# Sustainable Well- Being through Digital Spiritual Platforms-Examining the perceived usefulness, ease of use and generational gaps

**Archana Shori[1], Prof. Monika Rikhi[2*], Dr. N. Yuvaraj[3]**

[1]Research Scholar, Department of Centre of Excellence for the Science of Happiness, Delhi Technological University, Shahbad Daulatpur, Main Bawana Road, Delhi-110042, India. Email: archana.shori123@gmail.com, ORCID ID: 0009-0008-1792-5428
[2*]Professor, Department of Applied Psychology, Sri Aurobindo College (Evening), University of Delhi, Block B, Shivalik Colony, Malviya Nagar, New Delhi, Delhi 110017, India, Email: drmonika@aurobindoe.du.ac.in ORCID ID: 0009-0009-2084-2751
[3]Assistant Professor, Department of Mechanical Engineering, Delhi Technological University Shahbad Daulatpur, Main Bawana Road, Delhi-110042, India, Email: yuvraj@dtu.ac.in, ORCID ID: 0000-0002-1537-9098

**Abstract**
Digital spiritual platforms are emerging to market mental, social and spiritual wellness, through meditation, prayer, mindfulness, reflective experiences and virtual communities. The perceived usefulness and perceived ease of use, and difference between generations in accepting and sustaining the platforms are discussed in this review. It is based on the Technology Acceptance Model, which states that users are more likely to adopt digital spiritual services if they believe that the services are beneficial, easy to use, reliable, and accessible. Perceived usefulness is linked with stress reduction, emotional regulation, spiritual development, social connectedness, and long-term well-being, and perceived ease of use is impacted by platform design and navigation, digital literacy, personalisation and accessibility. There are also general differences among generations that are noted in the review. Young people may prefer basic and simple, and more personal experiences, whereas older people may prefer a simpler interface, easier instructions, and more technical help. While there are significant possibilities for digital spiritual platforms, issues of digital exclusion, privacy, commercialisation, cultural sensitivity, authenticity and over-reliance need to be tackled. Inclusive design, data practices that are transparent, culturally respectful content, and evidence-based instruction should be included on future platforms. To conclude, digital spiritual platforms have the potential to contribute positively to sustainable well-being when they are developed in an ethical way, are accessible and create a sense of human and community connection.

**Keywords:** digital spirituality; sustainable well-being; perceived usefulness; perceived ease of use; generational gaps; technology acceptance

## 1. Introduction

Digital spirituality is the expression, investigation and application of spiritual convictions, social networks, mobile apps, and virtual communication spaces. It is a shift in the focus of spirituality from physical buildings and places to more flexible, customised and networked ways of engaging in spirituality. Now people pray, meditate, worship, reflect and learn about the spiritual life via websites, social media, video, podcasts and mobile apps. This shift has extended access to spiritual resources and put people in a position to continue to engage in meaningful spiritual practices beyond geographical, institutional and temporal boundaries (Campbell & Evolvi, 2020). The digital spirituality also represents broader cultural trends in which people are more inclined to blend the traditional with their own unique spiritualities, spiritual practices and ways of coming to understand the meaning of their experiences, emotional support and how to develop their own spiritual selves. The internet, thus, is a place that is used not only as a communication medium, but also as a place that is used to make, discuss and negotiate spiritual identities, rituals and communities (Evolvi, 2022).

The COVID-19 pandemic made digital spirituality even more relevant because of the disruption of traditional religious services and the need for religious groups and people to shift their activities online. During physical distancing, virtual worship, streamed services, online prayer groups, and digital pastoral care are means of sustaining religious connection (Campbell, 2020). In uncertain times and times of social isolation, religious organisations have preserved continuity, provided emotional support and ensured community connection with technology (Levin, 2020). These findings indicated that the reach of spirituality could be facilitated in a digital format without losing its social, psychological, and symbolic meaning. They also identified variations in access to digital technologies and technological confidence, and the use of digitally mediated spiritual experiences.

Digital spiritual spaces have proliferated as a variety of technological environments which support spiritual

practice, religious engagement, mindfulness, meditation, counselling and community engagement. These platforms cover meditation apps, online worship services, spiritual podcasts, livestreamed religious services, religious social networks and AI-powered guidance tools. They have been influenced by the ubiquity of smartphones, increased connectivity and a greater need to interact with God in a convenient, private and personal way. Digital religion scholarship is an interdisciplinary field that looks at how online and offline religious practices are not distinct but are constantly interacting and creating hybrid spiritual experiences (Campbell & Tsuria, 2021).

