The Media & Our Mental Health

by

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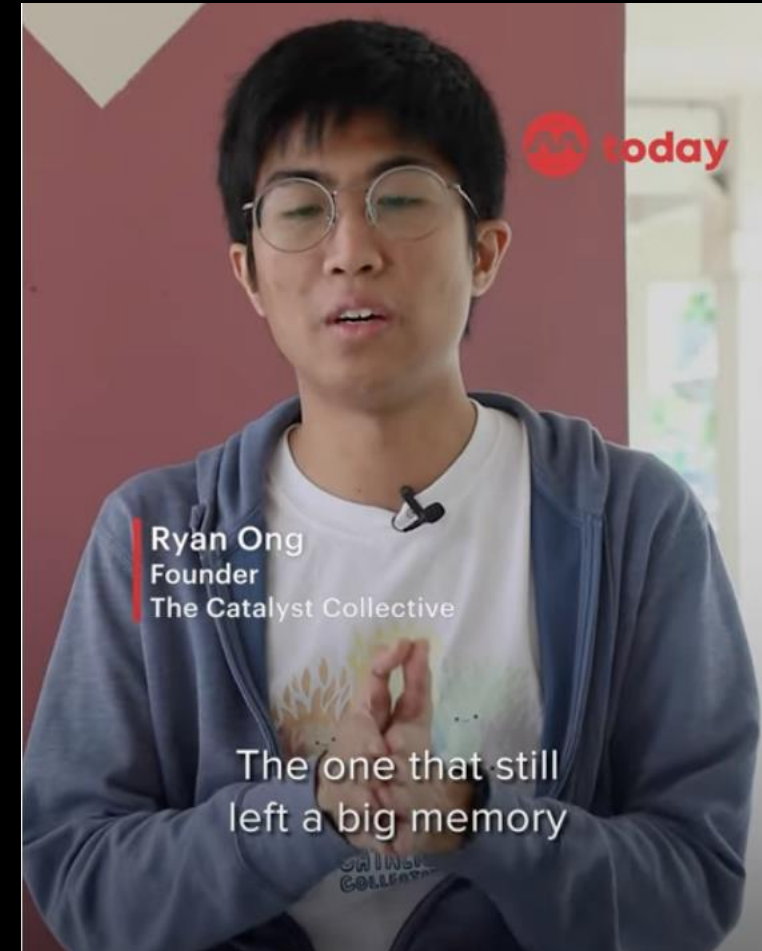
MA of Social Sciences, Psychology (Research)

