Viewing Habits, Mental Health and Online Cinema in Digital Age: A Bibliometric Analysis

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ARTICLE INFO	ABSTRACT
	In an era characterized by unprecedented digital connectivity, the intersection between online cinema consumption and mental health has garnered significant scholarly attention. This bibliometric analysis delves into the multifaceted relationship between viewing habits, mental health, and the landscape of online cinema within the digital milieu. The burgeoning popularity of online cinema platforms prompts an exploration into their potential impact on mental well-being, addressing a critical knowledge gap in contemporary research. This study utilized a comprehensive bibliometric approach, employing Elsevier's Scopus database to collect scholarly publications spanning from 1977 to 2023. Articles focusing on the influence of online cinema on mental health were meticulously screened from peer-reviewed journals. The analysis involved a systematic review of key themes, co-citation patterns, collaborative networks, and thematic clusters using VOSviewer. Anticipated findings include a delineation of thematic clusters, highlighting central themes related to mental health, online cinema, and associated keywords. Co-citation analysis aims to unveil pivotal authors, journals, and emerging trends within this dynamic research domain. The findings are expected to underscore the evolving landscape of research concerning online cinema's impact on mental health. Recommendations for future research include longitudinal studies investigating the nuanced mechanisms underlying the relationship, exploring cultural and regional variations, and devising interventions to mitigate potential negative mental health effects. Additionally, fostering interdisciplinary collaborations is suggested to enrich understanding and address complexities inherent in this intersection between media consumption and mental well-being.

1. Introduction

In an era characterized by unprecedented digital connectivity, the landscape of film consumption has undergone a profound transformation. The advent of online platforms has revolutionized the

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accessibility and consumption patterns of cinematic content, offering viewers an immersive and personalized experience that transcends temporal and spatial constraints [1-4]. Amidst this evolution, the correlation between online film engagement and mental health outcomes has emerged as a pivotal area of inquiry [5]. The allure of digital platforms, hosting an expansive array of films spanning genres, cultures, and eras, has ushered in an era of unparalleled cinematic exposure [1,6–8]. However, beneath the veneer of entertainment lies a complex interplay between the narratives, imagery, and emotional resonance conveyed by these films and their potential impact on individual mental well-being [5].

This bibliometric analysis aims to comprehensively explore and dissect the multifaceted relationship between online film consumption and mental health within the digital milieu. By employing robust bibliometric methodologies, this study endeavors to distill and analyze an extensive corpus of scholarly works, elucidating the trends, patterns, and research trajectories prevalent in this interdisciplinary domain. The exploration of this nexus encompasses various dimensions, including the psychological effects of film content [1,6], the influence of viewing habits on mental health indicators, and the potential therapeutic or detrimental impacts of prolonged digital exposure to cinematic narratives [9].

Moreover, this investigation seeks to delineate the role of demographic factors, technological advancements, and socio-cultural dynamics in shaping the intricate relationship between online film and mental health outcomes. By synthesizing and critically analyzing existing scholarly contributions, this study aspires to provide a comprehensive overview and insight into the evolving discourse, thereby fostering a deeper understanding of the implications of online film consumption on mental health in the digital age [10]. In general, this paper aims to set the stage for direction of this research, highlighting the significance of the topic, the scope of inquiry, and the objectives of this bibliometric analysis.

2. Literature Review

In this section, this paper will deliberate the relevant literature reviews of past studies that related to the online films and/or contents that can be accessible via digital platform and its impact to the audiences' mental health. This review attempts to acknowledge and delve into the dual nature of the impact of online film consumption on mental health, highlighting both its positive enrichments and potential negative repercussions on psychological well-being. The impact of online film consumption on mental health has been a subject of interest. The first study [11] investigates the relationship between leisure activities and mental health, focusing on the role of resilience as a mediator. The research found that the relationship between leisure and depression was mediated by resilience, supporting the initial hypothesis. The study also examined the changes in people's leisure activities due to the COVID-19 outbreak and the impact of these changes on their mental health. The second study [12] investigates the relationship between online social networking and mental health among female students. The third study [13] investigates the relationship between dysmenorrhea, PMS, and reproductive tract health on one hand, and COVID-19-related anxiety, depression, and stress on the other among medical students in Jordan. The fourth study [14] investigates the impact of COVID-19-related restrictions on college students' problematic smartphone use and mental health, focusing on the role of fear of missing out (FoMO), resilience, and social support. The fifth study [15] examines the role of exercise in relieving stressful mental health outcomes (anxiety and depressive symptoms) during the COVID-19 pandemic and explores the underlying mechanism from the perspective of hope.

The Broaden-and-Build Theory, proposed by Barbara Fredrickson in 2004 [16], suggests that positive emotions broaden an individual's momentary thought-action repertoire, which in turn builds their personal resources ranging from physical and intellectual resources to social and psychological resources. This theory has been employed to explain how engaging in leisure activities, which elicit positive emotions, can promote mental health by increasing resilience. Resilience, in this context, refers to the ability to cope with stress and adversity intelligently. The theory posits that the positive emotions elicited from leisure activities can increase mental resources for stress coping, thereby promoting subjective well-being and enhancing coping strategies for forthcoming stressful situations [11,17]. Research has shown that engaging in leisure activities, which elicit positive emotions, can contribute to resilience and promote mental health. For example, a study on older women participating in The Red Hat Society found that playfulness through leisure activities contributed to resilience growth over time, supporting the positive effects of playfulness on resilience as proposed by the Broaden-and-Build Theory [17]. Another study examined the impact of participating in different leisure activities on resilience and depressive symptoms, and found that the relationship between leisure activities and depression was mediated by resilience, thus supporting the role of resilience in the relationship between leisure activities and mental health [17].

Analysis of the Scopus database reveals that research into the influence of movies including content that can be accessible via digital platform on mental well-being have been documented as far back as 1977. It's noteworthy that research offer insights into the relationship between media consumption and mental health and the studies indicate increased significantly during the COVID-19 pandemic era. One study highlighted the potential positive influence of online mental health chatbots on user satisfaction and continuance intention, suggesting that features such as personalization, enjoyment, and learning can have a positive impact on psychological well-being [18]. Additionally, other studies have focused on the association between media consumption, alcohol consumption, and mental health characteristics during the COVID-19 pandemic [19,20].

