

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

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INTRODUCTION

With billions of users using numerous platforms daily to interact with others, share their opinions, and obtain news and entertainment, social media has become an essential part of our lives. Social media can facilitate communication and encourage community engagement, among other things, but it can also have detrimental impacts on mental health.

According to research, using social media excessively might increase emotions of loneliness, despair, and anxiety. Increased stress and feelings of inadequacy can result from constantly comparing oneself to others and feeling forced to present a particular image or identity online. Furthermore, being exposed to internet harassment and bullying can lead to severe psychological suffering.

It is crucial to remember that social media use and relationships with it depend on the individual and are not necessarily "good" or "bad" for mental health. People can lessen the damaging effects social media can have on their mental health by using social media with awareness and by getting support when they need it.

REVIEW OF LITERATURE

According to [[Hassan Ebrahimpour Sadagheyani](#) and [Farin Tatari](#), 16 October 2020] The results demonstrated that social media has both beneficial and detrimental effects on mental health. Anxiety, despair, loneliness, poor sleep, poor mental health indicators, suicidal and self-harm ideas, elevated levels of psychological distress, cyberbullying, unhappiness with one's body image, fear of missing out, and decreased life satisfaction were some of the negative outcomes. Accessing other people's health experiences and professional health information, controlling depression, emotional support, and community building were all positive impacts. Other positive outcomes included growing and strengthening offline networks and interactions, expressing oneself and one's self-identity, and establishing and maintaining relationships.

The author continues to explain that social media can have a positive and negative effect on one's mental health. The key is to be able to improve and strengthen the beneficial benefits while minimizing the negative impacts of social media on mental health. By doing this, you may transform a potential problem into an opportunity.

According to [[Shabir Bhat,2017](#)], The excessive use of social media is a major concern for parents, researchers, and society. Social media is a form of electronic communication that allows interaction through web 2.0 & 3.0 sites, such as Facebook, Twitter, Myspace, online gaming, virtual worlds like Second Life, Sims, YouTube, Blogs and so on. It has significantly enhanced the virtual environment from past decade by facilitating users to interchange their feelings, ideas, personal information, pictures and videos at an un-precedential proportion. Social media users have speedily adopted online social communication as an essential part of daily life, with Facebook alone reporting an estimated 1 billion active users in 27 august 2015. However, there is a lack of understanding of the impact of social media on the well-being and mental health of its users, as teens and young adults spends their good amount of time in online socialization and hence are potentially experiencing a greater risk of negative effects.

Social media has been linked to compulsive behaviour, with forty-five percent of British adults feeling restlessness when they are not able to access their social networking sites. Rosen et al. (2013) reported that virtual generation often check the message on their social networking application. Phantom vibration syndrome (PVS) is a manifestation of anxiety caused by cell phones.

The use of social media has become increasingly popular in the present era, with people comparing their lives with the lives of their friends. Anxiety is one of the fundamental mental health problems, and people fret about the likes and comments of their uploaded pictures and videos. Studies have shown that longer time spent on social media can lead to depression, and that usage of social networking applications like Facebook and Twitter are less helpful to students in remaining more focused and less stressed. Studies have also shown that social media application like Facebook is positively associated with acculturative stress of college students. Therefore, excessive usage of social media can effect on mental health of the younger generation.

Social media is a major contributor to mental health problems, with Panticetal., 2012, Rosen et al., (2013), and Lou et al. (2012) finding that excessive use of social media leads to anxiety and depression. Research suggests that various social forms like gaming and chatting reduce the risk of depression.

The author also reported that social media usage is growing rapidly among young adults, but they are lonelier than other groups and even loneliest ever. Loneliness is caused by a discrepancy between desired and practical level of social contacts. Uncontrolled, unhygienic and compulsive usage of internet resources enhances loneliness, and 60% of young adults admitted loneliness despite having all social media applications and facilities.

According to the research done by [[Luca Braghieri, Ro'ee Levy, and Alexey Makarin,2021](#)] This paper examined the impact of social media on mental health in US colleges. It found that the introduction of Facebook at a college had a negative effect on student mental health, with unfavourable social comparisons as the leading mechanism. The results suggest that social media might be partly responsible for the recent deterioration in mental health among teenagers and young adults. It is up to social media platforms, regulators, and future research to determine whether and how these effects can be alleviated.

According to the report published by [[Philippe Verduyn, Nino GÜgushvili, Ethan Kross](#)] Social network sites are part of modern life, with Facebook being the most popular with over 2.7 billion monthly active users. These sites allow users to create a personal profile, generate a list of online connections, and traverse a stream of frequently updated information. However, this rapid adoption of social network sites has been accompanied by a growing public concern that they undermine rather than enhance people's mental health. To overcome this hurdle, an experience sampling study was conducted, which involved text-messaging participants multiple times per day for several days, asking them to report on their current thoughts, feelings, or activities (e.g., use of social network sites). This study demonstrated that Facebook use predicts declines in mental health over time, and subsequent longitudinal studies, large-scale experimental research, and meta-analyses converged on the conclusion that use of social network sites has a negative, albeit small and possibly reciprocal, relationship with mental health. This has led some media to conclude that social network sites are inherently bad and should be avoided at all costs. Social network sites allow for a wide range of activities, and evidence is accumulating that their impact on mental health depends on how the technology is used. Active use refers to activities that facilitate direct exchanges with others, while passive use refers to monitoring the online life of other people without engaging in direct exchanges. An experience sampling study found that passive use predicted a decline in affective well-being over time, while active use did not influence well-being. Follow-up studies provided further evidence for a negative (possibly reciprocal) relationship between passive use of social network sites and mental health, and revealed that certain subcategories of active usage can have a positive effect on mental health. These

findings illustrate that social network sites are not “good” or “bad”, but their mental health consequences depend on how these sites are used.

