

Reading in the Digital Age: A Systematic Review of Reading Habits versus Technology Habits

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1

NACLIN 2025
05/12/2025

Reading in the Digital Age

- Changing Formats influenced by Societal and Technological implications
- Transition of Reading Habits from Rural to Urban Population
- Reading Habits
- Technology Habits

Reading Habits

- Traditional Reading
- Deep Learning and Understanding
- More Fruitful for Researchers and Students
- Relief From Stress and Anxiety
- Focus and Concentrated Approach

Technology Habits

- Smart Phones
- Social Media
- Streaming Services
- Instant Information Sources
- Digital Devices and Online Platforms

Methodology

- Peer-reviewed Journals
- Meta –Analyses
- International Assessments
- Reports
- Studies Published between 2000-2025

Technology Habits - Issues

- Less Deep Reading
- Shorter Attention Span
- Information Overload
- Demise of Print Culture
- Digital Divide

Findings

- Effects on Thinking
- Effects on Society and Culture
- Results of Education
- What People Like to Read

Reading Cultures in the Digital Age

- Finland : The Coexistence Model
- India : Uneven Transition
- Japan : Hybrid Reading Practices
- United States: Digital Dominance and the Decline of Deep Reading

Challenges in Balancing Reading and Technology

- ➡ Too Much Information
- ➡ Gaps in Education Policy
- ➡ Making Attention a Business
- ➡ Concerns about Health

Future Directions : Towards Balanced Habits

- Programs for Digital Literacy
- Models of Hybrid Learning
- Changes to Policy
- Mindful Use of Technology
- New Ideas and Research