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A Case on Internet Abuse…
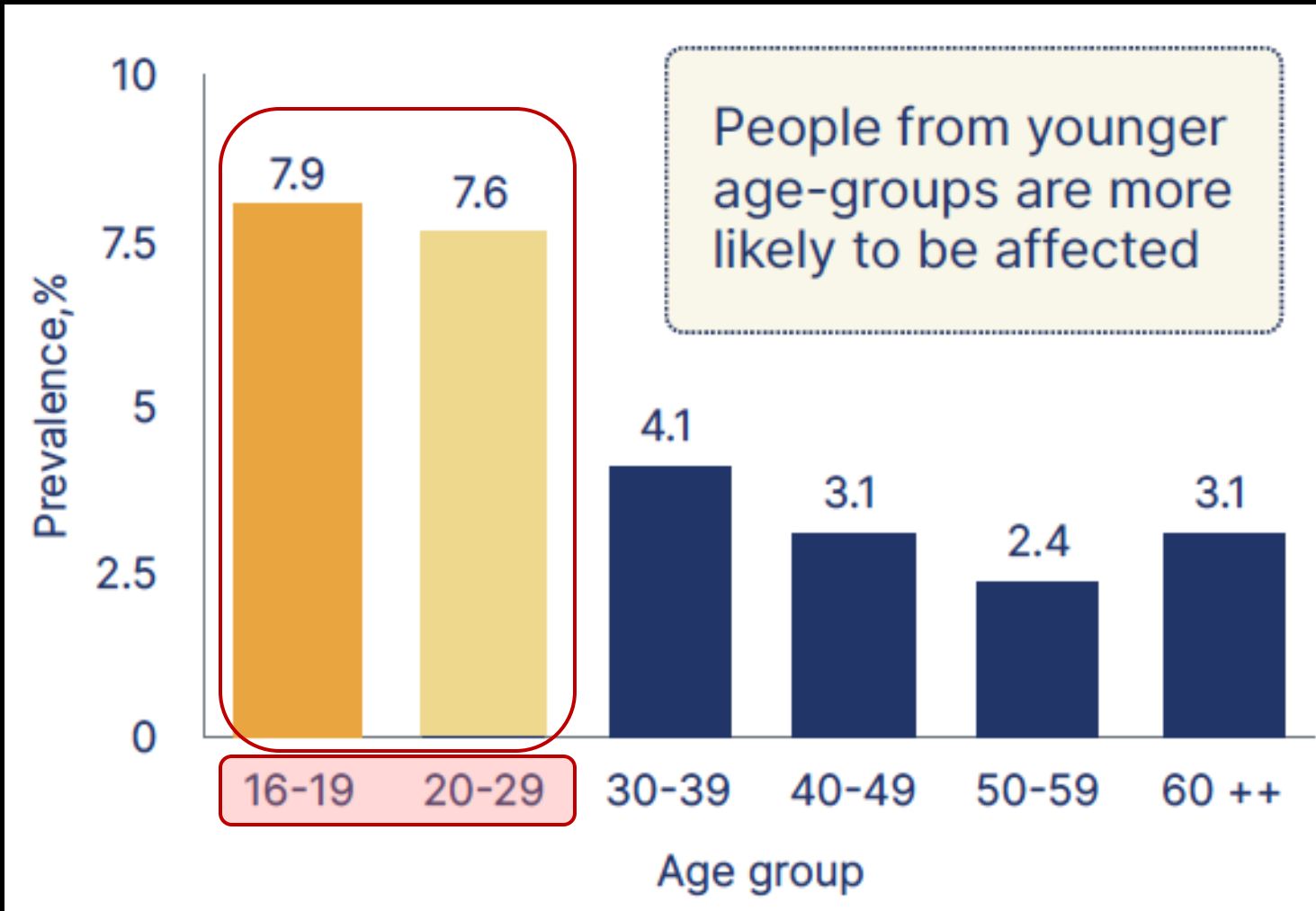
https://www.youtube.com/watch?v=F0mjYvOAdlU

How would you feel

if you went through what he went through?

Ryan Ong
Founder
The Catalyst Collective

The one that still
left a big memory

I struggle with
anxiety and depression,

Mental Health in Malaysia Today (2023)

1,000,000 people in Malaysia aged 16 years old and above have **DEPRESSION**

or **4.6%**

↑**2X**

The number of people with depression **doubled** from 2019 to 2023

People from younger age-groups are more likely to be affected

(NHMS, 2024).

Internet Abuse in Malaysia (2017)

