

INSC 305 Final Project Report: 5B **SOCIAL MEDIA**

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Introduction & Rationale

Effects of Social Media on Mental Health

Social media has had an exponentially large effect on the global populace in the past two decades. With its growing prominence comes its benefits and its downsides. While it can be used to grow a business, start a side hustle, and keep up with friends, it can also pose devastating mental health effects.



Objectives

What is Mass Media?

How does social media affect teenagers?

Why is social media addictive?

What can be done to curb social media addiction?



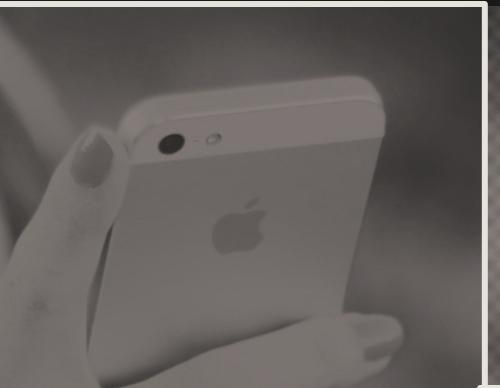
These objectives were met.

Implementation

Researching Scholarly and Health-Related Articles

In researching such a topic as the effects of mental health on people, it is necessary that the right sources are used. In the case of this study, we took surveys and information from the Royal Society for Public Health, Psychiatry Online, Forbes Health, and Yale Medicine.

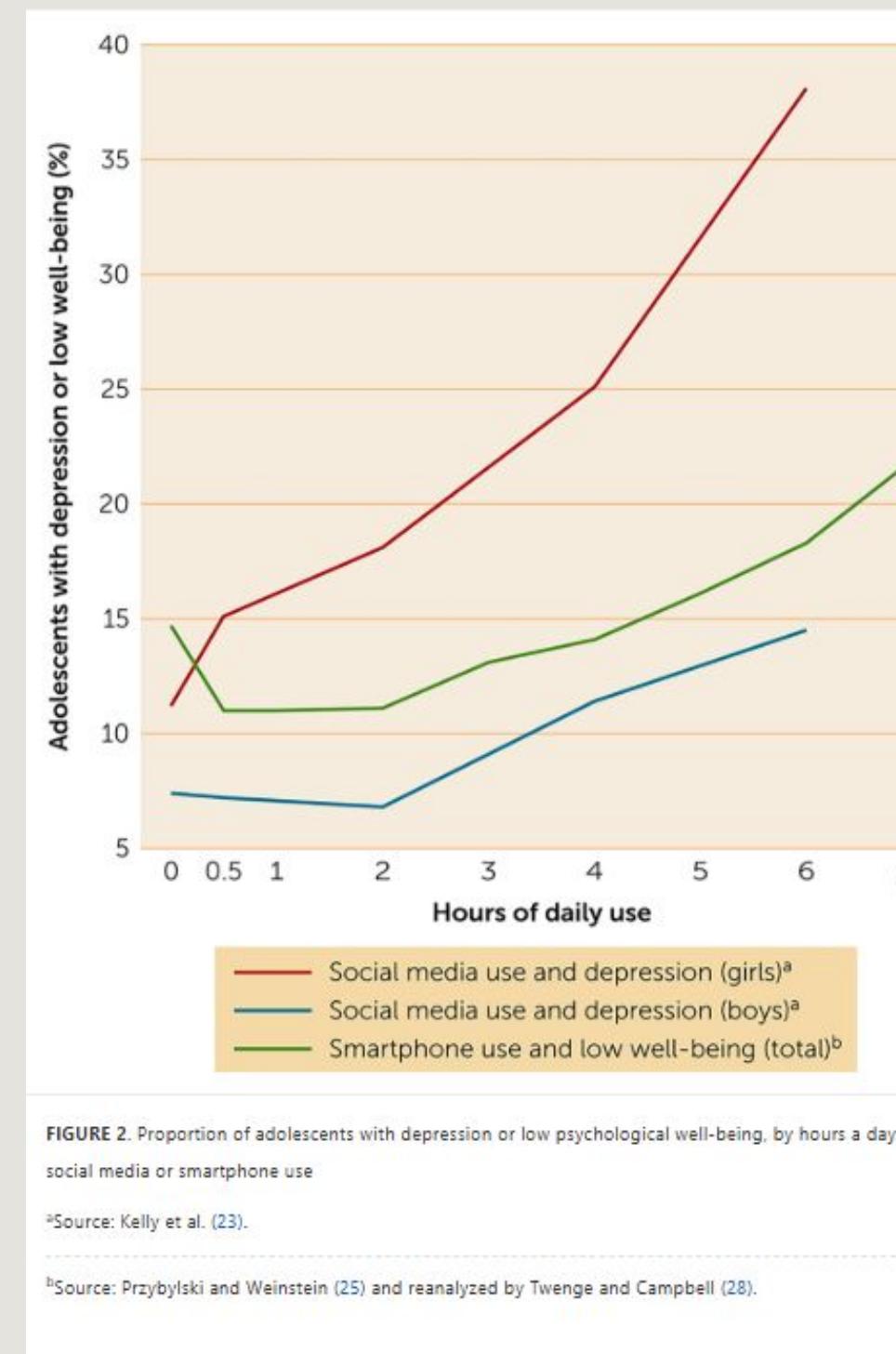
All three team members conducted research on this topic. Brady and Nicholas were in charge of researching the downsides of social media on mental health and the possible solutions to having a healthier relationship with social media. Austin was in charge of finding peer-reviewed surveys that showed the impact of social media on adolescents and creating the slideshow.



