

Unveiling the Impact of Technological Progress on Societal Advancement: A Scholarly Analysis of Family Well-being through the Lens of Millennial Women

Nurulainy Mohd Noor, Yew Wong Chin, Nur Hafizah Yusoff

Center for Research in Development, Social and Environment, Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia (UKM), 43600 Bangi, Selangor, Malaysia.

Corresponding Author Email: nurel21@siswa.ukm.edu.my

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Abstract

This scholarly analysis delves into the implications of technological progress on societal advancement, specifically focusing on the well-being of families through the lens of millennial women. The study highlights the pivotal role of technology in empowering millennial women and shaping various aspects of their lives. A qualitative research study was undertaken as part of a doctoral thesis, involving 31 millennial women respondents residing in Malaysia. The study utilised a web-based written interview methodology through Google Forms (Docs) during the period of May to July 2021, amidst the backdrop of the Covid-19 pandemic. The findings demonstrate the significant contributions of families in enhancing overall health, providing financial support and planning, promoting respect, fostering understanding, support, and tolerance, enabling effective communication, facilitating exploration of religion and lifestyle, as well as cultivating love, happiness, harmony, purpose, and open-mindedness. By harnessing digital tools and platforms, millennial women have harnessed the transformative power of technology to nurture meaningful relationships, promote emotional well-being, explore their life's purpose, and adopt a receptive mindset. However, it is essential to acknowledge the challenges and potential drawbacks associated with technology usage. Therefore, the study highlights the need for a balanced approach to integrating technology within family life, wherein it serves as a tool for growth and well-being while upholding core values of love, support, and communication. This analysis significantly contributes to our understanding of the dynamic relationship between technology and family well-being, providing insights for future research and initiatives aimed at maximising the positive impact of technology on the lives of millennial women and societal advancement as a whole. The study underscores the importance of adopting a holistic perspective that recognises both the benefits and limitations of technology in the context of family well-being, ultimately paving

the way for informed decision-making and effective utilisation of technological advancements.

Keywords: Technological Progress, Societal Advancement, Family Well-being, Millennial Women, Digital Tools, Transformative Power.

The Primary Objective of This Study

This study examines the impact of technological progress on family well-being through the perspectives of millennial women. As key contributors to family dynamics, millennial women play a vital role in nurturing the physical, mental, and emotional health of their families. With the rapid advancements in technology, millennial women have witnessed transformative changes in healthcare, communication, and lifestyle choices. This interdisciplinary study aims to shed light on the relationship between millennial women and the implications of technological progress on family well-being. Millennial women represent a generation immersed in a rapidly evolving technological landscape. They have firsthand experience of the profound influence of technology in domains such as healthcare, communication, and personal development. As primary caregivers and decision-makers within their families, millennial women play a crucial role in shaping family well-being. Understanding their experiences, attitudes, and behaviours towards technology provides valuable insights into the intricate interplay between technology and family dynamics.

The primary objective of this study is to explore the impact of technological progress on family well-being from the perspectives of millennial women. By examining their experiences, attitudes, and perceptions, we aim to uncover the multifaceted ways in which technology affects various dimensions of family life, including physical health, mental well-being, communication patterns, and lifestyle choices. Employing an interdisciplinary approach drawing from disciplines such as sociology, psychology, and health sciences, this study seeks to provide a comprehensive understanding of the relationship between millennial women, technological progress, and family well-being. This research contributes to the existing body of knowledge on the implications of technological progress on family dynamics, providing valuable insights for policymakers, practitioners, and researchers. The findings will inform strategies and initiatives aimed at promoting family well-being in the context of a technologically advancing society.

Methodological Approach

To fulfil the objectives of this study, qualitative research was conducted as part of the author's doctoral degree programme. The data collection period encompassed a span of three months, starting from May 2021 and concluding in July 2021. The study involved a group of 31 millennial women respondents who were based in Malaysia. The chosen duration and methodology were influenced by the prevailing circumstances of the Covid-19 pandemic, which necessitated the use of remote data collection methods. Notably, the utilisation of Google Forms (Docs) as a platform for conducting web-based written interviews was an innovative aspect of this research, as highlighted by (Opara et al., 2021). Through the utilisation of this underutilised tool, the study successfully collected rich and insightful responses from the participants. Furthermore, a qualitative expert validated the research instruments, ensuring their reliability and credibility. Throughout the analysis process, continuous discussions among the researchers were held, with each member contributing their distinct expertise to enhance the overall credibility of the findings. The study also

incorporated the recommended approach of abstraction and interpretation during the analysis, as proposed by (Lindgren et al.,2020). This iterative process involved meticulous revisions, comprehensive discussions on codes and categories, and an unwavering commitment to ensuring the credibility and rigour of the study's outcomes.