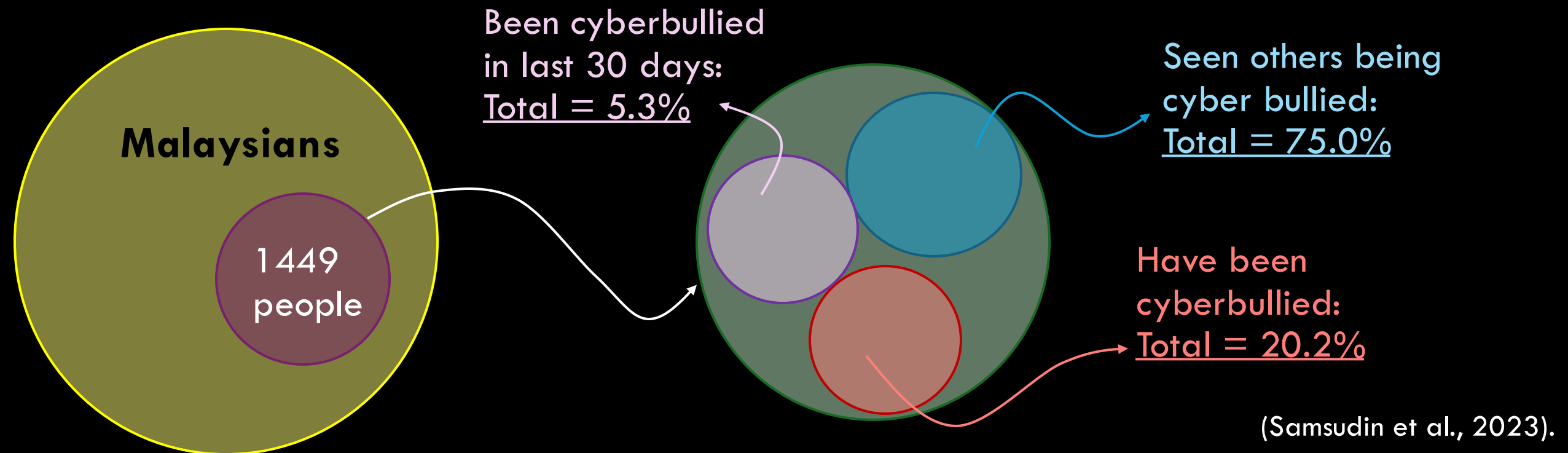| Table 2 Prevalence of victimisation and perpetration experiences by types and gender			
Type of exposure	Male (n=646) %	Female (n=718) %	Total (n=1364) %
Online victimisation	54.8	49.9	52.2
Types*			
Online harassment	52.2	43.3	47.5
Sexual solicitation	17.2	20.8	19.1

Malaysians

1364 people

Victims: 52.2%

Males: 54.8%

Females: 49.9%

(Marret & Choo, 2017).
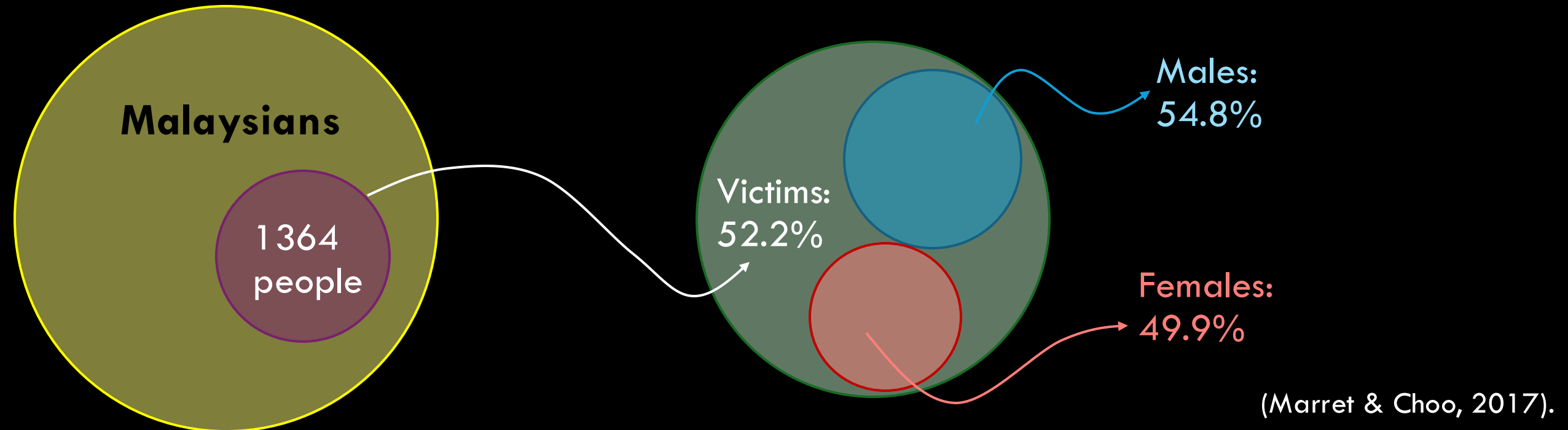
Internet Abuse in Malaysia (2023)

Table 2 Cyberbullying experiences reported (n=1449)

	Never n (%)	Once n (%)	A few times n (%)	Several times n (%)	Many times n (%)
I have seen other people being cyberbullied	363 (25.1)	94 (6.5)	332 (22.9)	362 (25.0)	298 (20.6)
In my lifetime, I have been cyberbullied	1156 (79.6)	142 (9.8)	107 (7.4)	36 (2.5)	7 (0.5)
In the last 30 days, I have been cyberbullied	1371 (94.6)	41 (2.8)	20 (1.4)	11 (0.8)	4 (0.3)

Been cyberbullied
in last 30 days:
Total = 5.3%

Seen others being
cyber bullied:
Total = 75.0%

Malaysians

1449
people

Have been
cyberbullied:
Total = 20.2%

(Samsudin et al., 2023).

