

EFFECTS OF SOCIAL MEDIA ON MENTAL HEALTH

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Abstract:

When you are surrounded by the stigma and misconceptions of mental health, it is easy to overlook the impact of social media on youth all over the world. When someone does experience mental health issues, those issues become much more severe due to a lack of immediate attention. With such drastic and serious consequences, resources are always available; however, social media stigma and peer pressure make it difficult to access and use these resources. To assess the effects of social media on youth mental health. According to the findings, social media had a greater impact on the majority of younger respondents because they grew up during an international pandemic and were only allowed to use social media. The study provided an incentive to investigate how much social media connection and disconnection can affect someone's mental health. While it is clear from our study that a disconnect from one's peers may lead to an increase in mental health concerns, further research should be conducted to see if this conclusion can be proven otherwise or if other fascinating and insightful results can be discovered.

KEY POINTS

Mental Health, Youth, Social Media

1.INTRODUCTION

Social media no matter what platform it is is constantly being used all across the world. According to A.2018 Pew Research Center survey of nearly 750 13 to 17-year-olds found that 45% are online almost constantly and 97% use a social media platform, such as YouTube, Facebook, Instagram or Snapchat.¹ So, what is social media for teens? So, what exactly is social media for teenagers? Teens can use social media to create online identities, communicate with others, and build social networks. These networks can provide valuable support to teens, particularly those who are excluded or have disabilities or chronic illnesses. Teens use social media for entertainment as well as self-expression. Furthermore, the platforms can expose teenagers to current events, allow them to interact across geographic boundaries, and teach them about a variety of topics, including healthy behaviors. Teens may benefit from social media that is amusing or distracting, or that provides a meaningful connection to peers and a large

social network. Despite all the benefits of self-expression that social media has it is also seen as a form of an escape. Adolescents may seek digital distraction from feelings of anxiety or distress, resulting in a reinforced behavioral avoidance of emotional experiences. Emotion regulation is a critical skill that develops during childhood and adolescence because people learn to handle and cope with strong emotions by experiencing them and developing internal regulatory processes. Emotion regulation is an essential component of mental health, according to psychological theory, and problems with it are a hallmark feature of a variety of psychopathological disorders, including anxiety and depression.²

Social anxiety disorder is a psychiatric illness characterized by a fear of embarrassment or humiliation which causes people to avoid social situations. The disorder impairs social and occupational functioning

while also increasing the risk of substance abuse and suicide

1.METHODS AND MATERIALS

An anonymous survey was launched to collect data on our participants in order to assess the effects of social media on youth. A series of questions were asked to participants in an attempt to gauge the emotions of a large number of people. The survey was divided into sections, starting with questions that did not take into account the respondent's emotions.

The first question was asked to determine the participants' age. This study is focused on the ages of 13-19 and nothing else, people who were older were encouraged to leave the study.

The second question in the survey is, "How often do you use social media?" The scale given is a 1-5 scale 1 meaning not at all and 5 meaning all the time.

The third question in the survey asked participants if they feel pressured to have social media In a world where peers and friends may pressure each other to do certain acts, the act of making a person download an app is not too rare.

Our fourth question is prompted by a 2018 study. Did you know that 30 minutes of social media use is considered healthy? And are you considered healthy with this in mind? Following a week of baseline monitoring, 143 undergraduates at the University of Pennsylvania were randomly assigned to either limit their use of Facebook, Instagram, and Snapchat to 10 minutes per platform, per day, or to continue using social media as usual for three weeks.

2.DEPRESSION AND ANXIETY:

Kraut et al. published one of the first studies indicating that Internet use in general has a significant impact on social relationships and participation in community life in 1998. According to the findings of this study, increased online time is associated with decreased communication with family members as well as a reduction in the Internet user's social circle, which may lead to increased feelings of depression and loneliness. This work was later followed by a number of other publications suggesting that computer use may have a negative impact on children's social development.³

According to CDC experts, rates of depression and anxiety among youth have steadily increased over the last decade or so, and these increases occurred before the world was struck by the coronavirus pandemic. It's difficult to imagine how much worse these anxiety symptoms could have gotten in adolescents who were cooped up in their homes all day, staring at a computer screen. The pandemic certainly shook the world and hit us all hard, but the negative consequences of COVID-19 for those in their adolescent years have been especially devastating on the mental health of teenagers who are just starting out in the world.

3.DATA ANALYSE

Do You Feel Pressured To Have Social Media

Pew Research found that two-thirds of online adults (66%) use social media platforms such as Facebook, Twitter, MySpace, or LinkedIn. Connections with family members and friends (both new and old) are a top priority for these internet users when it comes to using social media tools. Approximately two-thirds of social media users say staying in touch with current friends and family members is a major reason they use these sites, while the other half say reconnecting with old friends they've lost touch with is a major reason they use these technologies. ⁵ In our study we find that a strong majority of participants are pressured to have social media from their friends and peers which at the end helps develop mental illnesses. 'Teenagers' need to be constantly available and respond 24/7 on social media accounts can lead to depression, anxiety, and decreased sleep quality. A study at the University of Glasgow administered questionnaires to 467 teenagers about their overall and nighttime social media use. A second set of tests assessed sleep quality, self-esteem, anxiety, depression, and emotional investment in social media, which relates to the pressure to be available 24 hours a day, seven days a week, and the anxiety associated with not responding immediately to texts or posts.

