

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

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ABSTRACT

Social media has transformed the way individuals interact and communicate, significantly impacting mental health and well-being. This study explores the complex relationship between social media usage and mental health, considering both positive and negative effects. While social networking platforms facilitate connectivity, knowledge sharing, and emotional support, excessive usage has been linked to mental health concerns such as anxiety, depression, and self-esteem issues. The displaced behavior theory suggests that when individuals experience stress, they may engage in immediate but detrimental behaviors, such as excessive social media use, which can lead to long-term negative consequences.

A systematic review of relevant literature reveals conflicting findings regarding social media's impact on mental health. While some studies highlight the benefits of social interaction and support, others emphasize the risks associated with cyberbullying, self-comparison, and addiction. Data analysis indicates that Instagram dominates social media engagement, with a significant proportion of users experiencing pressure to maintain an idealized online identity. Additionally, a notable percentage of respondents report difficulty in reducing their social media usage, and many experience sleep disturbances as a result.

The study underscores the need for a balanced approach to social media engagement, advocating for mental health awareness initiatives by social media platforms. Further longitudinal research is essential to provide clearer insights into the long-term effects of social media on mental health. Understanding the nuances of social media use is crucial for developing strategies to mitigate risks while leveraging its benefits for social connectivity and mental well-being.

Keywords: Social Media, Mental health, health risk.

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INTRODUCTION

Humans are naturally social species that depend on the fellowship of others to thrive in life. therefore, while being socially linked with others helps palliate stress, solicitude, and melancholy, a lack of social connection can pose major pitfalls to one's internal health. Over the once 10 times, the rapid-fire emergence of social networking spots like Facebook, Twitter, Instagram, and others has led to some significant changes in how people connect and communicate. Over one billion people are presently active druggies of Facebook, the largest social networking website, and it's anticipated that this number will grow significantly over time, especially in developing countries. Facebook is used for both particular and professional commerce, and its deployment has had a number of positive goods on connectivity, idea sharing, and online literacy. likewise, the number of social media druggies encyclopedically in 2019 was 3.484 billion, a 9% increase time on time . Mental health is represented as a state of well- being in which individualities fete their implicit, successfully navigate diurnal challenges, perform effectively at work, and make a substantial difference in the lives of others. There's presently debate over the benefits and downsides of social media on internal health. Social networking is an important part of securing our internal health. Mental health, health geste , physical health, and mortality threat are all affected by the volume and quality of social connections.

Social media use and internal health may be related, and the displaced geste proposition could help in clarifying why. The displaced geste thesis is a psychology proposition that suggests people have limited tone- control and, when brazened with a grueling or stressful situation, may engage in actions that bring instant delectation but are n't in agreement with their long-term objects. In addition, when people are unfit to deal with stress in a healthy way, they may act out in ways that temporarily make them feel more but eventually harm their long- term pretensions and heartiness. In the 1990s, social psychologist Roy Baumeister originally suggested the displaced geste proposition. Baumeister suggested that tone- control is a limited resource that can be drained over time and that when tone- control coffers are low, people are more likely to engage in impulsive or tone-destructive conduct. This can lead to a cycle of bad actions and issues, as individualities may engage in actions that bring short respite but ultimately add to their stress and difficulties. According to the academic terms, those who share in sedentary actions, including social media, engage in smaller openings for in- person social commerce, both of which have been demonstrated to be defensive against internal ails.

Social propositions, on the other hand, discovered that social media use influences internal health by affecting how people interpret, maintain, and interact with their social network.

REVIEW OF LITERATURE

Bashir, N. H., & Bhat, N. S. A. (2017). Over the past two decades, social media has seen significant growth in quantity, quality, and usefulness. Just as the body needs essential minerals through nutrition, the mind thrives on nourishment for thoughts. Modern technology provides easy access to this mental nourishment, opening up discussions on the impact of social media on mental health. The virtual world created by social networking is isolating individuals, particularly the younger generation who are at a higher risk of mental health issues. Research aims to understand this relationship for a better balance in mental health. Berryman, C., Ferguson, C.J. & Negy, C (2016). Recent concerns over social media's negative impact on mental health have led to conflicting research findings. A study of 467 young adults found that while social media use itself wasn't linked to mental health problems, vaguebooking behavior predicted suicidal thoughts.