What is Mental Health?

A state of mental well-being that enables people to:

- Cope with life stresses ——————— *Individual well-being*
- Realize their abilities
- Learn well   *Individual functioning*
- Work well
- Contribute to their community ——— *Community functioning*

Absence of Mental Health ≠ Presence of Mental Illness

- We may be struggling to cope with stress, learn & work well, having poor mental health *without mental illnesses.*
- *Mental illnesses & mental health are **not** mutually exclusive.*

(Westerhof & Keyes, 2010; WHO, 2022).

What is Mental Health?

Dual-Continuum Model of Mental Health & Mental Illness

Flourishing

Coping well **without** mental illness

Coping well **with** mental illness

Absence of Mental Illness

Presence of Mental Illness

Struggling **without** mental illness

Struggling **with** mental illness

Languishing
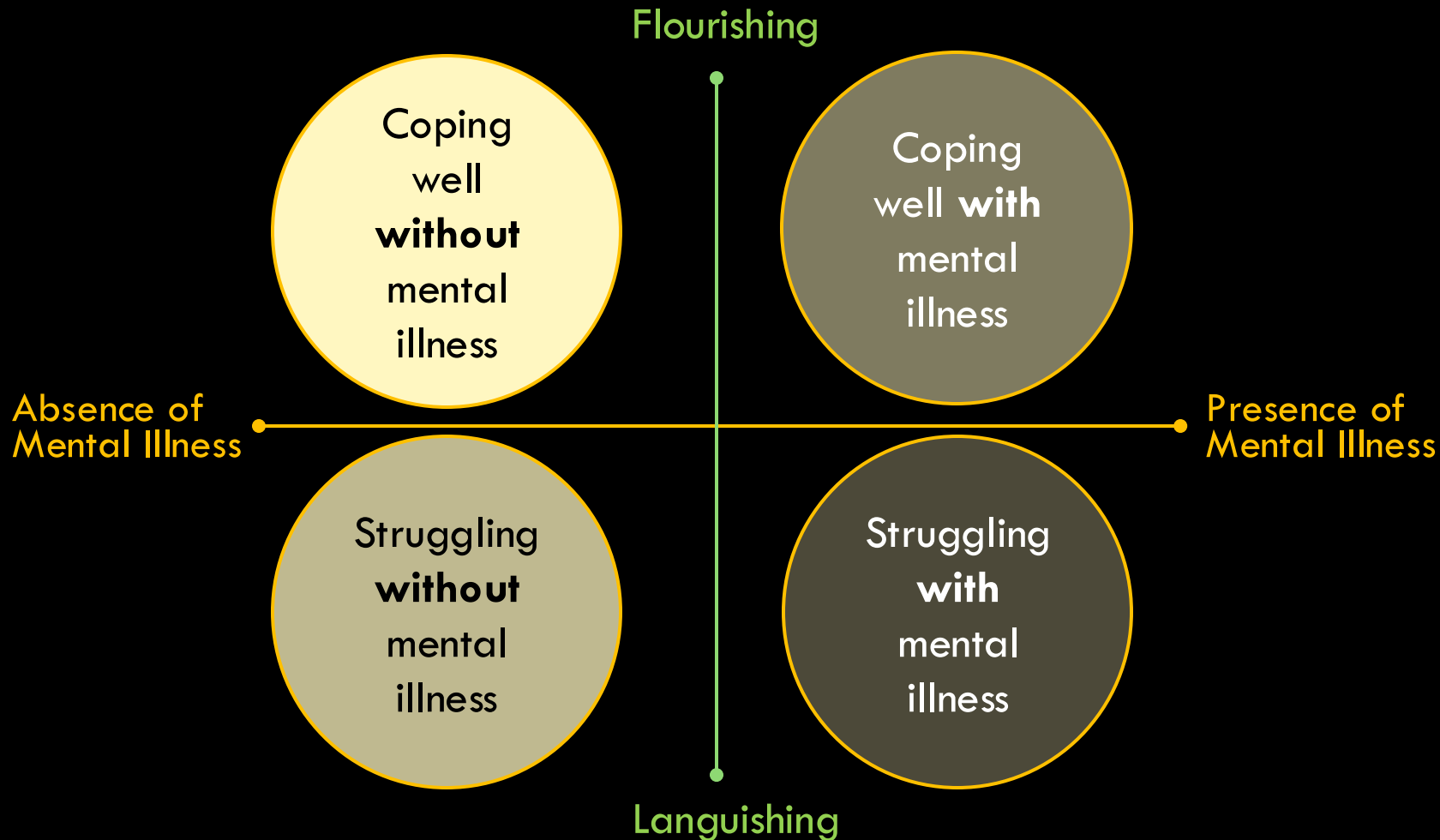
x-axis = Mental Illness Continuum (Mental illnesses – yes/no)