The pandemic further hastened this shift and pushed religious communities to try using digital communication, online participation and technology for rituals. These adaptations shaped the perception of religious presence, community and authority in digitally mediated contexts (English, 2021). This growth has also created new ways of categorising religious activity online, from the institutional to online communities, through to the individual creation of religious content (Siuda, 2021). Recent evidence suggests spirituality is still significant for many individuals, but there are variations in what it means, how it is manifested and to whom, depending on age, religion and institutional involvement (Alper et al., 2023). Such differences highlight the need for generational comparisons when analysing the uptake and perceived benefits of spiritual platforms online.

Sustainable well-being is keeping a person's mind, emotions, social and spiritual state healthy for a long time, while avoiding excessive dependency, stress, exclusion and digital fatigue. Often, digital spiritual spaces can help achieve this goal, providing tools that are easy to access to practice meditation, reflection, emotional regulation, emotional connection and meaning making. They may be useful in helping to facilitate regular practices that users can incorporate into their daily routine. Digital technologies have already been shown to positively impact access to mental health and well-being services, especially in areas where services are not widely available (Torous et al., 2020).

But the positive outcomes are reliant on people's sense of utility, simplicity, trustworthiness, cultural resonance, and suitability. Perceived usefulness might be the factor that pushes a user to think that the platform helps to develop their spiritual growth or emotional balance, while perceived ease of use might affect initial adoption or engagement. These perceptions may also be influenced by generational differences, as younger users are more or less technologically savvy, have different spiritual expectations, and may have different privacy concerns and interaction methods. It is, therefore, essential to have platforms that offer value-added benefits and are inclusive, ethically designed and usable across age groups to achieve sustainable well-being.

The aim and scope of this study are to provide an overview of the evolution of the 1960s.

This study intends to explore how digital spiritual platforms contribute to sustainable well-being and considers perceived usefulness, perceived ease of use and generational differences. It examines their practice, emotional, social and spiritual value to users and the relationship between usability and the adoption and ongoing use of such platforms. The study also takes into account variations between generations in their levels of digital confidence, spiritual preferences, expectations and engagement. The study aims to combine technology acceptance and digital spirituality with sustainable well-being to gain insight into the circumstances under which digital spiritual platforms can offer inclusive, meaningful and lasting value.

## 2. Digital Spiritual Platforms and Sustainable Well-Being

### 2.1 Concept and Dimensions of Sustainable Well-Being

Sustainable well-being is the ability to sustain psychological balance, social connection, resilience, spiritual fulfillment and a sense of purpose over time. Spirituality can be a pathway to enhancing hope, coping, and inner peace during the challenges of life (Pargament et al., 2013). It is also linked to a higher level of mental well-being and life satisfaction, especially for older people (Coelho-Júnior et al., 2022). In today's digital world, sustainable wellbeing is increasingly reliant on the use of technology in a purposeful, balanced and meaningful way.

### 2.2 Types of Digital Spiritual Platforms

Digital Spiritual Platforms: Online worship services, virtual prayer groups, spiritual apps, spiritual podcasts, religious websites, live-streamed rituals, social media communities. They have become much more popular during the COVID-19 pandemic when religious services and community gatherings were shifted online (Campbell, 2020). These platforms also enabled faith groups to be emotionally supportive and socially connected during isolation (Levin, 2020). The guided practices and breathing exercises, sleep support and reflective activities are provided by Meditation and Mindfulness Applications. These platforms can help regulate emotion and enhance psychological well-being (Eisenstadt et al., 2021). They can also lower stress levels, anxiety and depressive symptoms (Gál et al., 2021). Mindfulness interventions are especially beneficial for university students due to their convenience and flexibility online (Gong et al., 2023). Digital religion is not one or the other spiritual practice, but an amalgamation of online and offline practice (Campbell & Tsuria, 2021). But as time goes on, users are more likely to integrate traditional religion with personal spiritual practices (Alper et al., 2023). These practices are diverse and, therefore, more general terms are required to discuss

various types of digital religion (Siuda, 2021).

### 2.3 Role of Digital Spirituality in Well-Being

Digital spirituality is used to alleviate psychological stress by practising meditation, prayer, reflection and stress management. It also fosters social well-being by building communities that give a sense of belonging, community identity and emotional support. Traditional notions of religion in terms of presence, authority and participation have been changed by these digital environments (Campbell & Evolvi, 2020). Spiritual resources are available on the internet, such as access to sacred texts, religious teachings, and reflective materials. In addition to being a medium for communicating, the internet has become a place for the creation and expression of spiritual identities (Evolvi, 2022). Overall, digital spiritual platforms can play a part towards sustainable wellbeing, providing credible, meaningful, accessible and culturally appropriate content for their spiritually and generationally diverse audiences. Table 1 provides a summary of the main categories of spiritual digital platforms and how they help to promote sustainable well-being.