These studies provide valuable information on the broader impact of various forms of media consumption on mental health during a challenging period, but specific research directly addressing the dual nature of online film consumption on mental health is limited. Given the lack of direct evidence on the dual nature of the impact of online film consumption on mental health, it is important to approach this topic with a comprehensive view that considers both the potential positive enrichments, such as entertainment, social connection, and educational value, as well as the potential negative repercussions, including increased sedentary behaviour, exposure to violence or distressing content, and disrupted sleep patterns. Further research specifically focusing on the effects of online film consumption on mental health is warranted to provide a more nuanced understanding of its dual nature.

Based on the above-mentioned context, the following research questions have been developed in order to address the gap in the existing knowledge in this study:

RQ1:   Who are top ten authors that managed to publish the paper in the study area
RQ2:   Which are the top contributing countries based on publication
RQ3:   What is the research publication trend by year
RQ4:   What is the most publication based on subject area
RQ5:   What is the most cited paper in the past relating to the topic studied
RQ6:   What are the popular keywords related to the study
RQ7:   What is the trend of co-authorship countries' collaboration that is able to transform into meaningful cluster according to the research study

3. Methodology

An effective review of literature, bibliography construction, and ensuring reliable results necessitate an iterative process involving keywords, literature searches, and analysis, as discussed by Fahimnia and her research team [21]. Therefore, this study aimed to focus on top-tier publications to gain a theoretical understanding of the research domain's evolution. To achieve this, the investigation relied on the Scopus database for data collection, [22,23]. Moreover, to ensure the inclusion of high-quality content, the study specifically considered articles from meticulously peer-reviewed academic journals, omitting books and lecture notes, aligning with the approach emphasized by previos research [24,25]. Leveraging Elsevier's Scopus, known for its extensive coverage, the study examined publications between 1977 to December 2023 for comprehensive analysis.

3.1 Data Search Strategy

The search terms for article retrieval were determined by the study using a screening sequence and pre-determined keywords that relevant to the study. The study began by using an internet query to search the Scopus database search string TITLE-ABS-KEY (("online content" OR stream") AND ("Mental health*" OR well-being) AND (impact OR influence)) (see Table 1), thereby assembling 575 articles. Subsequently, the query string was amended and include asterisk (*) in search string so that the search terms ("online content " OR "stream*) should be associated to the impact and/or influence to the audiences in particular mental health well being.

This process yielded 565 results which were additionally scrutinized to include only research articles in English and articles reviews were also excluded (see Table 2). The final search string refinement included 559 articles which was used for bibliometric analysis. As of 2023, all articles from Scopus database relating digital content and/or steaming media and the relationship with mental health were incorporated in the study.

Table 1
The Search Strings

Scopus	TITLE-ABS-KEY (("online content" OR stream*) AND ("Mental health*" OR well-being) AND (impact OR influence)) AND (LIMIT-TO (LANGUAGE , "English")) AND (LIMIT-TO (PUBSTAGE , "final") OR LIMIT-TO (PUBSTAGE , "aip"))

Table 2
The selection criterion in searching

Criterion	Inclusion	Exclusion
Language	English	Non-English
Year	1977 – 2024	< 1977
Literature type	Journal (Article)	Conference, Book, Review
Publication Stage	Final	In Press

3.2 Data Analysis

Data sets containing the study publication year, publication title, author's name, journal, citation and keyword in PlainText format were acquired from Scopus database covering the period of 1977 to December 2023 and was analysed in VOSviewer software version 1.6.19. The software used for analysis and map creation employed VOS clustering and mapping methods. VOSViewer serves as an alternative to the Multidimensional Scaling (MDS) approach [26]. Furthermore, VOSViewer also is

able to shares a common goal with MDS in positioning items within a low-dimensional space to accurately reflect their relatedness and similarity by the distances between them [27] such as the association strength (ASij) and it is calculated as Eq. (1):

$$\underline{\text{ASij ¼ Cij}} \atop \text{Wiwj} \tag{1}$$

which is "proportional to the ratio between the expected number of co-occurrences of i and j under the assumption that co-occurrences of i and j are statistically independent and the observed number of co-occurrences of i and j on the one hand [26]. Thus, after lowering the weighted total of the squared distances between each pair of items, VOSviewer arranges the items in the shape of a map with the aid of this index.

In addition, the normalisation of LinLog/modularity was used [27]. Additionally, patterns based on mathematical correlations were discovered and studies including keyword co-occurrence, citation analysis, and co-citation analysis were carried out by applying visualisation techniques through VOSviewer to the data set. In addition to the above, this paper employed VOSviewer software in order to construct and visualize bibliometric networks. The reason being is that VOSviewer is pivotal in bibliometric analysis for high-impact journal articles due to its robust visualization capabilities [28]. Its ability to map and analyze complex bibliographic data aids in identifying emerging trends, key contributors, and research hotspots [28]–[30] By enabling multidimensional representations and co-authorship networks, VOSviewer empowers researchers to uncover crucial insights, fostering comprehensive and insightful analyses [28], [29]. In the above-mentioned context, this paper is of the view that VOSviewer is user-friendly software and customizable features make it an invaluable tool for visualizing and interpreting scholarly landscapes, thereby enhancing the rigor and depth of bibliometric investigations.