y-axis = Mental Health Continuum (Mental health – yes/no)

(Keyes, 2002; 2005).

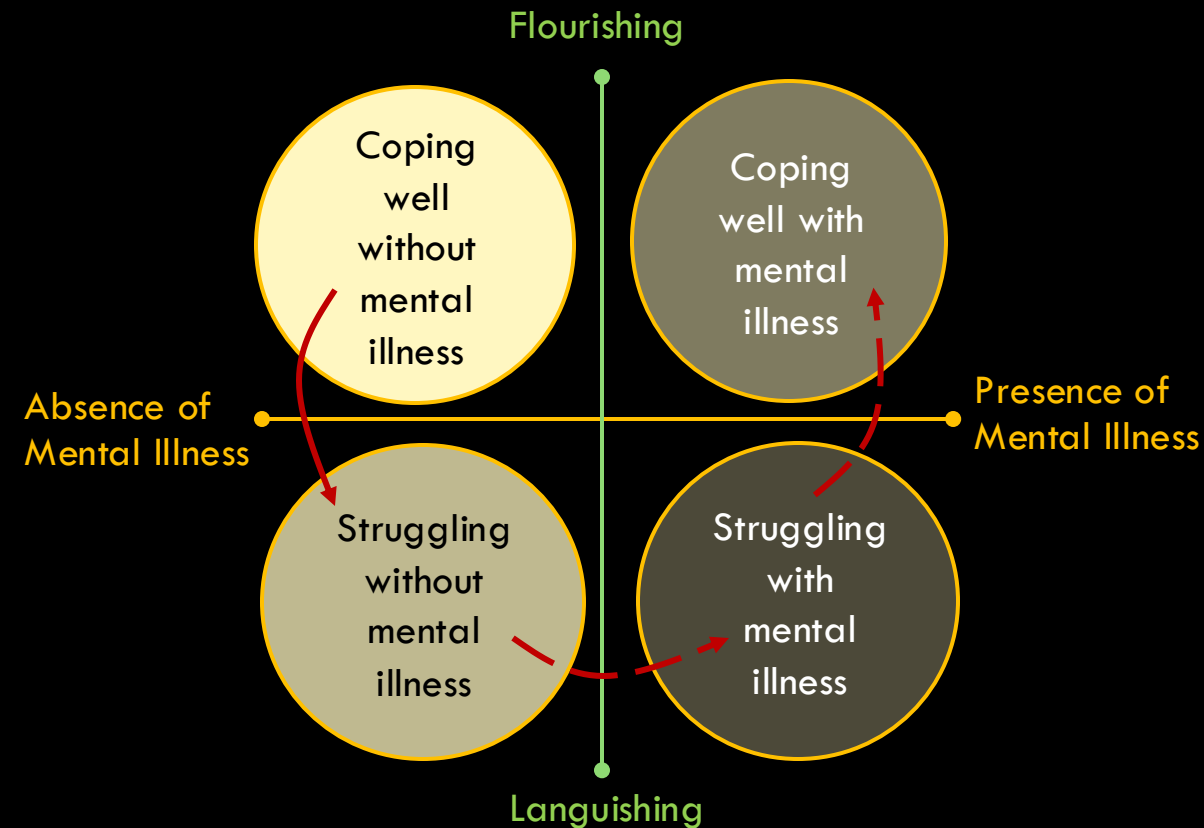# Internet Abuse & Mental Health:

How does internet abuse affect our mental health?