**Table 1. Major Characteristics of Digital Spiritual Platforms and Their Contribution to Sustainable Well-Being**

| Platform Type | Primary Features | Well-Being Dimension | Typical Users | Reference |
|---|---|---|---|---|
| Meditation applications | Guided meditation, breathing exercises | Psychological, Emotional | General population | Huberty et al. (2019b) |
| Prayer and worship platforms | Live worship, prayer sessions | Spiritual | Religious communities | Campbell (2020) |
| Mindfulness applications | Stress management, mindfulness exercises | Psychological | Students, professionals | Gál et al. (2021) |
| Virtual faith communities | Online fellowship, discussion forums | Social, Spiritual | Multi-generational users | Alper et al. (2023) |
| Spiritual podcasts/videos | Educational spiritual content | Cognitive, Spiritual | General users | Levin (2020) |

## 3. Theoretical Foundation

### 3.1 Technology Acceptance Model

The Technology Acceptance Model is the theory that can be used to understand why people use or don't use a digital system. It suggests that perceived usefulness and perceived ease of use are major factors affecting the use of technology. These perceptions drive the user's attitude, intentions and ongoing interactions with digital platforms. Within digital health, other factors like trust, accessibility, relevance, privacy, and technical reliability also influence acceptance (Borghouts et al., 2021). Thus, the model can be used as a basis for understanding the adoption of digital spiritual platforms.

### 3.2 Perceived Usefulness and Perceived Ease of Use

Perceived usefulness is a user's perception of the extent to which a digital platform enhances their spiritual practice, emotional health, sense of connection, and ability to function. Perceived ease of use is the degree to which the platform is easy to understand, easy to use, easy to use and easy to use. Both of these factors have a significant impact on intentions to use digital mental-health content and related technologies (Park & Kim, 2023). The usability and safety of the digital application, evidence quality, and user value should also be considered (Henson et al., 2019). The ease of use is especially crucial if users have varied digital literacy, age, confidence or experience. Additionally, the effectiveness of digital interventions, in terms of trust and perceived reliability, might also influence whether younger users accept and keep using them (Sawrikar & Mote, 2022). Likewise, the usefulness, understandability, and responsiveness of conversational agents and interactive systems are associated with their acceptance by users (Vaidyam et al., 2019).

### 3.3 Relevance of Technology Acceptance to Digital Spiritual Practices

Technology acceptance is a very relevant concept in the context of digital spiritual practices because users will need to feel that there will be a spiritual and/or psychological value in using a platform. Digital technologies broadened opportunities for support and engagement during times of limited physical access to mental-health and spiritual care (Torous et al., 2020).

However, ongoing usage requires platforms that are accessible, credible, culturally appropriate and user-friendly. Here, perceived usefulness could be a sense of reduction of stress, growth of spirituality, emotional support, or social connection, and perceived ease of use could be ease of navigability, instructions, convenient access, etc. These factors combined have contributed to the explanation of why some people have been able to incorporate digital spiritual spaces into their daily life and others have stopped using them. They also act as a foundation for discussing generational differences in platform acceptance and sustainable well-being.

## 4. Perceived Usefulness of Digital Spiritual Platforms

### 4.1 Accessibility and Convenience

Digital spiritual platforms offer accessible, flexible access to meditation, reflection, prayer and well-being services, anywhere and anytime. They can be adopted into a user's daily routine using the mobile presentation, which is especially helpful for students, professionals, older adults and those who lack access to a physical community. App-based mindfulness interventions have proven practical due to their convenience, self-directed nature, and accessibility via smartphones (Flett et al., 2020; Lahtinen et al., 2023). Survey research with users further suggests that viewers appreciate meditation apps due to their ease of use and the way they can help them practice meditation regularly (Huberty et al., 2019b).

### 4.2 Stress Reduction and Emotional Well-Being

One of the key perceived advantages of spiritual platforms online is their ability to alleviate stress and enhance emotional well-being. There is evidence that mobile meditation interventions are correlated with reduced psychological distress and improved psychosocial outcomes (Champion et al., 2018; Carissoli et al., 2015). There is also meta-analytic evidence that mindfulness applications can lower anxiety, depressive symptoms, and stress levels, as well as enhance overall health and well-being (Gál et al., 2021). Emotional regulation, mental health and sleep-related symptoms have also been found to have similar benefits (Eisenstadt et al., 2021; Huberty et al., 2021). Additionally, meditation-app use was associated with greater stress management, especially related to news exposure and uncertainty, during the COVID-19 pandemic (Green et al., 2021).