4. Result And Finding

4.1 Publication by Author

This paper of the view that the authors might conduct original research studies, experiments, or surveys related to their domain. They design methodologies, collect data, analyze results, and draw conclusions. In term of literature review, some authors focus on literature reviews, synthesizing existing research, identifying gaps, and proposing new directions for study. In addtion, another important aspect of academic research is theoretical contributions. Thus, authors may develop new theories or frameworks based on existing knowledge and empirical evidence. Each author's contribution to a paper can vary significantly based on their expertise, the nature of the research, and their roles within a collaborative team. Therefore, based on collaboration, often, multiple authors collaborate on a single paper, each contributing different elements. For instance, one might specialize in statistical analysis, another in experimental design, and another in theoretical background. Besides the above, the implications of research to the industry practice are also important. In more clear context, it can help researchers and academic institutions to demonstrate their accountability, relevance including but not limited to the value to funders, practical settings, such as clinical applications, policy recommendations, or industry implementations as illustrated in Figure 1.
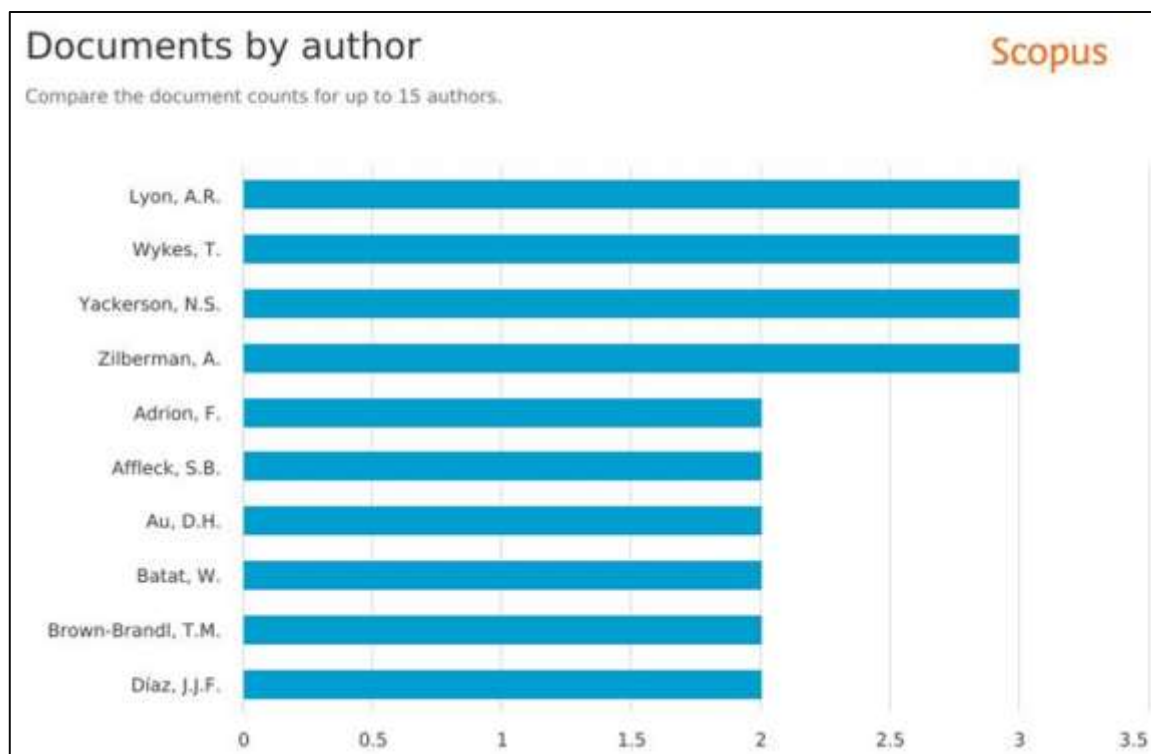
Fig. 1. Publication by author

4.2 Research Publication Trend Based On Country

The following section explains the top countries by number of publication of high impact article journal that can be summarised as below:

i)   *Countries with the Most Documents*
     The graph in Figure 2 shows the number of documents found by country or territory in Scopus, a database of peer-reviewed literature. The United States has the highest number of documents, followed by the United Kingdom, Canada, Australia, India, China, the Netherlands, Italy, Germany, and Switzerland. This paper is of the view that the possible Reasons for US dominance is due to the United States' lead in document production could be due to several factors, such as its large population of researchers, strong government funding for research, and well-developed infrastructure for scholarly communication.

ii) *Document Growth Over Time*
     The graph also shows a trend of increasing document production over time. This suggests that there is a growing body of knowledge and information being generated, which could be due to factors such as advancements in technology, increased research activity, and greater accessibility to publishing platforms. It's interesting to see countries like India and China emerging as major producers of documents. This could be a sign of the growing research capacity in these countries and their increasing role in the global knowledge economy and/or can be associated to the growth in emerging economies.

iii) *Limitations*
     It's important to note that the data in the graph is from Scopus, which primarily covers academic and research-oriented documents. This means that the graph may not be representative of all types of documents or all fields of knowledge. This paper is opined that

the limitation it could lead to the implications for knowledge access. In clearer context, the increasing volume of documents highlights the importance of effective information management strategies. Ensuring that knowledge is accessible and discoverable will be essential for researchers, policymakers, and the general public to keep up with the latest developments in their fields.
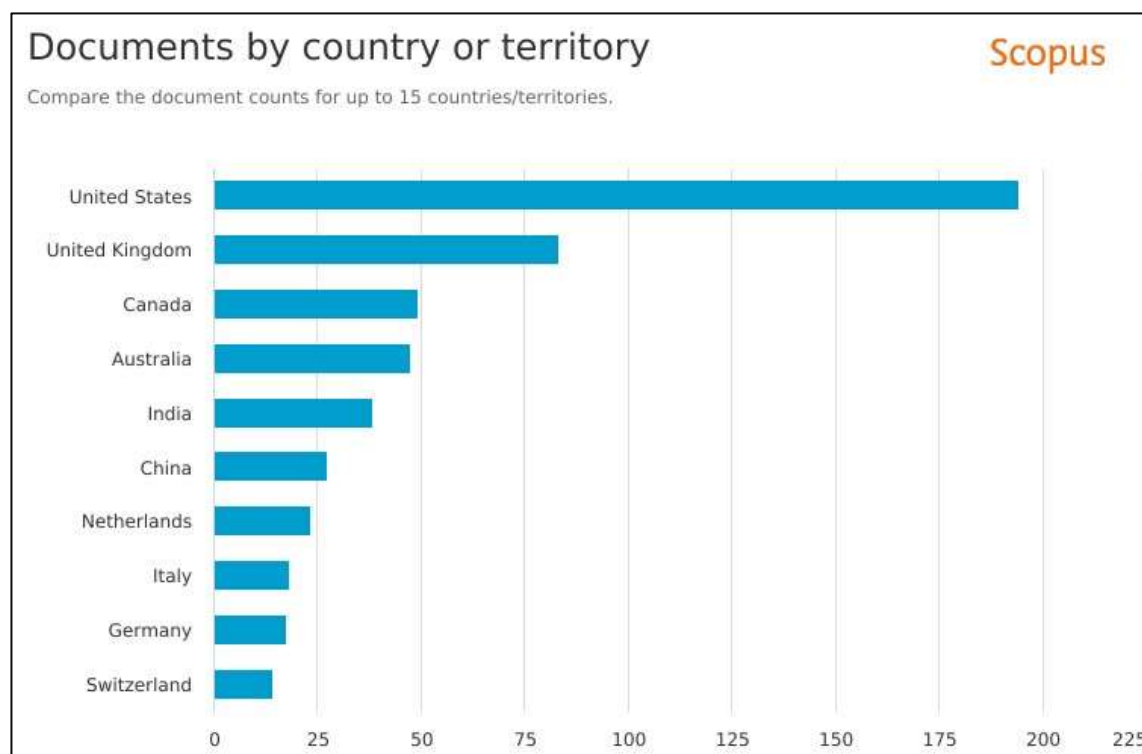

