

**A3 Literature Review
Wellness Warriors
C19*
Stefanus Albert Welong**

Table of Contents

LITERATURE REVIEW	3
REFERENCE LIST	3

Literature Review

The author of this article addresses the problem of mental health and wellbeing being associated negatively with social media. Interestingly, this article takes on the problem from the victim's perspective, the teenagers. The target audience is adolescents, and the research material is also focused on the perspectives of adolescents aged between 13 and 17. This problem is important and worth looking into because of the apparent effect social media has played on adolescent well-being and mental health. The fact that most teenagers spend most of their time on social media, the paper argues that studying its effect on the individuals' mental health and wellbeing is vital (Popat, A., & Tarrant, C. 2022. p.1).

The research is conducted through the inclusion of 20 research papers which were considered relevant to the problem the paper focuses on (Popat, A., & Tarrant, C. 2022. p.2). As a result of the research, the authors identified five themes describing the way social media affects mental health and wellbeing of adolescents. The five themes are self-expression and validation; appearance comparison and body ideals; pressure to stay connected; social engagement and peer support; and exposure to bullying and harmful content (Popat, A., & Tarrant, C. 2022. p.3). The research findings suggest that the role of social media is indeed huge, being the digital environment for scenarios to play out. However, the uncontrolled space does not limit even negative scenarios such as implementing negative thoughts about self-image or self-worth to users (Popat, A., & Tarrant, C. 2022. p.9). Eventually, the events happening in the virtual digital space will powerfully shape thoughts and behaviors of users (Popat, A., & Tarrant, C. 2022. p.9). This idea can be closely linked to social desirability, in which individuals shaped themselves to the liking of others in social medias to gain recognition and validation from others.

The limitation of the research described by the author is regarding the methodology in which the research collects information from 20 research papers previously conducted. As a result, the data that this paper orients around are limited as there is a lack of diversified population in the material of the research (Popat, A., & Tarrant, C. 2022. p.10), which might be due to gender disparity or geographical location. Another important take that the author acknowledge is the fact that the research subject's understanding of the research key-term, mental health, is diverse and most of the time limited. This may cause the focus to fade.

The article suggests arguments regarding social media's negative impact on mental health and well-being of our target audience which is mainly Gen-Zs. The five factors identified in the paper can be used in our project in addition to the primary resources that we have gathered through our survey. This article can be useful in further analysing the relation between social media and its impact towards mental health and well-being.

Reference List

- Popat, A., & Tarrant, C. (2022). Exploring adolescents' perspectives on social media and mental health and well-being - A qualitative literature review. *Clinical Child Psychology and Psychiatry*, 1-15. <https://doi.org/10.1177/13591045221092884>

Link: <https://journals.sagepub.com/doi/pdf/10.1177/13591045221092884>