According to [[Jacqueline Nesi](#)] Research on social media and adolescent mental health has been mixed, with many finding a small but significant negative effect. A growing body of work seeks to build on these studies with more nuanced investigations of how, why, and for whom social media use may have positive or negative effects on youth development. It is important to understand individual strengths and vulnerabilities that may predispose certain adolescents to engage with and respond to social media in adaptive or maladaptive ways, and to identify how specific social media behaviours or experiences may put adolescents at risk.

Adolescents' peer experiences play a critical role in the onset and maintenance of psychopathology. Cybervictimization, social exclusion, and online conflict or drama are all potential risk factors for mental health concerns. Peer influence processes may also be heightened online, where youth may access a wide range of their peers and potentially risky content. This can lead to increased rates of self-harm and suicidal behavior, as well as internalizing and externalizing problems.

Social comparison is a risk associated with adolescents' social media use, as it can lead to negative social comparisons. Studies have shown that higher levels of online social comparison are associated with depressive symptoms in youth, and that appearance-specific comparisons on social media may heighten risk for disordered eating and body image concerns. Additionally, displacement from other important activities is a critical consideration in examining the effects of technology use on youth mental health. Sleep hygiene is essential to youth mental health and development, and prior work has shown a link between mobile screen time before bed and a range of poorer sleep outcomes. Therefore, the impact of social media on sleep quality remains a primary risk for subsequent mental health concerns among youth.

Social media use has a range of potential benefits, including social connection, identity exploration, and creative expression. One of the most clearly established benefits of social media use is that of social connection, with 81% of teens reporting that social media allows them to feel more connected to their friends. Additionally, the public and highly accessible nature of social media creates the possibility for establishing new connections online, which may provide opportunities to receive online social support for certain youth. Additionally, the receipt of online social support may also play a protective role for youth with mental illness, including depression and suicidality. New media for promoting adolescent mental health goes beyond its day-to-day use among youth to include novel health care applications in screening, treatment, and prevention. Prior work has demonstrated the potential feasibility of reviewing social media

pages for signs of depression or substance abuse, and machine learning algorithms have been developed to detect social media-based signals of mental illness.

According to the research by[[John A. Naslund](#), [Ameya Bondre](#), [John Torous](#) & [Kelly A. Aschbrenner](#)] In 2020, there are an estimated 3.8 billion social media users worldwide, representing half the global population. Recent studies have shown that individuals with mental disorders are increasingly gaining access to and using mobile devices, such as smartphones. There is mounting evidence showing high rates of social media use among individuals with mental disorders, including studies looking at engagement with these popular platforms across diverse settings and disorder types. Initial studies from 2015 found that nearly half of a sample of psychiatric patients were social media users, with greater use among younger individuals. Rates of social media use among psychiatric populations have increased in recent years, as reflected in a study with data from 2017 showing comparable rates of social media use (approximately 70%) among individuals with serious mental illness in treatment as compared with low-income groups from the general population.

Comparable findings were demonstrated among middle-age and older individuals with mental illness accessing services at peer support agencies, where 72% of respondents reported using social media. 68% of those with first episode psychosis using social media daily were reported in another study. Individuals who self-identified as having a schizophrenia spectrum disorder responded to a survey shared through the National Alliance of Mental Illness (NAMI) and reported that visiting social media sites was one of their most common activities when using digital devices. For adolescents and young adults ages 12 to 21 with psychotic disorders and mood disorders, over 97% reported using social media, with average use exceeding 2.5 h per day. In a sample of adolescents ages 13–18 recruited from community mental health centers, 98% reported using social media, with YouTube as the most popular platform.

Research has also explored the motivations for using social media and the perceived benefits of interacting on these platforms among individuals with mental illness. Three potentially unique features of interacting and connecting with others on social media that may offer benefits for individuals living with mental illness include facilitating social interaction, access to a peer support network, and promote engagement and retention in services.

CONCLUSION

social media has grown to play a significant role in the lives of many people who suffer with mental illnesses. Many of these people turn to social media to share their personal stories of living with mental illness, ask for support from others, and look for advice on how to cope with symptoms and access mental health services (Bucci et al. 2019; Highton-Williamson et al. 2015; Naslund et al. 2016b). As the field of digital mental health develops, social media platforms' extensive reach, simplicity of use, and popularity may be leveraged to help people who require mental health services or are struggling with mental illness get access to evidence-based care and support. In order to accomplish this and to determine whether social media platforms

Over the past two decades, new media have become increasingly prominent in the lives of youth, presenting new challenges and opportunities. Research has begun to identify social media experiences that may contribute to adolescents' mental health, but more research is needed. Existing research has relied on self-report measures of adolescent media use, and has been conducted at a single time point. Future experiments and longitudinal studies are needed to incorporate objective measures, such as direct observation of adolescents' social media pages. Additionally, translation of basic social media research findings into clinical and policy application remains an area of critical need.

Concerns about social media's effects on mental health have been around for a while. Platforms for social media like Facebook, Instagram, Twitter, and Snapchat have dominated our everyday lives and, for some, developed into an addiction. Social media can have both beneficial and negative effects on mental health, such as fostering a sense of community and support or escalating anxiety, sadness, and loneliness.

The continual comparison to others is one of the main detrimental effects of social media on mental health. People only display their best selves on social media, which can cause feelings of inadequacy and low self-esteem. This might then result in a vicious cycle of feeling inferior to others and comparing oneself to them.

In conclusion, the impact of social media on mental health is complex and multifaceted. While social media can have positive effects, it can also have negative effects, especially when used excessively or without awareness. It is important to be mindful of how we use social media and to take steps to protect our mental health, such as limiting our screen time, setting boundaries, and seeking professional help when needed.

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