“Do you believe you have a form of mental illness?”

The respondents are divided on this issue, with many young people believing they have a mental illness and many others certain they do not. 48 percent of respondents are certain they do not have an illness, while 46 percent believe they might. Six percent of our respondents have a clinically confirmed mental illness. On the internet, anyone can pose as whoever they want. A doctor, therapist, or other medical professional. Younger people are more likely to believe what they see on the internet without conducting additional research. Many teens and young adults report that YouTube videos are their primary source of information.

4.SOCIAL MEDIA HAVE IMPACTED YOUR MENTAL HEALTH

What is interesting in this data is that 76% of respondents believe that social media has taken a toll on their mental health while 24% of respondents don't believe so. People make subconscious comparisons when reviewing the social activity of others, such as "Did I get as many likes as someone else?" or "Why didn't this person like my post, but this other person did?" They're looking for validation on the internet to replace meaningful connections they might otherwise make in person. FOMO (fear of missing out) is another factor. If everyone else is using social media sites, and someone does not, there is a fear that they will miss out on jokes, connections, or invitations. Anxiety and depression can result from missing out on experiences. When people look online and see that they are excluded from an activity, it can affect their thoughts and feelings, as well as their physical health.

5.IMPACT OF CLIMATE CHANGE ON ECOSYSTEM

Millennium Ecosystem Assessment (MEA) predicts that only A small change in climate has severe impact on the Ecosystems (Anonymous, 2007). Marine and Coastal ecosystem: 70% of earth's surface is Covered by oceans comprising unique ecosystems like Mangroves, coral reefs, sea grass beds. Climate change is Leading to sea level rise, increased coastal erosion, flooding, Higher storm surges, sea salinity ingress, increased sea-Surface temperatures, ocean acidification and coral Bleaching. Rising sea level presents extreme threat to marine Ecosystems which can lead to disturbance in habitat and Patterns of survival of marine species. Wetlands and coastal Ecosystems are at a huge risk due to increasing sea levels. Many communities have already become climate refugees to Evade rising sea level (Anonymous, 2007). Indian coastal Areas vulnerable to climate change are Sunderbans, Maharashtra, Goa and Gujarat (Rann of Kutch). Species Composition and distribution will surely be affected by such Changes (Rathore and Jasrai, 2013). The Sundarbans is the Largest natural

low-lying mangrove ecosystem in the world, Distributed over 10,000 square kilo meters. The sea level rise Recorded over the past 40 years is responsible for the loss of 28% of the mangrove ecosystem. Modelling suggests that up To 96% of suitable tiger habitat in the Sundarbans could be Lost in the next 50–90 years (Loucks et al., 2010).

ADOLESCENCE

The analysis of teenagers' mental well-being is especially relevant for the British population. Several studies in the UK have showed that mood disorders in young people have increased dramatically in the recent years, particularly among girls and young women (see Collishaw, 2015; Knapp et al, 2016; and Gunnell et al., 2018, among many others). Recent evidence has suggested that one in ten children and young people has some form of clinically diagnosable mental health disorder, including around 6% of British children having conduct disorder, over 3% having anxiety, 1% having depression, and between 1 and 3% with other disorders (UK Department of Health, 2017). Self-harm among adolescents has steadily increased over the last decade (see for example Morgan et al, 2017 describing a 68% increase in cases of hospital self-harm presentations in teenager girls between 2011 and 2014). Further, over three quarters of mental illness in adult life starts in adolescence (Knapp et al., 2016).

6.CONCLUSION

Understanding, and our study is no exception. One major limitation with our study was the lack of a wide range of age groups from which to collect data from surveys. However with the data available to us we see that the impact on social media is detrimental to youth all across the world. Previous research has linked the amount of time adolescents spend on social media to two behaviors that can be indicators of mental health problems: internalizing and externalizing. Internalizing behaviors include social withdrawal, inward-directed feelings, and difficulty coping with anxiety or depression. Aggression, acting 8 McLean. How Does Social Media Affect Your Mental Health | McLean Hospital. www.mcleanhospital.org.

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<https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health#:~:text=When%20people%20look%20online%20and>

out, disobeying, and other observable behaviors are examples of externalizing behaviors. Use of social media for any length of time was linked to an increased risk of reporting internalizing problems alone as well as concurrent symptoms of both internalizing and externalizing problems.⁹

Teens use social media in large numbers. According to recent polls, 95 percent of teens in the United States have access to a smartphone, and nearly 75 percent have at least one social media account. Social media use has both health risks and benefits. These platforms frequently provide ways for users to connect with peers as well as information and resources on issues that are important to them, but there is a risk of cyberbullying and other forms of digital aggression.

According to our own research, many of this country's youth regret using social media but have no way out. Because social media dictates life and is a way of life, it is nearly impossible to simply walk away. According to the same study, the best option is to limit your social media consumption, and you will gradually see the clear benefits and health features. Mental health is critical, and youth with little to no information are struggling to combat it, and social media is certainly not helping.

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