Kaur et al., 2022 The study explores the impact of social media on adolescents' well-being. It discusses the role and relevance of social media, reviews literature, performs quantitative analysis, and provides recommendations for state governments. O'Reilly M, (2018) This article explores adolescents' perceptions of social media on mental health. Six focus groups with 54 adolescents revealed concerns about mood disorders, cyberbullying, and addiction. Future research should focus on promoting mental wellbeing through social media education. Ulvi et al., 2022 Excessive use of social media may lead to depression and anxiety. A study reviewed Facebook, Twitter, and Instagram's impact on mental health, analyzing 39 studies from 2010 to 2020. 20 studies found a link between increased social media use and mental health issues, especially in vulnerable populations. Verkuyten, M. (2021). Social network sites like Facebook and Instagram are popular, with billions of users. They offer profiles, connections, and news feeds, along with other functions like gaming and shopping. Karim et al., 2020 This study reviews 50 papers on social media's impact on mental health, categorizing findings into anxiety and depression outcomes. More qualitative and longitudinal research is needed for deeper understanding. Understanding the Impact of Social Media on Youth Mental Health,” 2020) The technology geography has fleetly evolved in recent times, with social media now playing a central part in the lives of youth. Social media has created both significant new challenges and instigative openings. Research is beginning to uncover how specific social media gestures may impact youth internal health.

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(Jiménez et al., 2021) Various studies present conflicting findings on the impact of social media on mental well-being. Methodological challenges and evolving platforms contribute to these discrepancies.. (Stigma Against Mental Illness and Mental Health: The Role of Social Media,” 2025) This paper explores the impact of stigma on mental health, influenced by social media. Stigma creates barriers for those with mental disorders, fueled by prejudice and discrimination. Social media can either reduce stigma through awareness and support or perpetuate harmful stereotypes. Idealized representations and cyberbullying worsen mental health, emphasizing the importance of education and inclusive environments for positive change.

Khalaf et al., 2023 A systematic review found social media impacts mental health, analyzing 16 studies from 50 papers. While positive effects exist, more research is needed, especially for adolescents vulnerable to cyberbullying. Ethical use can benefit mental health by promoting connection and self-esteem, requiring clinicians to provide education and support.

(O'Reilly et al., 2018) Self-disclosures of mental illnesses, such as schizophrenia, on Twitter involve an 'invisible' audience. Reciprocity between disclosers and audiences was found, and audience engagement can forecast changes in intimacy of disclosures. This research highlights the importance of creating supportive online spaces for stigmatized mental illness disclosures. (Ernala et al., 2018) Self-disclosures of mental illnesses, like schizophrenia, on Twitter show reciprocity between the discloser and their audience. Audience engagement impacts future disclosures, with patterns predicting changes in intimacy. This study highlights the need for supportive online spaces for stigmatized mental health discussions.

An umbrella review of 25 recent literature reviews finds weak and inconsistent links between social media use and adolescent mental health.

Elmer et al., 2020 This study examines students' social networks and mental health during the COVID-19 pandemic by analyzing data collected since 2018. Compared to a pre-crisis cohort, students in 2020 reported sparser social networks, increased loneliness, anxiety, stress, and depression. COVID-19 related worries and lack of social support were factors contributing to negative mental health outcomes. Female students showed worse mental health trajectories, highlighting the need to consider social connections in supporting students during the pandemic. (Tao & Fisher, 2021) Offline and online racial discrimination impact the mental health of adolescents of color. Increased social media use during the pandemic and racial justice movement exposes youth to racial discrimination. This study explores how social media use, racial intergroup contact, and civic engagement influence mental health in black, East/Southeast Asian, Indigenous, and Latinx adolescents. Results show a link between social

media use, racial discrimination, and mental health issues, urging for strategies to address these challenges. (Abi-Jaoude et al., 2020) Research shows that smartphone and social media use contribute to mental distress, self-harm, and suicidality in youth, especially girls. Social media can impact self-esteem and relationships through comparison and cyberbullying. Heavy smartphone use leads to sleep deprivation and affects cognitive control and academic performance.