### 4.3 Spiritual Growth and Social Connectedness

Digital spiritual spaces can facilitate spiritual development through reflection, self-awareness, inner peace and meaning making. Online mindfulness interventions can enhance emotional balance and personal growth, especially within the university community (Gong et al., 2023). Spiritual and religious involvement can also support mental health and life satisfaction, as well as resilience, particularly among older people (Coelho-Júnior et al., 2022). Moreover, online communities and shared digital practices can foster a sense of belonging and social connection, allowing users to connect with others who share their values and interests.

### 4.4 Continued Engagement and Long-Term Well-Being

Maintaining engagement and building habits in digital spiritual spaces will be key to their long-term value. Higher levels of engagement with meditation apps have been linked to greater mental-health benefits and more regular usage (Stecher et al., 2021). Randomized evidence also indicates that structured mindfulness interventions combined with app-based practice have more enduring effects compared to just using mindfulness apps or short-term interventions (Karing, 2024). Users are more likely to continue using the platform if they see it as relevant, easy to fit into their daily routines and successful in achieving emotional or spiritual objectives. Preliminary studies on the Calm application also demonstrated that perceived stress reduction was an important factor in maintaining college student engagement (Huberty et al., 2019a). In general, digital spiritual platforms are most beneficial when they provide accessible, evidence-based, and meaningful support, which is sustained over the long-term.

## 5. Perceived Ease of Use and User Engagement

### 5.1 Platform Design, Navigation, and Usability

The ease of use will rely heavily on the interface, instructions, technical capabilities and usability of the design. Digital spiritual platforms are more likely to be engaging to users if they perform common functions with little effort. With regard to the evaluation of digital applications, usability, safety, evidence quality and practical value are therefore required (Henson et al., 2019). However, the design, technical issues, and content can decrease trust and make continued use challenging if it is poorly designed, has technical issues, or the content is unclear (Borghouts et al., 2021).

### 5.2 Digital Literacy and Accessibility

Digital literacy can have an impact on who can access and benefit from online spiritual practices. Adoption differences may be due to age, education, technological confidence, disability, and Internet availability. While younger users might be familiar with digital platforms, they still need age-appropriate, engaging delivery methods (Liverpool et al., 2020). Additionally, the acceptance of digital interventions is influenced by trust, privacy, and perceived reliability, especially for younger people (Sawrikar & Mote, 2022).

### 5.3 Personalisation and User Experience

User experience can be enhanced by personalised recommendations, reminders, progress tracking, guided sessions, and interactive features. Flexible content and the option to choose practices that align

with one's needs are important values among meditation-app users (Huberty et al., 2019b). In addition, by offering real-time, interactive support, chatbots and conversational agents can further improve personalization (Vaidyam et al., 2019). Platforms, however, should provide evidence-based, transparent content, because interventions within apps might be influenced by commercial interests, which could impact content quality and credibility (O'Daffer et al., 2022). Adherence can also be reinforced and digital interventions' outcomes enhanced with structured guidance (Musiat et al., 2022).

**5.4 Influence of Ease of Use on Continued Adoption**

The ease of use is a direct impact on intention to adopt and persist on digital platforms. Spiritual resources that are accessible, relevant, and easy to use will make it more likely that users will stay engaged (Park & Kim, 2023). Repetitive use, regular practice, and self-reported mental-health benefits are also linked to continued use of meditation apps (Stecher et al., 2021). Clear goals and structured activities are further evidence-based design principles which can also enhance engagement and effectiveness (Rathbone et al., 2017). According to the literature, the main principal technology acceptance factors that drive user engagement in the use of spiritual websites are shown in Table 2. In Figure 1, the main reasons for ongoing interaction with spiritual websites are represented.

**Table 2. Technology Acceptance Factors Influencing Digital Spiritual Platform Adoption**

| TAM Construct | Description | Influence on Adoption | Key Finding | Reference |
|---|---|---|---|---|
| Perceived usefulness | Platform improves well-being | High | Strong predictor of adoption | Park & Kim (2023) |
| Ease of use | Platform is simple to operate | High | Improves continued usage | Borghouts et al. (2021) |
| Digital literacy | User technological competence | Moderate | Enhances usability | Liverpool et al. (2020) |
| Personalisation | Customized recommendations | High | Improves satisfaction | Huberty et al. (2019b) |
| Trust & privacy | Security and credibility | High | Encourages long-term engagement | O'Daffer et al. (2022) |