NUMBERS

Social media access and impact vary among demographics.

According to Psychiatry Online, symptoms of depression are more prominent in women as opposed to men, as can be seen in the graph to the right.



6.6
Hours

The average person spends 6.6 hours per day online

Over a quarter of the average person's day is spent online

95%

Social Media Use Amongst Teenagers

The Pew Research Center conducted a study that showed 95% of people aged 13-17 use social media.

20
Minutes

Decreased Happiness

Even 20 minutes per day on social media has been shown to decrease a person's happiness.

Media Consumption Studies

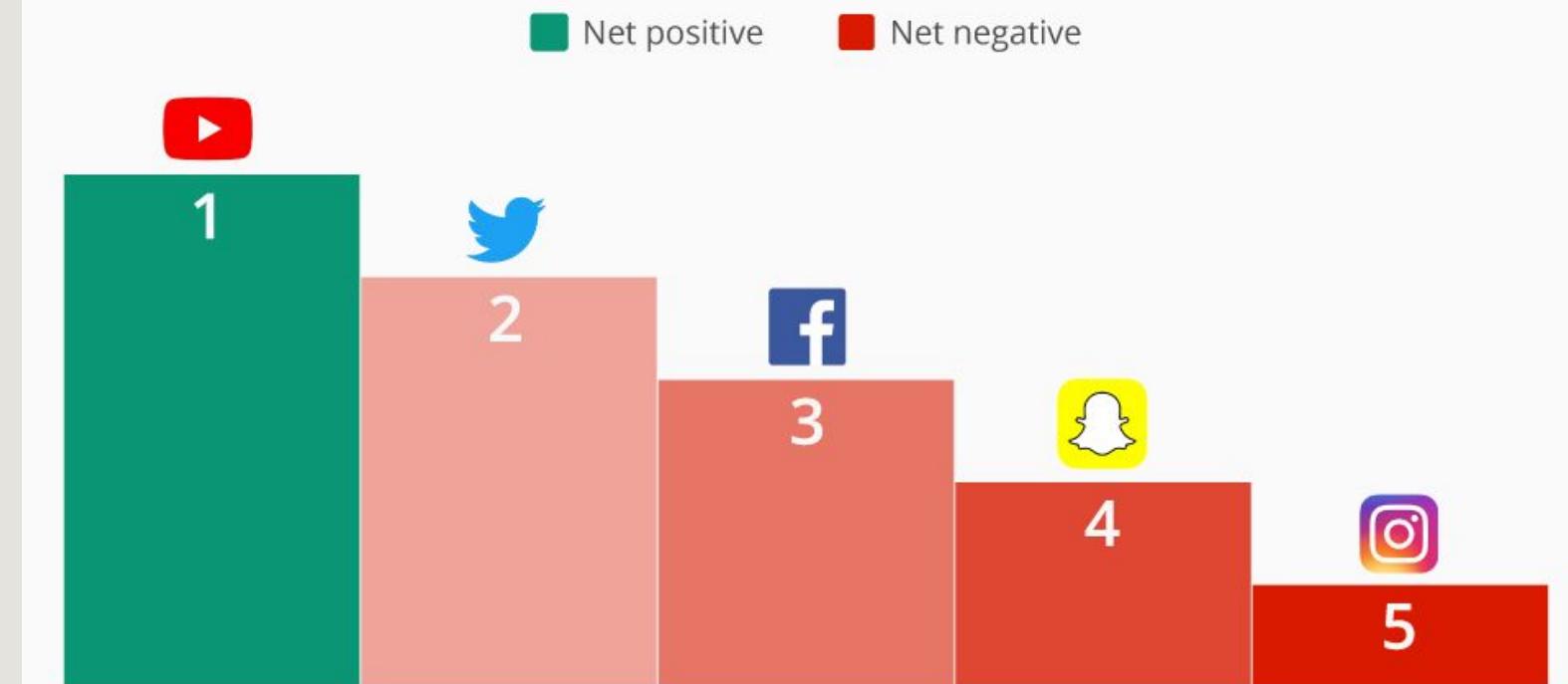


Psychiatry Online

- **Trends in Negative Mental Health:** As social media and technology have become more prominent over the years, with a massive change starting in 2011-2012, suicide, self-poisoning, and depression have all risen.