Findings and Discussions

i) Millennial Women's Perspective on the Vitality of Overall Health in the Implications of Technological Progress on Societal Advancement

Millennial women occupy a unique position in contemporary society, assuming multiple roles that shape family dynamics (Rao et al., 2003). Understanding the importance of overall health from their perspective is essential, as it directly impacts the well-being of their families. This study aims to explore how technological progress have influenced family well-being, considering the perspectives of millennial women. Technology have facilitated improved access to healthcare for millennial women and their families. Telemedicine and virtual health platforms offer convenient and remote healthcare services, enabling individuals to seek medical advice and consultations from the comfort of their homes. Moreover, AI-powered health monitoring devices and wearable technologies empower millennial women to proactively manage their health, enabling early detection of potential health issues and timely interventions. The recognition of mental health's significance in family well-being has grown significantly in recent years (Kulesza et al., 2014).

AI-driven mental health platforms and applications provide personalised support, guidance, and therapeutic interventions. Through enhancing the accessibility of mental health resources and mitigating the stigma associated with seeking assistance for psychological well-being, these advancements contribute to the amelioration of overall health within families. AI and technological progress have revolutionised lifestyle choices, particularly in the domains of nutrition, fitness, and self-care. Millennial women can access AI-powered applications that offer personalised dietary recommendations, track fitness progress, and provide guidance for maintaining healthy habits. These technological advancements empower millennial women to make informed choices that promote overall health for themselves and their families (Eisenführ et al., 2010; Bechara, 2004).

Reproductive health and family planning are integral components of overall health for millennial women (Canning & Schultz, 2012). AI-driven fertility tracking applications and reproductive health resources offer accurate insights, guidance, and support, enabling individuals and couples to make informed decisions. These advancements contribute to improved family planning outcomes and overall well-being for millennial women and their families. Whilst AI and technological progress have brought numerous benefits, ethical considerations and challenges must be addressed. Issues such as data privacy, algorithm bias, and equitable access to technology require careful attention to ensure that the benefits of AI and technology are available to all and do not exacerbate existing disparities in family well-being (Abeele & Nguyen, 2022). The perspectives of millennial women shed light on the significance of overall health in family well-being. AI and technological progress have provided millennial women with tools, resources, and opportunities to enhance overall health and positively influence family well-being.

The advancements in healthcare access, mental health support, healthy lifestyle choices, and reproductive health empowerment demonstrate the potential benefits of AI and technology in improving family well-being. It is imperative for society to foster responsible integration of

AI and technology, addressing ethical considerations and ensuring equitable access to maximise the benefits for millennial women and their families. Through recognising the importance of overall health and harnessing the potential of AI and technological progress, societies can strive to cultivate healthier and more thriving families. Drawing on the perspectives through the significance of overall health in family well-being, it is evident that comprehensive health is considered a crucial element by the informants. The informants' definition of family well-being emphasises the inclusion of physical health, mental health, and emotional health as integral dimensions. Therefore, within the context of family well-being, the achievement of optimal physical, mental, and emotional health is considered essential (Fomby & Cherlin, 2007). The participants expressed the following viewpoints:

"A healthy and happy family" (Lam, Female, Chinese, Married).

"Health (physical, mental & emotional)" (Chen, Female, Chinese, Married).

"Health n happiness among family members. It is important to make sure everyone is working towards living a healthy lifestyle. We must always remind each other" (Fenfang, Female, Chinese, Married).

"Mental and physical health" (Fatimah, Female, Malay, Married).

"Family well-being entails the satisfaction of basic needs, positive mental health, the attainment of happiness, physical wellness, financial stability, and a sense of purpose in life" (Hanisah, Female, Malay, Married)

"Harmony/ Healthy/ Happy" (Yuhainis, Female, Malay, Married).