Cyberbullying experience generally:

- Negatively impacts emotional regulation capabilities (e.g., cognitive reappraisal)

Cyber-victimization:

- Increases perceived stress
- Increases rumination (repeatedly attending to the negative events)
- Reduces one's self-efficacy in emotional regulation
- Reduces problem-solving coping abilities

Flourishing

Coping well without mental illness

Coping well with mental illness

Absence of Mental Illness

Presence of Mental Illness

Struggling without mental illness

Struggling with mental illness

Languishing

(Leung et al., 2024; Peker et al., 2024; Schunk et al., 2022)
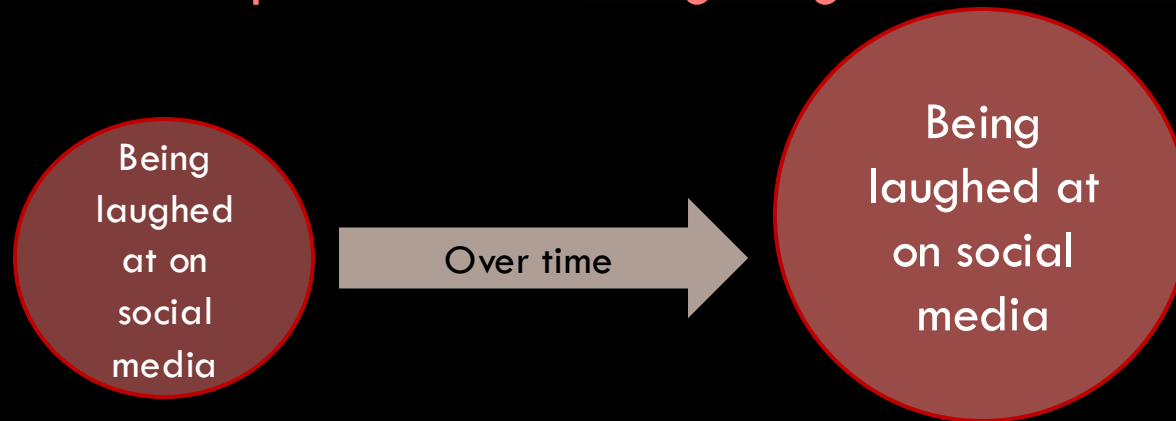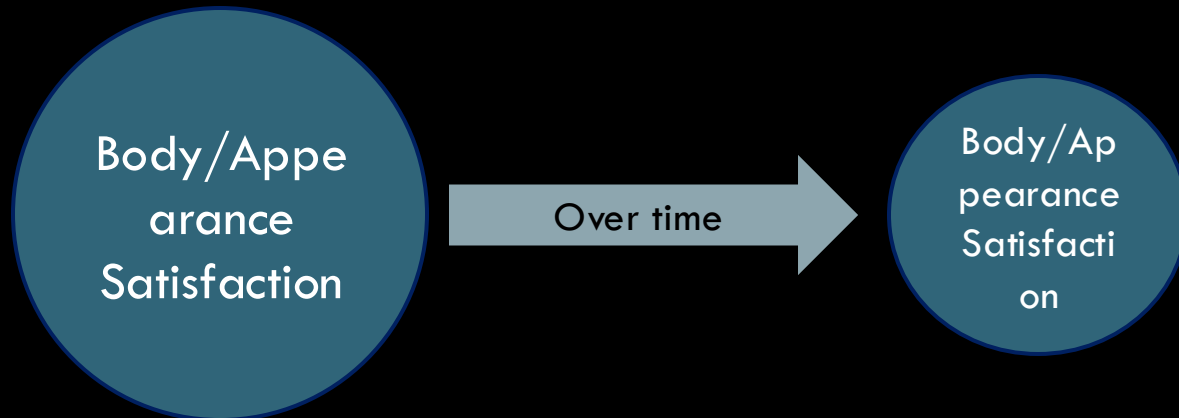
Internet Abuse & Mental Health:

