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Impact of Social Media on Adolescent Mental Health

Introduction:

Social media is now a crucial component of adolescents' lives, so it is legitimate and understandable that researchers address the possibility of mental health problems driven by social media. This literature review is for 12 research papers on the relationship between young people and their mental health and product outline social media use.

Public Health Issue Description:

The incredible speed of social media platforms' evolution and wide adaptation have given many young people new communication and relationships. Today, we can talk about topics that are usually frowned upon and that can cause some depression or mental health problems.

Context and Background:

Social media has been added to an arsenal of places of self-expression that belong to them and where they share information. Apart from the tasks of interconnecting users, which improves their exposure to perspectives, mental health may also face challenges because of the heaviness of these platforms. The always being online, presence of artfully crafted content, and chances of cyberbullying are merely some of the effects that control the mixed relationship between social network usage and the mental health of adolescents.

Overall Conclusions from Articles:

The literature review refers to the evaluations of the materials collected from the articles of this 12-article review only published in the last decade. Rather than the uncritical view that social media harms youth mental health, Nesi (2020) points out a need for a nuanced perspective, depicting the dual nature of social media, both for positive and negative influences. In their systematic synthesis (2022), Valkenburg and colleagues summarize overarching associations of social media use by youths and mental health, pointing out the intricacy involved in this relationship. The underlying point of Flynn et al. (2022) clearly emphasizes the criticality of mitigating such effects, most evident in the school nurse context.

Richard et al. claim that the approach to internalizing the psychological struggle in children and young people must include a holistic approach to mitigating the mental impact, using comprehensive actions. Plackett et al. (2023) follow an ongoing study among UK adolescents done by them to probe the depth of the mental health condition influence of social media on persons in the current generation, making the analysis temporal.

Barthorpe et al. (2020) bring up the right to reply to the stereotypes about social media screen time across the globe, with time-use diaries as evidence to shed doubt on the always same link with adolescents' mental health worsening. Shah et al. (2019) identify the possibilities of psychological consequences and maleficent results. They call for protective mechanisms to help the youth cope with the impact of technology and social media.

A study by Kaur et al. (2022) contributes to an evolving body of research and provides insight into adolescent's mental health through a literature review. An individual publication, this study was done by Popat and Tarrant (2023), qualitatively analyzing what possibly impacts the adolescent's mental health. O'Reilly (2020) is a social media vantage point that holds the good, the bad, and the ugly before the audience and then forces a second look at media in general.

Gupta et al. (2022) offer a systematic review and exploration of the social media influence on the emotional health of the youth population and adult adolescents. However, Blanchard et al. (2023) link social media to adolescents' mental health and diet within the context of the broader discussion.

Recommendations for Future Research:

Although data-based research has opened the veil of obscurity, many areas remain unknown. Studies to be done in the future must zoom in on social media's impact on adolescent mental health, considering its context-specific nature by considering the cultural, socioeconomic, and individual factors. Longitudinal studies, like those represented by Plackett et al. (2023), are the hallmarks of studies that aim to account for the long-term effects of social media use on people.

As Shah et al. (2019) explained, Distinctive safety measures must be expanded in scope while catering to the different age groups and development stages. The course of action should be created to accustom children to positive forms of Internet usage, including digital literacy programs and mental health resources, which can be incorporated into school curricula.

As these three have been studied by Blanchard et al. (2023), social media, mental health, and dietary patterns make an area of deeper investigation. By identifying the interplay of those risk factors, prevention-oriented strategies can be developed to ensure the well-being of youth.

The reviewed literature provides essential revelations about how social media affects adolescents' mental health and stresses the importance of an even-handed and unbiased response. As future research programs progress, filling the identified deficits and augmenting the accumulation of scientific knowledge is imperative to help validate our time's mental health solutions.