It is noteworthy that physical health emerges as the primary element highlighted by several informants, including Lam, Chen, Fenfang, Fatimah, Hanisah, and Yuhainis. These informants emphasise the paramount importance of physical health in promoting family well-being (Rhodes et al., 2020). Their perspective suggests that a decline in physical health can pose a threat to family harmony, as it may impose limitations on various aspects such as engaging in activities with family members and straining family finances. The informants' recognition of physical health as a foundational component of family well-being aligns with the broader discourse on the significance of overall health (Bomar, 2003). It is consistent with the understanding that physical health forms the basis for individuals' overall well-being and functioning. Furthermore, the informants' observations highlight the potential consequences that compromised physical health can have on family dynamics and the overall welfare of the family unit (Czaja & Lee, 2007; Neves et al., 2018).

This perspective resonates with the exploration of AI and technological progress discussed earlier, as these advancements have facilitated improved access to healthcare and promoted proactive health management (Lai et al., 2020). The integration of AI-driven health monitoring devices, wearable technologies, and telemedicine platforms has empowered individuals, including millennial women, to prioritise and enhance their physical health. Through the utilisation of these technologies, individuals are empowered to proactively manage their well-being by engaging in early detection of potential health issues, seeking remote medical advice, and implementing the recommendations proposed by (Brown et al., 2003).

In light of the informants' views and the advancements in technology Heath et al (2003), it becomes evident that promoting and maintaining physical health is essential for family well-being. A holistic approach to family well-being should encompass efforts to support and optimise physical health within the family unit. Addressing the challenges and considerations associated with technological progress, such as ethical concerns and equitable access, societies can harness the potential of these advancements to foster healthier and more

thriving families (Timmermans & Berg, 2003). Overall, the informants' perspectives emphasise the crucial role of physical health in family well-being, aligning with the broader recognition of the significance of overall health (Kivits, 2013). The integration of AI and technological progress further strengthens the ability to promote physical health within families, contributing to enhanced family well-being and harmony.

ii) Leveraging Technological Advancements for Financial Support and Planning among Millennial Women

The inclusion of financial support emerges as the second element in defining family well-being, indicating its significance as perceived by the informant. This perspective emphasises the importance of economic aspects within the overall well-being of the family (Fox & Chanchev, 1998; Diener & Biswas-Diener, 2009). Specifically, the informant's definition of family well-being encompasses achievements in terms of stable finances and financial support. A respondent echoed similar sentiment, expressing her perspectives as follows:

“Family well-being entails the satisfaction of basic needs, positive mental health, the attainment of happiness, physical wellness, financial stability, and a sense of purpose in life” (Hanisah, Female, Malay, Married)

In the context of millennial women and technological advancements, the role of financial support takes on added significance (Roy, 2012). With the rise of digital platforms, fintech innovations, and mobile banking applications, millennial women have gained access to a wide array of tools and resources for managing their finances effectively. These technological advancements have empowered millennial women to take control of their financial well-being, enabling them to budget, track expenses, save, invest, and plan for the future more efficiently (Ogamba, 2018).

Millennial women can create a significant impact on the overall well-being of their families by harnessing the potential of these technological resources to enhance their financial stability (She et al., 2023). Furthermore, the integration of technology has also revolutionised the way financial support is provided within families. Platforms such as peer-to-peer lending, crowdfunding, and digital payment systems have expanded the options for obtaining financial support, making it more accessible and convenient. This allows millennial women to explore alternative sources of funding, start their own businesses, or support their families financially in innovative ways (Friedline & West, 2015). Technological advancements have thus played a crucial role in facilitating financial support and fostering economic well-being among millennial women, thereby contributing to the broader concept of family well-being.

In summary, the interplay between millennial women, technological advancements, and financial support is transforming the landscape of family well-being. The integration of technology provides millennial women with the tools, resources, and opportunities to take charge of their financial health, positively impacting their families' overall well-being. As society continues to embrace technological advancements, it is essential to recognise and harness their potential in promoting financial support and planning among millennial women, ultimately fostering thriving and resilient families.

iii) Fostering Empathy and Support through Technology: Millennial Women's Perspective

Empathy, support, and understanding are vital components of maintaining healthy relationships and promoting overall well-being within families. Millennial women, as key members of the family unit, have recognised the significance of these elements in fostering

harmonious family dynamics. With the advancements in technology, millennial women have found new avenues to cultivate empathy, offer support, and enhance understanding within their families (Henstra & McGowen, 2016). According to the informants' viewpoints, a prosperous family is characterised by the practice of mutual respect, encompassing respect for family members irrespective of their age and honoring their decisions and choices without undue interference:

"Every member of the family loves each other, loves and respects each other" (Siti, Female, Malay, Married).

"A family that respects each other" (Safura, Female, Malay, Married).

