Effect of Social Media on Mental Health

Rajni Bhandari[1] Mahamood Usman[2]
Department Of Mathematics (UIS), Chandigarh University, Punjab, India
Email: rajnib279@gmail.com[1] mahamood.e13372@cumail.in[2]

ABSTRACT

Last two decades, the variety, style, and role of social media have shifted. Nutritional support for thought is provided in the same way that vital mineral components obtained through food sustain a person's body. Nowadays, there is a controversy arising between social media and mental health because of technology improvements that are widely available. Since the advent of the internet technology social media has become one of the best networking sites in the whole world. While this social media sites affect the human mental health. The innovation of social media has become popular among the teenagers, youngsters and adults. They spent their major time on social media as a result; they faced health problems as well as mental disorders. According to research, youth of today is more susceptible. The younger generation, like today's population, is in its infancy and is more susceptible to serious mental health conditions. The next stage is to examine and identify how social media effects today's youth's mental health. This will throw light on the relationships between these characteristics of the youth of today.

Keywords : Social Media, Adolescents, and Mental Health.

DOI Number: 10.14704/nq.2022.20.9.NQ44709 **Neuro Quantology 2022; 20(9):6082-6085**

1. INTRODUCTION

Individual mental health imbalances caused by growing social media use are a major worry for parents, academics, and society. One of world's most common hobbies is inappropriate use of social media websites (Chou, K.L., Liang, K., & Sareen, J. (2011). There are a lot of social media sites such as Facebook, Instagram, YouTube, Online games and many more others sites and people watch videos and spend their leisure time on it.

"Social media" is defined as "ways of communicating in which individuals form social networking sites to share knowledge, ideas, private messages, as well as other content (including such videos)." Over the last decade, social media apps improve people lifestyles and standard of living and also allow users to express enormous amounts of ideas, ideas, personal information, photographs, and videos (Chou, K.L., Liang, K., & Sareen, J. (2011). Furthermore, a vast majority of people used social media and quickly to adopt new design clothes or others product which are popular on social media sites. In

Furthermore, as indicated by the growing number of regular users, social media users have quickly adopted online social contact as a necessary component of daily life. Facebook stated on March 27, 2019, that it would have 2 billion active members. One out of every seven humans on the earth used Instagram to talk to friends on a single day. But the lack of knowledge of social media sites particular disturbs today's youngsters because youngsters and adults spend majority of their time on social media sites which create mental health issues (Davila, J., Hershenberg, R., Feinstein, B. A., Gorman, K., Bhatia, V., & Starr, L. R. (2012). Numerous research have found that using social media has a detrimental influence on outcomes such as increased worry, stress, unhappiness, and isolation. Issues have been expressed regarding the adverse ramifications of the youth era's growing use of digital sites.

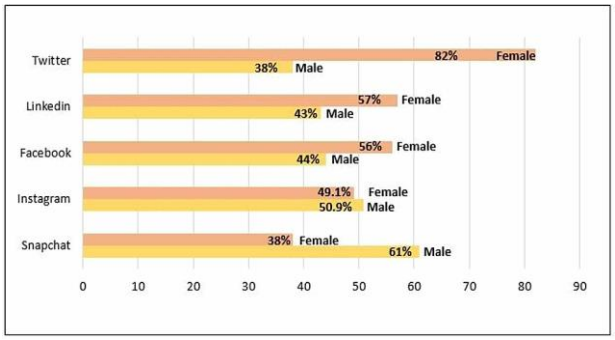

Figure 1 : Global social media users gender disparity as of January 2020

2. Social Media is a problem for anxiety: Many authors report found that social media apps created addictive behaviour. The Net and iGeneration scan their social networking programme for communications on a regular basis (The Hearty Soul. (2016). It has also been found that Phantom vibration syndrome develops when the youth of today becomes unable to read emails from their social networking applications (PVS) which are only an alcoholic's perception of the vibration on his Smartphone. (The Hearty Soul (2016).