Fig. 2. Top list publication by countries

4.3 Research Publication Trend by Year

This dataset (Figure 3) illustrates the number of publications related to the impact of online media on mental health over several decades, spanning from 1977 to 2024. The data showcases the evolution of scholarly interest and research output in this domain. Initially, from the late 1970s to the early 2000s, the volume of publications on this topic remained relatively low, with sporadic publications and minimal scholarly attention, accounting for less than 1% of the total publications in most years during this period. The graph depicts a consistent and substantial increase in the number of documents produced over time. This trend suggests a growing body of knowledge and information being generated, which could be attributed to various factors, including advancements in technology, increased research activity, and greater accessibility to publishing platforms. A significant shift occurred in the mid-2010s, with a notable increase in research output. This surge continued to grow steadily, particularly from 2019 onwards, coinciding with the rapid expansion of online media platforms and their pervasive influence on society. The COVID-19 pandemic in 2020 further catalyzed this trend, intensifying scholarly investigations into the impact of online media, including streaming services, on mental health. The most substantial growth in publications occurred between 2020 and 2023, reflecting the heightened interest and urgency in understanding the psychological ramifications of increased online media consumption during a period of global crisis and isolation. The dataset portrays a clear trajectory: a gradual rise in publications from a marginal percentage to a substantial 15.9% in 2023, signifying the escalating importance and scholarly focus on

comprehending the nexus between online media, particularly streaming content, and mental health across various contexts and timeframes.
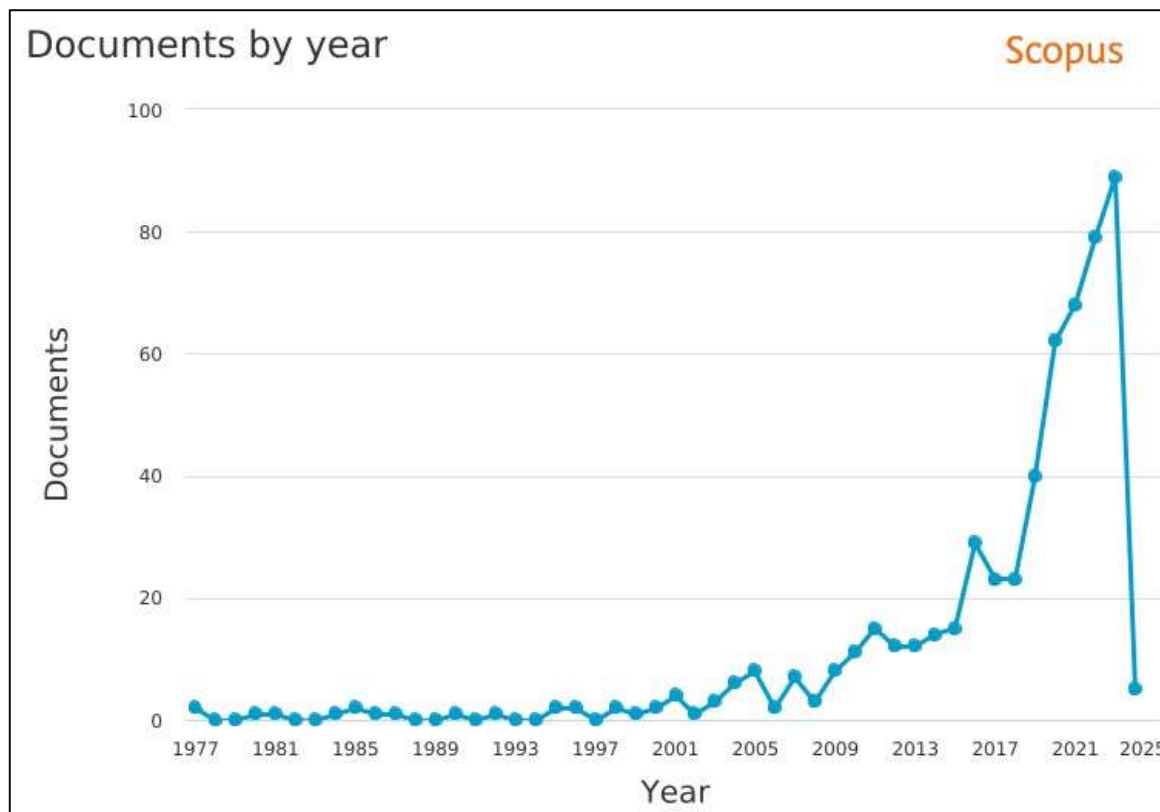

Fig. 3. Publication trend by year

4.4 Publication by Subject Area

Publication by subject area is crucial in high-impact journals for several compelling reasons. Firstly, it enables focused dissemination of specialized knowledge within specific domains. By categorizing publications based on subject areas, high-impact journals facilitate efficient access to information for researchers, practitioners, and stakeholders deeply engaged or interested in particular fields. This organization allows scholars to stay updated with the latest advancements, methodologies, and trends in their niche areas, fostering a deeper understanding of specialized topics. Moreover, subject-wise categorization enhances the visibility and accessibility of research within the academic community and beyond. It streamlines search processes, making it easier for individuals seeking expertise or information in specific domains to locate relevant studies quickly. This increased accessibility contributes to the broader dissemination of knowledge, ensuring that impactful research reaches the relevant audience efficiently as illustrated in Figure 4.