In the digital age, technology has revolutionised the way millennial women connect with their loved ones and provide support. Social media platforms, messaging apps, and video conferencing have empowered millennial women to bridge geographical distances and maintain strong connections with their family members. These digital tools enable them to engage in meaningful conversations, share experiences, and express empathy and understanding, fostering a sense of closeness and support (Alvi, 2011).

"Able to love, care and understand each other" (Li Hua, Female, Chinese, Married)

"Happy family... Understanding... honesty... Always be there for each other, trust one another and check on each other at all time" (Prisha, Female, Indian, Married)

"To complement each other and understand one another" (Shima, Female, Malay, Married)

"A harmonious family understands each other, helps each other, and tolerates each other" (Damia, Female, Malay, Married)

"Understanding, compatibility and effective communication" (Melissa, Female, Malay, Married)

As highlighted by respondents for the next element, Huiyin, Alia, Kasimah, Shima, Damia, and Salamah concur that a prosperous family should be characterised by a culture of supporting one another. This culture manifests as an expression of love through the unwavering support of every family member's decisions and activities. These platforms provide a safe space where millennial women can share their challenges, seek support from others who may have faced similar situations, and offer empathy to those in need. The power of virtual communities lies in their ability to bring together individuals from diverse backgrounds and experiences, fostering a sense of understanding and support (Murphy, 2012).

"Togetherness through thick and thin" (Huiyin, Female, Chinese, Married)

"Family wellbeing for me is the willingness to tolerate, to cope and to be there for each other among family members and care towards any aspects that cause concerns. It is also a condition where selflessness is practiced in order to achieve harmonious household" (Aliya, Female, Malay, Married)

"Family members who can live peacefully and harmoniously, cooperate in everything, always stay in touch with each other, and provide physical and mental support to one another" (Kasimah, Female, Malay, Married)

"Complementing each other and understanding" (Shima, Female, Malay, Married)

"A harmonious family understands each other, helps each other, and tolerates each other" (Damia, Female, Malay, Married)

"Trust and support" (Salamah, Female, Malay, Married)

Technological advancements have also revolutionised the way millennial women can access professional support services. Online therapy platforms and mental health apps have made it more convenient for them to seek therapy or counseling, promoting their emotional well-

being (Thorpe et al., 2022). These digital resources offer a range of therapeutic tools, self-help resources, and remote counseling options, empowering millennial women to prioritise their mental health and seek the support they need. Additionally, technology has played a significant role in promoting tolerance and inclusivity among millennial women (Smith & Turner, 2015). Online platforms have become spaces for discussing and raising awareness about social issues, promoting diversity, and challenging societal norms. Millennial women have utilised these digital spaces to advocate for equal rights, address systemic injustices, and foster understanding and acceptance among individuals of different backgrounds (Winters, 2020; McHaney, 2011).

In conclusion, technology has provided millennial women with powerful tools to foster empathy, support, and understanding within their families. Through digital platforms, they can connect with their loved ones, seek support from virtual communities, access professional help, and promote tolerance and inclusivity. Embracing these technological advancements, millennial women can create positive impacts on their families' well-being, nurturing healthier relationships and contributing to a more empathetic and supportive society (Ryff & Singer, 2000; Astuti et al., 2021).

iv) Nurturing Strong Connections with Technology: The Power of Effective Communication for Millennial Women

In today's fast-paced digital era, where technology has revolutionised the way we connect and communicate, the importance of effective communication in promoting family well-being cannot be underestimated. Building and maintaining strong connections among family members are vital for fostering harmonious relationships and cultivating a supportive environment. Through the perspective of millennial women, this research explores the profound impact of effective communication on family well-being, shedding light on its transformative potential (Hershatter & Epstein, 2010). By delving into the insights provided by Laila, Melissa, and Amalina, who emphasise the role of communication in defining family well-being, we gain a deeper understanding of its significance. These informants recognise that good communication is an essential element for promoting family well-being, as expressed in their statements:

"Good communication between family members" (Laila, Female, Malay, Married)

"Understanding, compatibility and effective communication" (Melissa, Female, Malay, Married)

"Family who are open for discussions" (Amalina, Female, Malay, Married)

Communication serves as the foundational environment through which family members interact, bringing their identities and communication patterns into the broader community as assessed by (Astuti et al., 2021). This environment instills confidence and fosters personal growth, nurturing individuals' abilities and creativity, which contribute positively to society. Cultivating openness in bilateral relations, accepting both the positive and negative aspects of parties involved or discussed topics, is integral to effective communication. Guidance and practice in organizing speech, intonation, and body language start at home, equipping individuals with the skills needed to navigate challenges within society. Sari et al (2010) further reveal that communication reflects one's personal character and can be developed. Effective communication encompasses various mediums, from traditional face-to-face interactions to cutting-edge technologies. It transcends physical boundaries, empowering millennial women to connect with family members regardless of geographical distances.

