

PREFACE TO THE EDITION

It is with great pleasure that we present the latest issue of the *International Journal of Social Science Humanities Research Studies (IJSSRS)*, a collection of scholarly contributions that critically engage with some of the most pressing social, psychological, cultural, and structural transformations shaping contemporary society. The articles featured in this issue reflect the journal's commitment to interdisciplinary inquiry and socially relevant research that bridges sociology, psychology, social work, gender studies, media studies, and humanities-oriented social analysis.

A prominent thread running through this issue is the profound impact of digital transformation on human relationships, mental well-being, labour structures, and cultural practices. The opening study on urban loneliness among young professionals in Indian metropolitan cities presents a compelling sociological analysis of how hyperconnectivity can coexist with emotional isolation. By situating loneliness within broader processes of migration, weakened social capital, and accelerated urban life, the article offers important theoretical and policy-oriented insights into the changing fabric of urban existence.

Closely aligned with concerns regarding digital life and psychological well-being, the issue also includes a timely examination of doomscrolling among college students. This study explores the psychological consequences of compulsive exposure to distressing online content, particularly its effects on anxiety, sleep disturbances, and cognitive fatigue. In an age where digital media increasingly mediates emotional experience, the article contributes meaningfully to contemporary discussions on youth mental health, digital behaviour, and educational well-being.

The issue further expands its engagement with mental health through an important contribution focusing on community-based mental health interventions for elderly populations in rural India. Approaching the topic from a social work perspective, the study highlights the need for grassroots, culturally grounded, and community-oriented approaches that address the growing vulnerabilities of ageing populations. By emphasizing intersectoral coordination, frontline health engagement, and family-centred care, the article underscores the importance of inclusive and localized mental health frameworks.

Another significant contribution examines the gendered dimensions of India's expanding gig economy. Through a feminist and labour-oriented analysis, the article critically evaluates how digital labour platforms simultaneously create opportunities and reproduce structural inequalities for women workers. Issues of safety, unpaid care work, occupational segregation, and algorithmic invisibility are thoughtfully explored, making the study highly relevant to ongoing debates concerning labour rights, digital economies, and gender justice in contemporary India.

The issue concludes with a thought-provoking exploration of religion in the digital age, particularly in post-pandemic India. The study analyses how religious practices, spiritual communities, and devotional participation have increasingly migrated to online platforms, creating hybrid forms of religious engagement that blend tradition with technological mediation. By examining livestreamed rituals, digital spiritual communities, and devotional content economies, the article contributes significantly to the evolving scholarship on digital religion and mediatized spirituality.

Taken together, the articles in this issue demonstrate the dynamic and evolving nature of contemporary social realities. They reveal how technological change, shifting social structures, demographic transitions, and cultural adaptation continue to reshape individual and collective life in complex ways. More importantly, these studies reaffirm the vital role of social science and humanities research in interpreting, critiquing, and responding to these transformations with scholarly depth and social sensitivity.

We extend our sincere appreciation to all contributing authors for their valuable research contributions, to the reviewers for their rigorous academic engagement, and to the editorial and advisory boards for their continued support in maintaining the scholarly standards of IJSSRS. We hope that this issue will stimulate meaningful academic dialogue, inspire future research, and contribute constructively to interdisciplinary scholarship and public understanding.

Dr. Manoj T R
Chief Editor

CONTENTS

SL. NO	TITLE	AUTHOR	PAGE NO
1	Urban Loneliness in the Age of Hyperconnectivity: A Sociological Examination of Social Isolation Among Young Professionals in Indian Metropolitan Cities	Akshay B R	31 - 36
2	The Psychological Impact of Doomscrolling: Examining Anxiety, Sleep Disturbances, and Cognitive Fatigue Among College Students	Shwetha N S	37 - 43
3	Community-Based Mental Health Interventions for Elderly Populations in Rural India: A Social Work Perspective	Hansel Rego	44 - 50
4	Gendered Dimensions of the Gig Economy: Examining Female Workers' Experiences in India's Digital Labour Platforms	Bharathi	51 - 57
5	Religion in the Digital Age: Exploring Online Religious Practices and Spiritual Communities in Post-Pandemic India	Evin Varghese	58 - 64