**Negative Effects of Social Media**

Is social media disturbing our routine life negatively? Yes, absolutely social media is playing a very negative role in this era. Multiple studies have that social media is a major source of an increased risk for depression and anxiety, loneliness, and Inadequacy about your appearance.

**Depression and anxiety**. Human beings need face-to-face contact to be mentally healthy. Nothing reduces stress and boosts your mood faster or more effectively than eye-to-eye contact with someone who cares about you. The more you prioritize social media interaction over in-person relationships, the more you’re at risk for developing or exacerbating mood disorders such as anxiety and [depression](https://www.helpguide.org/articles/depression/depression-symptoms-and-warning-signs.htm).

**Loneliness.** How big of a role does social media play on these high loneliness figures? That depends on how you interact with the Internet. Studies suggest that using Facebook, Snapchat, Instagram and similar social media apps to keep in touch with friends and forge off-line connections can add vitality and communion to your life. But if you are spending hours every day using social media mainly as a substitute for real connection, your feelings of loneliness and inadequacy will likely worsen.

**Inadequacy about your appearance**. Even if you know that images, you’re viewing on social media are manipulated, they can still make you feel insecure about how you look or what’s going on in your own life. Similarly, we’re all aware that other people tend to share just the highlights of their lives, rarely the low points that everyone experiences. But that doesn’t lessen those feelings of envy and dissatisfaction when you’re scrolling through a friend’s airbrushed photos of their tropical beach holiday or reading about their exciting new promotion at work.

**Fear of missing out (FOMO)**. While FOMO has been around far longer than social media, sites such as Facebook and Instagram seem to exacerbate feelings that others are having more fun or living better lives than you are. The idea that you’re missing out on certain things can impact your self-esteem, trigger anxiety, and fuel even greater social media use. FOMO can compel you to pick up your phone every few minutes to check for updates, or compulsively respond to each and every alert—even if that means taking risks while you’re driving, missing out on sleep at night, or prioritizing social media interaction over real world relationships.

**Isolation**. A study at the University of Pennsylvania found that high usage of Facebook, Snapchat, and Instagram *increases* rather decreases [feelings of loneliness](https://www.helpguide.org/articles/relationships-communication/dealing-with-loneliness-and-shyness.htm). Conversely, the study found that reducing social media usage can actually make you feel *less* lonely and isolated and improve your overall wellbeing.

**Cyberbullying.** About 10 percent of teens report [being bullied](https://www.helpguide.org/articles/abuse/bullying-and-cyberbullying.htm) on social media and many other users are subjected to offensive comments. Social media platforms such as Twitter can be hotspots for spreading hurtful rumors, lies, and abuse that can leave lasting emotional scars.