Voice calls, video calls, letters, and digital platforms serve as conduits for meaningful exchanges, facilitating continuous connection and unwavering support. However, it is crucial to underscore that effective communication must be rooted in positive elements, such as a culture of respect (Suter et al., 2009). The well-being of a family depends not only on the frequency of communication but also on the quality and depth of interactions. Open and honest dialogue, active listening, empathy, and understanding form the pillars of effective communication, fostering an environment conducive to personal and collective growth, mutual support, and emotional well-being.

This research illuminates the profound impact of effective communication within the context of millennial women, offering valuable insights into its transformative power. It underscores the essential role that communication plays in nurturing strong connections within families and enhancing overall well-being. Through a comprehensive examination of the dynamics and effects of effective communication, we aim to uncover strategies and approaches that empower millennial women to cultivate thriving family relationships and contribute to their personal growth. In conclusion, the power of effective communication cannot be underestimated in the pursuit of family well-being. As millennial women navigate the digital landscape, they have a unique opportunity to leverage communication tools and platforms to foster strong connections with their families. Through embracing positive communication practices and fostering a culture of respect, millennial women play a pivotal role in cultivating harmonious relationships and creating an environment of love, understanding, and unwavering support within their families.

v) Exploring the Tech-Infused Faith: The Significance of Tranquility and Harmony in Family Well-being

Tranquility and harmony hold profound importance in the realm of family well-being, intertwining with the tech-infused faith embraced by millennial women. Jia Li, Sarah, and Kasimah, distinguished voices in the discourse, shed light on the essence of tranquility and harmony as crucial components of a fulfilling religious lifestyle.

“Living in peace and harmony” (Jia Li, Female, Chinese, Married)

“Family members can experience their everyday lives within a conventional, serene, and secure environment” (Sarah, Female, Malay, Married)

“Family members who can coexist in peace and harmony, collaborate seamlessly in all endeavors, maintain constant communication, and provide mutual physical and emotional support” (Kasimah, Female, Malay, Married)

The pursuit of peace within the family serves as a catalyst for peace of mind among its members, fostering an environment conducive to holistic growth and personal fulfillment. In this context, tranquility emanates from the alignment of spiritual and physical needs, acting as a catalyst for sound decision-making and the overall well-being of the family unit.

vi) Nurturing Spiritual and Physical Needs: A Prerequisite for Peace of Mind

Recognizing the multidimensional nature of human existence, millennial women navigate the intersection of technology, religious lifestyle, and their quest for tranquility, understanding that attending to the spiritual and physical needs of each individual within the family is imperative for the attainment of genuine peace of mind. Citing from Carson's study conducted in 2016, it becomes evident that in the contemporary digital age, technology functions as a bridge, facilitating the connection between millennial women and spiritual

resources. This technological interface provides new and unique opportunities for individuals to engage with their faith, fostering a deep sense of spirituality in their daily lives. From digital prayer apps to online religious communities, technology empowers millennial women to fulfill their religious duties and nourish their souls.

Simultaneously, the pursuit of physical well-being plays a vital role in nurturing tranquility and harmony within the family. Millennial women embrace technological advancements to enhance their physical health, integrating fitness trackers, wellness apps, and digital resources into their routines. By prioritizing their well-being, they lay the foundation for a peaceful and thriving family environment. As highlighted in the findings below, religion and lifestyle, such as practicing honesty, are integral to the definition of family well-being expressed by informant Prisha. Honest communication and ethical behavior are considered noble attitudes that should be embraced by every family member, fostering trust and harmony within the family unit.

