



Use Of Technology In Various Sectors Of Mental Health And Psychology

Dr. Tejpal Tukaram Jagtap

Department of Psychology

Karmaveer Bhaurao Patil College, Urun- Islampur, Dist- Sangli.

Corresponding Author - Dr. Tejpal Tukaram Jagtap

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Emerging technology is have the potential to provide flexible and tailor the mental hill support lower barriers to accessing mental healthcare and offer insights into the mental health and well-being of individuals and populations. The realization was even more prominent as the pandemic which brought a higher degree of fear, stress, and social isolation and impacted mass mental health which further added pressure on mental services, already stretched by a shortage of work force and resources. Thus, electronic and communication technology act as therapeutic aid to healthcare practices. Mobile devices in particular have become an ideal platform for self-monitoring systems providing personalized feedback, motivational support, and psychotherapeutic advice.

The use of technology as a therapeutic aid to health care factory says is commonly referred to as telemedicine or e-health. The use of technologies as a supplement to mainstream therapies is an emerging, alternative mental health treatment which, it is argued, could improve the accessibility, effectiveness

and affordability of mental health care. Technological advancements in mobile applications as well as sensor-based devices are increasingly being used in the assessment, monitoring as well as intervention in mental disorders. Technology include mobile apps/tablets, robots, gaming computerized tests, videos and virtual reality. This technologies can help to improve cognitive, motor, social, behavioral skills and academic performance in population with NDD. Assistive technologies provide the opportunity for better acquisition of self-help skills and the power of social interactions for individuals with disabilities. Children with intellectual disability may show a range of cognitive impairments which could be assisted using a speech-generating device (SGD). SGDs have been used for children with predicted speech deficiencies and can be integrated into devices like smartphones and iPads/tablets. Digital age amidst the greatest information and communication revolution in human history. Digitalization of information has not only thrown the challenges that we never confronted ever

before, but opened up new possibilities, as well. Hence decision making and managing this revolutionary change is the biggest challenge of our times. Digitalization has altogether changed the trend of research and applications of psychology in a significant manner. We are witnessing and increasingly connected world in which people not only use new and versatile devices for control and prediction but also different neurocognitive processes in order to make sense of their virtual environment.

The major goal of psychological research is to develop a theory of human behavior and evaluate the existing theory by creating evidence based strategies that solve human problems and improve human lives within complex social conditions. Technology research means application of systematic knowledge for the design and development of product or process to meet human needs, human capacity or solve human problems. The goal of psychological and technological science is therefore similar. Although the methodologies are somewhere different, recent research suggests that these two forms of research are complementary in nature and the interface is important to solve human problems or to enhance human capabilities in a more effective manner.

The FBI established the behavioral analysis unit originally called as the behavioral science unit as early as 1972 as a part of national center for the analysis of violence. The purpose of conducting crime scene investigations and offer operational support for challenging and time sensitive

cases. It helps in creating a criminal profile by helping to identify. The behavioral patterns of offenders depending on how well organized. Psychological analysis are crucial forensic methods. This paper highlights various forensic psychological investigation tools and methods which are currently in use by different forensic psychologists.

With growing numbers of public demonstrations and protests across the country and world the early detection of vulnerable targets in public is the need for our security forces and law enforcement agencies in the scenario of the increasing use of CCTV cameras for public surveillance. The manual monitoring of huge amount of video data leads to increase in cognitive load and for this may cause missing of critical abilities over the time is the integration of a decision support system. Automatic vulnerable target detection with the public surveillance is the need of an hour in this direction. We have explored the state of arts in objects and detection algorithms from the domain of computer vision and machine learning to detect vulnerable targets.

Special skills are the ability to mentally rotate, manipulate and twist two and three dimensional stimulus objects special skills are required in various activities of the military functioning like navigation map, reading terrain, understanding coordination etc. Besides it is indicated and improving understanding and success in steam field's special skills might respond differently to different kinds of training. Although better

visualization skill can be achieved through childhood education and skill training literature show it is still possible to train special visualization skills with various types of exercise in adults. The objective of the study is to explore the effectiveness of the train specials skills through the use of technology.

Emerging of the different new technology in recent past technology is becoming a core part of many psychological tasty and assessment techniques. We have graduated from paper based pencil taste to a computer based testing. The way in which data are collected, analyzed and interpreted while search innovations offer exciting possibilities for psychological research and practices. They also poses several new challenges associated with validity, reliability and fairness.

Positive technology is a promising field merging the dominant positive with information and communication technology in order to propagate positive

growth of individuals, units and organization. One prominent use of it has been made in the area of combat stress management of Indian soldiers during the various phases of their deployment cycle. PT based combat app combat stress behaviors assessment and management tool kit was developed for a practical solution to the combat stresses that call for much of psychological resources from the soldiers who is already constrained by various to mental health care psychologist. With the dominance of different social media app and rising use of digital technology people are trying to platform multiple jobs at a time. Social media is a fitting the well-being and psychological functioning of young people. Well-being is the state of being happy and healthy. Research has consistently shown that mindfulness is an important predictor of well-being. Mindfulness is defined as the awareness that emergence through paying attention on purpose in the present movement and non-judgment.