Mental Health: The Impact of Social Media on Young People

Ranking of social media platforms according to impact on youth mental health



Survey conducted in the United Kingdom among 1,479 young people between the ages of 14 and 24. 14 factors were taken into account such as anxiety, depression, loneliness, self-image, harassment, opportunity to express oneself.



@StatistaCharts Source: Royal Society for Public Health

statista

Royal Society for Public Health

- The more personally interactive a social platform is, such as Instagram or Snapchat, the higher the negative effect is on one's mental health in the 14-24 age range.



ANALYSIS

Impact of Social Media





Social Media

Addiction Push Notifications



Being able to receive updates on someone's story or seeing a new post can make the user want to check their socials on a regular basis. Receiving a direct message from a friend, family member, or loved one can fuel the addiction that is constantly knowing what people who one knows, or even does not know, are up to.



Curbing Loneliness

Social media is a way to curb loneliness in that it can give the user a sense of belonging. Since more people resort to online interactions as opposed to solely in person interactions, this can make socializing easier when someone is feeling isolated.

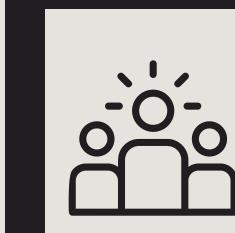


Curbing this

Addiction



Social media users should ask themselves why they are scrolling to begin with. Is it out of boredom? Is it out of curiosity? Is it a habit? Is it simply to keep up with the latest trends and news? Being able to pinpoint the source of one's interest in scrolling through social media can help a user decide whether they want to keep doing it or if they should be doing something else.



Boundaries

Setting a timer to limit social media usage is a healthy way to spend a minimal amount of time on social media without letting it do more than what the user ultimately wants it to do. If the user only desires to read their direct messages and create content without actually scrolling, that person should consider that boundary, for example.

Outcome

Lifestyle

Social media as we know it today is primarily a product of the 21st century. The way that people have communicated throughout history has evolved. Technology has brought on a new era of communication that increases speed and limits personal interaction. This, in turn, increases productivity but decreases happiness and a sense of belonging.

Education

Social media users should be educated on the platforms they use. Being made aware of the potential mental health consequences, as well as the upsides like keeping up with friends, connecting with others throughout the world, etc., will help users become more aware of a technology that they may or may not fully understand in its complexity

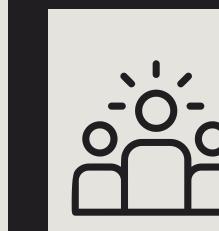


Outside Uses



Psychology and Sociology

Social media has had more of an impact on recent generations than any generations before it. Society is seeing the impact that this new technology has on adolescents who not only use social media on a periodical basis but who grew up with it. Social media has shaped the identity of adolescents to the point where significant percentages of them do not understand the impact it has had on their mental health, whether positive or negative.



Communications

The way that people have communicated with each other throughout history has evolved and is dependent on technology, culture, and upbringing. Oral communication and written communication only serve as the basis to how social media has combined innate forms of communication, streamlining and speeding up the process of delivering a message from one source to another.

Professional Life

- Social media strategy and management are growing fields that deal with creating content and interacting with online communities
- Being consistently tied into the latest trends and news can make these roles exhausting if the right measures are not taken to check in with one's mental health

Personal Life

- Having to create an online persona and showcase oneself on social media can make someone question one's standards, beauty, relationship status, financial situation, or a number of other life-long questions that are exacerbated by this pervasive online environment



Reflection

The implications of, uses for, and downsides of social media are found in both professional and personal contexts.

Effects on Teenagers

- Social media's effects on teenagers can be potentially damaging to their mental health since not only do they have to build their personal persona in in person interactions, but they also build online personas that carry a level of permanence even beyond their teen years.

Addiction

- Being addicted to social media is increasing in commonality and is understandable as technology in general is becoming more accessible and widespread. Setting the right boundaries and being fully aware of the downsides are ideas that people should ponder and be educated about.



Conclusion

Social media is going nowhere in society and will only increase in prominence with an increase in technologies and enhanced user interfaces that encourage addiction.

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Sources