Furthermore, subject-specific publications often encourage interdisciplinary collaboration and innovation. They provide a platform for researchers from diverse backgrounds to explore connections between different subject areas, fostering cross-pollination of ideas and methodologies. This collaboration can lead to groundbreaking discoveries and approaches that transcend disciplinary boundaries, contributing significantly to the advancement of knowledge. In high-impact journals, organizing publications by subject areas also aids in evaluating the quality and significance of research within specific fields. It allows for focused assessment by experts well-versed in those domains, ensuring rigorous peer review and maintaining the scholarly integrity of the publications. Ultimately,

subject-wise categorization in high-impact journals serves as an indispensable tool for efficient information retrieval, interdisciplinary collaboration, and the advancement of specialized knowledge, thereby elevating the quality and impact of research within each subject area.
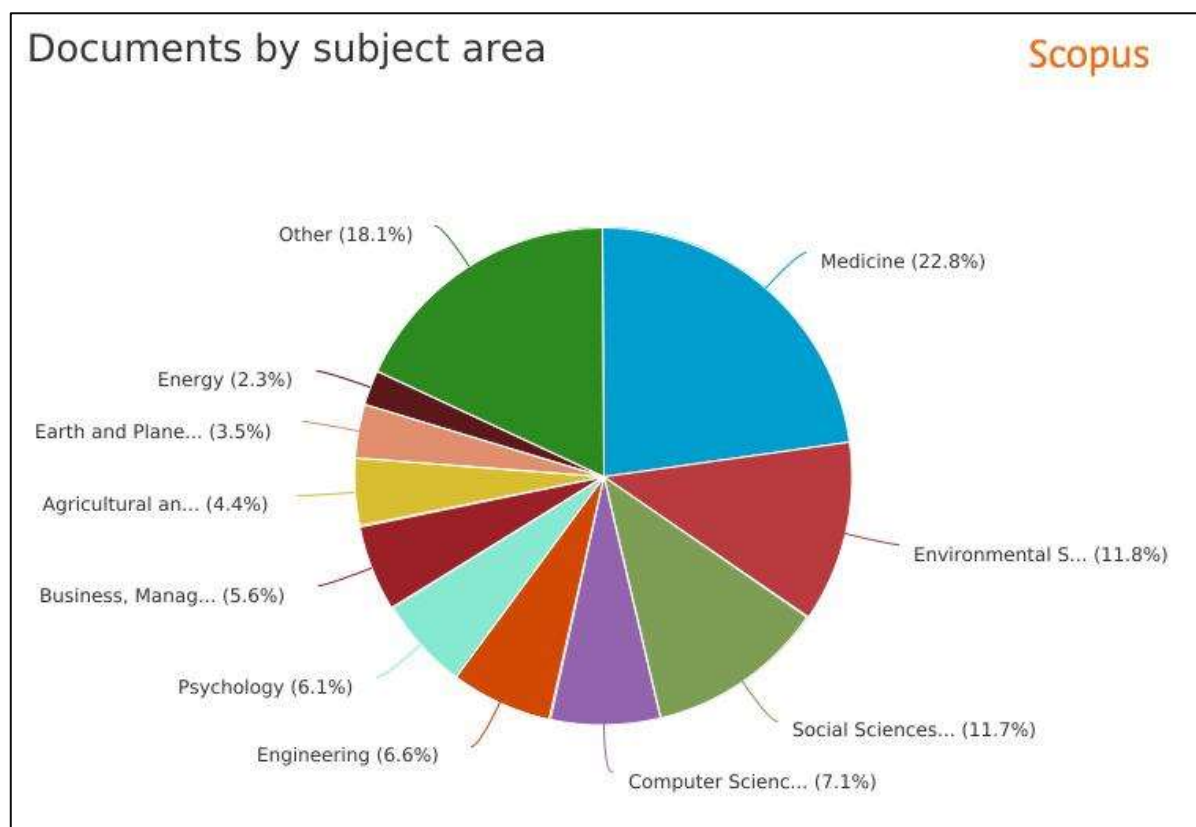

Fig. 4. Publication by subject area

4.5 The Most Cited Paper

Undoubtedly, the quantity of citations is among the most significant indicators of scholarly significance. The number of citations an article has received from other papers indicates its quality, which is significant for the author and associated to the field of the study as illustarted in Table 3 below. These articles span various disciplines, addressing critical issues such as health, psychology, environmental sciences, and leadership, showcasing diverse research scopes and methodologies. They contribute valuable insights to their respective fields and signify the breadth and depth of scholarly research across different domains.

