

This research paper studies the role of social media use and increases the risk factor of mental health in India.

When we talk about safety in social media, we can relate to the concept through the books we went through in our class.

First - Act of Surveillance talks about behavioral surplus driving an addictive experience focused on persuasion. In this case, safety is about guarding ourselves against this.

Second - In Twitter and tear gas, we talked about how social media platforms can be a safe place in terms of sharing personal information without anyone being able to relate to you. But the safety hazards include trolling and other risks from users who don't have the right intention.

In India, 27% of the people surveyed acknowledged that mental health is the top most problem faced by the people. Considering the huge population and a significant portion of them being young adults and teens, this is a huge problem.

The major research question is to identify what is driving an increase in mental health issues attributed to social media for Indians. There have been a lot of studies that attribute the occurrence of mental health hazards to social media but it is important to analyze if this has plateaued and is probably coming down or its linearly increasing which is a bigger risk.

Literature Review

All social media sources play a major role in the online information ecosystem and generate engagement from millions of social media users.

India's tryst with Covid driving an increase in adoption to social media. Given the high population, socio-economic fabric, lockdown was the only solution and people had to resort to leveraging Over the top avenues along with social media to keep them engaged and also be connected with people.

We will also look at the aspects attributed to the Dark side of social media.

- General Safety challenges
- Danger of behavioral surplus - Leading to behavioral changes
- Attack of the trolls - Unable to handle the pressure exerted
- Danger of Influence of social media - Unable to differentiate Social and Real

World

We will also delve deeper into what overall mental health is and also define specific aspects that are more pertinent to the topic. The linkage between them will provide a strong foundation during our study

Research

Within the scope, doing primary research is out of scope and we would rely on previous research artifacts to identify new insights. We would also look for any mental issues that arose out of involvement in protests in India.

We will conclude our findings and the answer to the question on the rise of mental health