MEDIA V/S MENTAL HEALTH

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Abstract

This project aims to delve into the detailed relationship between mental health and media. It involves analyzing the media content, platforms and the type of consumption of the media by the people and the overall influence on the individuals' psychological well-being. In today's times, social media consumption has become an integral part of the daily life. Hence it becomes necessary to analyze and understand the potential impacts of social media and it's influence on the mental health of it's consumer regardless of the age, gender and other background, based on the quantity of time spent. This project involves data regarding age, gender, time spend on social media, well-being factor and anxiety factor.

1 Submission Guidelines

Social media has been around for a long while and has established itself in the deep roots of the everyday life of majority of people. It has infiltrated the system so efficiently that it has become a part of various industries and has also created income options. Social media has taken the world by storm, be it the entertainment industry or just a normal persons life at display. But as every coin has two sides, this too has it's downsides. Social media creates a lot of mental stress and complexes to a lot of it's users as it deeply involves comparison and a feeling of lacking what others have in all the aspects of life. Another most common issue faced is the act of being judged and called out on an idea or post that negatively impacts the individual. It becomes really important to analyze and understand this pattern of social media for it to be used at it's maximum positive efficiency and potential and not dwell in the negative and anxious parts of it. Being anxious and panicking due to social media is the most common experience for the users who tend to over-dwell into the area for a prolonged period of time. A healthy use of social media and advantages of it can be unlocked by studying the data and patterns it creates for a certain issue to arise. If the issue does arise, the best way to deal with it can also be developed in the same way. A lot of people feel insecure and underconfident in who and how they are, which wastes good potential, personally and socially. This project aims at making people aware of the ill-effects of social media and provide with a healthy alternative to replace the over-usage of it.
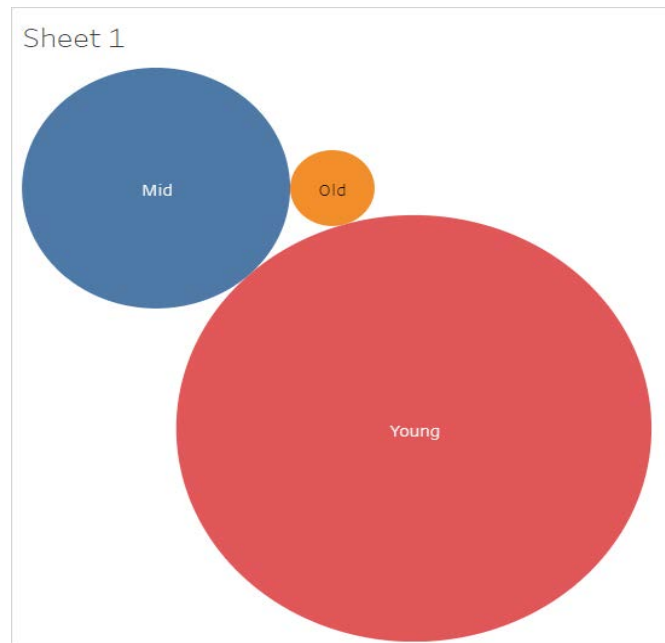
1.1 Figures

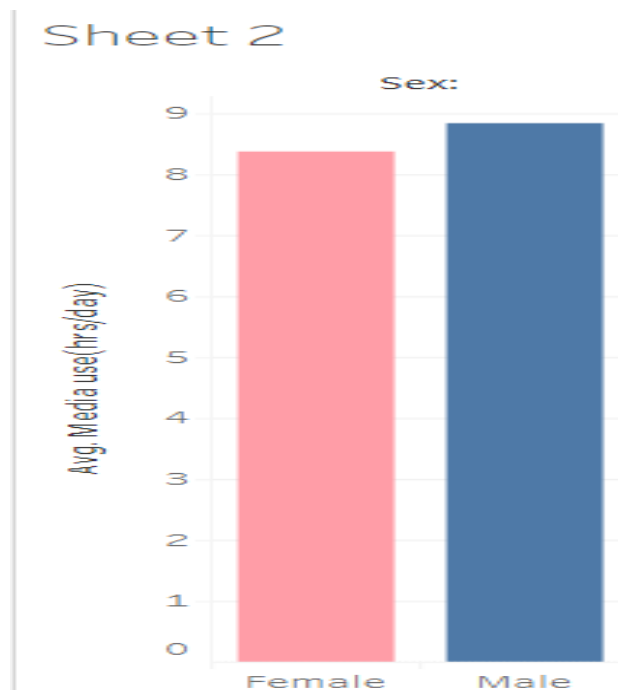**Figure 1:** Display of avg. media use by the age groups.

