



A Comparative Study of Digital Adaptability, Cognitive Flexibility, and Their Impact on Digital Wellness Among Generation Z and Millennials

**A RESEARCH PROPOSAL FOR DISSERTATION SUBMITTED TO
DOCTOR HARISINGH GOUR VISHWAVIDYALAYA
FOR PARTIAL FULFILLMENT OF THE DEGREE OF**

Master of Science

IN

PSYCHOLOGY

In the School of Humanities & Social Sciences

In the Department of Psychology

By

Amalna Fathima CH

Under the Supervision of

Dr. G. K. Tiwari

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मनोविज्ञान विभाग

DEPARTMENT OF PSYCHOLOGY

मानविकी एवं सामाजिक विज्ञान अध्ययनशाला,

School of Humanities & Social Sciences,

डॉक्टर हरीसिंह गौर विश्वविद्यालय, सागर, 470003, म. प्र., भारत,

Doctor Harisingh Gour Vishwavidyalaya, Sagar, 470003, M. P., India

Website: www.dhsgsu.ac.in

डॉ. जी. के. तिवारी
सहायक प्राध्यापक

☎ (Office) : 07582-297154
Mobile : +91-8819031611
Email : gyaneshpsychology@gmail.com

Dr. G. K. Tiwari
Assistant Professor

CERTIFICATE

This is to certify that **MISS AMALNA FATHIMA CH (Y23225003)**, a student of Masters of Science (M.Sc.) IV Semester in Psychology, Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya (A Central University), Sagar (M.P.) India, has submitted this Dissertation Report entitled "**A Comparative Study of Digital Adaptability, Cognitive Flexibility, and Their Impact on Digital Wellness Among Generation Z and Millennials**" under my supervision. It is the original work of the candidate and it has not previously formed the basis for the award of any Degree, Diploma, or other equivalent courses. The Dissertation work represents independent work on the part of the candidate.

Place: Sagar (M. P.)

Signature

(Dr. G. K. Tiwari)

Date: 05.06.2025
Yuplata 24.06.25
External Examiner

Internal Examiner

Forwarded

(Prof. Utasav Anand)

Head, Department of Psychology

Dr. H. S. Gour Vishwavidyalaya, Sagar (M. P.)

डॉ. हरीसिंह गौर विश्वविद्यालय
सागर (म.प्र.)