Deciphering the Association between Types of Cyberbullying & Aspects of Well-being

A longitudinal network analysis shows that over time,

An increment in experiences of *being laughed on social media*

Predicts a decrement of being *satisfied with one's body/appearance*
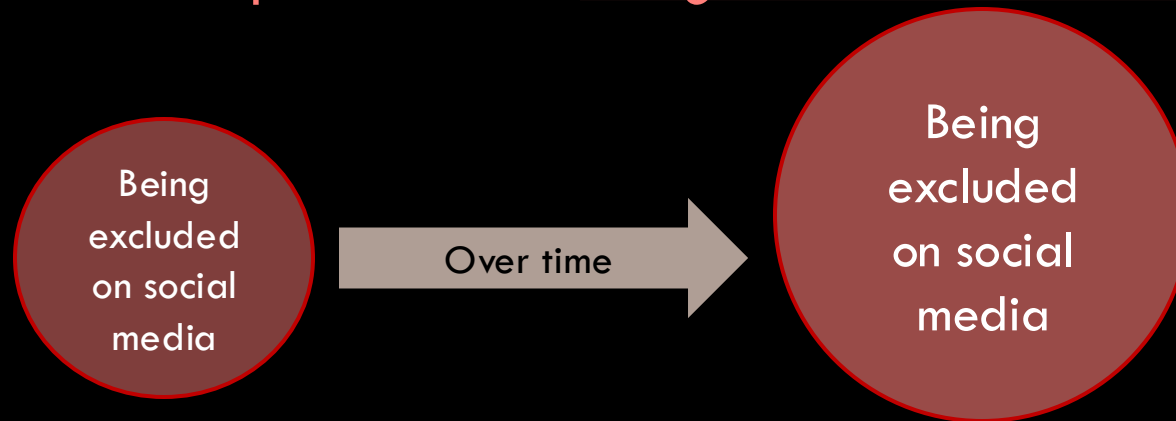
(Vieta-Piferrer et al., 2024)
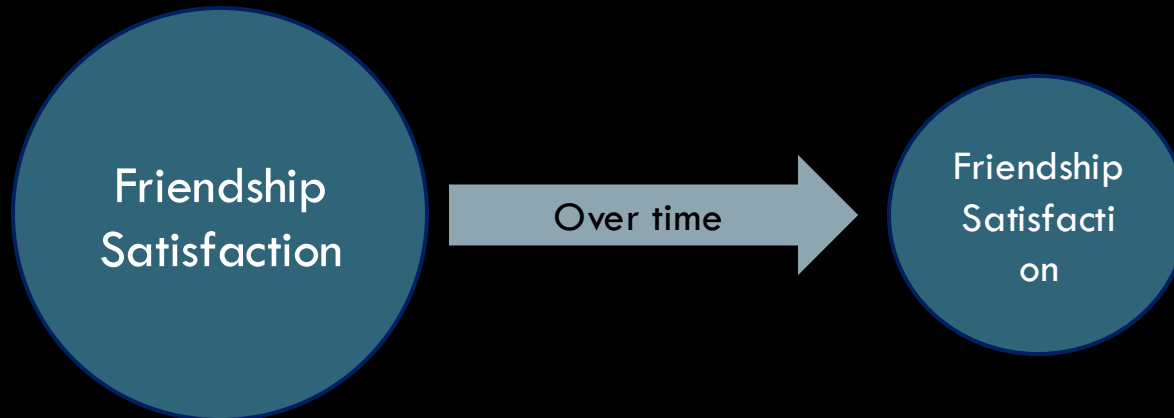
Internet Abuse & Mental Health:

Deciphering the Association between Types of Cyberbullying & Aspects of Well-being