(Conway & O'Connor, 2016b) Mental health, including substance abuse, is a significant global burden, costing \$2.5 trillion in 2010. The World Health Organization aims to enhance mental health monitoring through information systems. Social media data and technology play a key role in this effort. (Ulvi et al., 2022) Research found that overusing social media is linked to depression and anxiety. A meta-analysis of 20 studies showed a connection between excessive use of sites like Facebook, Twitter, and Instagram and mental health issues. (Conway & O'Connor, 2016) Individuals with severe mental illness typically have smaller social networks compared to the general population, which can impact their use of psychiatric services. Research shows less social support is linked to more frequent hospitalizations, but the connection to other services remains unclear.

OBJECTIVE OF STUDY

1. To explore the good and bad impacts of social media on mental well-being – Looking at both advantages (like social support) and dangers (such as anxiety and depression).
2. To evaluate the connection between social media use and mental health issues – Investigating how overuse might lead to problems such as anxiety, depression, and low self-worth.
3. To analyze the influence of social media on self-image and body perception – Studying how online content affects self-esteem and body image worries.

METHODOLOGY

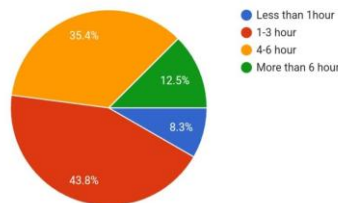
This systematic review following PRISMA guidelines explored the impact of technology, particularly social media, on the well-being of young people. Researchers searched various databases for relevant studies from 2000 to 2023, including those in English focusing on mental health and social media's effects on adolescents. Disagreements on inclusion were resolved through debate. Data extraction and synthesis were done independently, with key findings summarized in a table for analysis.

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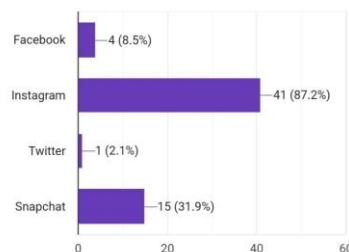
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DATA ANALYSIS

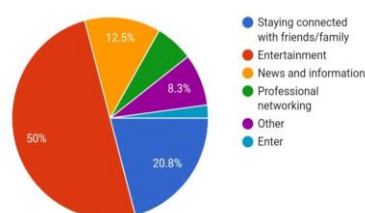
A study of 48 people reveals that 43.8% spend 1-3 hours daily on social media, 35.4% use it for 4-6 hours, 8.3% for less than an hour, and 12.5% for over 6 hours. This indicates a prevalent moderate social media use, with some individuals spending significant time on these platforms.



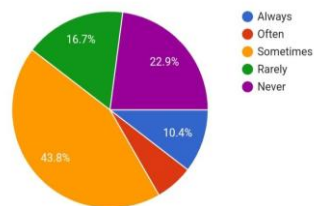
Instagram takes the lead in social media engagement among the 47 participants, with a remarkable 87.2% accessing the site regularly. Snapchat follows with a 31.9% usage rate, while Facebook sees minimal interaction at 8.5%. Twitter shows extremely low engagement at 2.1%. This data highlights Instagram's significant popularity within this group, greatly outshining other platforms, while Twitter reflects the least interaction. Snapchat also shows considerable usage, suggesting a preference for visual-centric platforms.



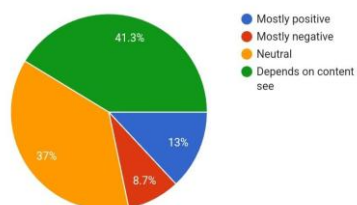
Main Reason for Using Social Media: Half of those surveyed turn to social media primarily for amusement (50%), followed by keeping in touch with friends and family (20.8%), and accessing news and information (12.5%).