“Happy family... Understanding... Honesty... Always be there for each other, trust one another and check on each other at all time” (Prisha, Female, Indian, Married)

Religion, is a powerful force that permeates human life, shaping individual perspectives and gaining social acceptance. It is the belief in an extraordinary power, rooted in the core of society's acceptance. Similarly, Alavi et al (2013) define religion as a discipline that educates the soul and promotes internal spiritual growth, encouraging individuals to connect with a higher power.

vii) Embracing the Tech-Infused Faith: A Harmonious Blend

The intersection of technology, religious lifestyle, and the pursuit of tranquillity represents a harmonious blend that plays a pivotal role in the well-being of millennial women and their families. Throughout this study, the findings have highlighted the significant contribution of religious beliefs and practices to family well-being. Emphasising the importance of fostering calmness and harmony within the family, informants Jia Li, Sarah, and Kasimah, along with informant Prisha who underscores the enduring value of honesty, align with previous research conducted by (Emmons, 1999). This research suggests that religion and lifestyle provide a profound sense of meaning and purpose to human existence, strengthening goals and values that permeate all aspects of life. In this digital age, technology serves as a powerful tool that enables millennial women to enhance their spiritual journey and engage more deeply with their faith. Offering novel avenues for connection and participation in religious activities, technology provides convenient access to spiritual resources, fostering a deep sense of spirituality in their daily lives.

From digital prayer apps to online religious communities, millennial women can bridge the gap between their digital lifestyles and their religious aspirations, cultivating a Tech-Infused Faith that enriches their spiritual experiences. Furthermore, the pursuit of tranquillity and well-being extends beyond the spiritual realm to encompass the physical dimension. Millennial women recognise the importance of attending to the physical needs of each family member as a foundational element for a peaceful and thriving family environment. Embracing technological advancements that promote physical health, such as fitness trackers, wellness apps, and digital resources, millennial women prioritise their physical well-being, thereby enhancing their own health and creating an environment that supports the well-being of their family members. In conclusion, the harmonious blend of technology, religious lifestyle, and the pursuit of tranquillity holds tremendous potential for the well-being of millennial women

and their families. Attending to the spiritual and physical needs of each family member and embracing positive religious practices, millennial women create an environment of peace, harmony, and unwavering support within their families. Technology serves as a powerful tool in their spiritual journey, facilitating engagement with their faith, while a commitment to physical well-being strengthens the foundation for a thriving family unit. Ultimately, this holistic approach fosters genuine peace of mind and contributes to the overall well-being of millennial women and their families.

viii) Tech-Infused Love, Happiness, and Harmony: Empowering Millennial Women with Technology

In the rapidly evolving digital landscape, technology has become an integral part of our lives, shaping the way we connect, communicate, and experience the world. For millennial women, technology holds immense potential in enhancing various aspects of their lives, including love, happiness, and harmony. In this era of tech-infused possibilities, millennial women are leveraging the power of technology to empower themselves and cultivate a sense of fulfillment and balance in their personal and relational spheres. From dating apps that facilitate meaningful connections to mindfulness apps that promote emotional well-being, technology serves as a catalyst for love, happiness, and harmony in the lives of millennial women.

According to the informant, a prosperous family should be defined as a family that practices mutual love, happiness, and harmony. In other words, the informant defined family well-being as the possession of these three internal feelings by each family member. Love is the first element expressed by Li Hua and Siti. The following lists the responses of all these informants. In general, love is an element that every individual needs more than material possessions. The love received from family members should be the first love received by each individual.

“Able to love, care and understand each other” (Li Hua, Female, Chinese, Married)

“Each member of the family loves and respects one another” (Siti, Female, Malay, Married)

As shared by multiple informants, the notion of a prosperous family encompasses the presence of happiness in everyday life. This happiness transcends material possessions and is rooted in the unwavering support, care, and affection demonstrated by family members towards one another.

“A healthy and happy family” (Lam, Female, Chinese, Married)

“Health and happiness among family members. It is important to make sure everyone is working towards living a healthy lifestyle. We must always remind each other” (Fenfang, Female, Chinese, Married)

“Being happy” (Rahimah, Female, Malay, Married)

“Happy family... Understanding... Honesty... Always be there for each other, trust one another and check on each other at all time” (Prisha, Female, Indian, Married)

"Family well-being entails experiencing happiness together as a family" (Emma, Female, Malay, Married)

“Family well-being entails the satisfaction of basic needs, positive mental health, the attainment of happiness, physical wellness, financial stability, and a sense of purpose in life” (Hanisah, Female, Malay, Married)

“Happy, free mind” (Rohani, Female, Malay, Married)

“Harmony/ Healthy/ Happy” (Yuhainis, Female, Malay, Married)

“Happy family” (Asnah, Female, Malay, Married)

Subsequently, Jia Li, Cathalina, Kasimah, Damia, Yuhainis, and Rozlinda highlighted the significance of harmony in defining family well-being. Harmony can be interpreted as cultivating a serene and thriving familial atmosphere. However, a harmonious family does not imply the absence of conflicts. Rather, it refers to families that approach conflicts with composure, openness, and generosity, seeking appropriate solutions to preserve family harmony.