Table 3
Numbers of citatition of the article

Authors	Title	Year	Source	Cited by
[31]	The lifelong effects of early childhood adversity and toxic stress	2012	Pediatrics	3145
[32]	Recent Advances in the Catalytic Oxidation of Volatile Organic Compounds: A Review Based on Pollutant Sorts and Sources	2019	Chemical Reviews	1156
[33]	Meta-analysis of the impact of positive psychological capital on employee attitudes, behaviors, and performance	2011	Human Resource Development Quarterly	942
[34]	Quality of life after radical prostatectomy or watchful waiting	2002	New England Journal of Medicine	626
[35]	Impact of rumors and misinformation on COVID-19 in social media	2020	Journal of Preventive Medicine and Public Health	436
Koopman J.; Lanaj K.; Scott B.A.	Integrating the bright and dark sides of OCB: A daily investigation of the benefits and costs of helping others	2016	Academy of Management Journal	387
[36]	The relationship of urban design to human health and condition	2003	Landscape and Urban Planning	363
[37]	The burden of lower urinary tract symptoms: Evaluating the effect of LUTS on health-related quality of life, anxiety and depression	2009	BJU International	348
Ghosh R.; Dubey M.J.; Chatterjee S.; Dubey S.	Impact of COVID-19 on children: Special focus on the psychosocial aspect	2020	Minerva Pediatrica	311
[38]	Linking servant leadership to individual performance: Differentiating the mediating role of autonomy, competence and relatedness need satisfaction	2016	Leadership Quarterly	286

4.6 Popular Keywords Related to the Study

Using VOSviewer Analyzer, based on ten minimum numbers of occurrences, the author keywords were mapped (see Figure 6). Based on Figure 6, it illustrates a network of keywords with the following characteristics:

i)   The keywords are grouped into several clusters, which represent topics or themes that are frequently discussed together in the literature;

ii)   The size of a node (circle) corresponds to the frequency of the keyword;

iii)   The color of a node corresponds to the cluster it belongs to;

iv)   Links between nodes represent keywords that co-occur frequently in the same documents. The thickness of the link indicates the strength of the co-occurrence relationship.
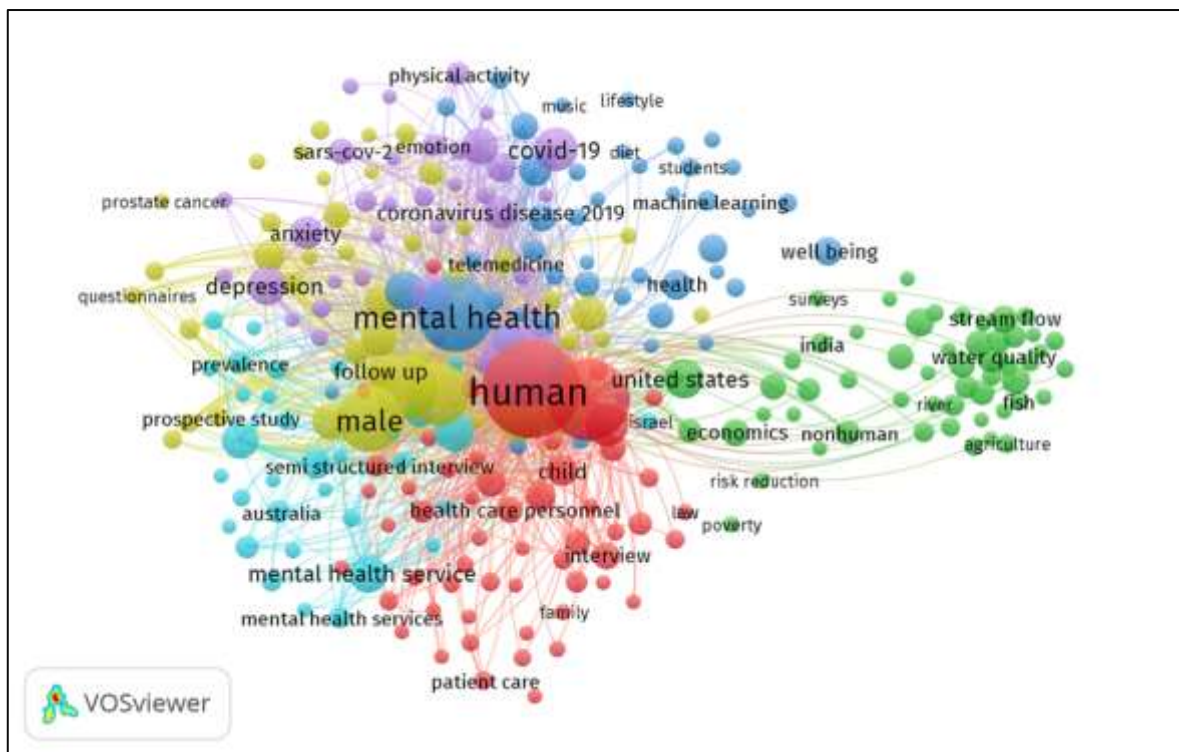
Fig. 6. Bibliometric network map based keywords' co-occurrence of publication

The figure indicates the strength of the association among those keywords. This paper makes an inference based on the image as below:

i) The central clusters of the network include keywords related to mental health, depression, anxiety, well-being, and psychology. This suggests that these are some of the most prominent topics in the literature you analyzed.

ii) The peripheral clusters of the network include keywords related to physical activity, lifestyle, internet, machine learning, and climate change. These suggest that these topics are also discussed in the literature, but they are less central to the main themes.

iii) Some keywords appear to bridge between different clusters. For example, the keyword stress appears in both the mental health cluster and the physical activity cluster. This suggests that stress is a topic that is relevant to both of these areas.

Overall, the network visualization map provides a valuable overview of the main themes and topics discussed in the literature that this paper analyzed. It can be used to identify emerging trends, explore relationships between different topics, and discover new research questions.

4.7 What Are Co-Authorship Countries' Collaboration

Figure 7 shows the countries whose authors collaborate on online content and its relationship with audince mental well being. Based on VOSviewer analyzer analysis, the Figure illustrates a network of countries with the following characteristics:

i) Each node represents a country. The size of the node corresponds to the country's total collaboration strength, which is the sum of the weights of all its links;

ii) Links between nodes represent collaborations between countries. The thickness of the link indicates the strength of the collaboration, which is measured by the number of co-authored documents between the two countries; and

