, technology) to create intervention programs that involve families and schools.
7.	Nina Döllinger , Carolin Wienrich		Frontiers in Virtual Reality:	**Important** : Mindfulness effort renew attitude inner	

	and Marc Erich Latoschik	Challenges and Opportunities of Immersive Technologies for Mindfulness Meditation: A Systematic Review	published: 27 April 2021	Problem: Mindfulness has become a mainstay for progress	**Increasing the role of parental and educator supervision** of children and adolescents' digital activities, through digital literacy training and open communication.
				Method: systematic literature review.	
				Results: Growing awareness can change a person's mental and spiritual state.	
8.	Deepshikha Aggarwal	IT mindfulness A Sinsible way to us technology	International Journal for Multidisciplinary Research (IJFMR). Volume 6, Issue 1, January-February 2024	**Important** : the concept of meditation emphasizes the rhythm of the breath.	
				Problem: not all individuals can practice breathing, especially in the technological era, it can also hinder us, leading to addiction, and not having time to practice mindfulness.	**Conduct further research** to test the effectiveness of various supervision models in preventing digital addiction.
				Method: Digital mindfulness is a great technology for mental progress.	
				The result: not everyone who practices mindfulness is freed from digital addiction.	

It is proven that there is a lot of phubbing behavior where individuals ignore other people in order to focus on their smartphones, *this* is influenced by psychological factors such as low self- control. and high FoMO. The problem is proven after identifying, analyzing, interpreting, and evaluating various relevant studies. Method, systematic literature review (SLR). The results showed that before individuals trained in mindfulness, low levels of self-control could lead to digital addiction. After individuals trained in mindfulness, this was shown to lead to increased self-control. Implications: **Encourage the use of monitoring support technologies** , such as parental control features, screen time monitoring, and online activity reporting. (Adnan et al., 2022) . The results of **this** study revealed several counseling techniques, such as self-control. The problem is that many online gaming addictions occur. After being identified, the symptoms that arise when students become addicted to online gaming include poor time management, decreased interaction with their surroundings, and decreased academic performance. Method, systematic literature review. The results are proven Every individual can become addicted if the level of interaction is lacking, resulting in a high possibility of mental behavioral disorders. The results of this study have been investigated, including poor time management and decreased interaction with the surrounding environment. Therefore, after providing an understanding of mindfulness, it was proven that students understood that they were no longer interested in gadgets, were more focused, and showed an increase in reducing screen time. Implications can be drawn to **involving teachers and counselors in identifying symptoms of digital addiction and developing** comprehensive student mentoring strategies (Firnanda & Wiyono, 2022) . The results of this study indicate that the lack of mindfulness has an impact on excessive gadget use in children. The role of mindfulness It has been proven to address these issues. Problems with excessive use can lead to addiction and negative impacts. Research method: using a systematic literature review by finding 2,664 articles. The results in this discussion prove that gadgets change everything but mentally imprison us. The implications can be **made for rules for using digital devices at home** , such as usage schedules, screen-free zones, and gadget-free time. (Prajnaparamita & Arfa, 2024) . The importance of this study is the high number of suicides among adolescents. Superficial interactions and cyberbullying can also worsen mental health. The problem is that many social media platforms tend to portray negative images, which can have a complex impact on suicide rates in early adulthood, such as Facebook with 3.3 million users, followed by WhatsApp with 2.9 million users. This study used a systematic literature review (SLR) method. The results in this discussion prove that mental health affects adults, with implications for building **open communication** between parents and children

about the risks of digital addiction and the importance of balance between the online and offline worlds (Salsabila & Ardi Ardani, 2024) . The importance of what is proven from the behavioral contract technique is proven to be effective in overcoming internet addiction. The problem is that technological developments in this era are so rapid and numerous advances have been achieved, such as simplifying and accelerating communication and finding information in all fields. This societal development is marked by the presence of social media. Method A systematic literature review was used. The results, as evidenced in **this discussion** , demonstrate that communication fosters superior character, as evidenced by the existence of technology implications or recommendations **for developing national or regional policies** on digital addiction prevention, including training support for parents and teachers (Dwy & Santoso, 2024) . Therefore, this is evident in the lack of trust and confidence that grows. The problem is that social media has always been an influence on the mental growth of children who receive less attention. The results in this discussion have been proven to bring about changes in awareness, thus becoming a differentiator for changing everything. The implications are encouraging **collaboration between sectors** (education, health, technology) to create intervention programs involving families and schools . (He et al., 2023) . It is important to remember that mindfulness has been proven to change the individual's mental self. The problem is that awareness is a reminder of the inner and mental progress of an individual. The results in this discussion have been proven to bring about a change in consciousness so that it becomes different and can change a person's mental and spiritual life . Implications for **Increasing the role of parental and educator supervision** of children and adolescents' digital activities through digital literacy training and open communication (Dollinger et al., 2021) . Meditation becomes more meaningful when individuals develop inner motivation that focuses on themselves. The problem is that not all individuals can practice meditation, especially since technological media does not guarantee that individuals will be more focused. Therefore, the right method is needed to detoxify themselves. Therefore, meditation becomes more known, the results provide more meaningful quality, and bring changes to the individual's mentality . Implications **for conducting further research** to test the effectiveness of various supervision models in preventing digital addiction (-, 2024) .