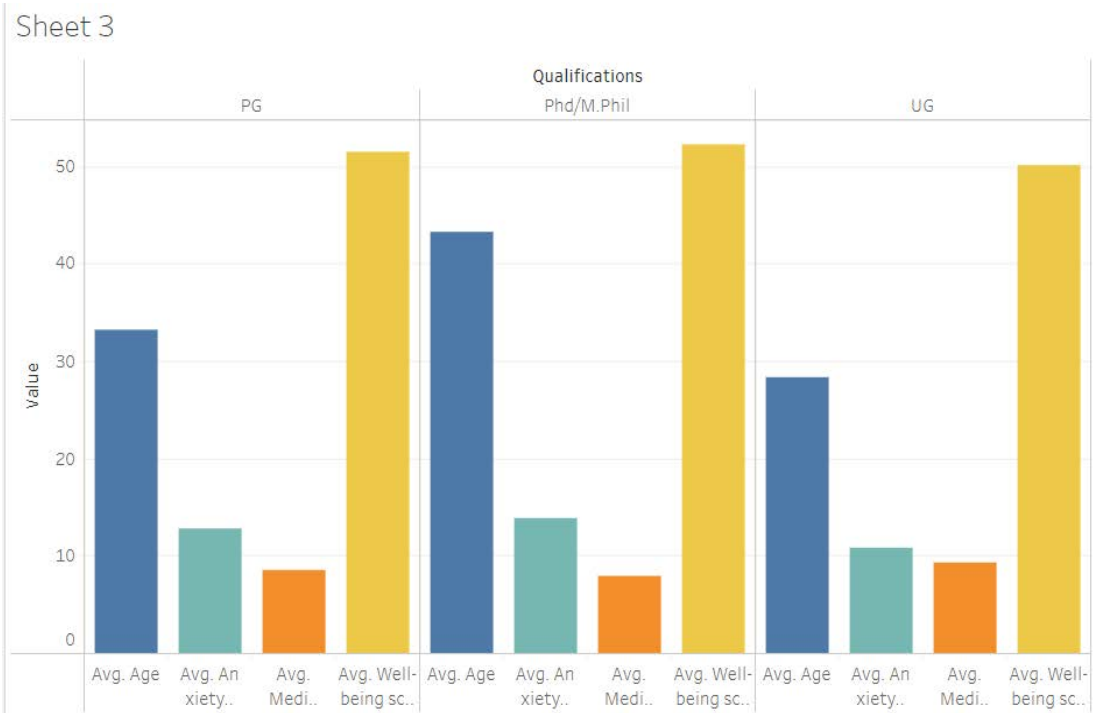**Figure 2:** Display of avg. media use by male and female.

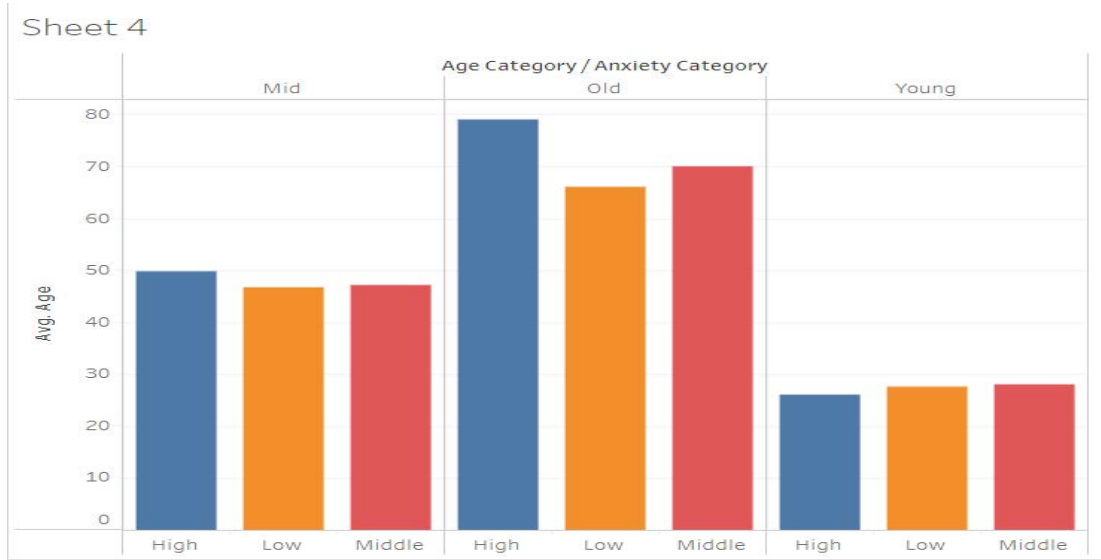**Figure 3:** Display of qualifications relating to the given factors.

Figure 4: Display of age and anxiety.

1.2   Figure details and conclusions

Figure 1 : We can see that the young crowd consumes most of the media on the platforms as the time distribution shows that. After the young crowd, comes the middle age and the old crowd consumes the least.

Figure 2 : We can observe a slight increase in the time spent on platforms by the male gender compared to the females.

Figure 3 : The bar graph of qualifications and the avg. age, time, anxiety and well-being is presented.

Figure 4 : It is seen that old and middle aged crowd observes high anxiety compared to the younger crowd

Acknowledgements

Conclusion

Ultimately, the projects findings will contribute to a better understanding of the relationship between mental health and media. The insights gained will benefit the viewers, social media influencers, mental health experts etc. for a more optimistic social experience. By studying this, we aspire to drive a positive change in the way media is produced and presented for the benefit of all.