iii)   The color of a node corresponds to its cluster, which is a group of countries that collaborate more frequently with each other than with other countries.
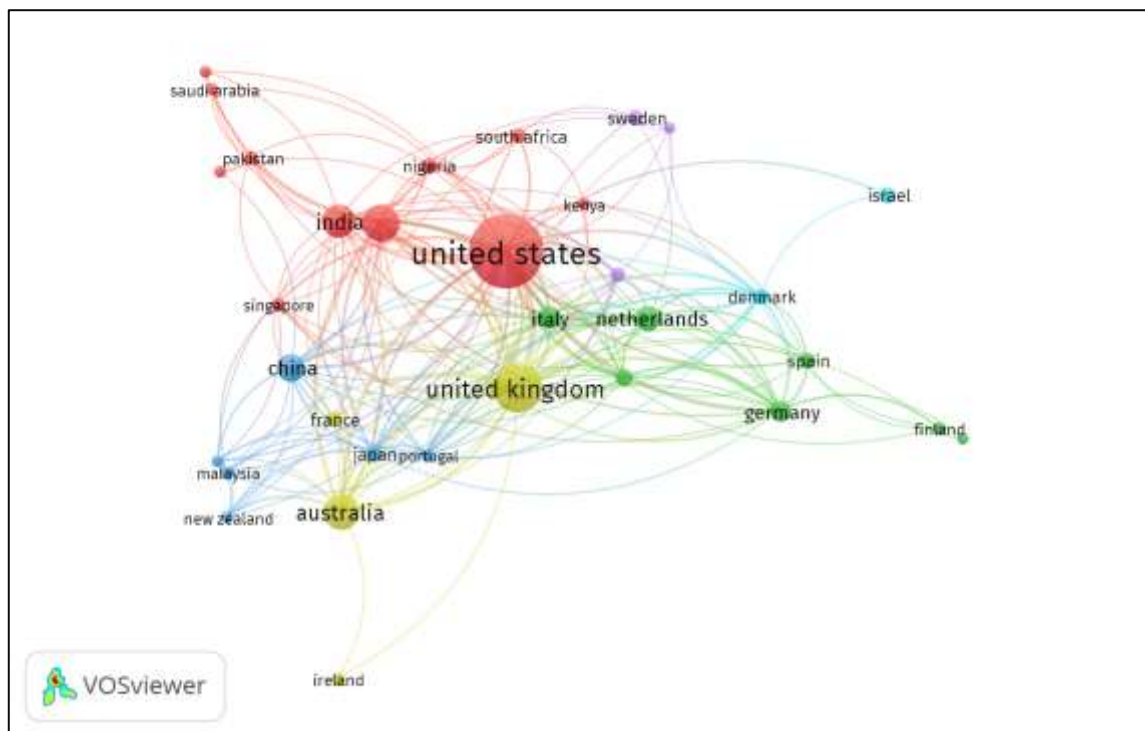

Fig. 7. Bibliometric network map based on co-authorship countries' collaboration

In addition, based on Figure 7, this paper makes an inference based on the image as below:

i)   The network is divided into several clusters, which suggests that there are distinct groups of countries that collaborate more frequently with each other. The United States is the central node in the network, indicating that it is the most frequent collaborator with other countries. This is likely due to its large research budget, strong academic institutions, and English language dominance in scientific communication;

ii)   The central cluster of the network includes the United States, the United Kingdom, Germany, France, and China. These countries have the highest total collaboration strength and collaborate frequently with each other. The United Kingdom and Germany are also well-connected nodes in the network, reflecting their strong research systems and long history of scientific collaboration;

iii) The peripheral clusters of the network include smaller groups of countries that collaborate more with each other than with the central cluster. These groups include countries from the same region, such as the Nordic countries and Southeast Asian countries. China is a rising star in the global research landscape, and its position in the network reflects its increasing collaboration with other countries;

iv)   The Nordic countries form a tight cluster in the network, indicating their strong regional collaboration in research. This is likely due to their shared cultural and linguistic similarities, as well as their focus on social welfare and sustainable development. Overall, the network visualization map provides a valuable overview of the patterns of collaboration between countries in your research data. It can be used to identify which countries are collaborating the most, with whom they are collaborating, and how these patterns have changed over time; and

v) The Southeast Asian countries including Malaysia also form a cluster in the network, suggesting growing research collaboration in the region. This is likely due to factors such as economic development, increased government investment in research, and the establishment of regional research networks.

4.8 Major Journals and Authors Co-Citation Analysis

This section presents the co-citation analysis of the primary authors and journals. A co-citation analysis examines two items that are cited simultaneously. Details of information as per Figure 8 and the analysis as follows:

i) Central Clusters: The graph shows several clusters of authors and journals that are co-cited frequently. The central cluster includes Aarons G.A., Kessler R.C., Christensen H., Patel V., and Happell B., suggesting that these authors and their work are highly influential in the field;

ii) Journal Clusters: The graph also shows clusters of journals that are co-cited frequently. One cluster includes Geotextiles and Geomembranes, Journal of Geotechnical and Geoenvironmental Engineering, Canadian Geotechnical Journal, and Acta Geotechnica. These journals focus on geotechnical engineering and soil mechanics, suggesting that these are the main areas of research represented in the graph;

iii) Bridges: Some authors and journals appear to bridge between different clusters. For example, Ryan R.M. is co-cited with both the central cluster of authors and the cluster of geotechnical engineering journals. This suggests that Ryan's work is relevant to both of these areas;