A longitudinal network analysis shows that over time,

An increment in experiences of _being excluded on social media_

Predicts a decrement of being _satisfied with one's friendships_
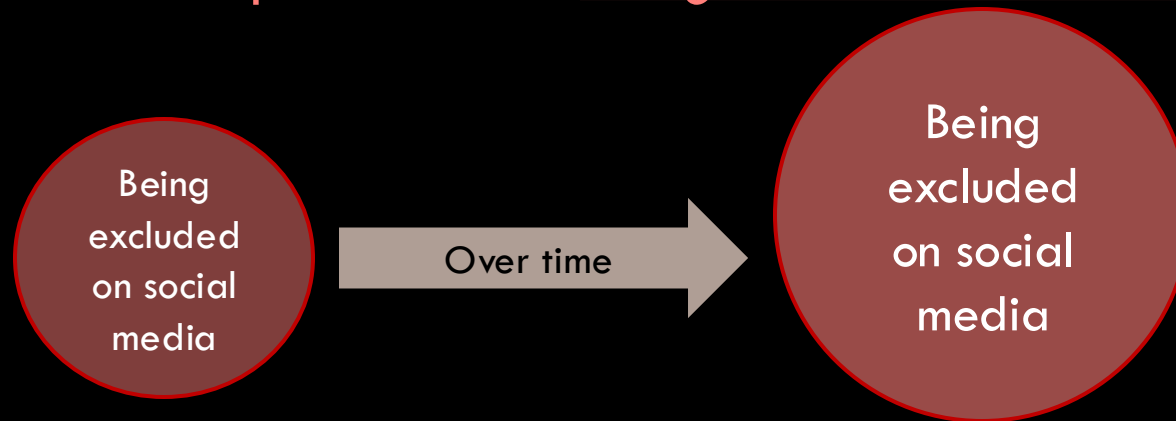
(Vieta-Piferrer et al., 2024)

Internet Abuse & Mental Health:

Deciphering the Association between Types of Cyberbullying & Aspects of Well-being

A longitudinal network analysis shows that over time,

An increment in experiences of _being excluded on social media_

Being excluded on social media → Over time → Being excluded on social media

Predicts an increment of _feeling nervous_

Nervous → Over time → Nervous

(Vieta-Piferrer et al., 2024)
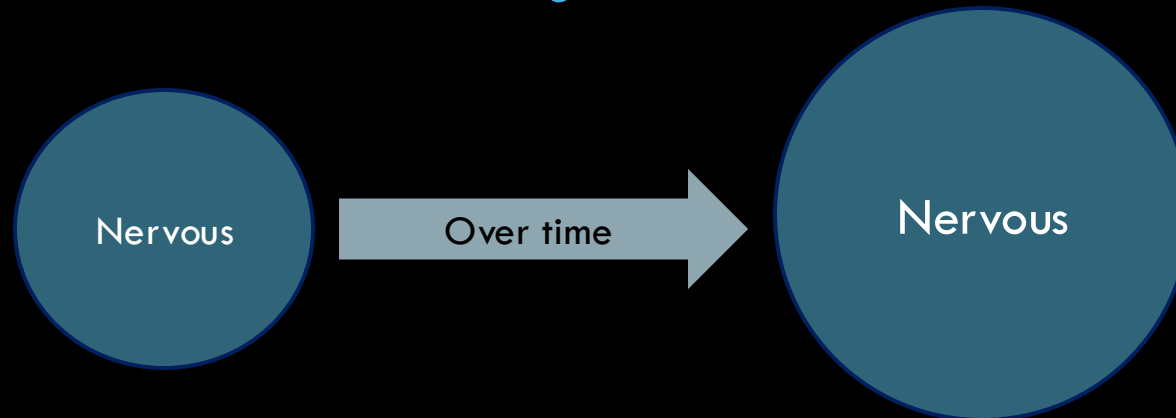
Last but not least, take care of your social waters, even on social media.

"Technology can help us be more angelic,

providing a low-cost way to reach out to others and lift them up.

However,

by distancing us from tangible emotional signals of others' suffering,

it can also unleash the worst of our demons."

————— Waytz & Gray (2018)

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