Summary Table of 12 Peer-Reviewed Articles:

#	Citation (APA)	Year	Data Collection Methods	Main Results
1	Nesi J. (2020)	2020	Qualitative analysis, surveys	Emphasizes the importance of having social media's relationship with the mental health of young people examined in-depth.
2	Valkenburg, P. M., Meier, A., & Beyens, I. (2022)	2022	Umbrella review	It summarizes the research, focusing on the already existing almost an inseparable association between social experiences evoked by media platforms and most mental illness issues the teens are dealing with.
3	Richards, D., Caldwell, P. H., & Go, H. (2015)	2015	Literature review	Utilizes the hook which is concerned with the importance of taking a comprehensive perspective on the phenomenon of social media and its consequences on mental health of children and adolescents.

4	Flynn, H. C., Mote, S. L., & Morse, B. L. (2022)	2022	School nurse context, surveys	In the earliest stages looks for the risks and effects of social media usage on teenagers' mental health conditions in the school nurse issues.
5	Plackett, R., Sheringham, J., & Dykxhoorn, J. (2023)	2023	Longitudinal study	Considers the long-term consequences of young people's consumption of social media platforms on their mental well-being in the UK.
6	Barthorpe, A., Winstone, L., Mars, B., & Moran, P. (2020)	2020	Time-use diaries	Challenges the belief that excessive social media use inevitably leads to negative mental well-being in teenagers.
7	Shah, J., Das, P., Muthiah, N., & Milanaik, R. (2019)	2019	Psychosocial implications, surveys	It Calls for protective measures to navigate the influence of new-age technology and social media on adolescents.
8	Kaur, S., Kaur, K., Aprajita, Verma, R., & Pangkaj. (2022)	2022	Literature review surveys	Examine the relationship between social media and the well-being of young people, expanding the existing knowledge base on this topic.

9	Popat, A., & Tarrant, C. (2023)	2023	Qualitative literature review	Examines how teenagers view social media's effects on their emotional well-being, offering vital information.
10	O'Reilly, M. (2020)	2020	Literature review	This explores the vibrant, adverse, and complex effects of social media on the mental well-being of young people, emphasizing the importance of approaching this topic with a balanced perspective.
11	Gupta, C., Jogdand, D. S., & Kumar, M. (2022)	2022	Review article	Examines the influence of social media platforms on the psychological well-being of teenagers and young individuals
12	Blanchard, L., Conway-Moore, K., Aguiar, A., Önal, F., Rutter, H., Helleve, A., Nwosu, E., Falcone, J., Savona, N., Boyland, E., & Knai, C. (2023)	2023	Systematic review	This article examines the connections between social media use and adolescent well-being, focusing on both mental health and dietary choices, providing a novel perspective on the impact of social media on young people.

Conclusions:

Synthesizing findings from 12 peer-reviewed articles on the "Impact of Social Media on Adolescent Mental Health" reveals a nuanced landscape. Key findings include the call for a nuanced understanding (Nesi, 2020; O'Reilly, 2020), acknowledgment of a complex relationship (Valkenburg et al., 2022), and the urgency of addressing adverse effects within schools (Flynn et al., 2022). Plackett et al.'s (2023) longitudinal study challenges assumptions about temporal impacts, while Shah et al. (2019) and Popat and Tarrant (2023) highlight the need for protective measures and psychosocial considerations. Comprehensive reviews (Kaur et al., 2022) and unique perspectives (Blanchard et al., 2023) contribute diverse insights.

However, notable gaps exist. Context-specific understanding, intervention strategies tailored to developmental stages (Shah et al., 2019), and further longitudinal exploration remain critical. Blanchard et al.'s (2023) intersectional analysis suggests that more comprehensive studies are needed.

Future research should prioritize context-specific studies, employ longitudinal approaches, develop tailored interventions, and conduct more comprehensive intersectional analyses. Addressing these gaps will empower the development of targeted interventions and policies, promoting positive adolescent mental health in the era of social media.

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