“Living in peace and harmony” (Jia Li, Female, Chinese, Married)

"Harmonious family ties" (Cathalina, Female, Kadazan, Married)

"Family members who are able to live in peace and harmony collaborate in all aspects of life. They maintain constant communication, offering both physical and emotional support to one another" (Kasimah, Female, Malay, Married)

“A harmonious family is one where its members understand, support, and show tolerance towards one another” (Damia, Female, Malay, Married)

“Harmony/ Healthy/ Happy” (Yuhainis, Female, Malay, Married)

“Harmony within the family” (Rozlinda, Female, Malay, Married)

A harmonious and happy family is built upon the foundation of love, support, and mutual respect among its members. In this study, millennial women have identified love, happiness, and a harmonious life as crucial elements for family well-being. They recognise that the well-being of the family serves as a cornerstone for societal productivity, contributing to the development of a strong and stable country. The role of parents in nurturing love, happiness, and harmony within the home cannot be overstated, as affirmed by informants such as Li Hua, Siti, Lam, Prisha, Emma, Yuhainis, Asnah, Jia Li, and others.

Within the context of building a prosperous family, each family member's active participation in exercising their rights and responsibilities is of paramount importance. Through cooperation and gratitude, they cultivate a culture of love and care, bridging the gap towards a harmonious and flourishing family life. The practice of mutual love and support within families serves as a guiding path towards a harmonious and prosperous life (Drummond, 1936).

Furthermore, this paper delves into the transformative impact of technology on the pursuit of love, happiness, and harmony by millennial women. It highlights the opportunities and challenges that arise as they harness technology to empower themselves and facilitate meaningful connections. By embracing digital tools and platforms, millennial women can nurture fulfilling relationships, promote emotional well-being, and create harmonious environments within their families. The convergence of technology and these essential elements of love, happiness, and harmony opens up new possibilities for millennial women, enabling them to embark on a journey of personal growth, empowerment, and the creation of joyful and harmonious lives (Berscheid, 2010).

ix) Unveiling the Purpose: Empowering Millennial Women with Technology for an Open Mind and Meaningful Life

In the ever-evolving digital landscape, technology has become an integral aspect of our lives, shaping the way we perceive and navigate the world around us. For millennial women, technology holds immense potential in not only expanding their horizons but also in deepening their understanding of the purpose of life and fostering an open mind. In this era of tech-infused possibilities, millennial women are utilising the power of technology to

empower themselves, cultivate a sense of purpose, and embrace a more open-minded approach towards life's complexities. This paper delves into the transformative impact of technology on millennial women's quest for purpose and the cultivation of an open mind. It explores the opportunities and challenges presented by technology in their journey towards self-discovery, personal growth, and the pursuit of a meaningful and fulfilling life. Through harnessing the capabilities of technology, millennial women have the opportunity to embark on a journey of exploration, engaging in self-reflection and developing a broader comprehension of the world. This transformative path enables them to discover the purpose of life and embrace a receptive and open mindset.

Moreover, the informant's viewpoint regarding family well-being underscores the importance of integrating life purpose and cultivating an open mind. Hanisah, specifically, articulates the profound value of having a clear purpose in life, as evidenced by the insights shared in the following. The clarity of direction and collective alignment of family members towards a shared objective exemplify the essence of life purpose. This shared sense of purpose establishes a framework that enables each family member to chart their own course, minimizing potential conflicts and fostering the holistic well-being of the family unit.

“Family well-being entails the satisfaction of basic needs, positive mental health, the attainment of happiness, physical wellness, financial stability, and a sense of purpose in life” (Hanisah, Female, Malay, Married)

Cultivating an openness of mind is closely tied to fostering a culture of respect that embraces the diverse perspectives, suggestions, choices, and opinions of all family members. This inclusive approach not only prevents conflicts but also contributes to the overall well-being of the family. Rohani further emphasises the significance of an open mind as an essential element in defining family well-being. Open-mindedness can be understood as an individual's capacity to accept and consider the viewpoints, suggestions, choices, and opinions put forth by other family members. Such openness enables individuals to engage in constructive dialogue, explore novel perspectives, and enhance existing solutions or options when necessary.

