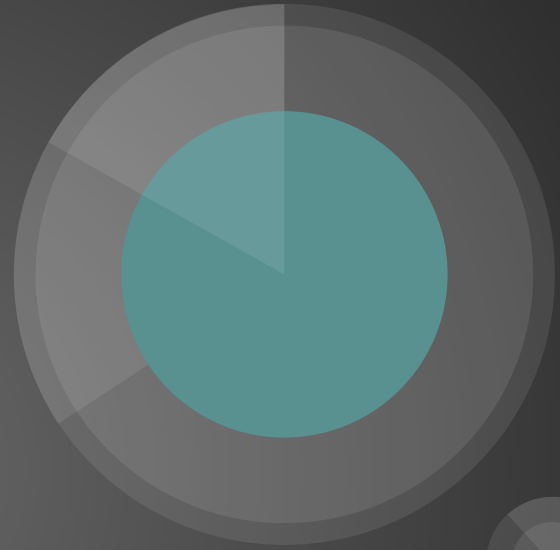


SOCIAL MEDIA ON MENTAL HEALTH

Solomon Taye
P.6
Final





Significance Of The Topic

Social media is a big part of our lives, so it's important to talk about its impact on mental health. By understanding how it affects us, we can use it in a more positive and mindful way. This can benefit individuals and society as a whole.

Problem of social media on mental health

The research focuses on understanding the impact of social media on mental health, specifically in terms of self-esteem, body image, and overall well-being. Spending too much time on social media can make us feel inadequate and lead to negative effects on our mental health.



Root Causes

Unfortunately, social media can be a ground for cyberbullying, where others are exposed to harassment, criticism, or even threats. And this can have a severe impact on mental well being.

Another thing is that social media platforms are designed to keep us engaged and coming back for more. The constant scrolling and engaging can lead to addictive behaviors, which can negatively impact mental health.

Implications

Studies suggest that excessive social media use can lead to increased levels of anxiety, depression, loneliness, and decreased self esteem. It can also affect sleep patterns and overall psychological well being. These implications highlight the importance of promoting healthy social media habits and digital well being.



Potential Solutions to address the impact

- **Set boundaries:** Set healthy limits on how much time you spend on social media. Choose a time of the day for using it and take breaks when necessary. This can help maintain a better balance in your life.
- **Practice Digital detox:** Give yourself regular breaks from social media to recharge and focus on activities that make you happy. Taking time away from the virtual world can have a positive effect on your mental well being.
- **More Real-life connections:** Prioritize face to face interactions and build meaningful relationships offline. Engaging in activities and hobbies that bring you joy can help reduce reliance on social media.
- **Seek support:** If you're struggling with the impact of social media on your mental health, consider reaching out to a mental health professional.

Sources

- Source #1
- Source #2
- Source #3
- Source #4
- Source #5