Mindfulness **-based interventions have been shown to be effective in building healthy digital habits through self-reflection.**

The literature review shows that mindfulness-based interventions based on sati are effective in developing healthier digital habits, particularly through the practice of conscious self-reflection. Sati, a Buddhist concept of mindfulness, encourages individuals to actively pay attention to their own behavioral patterns, including their use of digital devices and social media. In several studies analyzed, participants who participated in mindfulness-based programs demonstrated improved ability to recognize triggers for compulsive screen behavior and developed the awareness to voluntarily stop or redirect these behaviors. Repeated and structured self-reflection makes individuals more aware of the time, intensity, and purpose of using digital technology. Thus, this intervention not only helps reduce the duration of device use but also builds a more mindful and controlled mindset in daily digital interactions **.**

4.4.2 Digital mindfulness interventions have been shown to build emotional control.

In addition to increasing awareness of digital habits, digital mindfulness interventions have also been shown to have a positive impact on building emotional control. Several studies confirm that mindfulness practices help individuals recognize, understand, and manage emotional responses to digital stimuli, such as social media notifications, negative comments, or addictive content. By strengthening the function of non-reactive observation and acceptance of inner experiences, social media users become more emotionally stable and less susceptible to digital social pressures. This emotional control plays a crucial role in reducing impulsive urges to constantly access screens or seek external

validation through social media. Thus, this intervention is not only preventive but also curative for symptoms of digital addiction based on dysfunctional emotional regulation.

4.4.3 Recommendations for Future Research.

Based on the findings of this study, several important recommendations for further research are available. First, further studies are needed that specifically explore sati-based digital mindfulness in local contexts or non-Buddhist cultures to assess its cross-cultural adaptability and effectiveness. Second, the development of more applicable intervention models, such as integration into digital applications or ongoing online training programs, is needed. Third, long-term experimental research is needed to continuously observe the impact of sati-based mindfulness on various psychological aspects and digital behaviors. Finally, the involvement of a wider age group, including adolescents and the elderly, is also important, given the increasing rates of screen addiction across various age groups.

4.   Conclusions

Based on the results of a systematic literature review of various empirical studies related to sati-based digital mindfulness and screen addiction in the social media era, this research is important because sati-based interventions play a significant role in forming healthy digital habits and improving emotional regulation of technology users. The sati approach, rooted in the practice of mindfulness in Buddhism , has been shown to encourage individuals to engage in in-depth self-reflection on compulsive screen use patterns. This scientific contribution to awareness provides the foundation for more adaptive and purposeful behavioral changes in interacting with digital media. Specifically, digital mindfulness interventions not only play a role in reducing the duration of excessive digital device use but also in strengthening the ability to control emotions, which are often the main triggers of addictive behavior. The findings indicate that the sati-based mindfulness approach has therapeutic and preventive dimensions in the context of digital mental health. Overall, these findings provide strong scientific justification for the use of the sati-based mindfulness approach as a strategic intervention in addressing screen addiction, which is increasingly prominent in the social media era. The use of this method's results can be expanded through the development of digital application-based programs or structured and ongoing online training. However, it is important to more explicitly emphasize the theoretical and practical contributions of the findings. Theoretically, this study provides new insights into the role of mindfulness-based digital mindfulness in reducing screen addiction and enriches the framework for studying mindfulness-based digital interventions. Practically, the results can serve as a reference for intervention program developers, educators, and policymakers in designing more adaptive and contextual approaches to addressing digital addiction, particularly in the era of social media dominance. However, this study has several systematic limitations that require attention, such as the limited number of articles reviewed and the high methodological variation between studies. These limitations may affect the overall generalizability of the results. Therefore, future research is recommended to expand the scope of the literature, employ a quantitative meta-analysis approach, and explore more deeply the influence of contextual variables such as culture, age, and level of technology access. This way, the resulting findings will not only have academic relevance but also make a tangible contribution to designing more effective solutions to digital addiction . Several ongoing follow-up studies show promising directions, particularly in the use of mindfulness-based digital technology in educational and clinical settings . Further development of this approach is expected to make a tangible contribution to collective efforts to improve healthy digital literacy and psychological well-being in the era of digital hyperconnectivity.

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