3. Stress was exacerbated by social media: Usage of social media is fairly common in today's all around the world. Positive feedback from comments and likes makes it more difficult for folks to stop. People, however, frequently compare their own to those of others. As a result, there are many social networks available today, such as facebook, twitter, and instagram; users use these sites to contact with friends and read messages. Anxiety has become a big issue that people of all ages' experience, as have mental health problems (Chou, K.L., Liang, K., & Sareen, J. (2011). People nowadays utilise many sites and frequently like and comment on other people's photographs or movies. It is undeniably true that social media has a significant impact on people's mental health. Positive outcomes include socialisation, effective communication, continued training, and access to health information. Depression, internet trolling, trolling, cybersex, tiredness, anxiety, psychological control, and cognitive decline are some of the bad characteristics. Almost everyone between the ages of 11 and 93 uses social media in today's environment (Bashir H, Bhat S A (2017). College students seem to be the most active social media users, and they are most exposed to the consequences of mental health disorders.

4. Social media has contributed to the depression issue: Many severe complications have arisen as a result of social networking. Increased social media use has negative consequences that begin with anxiety and progress to despair (Bashir H, Bhat S A (2017). People who spend the majority of their time on Facebook or other online programmes often feel isolated. Many researchers claimed that the use of social media caused a variety of mental problems.

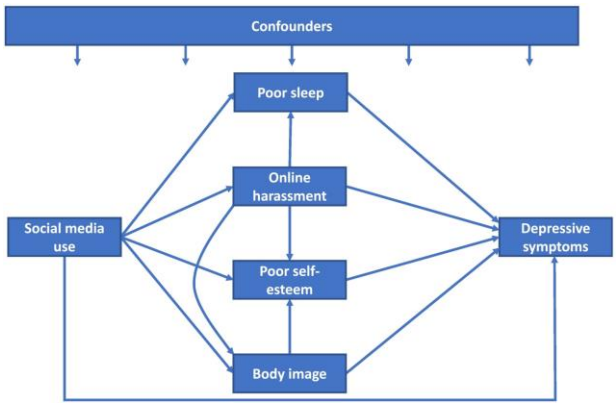

Figure 2: Depression symptoms arises by the overuse of social media

5. Social media and loneliness: Despite the fact that social media usage is skyrocketing, particularly among young adults, today's generation is lonelier than previous generations, and maybe the loneliest ever. Loneliness is one of today's most pressing challenges, as it is linked to major health problems (Drouin, M., Kaiser, D. H., & Miller, D. A. (2012). Loneliness is defined as a gap in a people's current life between their intended and real amount of social contacts. People use social media less frequently tend to be more isolated, depressed, and professionally inactive. Frequent profile updates, on the other hand, aids in the reduction of loneliness.

6. Mutual Support and Mental Health: Friendship is essential for our mental health. Social relationships influence health habits, physical well-being, psychological well-being, and mortality risk (Davila, J., Hershenberg, R.,

Feinstein, B. A., Gorman, K., Bhatia, V., & Starr, L. R. (2012). Social engagement is necessary for mental health improvement. Academics argue whether the characteristics of social ties affect people's mental health.

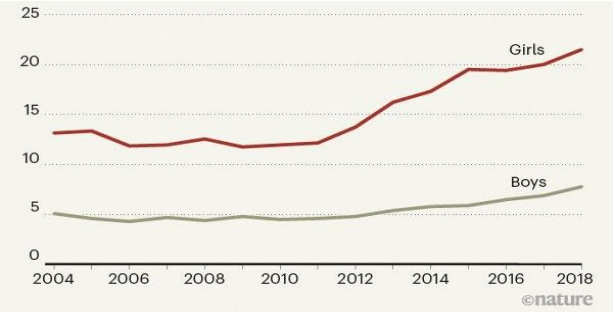

Figure 3: Teenagers who have experienced major depression in the past year (%)

7. CONCLUSION

This review paper indicates relationship between online digital apps and people's mental health issues. The usage of social media is harmful for younger population because mental health concerns that begin in infancy can become epidemics for anyone throughout their lives. The negative impacts of social media use are undeniably having an impact on today's youth, particularly the younger generation. This study develops the intricate relationship between online digital apps or mental health problems. Apart from it, these apps created many problems such as depression, stress, tension, weariness, mental retardation, cyberbullying, emotionally aversion, and a lack of attention. To avert these hazards, adequate preparations should be taken, such as conducting teaching and therapy sessions in institutions. Social media apps that promote discrimination, violence, or bigotry should be withdrawn immediately.