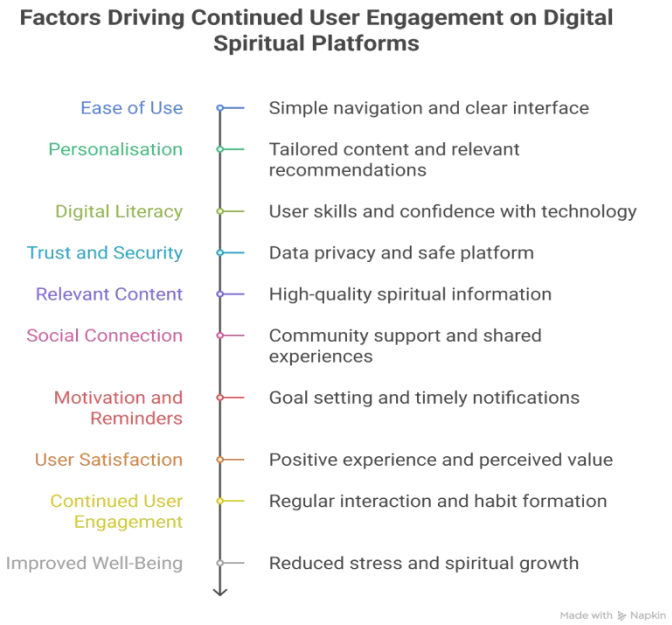


**Figure 1. Factors driving continued user engagement with digital spiritual platforms and associated well-being outcomes**

## 6. Generational Gaps in Digital Spirituality

### 6.1 Generational Differences in Technology Adoption

Generations have varying levels of familiarity with technology, confidence in technology and technology usage patterns. It is easier for younger generations to grasp the concept of mobile apps and online platforms because they are an integral part of their lives. There is evidence of good engagement with app-based mindfulness and online mental health interventions for University students (Flett et al., 2020; Gong et al., 2023). But, as with young people, trust, privacy and perceived credibility also play a role in their use of technology (Sawrikar & Mote, 2022). For older adults, there is potential for using digital spiritual resources; however, challenges such as digital illiteracy, accessibility, and lack of technical support can arise (Coelho-Júnior et al., 2022).

### 6.2 Spiritual Preferences Across Generations

The attitudes and religious aspects of life are different among the age groups. While younger generations may seek out more personalised, flexible, and non-institutional means of spirituality, older individuals may have stronger ties to organised religion and traditional practices (Alper et al., 2023). While some generations were more comfortable with online worship and technology-assisted religious practices than others during the COVID-19 pandemic, the pandemic did make it more common for all age groups to engage in online worship and technology-assisted religious practices (English, 2021). Such disparities have an impact on what users deem meaningful and authentic about digital spiritual content.

### 6.3 Differences in Perceived Usefulness and Ease of Use

Digital spiritual spaces can be conducive for younger consumers due to their convenience, flexibility, and adaptability to mobile lifestyles. Improved outcomes of mindfulness applications experienced by students and university staff highlight the need for accessibility and simplicity of application to daily life (Lahtinen et al., 2023). The notions of perceived usefulness and ease of use are also significant influencing factors on intentions to use digital mental-health content (Park & Kim, 2023). The elderly users can also appreciate the emotional and spiritual impact of these platforms but need more straightforward navigation, instructions and technical support.

### 6.4 Intergenerational Barriers and Opportunities

The barriers to intergenerational engagement are significant, and these include digital literacy, lack of internet access, issues of privacy, inaccessible design and spiritual expectations. Platforms can't be just as easy to use as their own user base grows older, and interactivity and personal relevance are essential for younger users. It is therefore critical to select appropriate engagement strategies for the age of the target audience when designing digital interventions (Liverpool et al., 2020). Digital technologies also enable intergenerational learning, spiritual activities together and wider access to emotional support. Digital monitoring and mobile technologies can also be employed responsibly in an ethical manner to support the well-being of younger populations (Melcher et al., 2020). Inclusive design and flexible content can enable digital spiritual platforms to serve the needs of people from all generations, and to foster co-ownership and sustainable flourishing. The major generational differences found in previous studies are presented in Table 3 and shown in Figure 2.