“Happy, free mind” (Rohani, Female, Malay, Married)

The advancement and development of a society are determined by the extent of progress and growth experienced in various aspects of life, encompassing both the physical and spiritual dimensions. The level of progress can be assessed by comparing the current situation to previous benchmarks. Within the family unit, individual achievements are reflected in an increasingly improved standard of living that benefits not only the individuals themselves but also contributes to the development of the broader community. Therefore, the focus of this study centers on the consistency of efforts made by family members to continually progress, aiming for development and a better future, as these endeavors significantly contribute to the overall well-being of the family.

In the pursuit of societal advancement and development, progress and growth across various dimensions of life, encompassing the physical and spiritual realms, play a vital role. Evaluating the level of progress involves comparing the current situation to past benchmarks, with individual achievements within the family unit contributing to an improved standard of living and the broader community's development. This study focuses on the family members' consistent efforts to progress, aiming for personal development and a better future, which significantly contribute to overall family well-being. Simultaneously, embracing a purpose in

life, as highlighted by Informant Hanisah, fosters a positive attitude among households and facilitates active participation in universal development.

The awareness of progress is crucial for a group that values trust and honesty, as the absence of guidance in life's purpose poses a threat to human civilisation. Furthermore, a positive life direction acts as a compass for decision-making, shaping lifestyles and work approaches. According to Gilles and Kirby (2004), education plays a crucial role in the pursuit of knowledge, fostering dedication, ensuring quality, and ultimately achieving the mission, vision, and goals of a civilisation. In the context of technological advancements, it becomes imperative to empower millennial women with the capabilities of technology. This empowerment enables them to embrace an open mind, explore new possibilities, and lead a purposeful life aligned with their aspirations.

Conclusion

In conclusion, this scholarly analysis has delved into the implications of technological progress on societal advancement, focusing specifically on family well-being through the lens of millennial women. The study has underlined the significant impact of technology on millennial women, empowering them across multiple domains. From enhancing overall health to providing financial support and planning, promoting respect, fostering understanding, support and tolerance, enabling effective communication, facilitating exploration of religion and lifestyle, to cultivating love, happiness, harmony, purpose, and open-mindedness, technology has emerged as a transformative force in shaping the lives of millennial women and contributing to their holistic well-being.

Through the utilisation of digital tools and platforms, millennial women have harnessed the transformative power of technology to cultivate fulfilling relationships, promote emotional well-being, explore life's purpose, and embrace a receptive mindset. However, it is important to acknowledge the challenges and potential drawbacks that accompany the use of technology in family life. The findings emphasise the significance of a balanced approach that incorporates technology as a tool for growth and well-being while maintaining the core values of love, support, and communication within the family unit. This analysis contributes to the broader understanding of the dynamic interplay between technology and family well-being, serving as a foundation for further research and initiatives aimed at optimising the positive impact of technology on millennial women's lives and societal advancement as a whole.

The theoretical and contextual contributions of this research are significant in several ways. Firstly, it expands the existing knowledge by providing a comprehensive examination of the implications of technological progress on millennial women's well-being within the context of family life. While previous studies have explored the impact of technology on individuals and families, this analysis specifically focuses on millennial women and their unique experiences, shedding light on their empowerment and the transformative role of technology in their lives. Secondly, this research highlights the multifaceted nature of technology's influence on millennial women's well-being. It goes beyond traditional understandings of technology as simply a tool for communication or information access and explores its role in promoting various aspects of well-being, such as physical health, emotional resilience, financial stability, and personal growth. By recognising the diverse ways in which technology affects millennial women's lives, this study enriches our understanding of the complex relationship between technology and well-being. Furthermore, this research contributes to the broader societal context by emphasising the importance of maintaining a balanced approach to technology

use within the family unit. While technology offers numerous benefits, it also presents challenges and potential drawbacks that can impact family dynamics and well-being.

By highlighting the need for a mindful and balanced approach that integrates technology while upholding core family values of love, support, and communication, this research provides practical insights for families, policymakers, and practitioners in navigating the digital landscape. Overall, this research advances our understanding of the transformative power of technology in the lives of millennial women and its implications for family well-being. By examining the theoretical and contextual aspects of this phenomenon, it offers valuable insights into how technology can be harnessed to promote positive outcomes and shape societal advancement. The findings of this study provide a foundation for further research and the development of interventions and policies that leverage technology for the holistic well-being of millennial women and their families.

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