iv) Outliers: A few authors and journals appear as outliers, meaning that they are not co-cited with many other nodes in the graph. This could be because they are new or emerging areas of research, or because they are highly specialized topics.
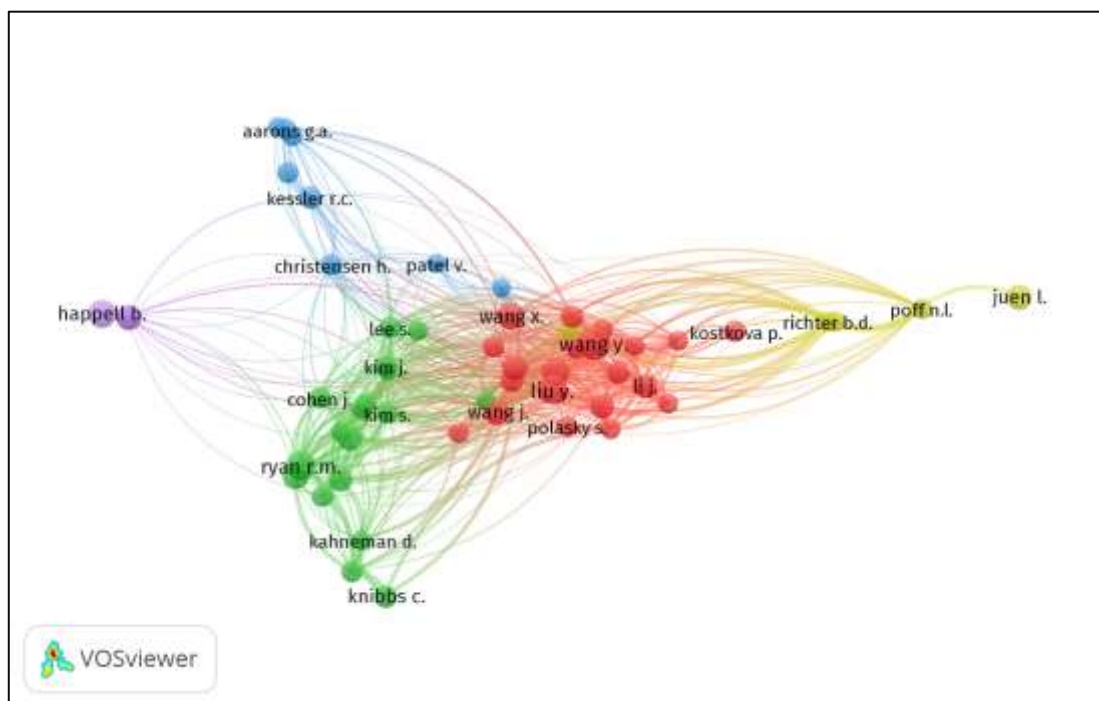

Fig. 8. Bibliometric network map based on author citing the work of a particular scholar

5. Discussion and Conclusion

In an era characterized by unprecedented digital connectivity, the landscape of film consumption has undergone a profound transformation. This bibliometric analysis aims to comprehensively explore and dissect the multifaceted relationship between online film consumption and mental health within the digital milieu. The research found that the relationship between leisure and depression was mediated by resilience, supporting the initial hypothesis. The second study (Tyagi & Meena, 2022) investigates the relationship between online social networking and mental health among female students. The relationship between leisure activities and mental health has been studied in the context of the Broaden-and-Build Theory. Research has shown that engaging in leisure activities, which elicit positive emotions, can contribute to resilience and promote mental health. Analysis of the Scopus database reveals that research into the influence of movies including content that can be accessible via digital platform on mental well-being have been documented as far back as 1977. It's noteworthy that research offer insights into the relationship between media consumption and mental health and the study indicates increased significantly during the COVID-19 pandemic era.

Therefore, this study aimed to focus on top-tier publications to gain a theoretical understanding of the research domain's evolution. Leveraging Elsevier's Scopus, known for its extensive coverage, the study examined publications between 1977 to December 2023 for comprehensive analysis. The search terms for article retrieval were determined by the study using a screening sequence and pre-determined keywords that relevant to the study. The software used for analysis and map creation employed VOS clustering and mapping methods. VOSViewer serves as an alternative to the Multidimensional Scaling (MDS) approach. The analysis of scholarly publications spanning over four decades, from 1977 to 2024, presents a compelling narrative of the evolving landscape concerning online media consumption's impact on mental well-being. This period witnessed a surge in scholarly interest, notably during the COVID-19 pandemic, underscoring the global significance of understanding the interplay between media consumption and mental health. The bibliometric exploration, primarily reliant on Elsevier's Scopus database, emphasized a meticulous focus on top-tier publications, ensuring a nuanced theoretical understanding of this dynamic research domain. Visual representations through tools like VOSviewer offered a rich depiction of thematic clusters, collaboration networks, and co-citation patterns. Central clusters encompassed mental health themes, while peripheral discussions touched upon broader yet less central topics like lifestyle, technology, and physical activity. Notably, co-citation analysis revealed distinct clusters centered on geotechnical engineering and soil mechanics, hinting at specialized domains within the broader research landscape. Overall, these findings underscore the growing importance of comprehending the intricate relationship between online media consumption and mental well-being. The collaborative networks, thematic clusters, and evolving patterns illustrate the multidimensional nature of this field, emphasizing the necessity for continuous exploration and interdisciplinary collaboration to further elucidate this critical intersection between media and mental health.

Thus, after lowering the weighted total of the squared distances between each pair of items, VOSviewer arranges the items in the shape of a map with the aid of this index. In addition, the normalisation of LinLog/modularity was used. Hence, with help of this index, VOSviewer places items in the form of a map after reducing the weighted sum of the squared distances between all item pairs. This paper of the view that the authors might conduct original research studies, experiments, or surveys related to their domain. The graph shows the number of documents found by country or territory in Scopus, a database of peer-reviewed literature. The graph also shows a trend of increasing document production over time. It's interesting to see countries like India and China emerging as

major producers of documents. It's important to note that the data in the graph is from Scopus, which primarily covers academic and research-oriented documents. This dataset illustrates the number of publications related to the impact of online media on mental health over several decades, spanning from 1977 to 2023. The COVID-19 pandemic in 2020 further catalyzed this trend, intensifying scholarly investigations into the impact of online media, including streaming services, on mental health.

Future research endeavors in this domain could prioritize several key areas. Firstly, delving deeper into the specific mechanisms through which different forms of online media impact mental health could provide nuanced insights. Exploring the intersectionality of cultural, demographic, and regional factors in this relationship would offer a more comprehensive understanding. Additionally, longitudinal studies focusing on the long-term effects of prolonged online media exposure on mental well-being could be invaluable. Investigating the efficacy of interventions or strategies aimed at mitigating any negative mental health impacts associated with online media consumption would also be beneficial. Lastly, fostering interdisciplinary collaborations between mental health experts, media scholars, and technologists could yield innovative approaches to address these complex issues, thereby contributing to a more holistic comprehension and potential mitigation of adverse mental health effects associated with online media.

Acknowledgement

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