**Table 3. Generational Differences in Digital Spiritual Platform Adoption**

| Generation | Digital Behaviour | Spiritual Preference | Adoption Level | Reference |
|---|---|---|---|---|
| Generation Z | Mobile-first | Flexible spirituality | Very High | Gong et al. (2023) |
| Millennials | Personalized platforms | Hybrid spirituality | High | Park & Kim (2023) |
| Generation X | Moderate technology use | Mixed preference | Moderate | English (2021) |
| Baby Boomers | Traditional practices | Organized religion | Moderate-Low | Coelho-Júnior et al. (2022) |

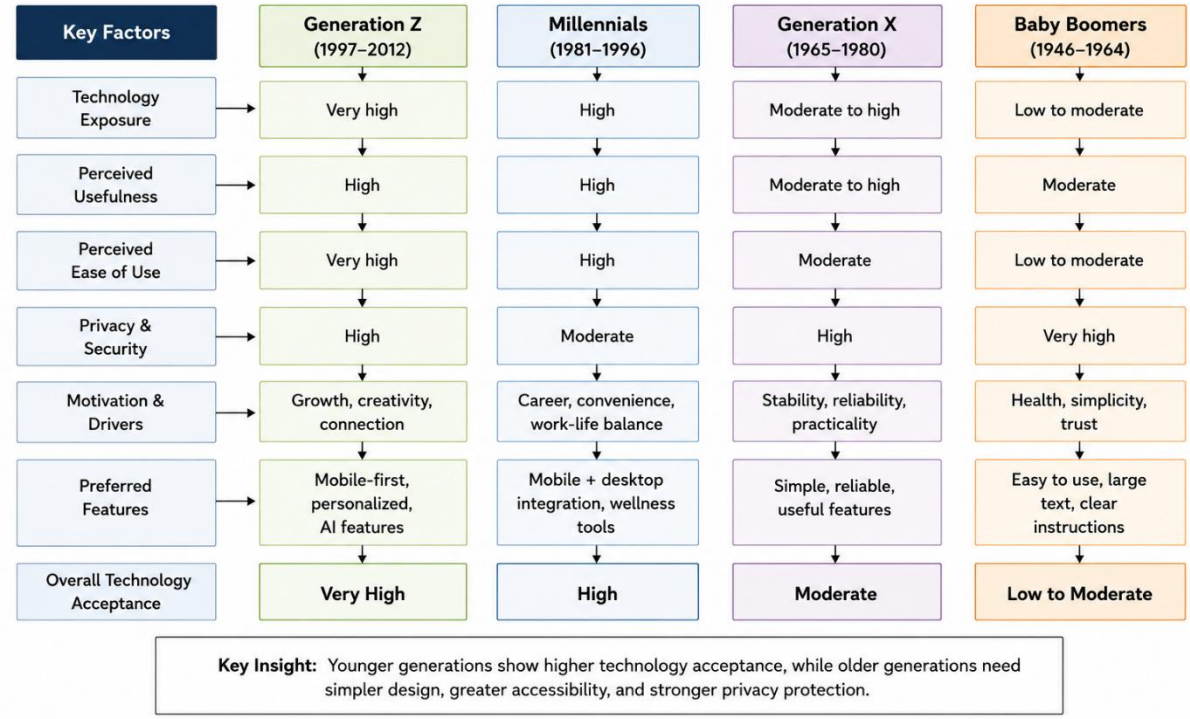


**Figure 2. Generational differences in technology acceptance**

## 7. Influence on Sustainable Well-Being

### 7.1 Psychological and Emotional Outcomes

Digital spiritual platforms can help foster sustainable well-being by alleviating stress, enhancing emotional management, and promoting reflective coping. Mindfulness and positive mental health mobile applications have been shown to have positive effects on emotional health (Eisenstadt et al., 2021). Regular use of meditation apps can also lower anxiety, depressive symptoms and psychological distress (Gál et al., 2021). In times of crisis, meditation and spiritual practices may be used to alleviate uncertainty and enhance resilience (Green et al., 2021; Polizzi et al., 2020). However, too much or too much negative use of social media could lead to depressive symptoms, highlighting the need for a balanced use of social media (Aalbers et al., 2019).

### 7.2 Social and Community Well-Being

Digital spiritual communities can reinforce a sense of belonging, a sense of identity, emotional support, and social participation. Being a member of a group and having a sense of group identity can enhance well-being during stressful episodes by boosting solidarity and mutual support among group members (Cruwys et al., 2020). Faith communities also offer reassurance, practical support and social connection during public-health crises (Levin, 2020). Social media platforms can be used to facilitate communication and community coordination, but it is important to be responsible about sharing information (Merchant & Lurie, 2020).

### 7.3 Spiritual Fulfilment and Meaning in Life

Digital spiritual practices can contribute to inner peace, hope, self-reflection and meaning in life. Positive mental-health outcomes and resilience are linked to religious and spiritual engagement, especially among older people (Coelho-Júnior et al., 2022). Digital platforms can also supplement therapeutic interventions by stimulating self-awareness, emotional understanding and meaningful coping (Koenigsberg, 2023). However, sometimes meditation can manifest unwanted effects, and therefore, suitable guidance and user support in platforms is required (Schlosser et al., 2019).