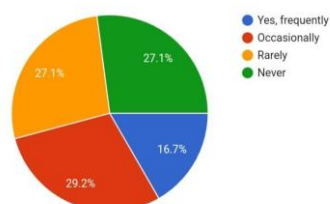
Comparing with Others: 43.8% occasionally compare themselves to others, whereas 22.9% do not do so at all. Just 10.4% consistently make comparisons.



Impact on Mood: 41.3% indicate that their mood is influenced by the content they encounter, while 37% feel indifferent. Only 8.7% mainly suffer from negative effects.



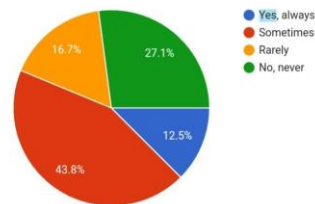
A study with 48 participants reveals that social media causes anxiety and stress. 16.7% feel anxious often, 27.1% sometimes, and 27.1% infrequently, while 29.2% never experience these feelings, highlighting the mental health risks associated with social media.



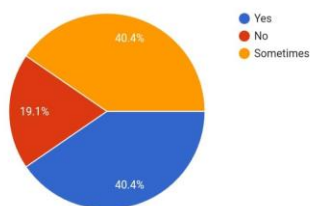
The survey of 48 individuals revealed that a significant 43.8% feel pressured to maintain a perfect image on social media, with 12.5% admitting to always feeling this way. In contrast, 27.1% feel pressured only occasionally, while 16.7% never experience this pressure. These results suggest that the need to present an idealized online identity is a common challenge, though the frequency and intensity vary among individuals.

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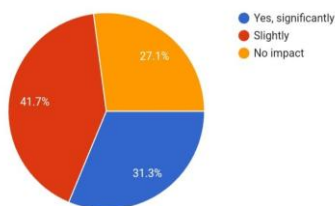
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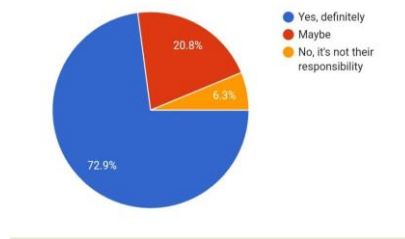
A study with 47 participants found that 40.4% struggle to reduce social media use, 40.4% can sometimes cut back, and 19.1% have no issue limiting time. This highlights the widespread challenge of controlling social media usage.



A review of 48 people revealed that 41.7% believe social media somewhat affects their sleep, while 31.3% admit to a major influence. Only 27.1% reported no impact on their sleep, highlighting a link between social media use and sleep quality.



The chart reveals that most respondents (72.9%) feel that social media companies ought to increase their efforts in promoting mental health awareness. A lesser group (20.8%) believes they possibly should, while just 6.3% think it is not their duty. This suggests a significant public feeling supporting social media platforms to engage more in mental health advocacy.



CONCLUSION

In the digital age, individuals adeptly use technology; it doesn't just "happen" to them. Research indicates that the typical child won't suffer from using digital technology, but this doesn't imply that there aren't instances where it might. In this study, we found a link between social media usage and teenage depression. Since most studies are cross-sectional, there is a need for longitudinal research. Social media significantly shapes the social and personal lives of young individuals. Based on partial and conflicting information about youth and digital technology, professional bodies offer advice to parents, teachers, and institutions. If new technologies are essential for enhancing social connections or building digital and relational (digitally mediated) competencies for developing economies, policies limiting teen access to them may not be effective. The research on the influence of social media on mental health is still nascent, and further studies are necessary before we can provide definite guidance for parents, educators, or institutions. Connecting with young people during critical moments and when support is needed is vital for their well-being. Access to various friendships and resources can enhance the welfare of adolescents.

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