References

1. Chou, K.L., Liang, K., & Sareen, J. (2011). The association between social isolation and DSMIV mood, anxiety, and substance use disorders: wave 2 of the national epidemiologic survey on alcohol and related conditions. Journal of Clinical Psychiatry, 72(11), 1468- 1476.
2. Curtin SC, Heron M Death rates due to suicide and homicide among persons aged 10-24: UnitedStates,2000-2017. NCHS Data Brief, no 352. Hyattsville, MD: National Center for Helath Statistics; 2019Published October 2019. Accessed January 10, 2020.
3. Davila, J., Hershenberg, R., Feinstein, B. A., Gorman, K., Bhatia, V., & Starr, L. R. (2012). Frequency and quality of social networking among young adults: Associations with depressive symptoms, rumination, and co-rumination. Psychology of Popular Media Culture, 1(2), 72–86
4. John A, Glendenning AC, Marchant A, et al. Self-harm, suicidal behaviours, and cyberbullying children and young people: systematic review. J Med Internet Res. 2018;20(4):e129. doi: 10.2196/jmir.9044
5. John A, Glendenning AC, Marchant A, et al. Self-harm, suicidal behaviours, and cyberbullying children and young people: systematic review. J Med Internet Res. 2018;20(4):e129. doi: 10.2196/jmir.9044
6. Alvarez-Jimenez, M., Gleeson, J., Bendall, S., Penn, D., Yung, A., Ryan, R., et al. (2018). Enhancing social functioning in young people at ultra-high risk (UHR) for psychosis: a pilot study of a novel strengths and mindfulness-based online social therapy. Schizophrenia Research, 202, 369–377.
7. Bucci, S., Schwannauer, M., & Berry, N. (2019). The digital revolution and its impact on mental health care. Psychology and Psychotherapy: Theory, Research and Practice, 92(2), 277–297.
8. Deters, F., & Mehl, M. R. (2012). Does posting Facebook status updates increase or decrease loneliness? An online social networking experiment. Social psychological and personality science, 1948550612469233.
9. Chancellor, S., Birnbaum, M. L., Caine, E. D., Silenzio, V. M., & De Choudhury, M. (2019). A taxonomy of ethical tensions in inferring mental health states from social media. In Proceedings Transparency, 79–88.of the Conference on Fairness, Accountability.

10. Dick, J. (2013). Why Do Social Networks Increase Stress? The HUFFINGTONPOST 11/09/2013.
11. Brunette, M., Achtyes, E., Pratt, S., Stilwell, K., Opperman, M., Guarino, S., & Kay-Lambkin, F. (2019). Use of smartphones, computers and social media among people with SMI: opportunity for intervention. Community Mental Health Journal, 1–6.
12. Drouin, M., Kaiser, D. H., & Miller, D. A. (2012). Phantom vibrations among undergraduates: Prevalence and associated psychological characteristics. Computers in Human Behavior, 28, 1490–1496.
13. Anderson M, Jiang JTeens' Social Media Habits and ExperiencePublished November 28, 2018. Accessed January 10, 2020.
14. Bashir H, Bhat S A (2017), Effects of Social Media on Mental Health: A Review, International Journal of Indian Psychology, Volume 4, (3), DIP:18.01.134/20170403, DOI:10.25215/0403.134
15. Biagianti, B., Quraishi, S. H., & Schlosser, D. A. (2018). Potential benefits of incorporating peer-to-peer interactions into digital interventions for psychotic disorders: a systematic review. Psychiatric Services, 69(4), 377–388.
16. Gray, R., Vitak, J., Easton, E. W., & Ellison, N. B. (2013). Examining social adjustment to college in the age of social media: Factors influencing successful transitions and persistence. Computers & Education, 67, 193-207.
17. Booker, C. L., Kelly, Y. J., & Sacker, A. (2018). Gender differences in the associations between age trends of social media interaction and well-being among 10-15 year olds in the UK. BMC Public Health, 18(1), 321
18. Reich, W., Lounsbury, D., Zaid-Muhammad, S., & Rapkin, B. (2010). Forms of social support and their relationships to mental health in HIV-positive persons. Psychology, Health & Medicine, 15(2), 135-145..
19. The Hearty Soul. (2016).Using Social Media is Causing Anxiety, Stress and Depression.