### 7.4 Long-Term and Responsible Platform Engagement

Platform use in a balanced, intentional, and structured way is important for long-term well-being. Regular meditation practice has been linked to higher psychological benefits and continued practice (Stecher et al., 2021). Structured mindfulness and/or combined app-based and structured mindfulness interventions also may yield more enduring benefits than short-term or isolated interventions (Karing, 2024). So, digital spiritual websites need to offer reliable information, moral protection, privacy security, and transparent instruction. Responsible engagement will help users to enjoy the benefits of increased psychological, social and spiritual rewards without becoming over-dependent or 'digital fatigued'. Table 4 below outlines the main dimensions, platform mechanisms and anticipated outcomes of sustainable well-being. Figure 3 depicts some of the multifaceted elements of digital well-being and how these are interrelated.

**Table 4. Dimensions and Outcomes of Sustainable Well-Being through Digital Spiritual Platforms**

| Well-Being Dimension | Platform Mechanism | Immediate Outcome | Long-Term Contribution | Reference |
|---|---|---|---|---|
| Psychological well-being | Guided meditation, mindfulness, and reflective exercises | Reduced stress, anxiety, and emotional distress | Improved emotional regulation and psychological resilience | Eisenstadt et al. (2021); Gál et al. (2021) |
| Emotional well-being | Mood tracking, calming activities, and supportive content | Greater self-awareness and emotional stability | Sustained coping ability and positive mental health | Green et al. (2021); Polizzi et al. (2020) |
| Social well-being | Virtual communities, group prayer, and peer interaction | Increased belonging and perceived social support | Stronger community participation and social connectedness | Cruwys et al. (2020); Merchant & Lurie (2020) |
| Spiritual well-being | Prayer, meditation, spiritual reflection, and meaning-oriented content | Greater hope, inner peace, and spiritual fulfilment | Deeper meaning in life and sustained spiritual development | Coelho-Júnior et al. (2022); Levin (2020) |
| Responsible digital well-being | Balanced use, ethical guidance, and structured engagement | Reduced risk of digital fatigue and harmful dependence | Healthy and sustainable platform-use habits | Aalbers et al. (2019); Stecher et al. (2021) |
| Therapeutic and reflective well-being | Self-guided reflection and spiritually informed support | Improved self-understanding and coping | Integration of spiritual practices into long-term well-being routines | Koenigsberg (2023); Schlosser et al. (2019) |
| Continued well-being | Regular practice, reminders, and combined digital interventions | Improved adherence and sustained engagement | Long-lasting psychological and spiritual benefits | Karing (2024); Stecher et al. (2021) |

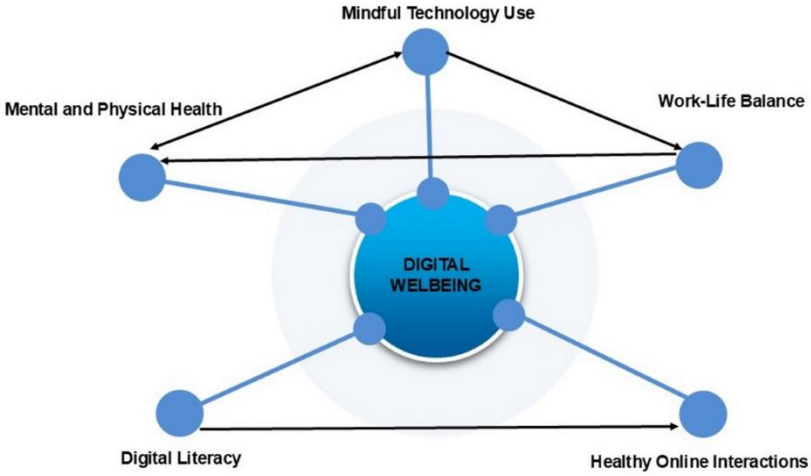


**Figure 3. Conceptual framework illustrating the multidimensional components of digital well-being and their interrelationships (Uslu, 2025)**

## 8. Research Framework and Methodological Considerations

### 8.1 Proposed Conceptual Framework

The framework proposed is the relationship between perceived usefulness and perceived ease of use, as well as the use of digital spiritual platforms and sustainable well-being. It is expected that perceived ease of use will improve perceived usefulness and that both perceived usefulness and ease of use will positively influence continued engagement and well-being outcomes. The moderating variable of generational group is introduced as there may be differences in technology acceptance, trust, and usage behavior based on age (Park & Kim, 2023; Sawrikar & Mote, 2022).

### 8.2 Key Variables and Relationships

The perceived usefulness and perceived ease of use are the two major independent variables. The continued engagement or behavioural intention can be used as a mediating variable, with the primary outcome being sustainable well-being. Well-being can be psychological, emotional, social and spiritual and be expressed in a sustainable way. Accessibility, relevance, trust, privacy and technical reliability (Borghouts et al., 2021) also influence user engagement. The use of the platform may also become more strongly linked to well-being with regular meditation practice (Stecher et al., 2021).

### 8.3 Measurement of Platform Acceptance and Well-Being

Valatated Likert-scale items that measure usefulness, ease of use, behavioural intention, trust, and continued use can be used to measure platform acceptance. Stress, emotional regulation, life satisfaction, social connection and spiritual fulfilment are indicators of well-being. Data from digital mindfulness studies are evidence for the use of psychological well-being and mental-health outcomes as important measures (Eisenstadt et al., 2021; Gál et al., 2021). The quality of an application also needs to be evaluated for usability, safety, evidence base, and practical value (Henson et al., 2019). When assessing the effectiveness of platforms, potential conflicts of interest and commercial influence should be considered (O'Daffer et al., 2022).

### 8.4 Generational Comparison and Moderation Analysis

One way to analyze generational differences is to segment respondents by generation (Generation Z, Millennials, Generation X, older adults). Perceived usefulness, ease of use, engagement, and well-being outcomes can be compared using descriptive statistics, analysis of variance, multigroup analysis, or moderation analysis. These can help to identify if generational identity enhances or undermines relationships within the proposed framework and whether platform design strategies need to be different for different age groups.

## 9. Challenges and Future Perspectives

While digital spiritual platforms have significant potential to contribute to sustainable well-being, there are still a few challenges to be overcome to ensure they will be developed in a responsible and inclusive way. Digital exclusion is a significant issue as some individuals' ability to benefit from online spiritual resources is restricted by their lack of access to the internet, their limited digital literacy, financial considerations, disability and their age. Another important consideration is privacy: these platforms may be able to collect information about beliefs, emotions, habits, and personal problems. Lack of adequate data protection, miscommunication regarding consent, and commercial exploitation of user data can diminish consumers' trust and diminish their willingness to continue using the platform. As meditation and spirituality become more commercial, there is also a risk of, and sometimes a concern with, its authenticity sacred traditions may be stripped of their cultural and religious context, and simplified. Platforms must, therefore, make themselves available, but also innovative, and respect religious practices and the guidance of the evidence. It is also essential to be culturally and generational inclusive, in that users' language preferences, values, technological confidence, spiritual orientation and preferred ways of engagement are different. The younger might want to interact and personalise, use mobile and rich experiences, while the older might just require simple interfaces, clear instructions and technical support. The future platforms should be inclusive, multilingual, have adjustability in accessibility, have clear privacy policies, and should be culturally sensitive with spiritual content. The use of AI, VR, wearable technology, and customised recommendations are other technological advancements that could further individualise spiritual experiences, thus increasing engagement. However, technology must be employed in addition to rather than in place of people, community and sound spiritual and/or psychological guidance. Long-term outcomes, intergenerational experiences and ethical principles for digital spiritual services could be evaluated in future studies. These platforms will have a future if they demonstrate they can be trusted, accessible, culturally appropriate and genuinely promote ongoing psychological, social and spiritual wellness.

## 10. Conclusion

The digital spiritual platforms are important tools to promote sustainable wellbeing, as they are accessible, flexible, supportive, connecting and enhancing spiritual wellbeing. They are useful when they can provide opportunities to meditate, pray, contemplate,

access online communities and individual guidance, at various times and places. Their effectiveness, however, is dependent largely upon perceived usefulness and

perceived ease of use. The adoption and use of these platforms is more likely to happen when they are found to be useful, reliable, easy to use, and psychologically, socially and spiritually relevant to the users. Additionally, platform acceptance and engagement are also influenced by generational differences. Younger customers might want to experience mobile-compatible, interactive and customisable experiences, whereas older customers might need more explicit instructions, more structured interfaces and more robust technical support. Hence, inclusive design is a key part of minimizing digital inequalities and making it possible to be more inclusive. Meanwhile, issues of privacy, commercialization, authenticity, cultural sensitivity, and overreliance on digital devices need to be taken into consideration. In conclusion, digital spiritual platforms possess the potential to positively influence overall well-being if they are designed ethically, have reliable content, a consideration for the cultural backgrounds of their users, and are easily accessible. Their future development should be to create a balanced digital experience that supports and enriches human interaction rather than undermines it, and traditional spiritual practices. Such an approach may contribute to these platforms to contribute to the promotion of meaningful, inclusive and sustainable well-being across generations.

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