

Transdisciplinary Project Centric Learning

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ABSTRACT:

The study evaluates social media usage together with mental health by focusing on their effects on emotional well-being as well as anxiety and stress and depression. Social networking platforms support both human connections along with self-expression but their use results in anxiety from comparison enactment and cyberbullying incidents and addictive patterns. Data demonstrates an extremely strong association (0.96) between anxiety symptoms and social media consumption that causes users to feel lonely together with stressed out. The current digital mental health resources exist but show restricted effectiveness in treatment. Digital well-being education together with stronger cyberbullying protection measures alongside improved mental health resources need to be established as vital solutions. A strategic combination of social media mindfulness and reinforced digital intervention systems will produce healthier online conditions.

INTRODUCTION:

The modern social media landscape has reshaped human connection and sharing activities between people by breaking down geographical barriers. Users below 18 face increased risks of depressive symptoms, self-esteem issues, anxiety and stress as they engage with Facebook, Instagram, Twitter, Snapchat and TikTok platforms. The psychological distress from online beauty standards and FOMO together with digital comparisons and cyberbullying leads to distress that algorithms drive engagement toward addictive patterns which produce disturbed sleep quality and social relation disruption. Mental health education and support groups exist on social media despite the need to raise awareness about its related risks. The study examines the intricate mental health-social media relationship by determining behavioural tendencies and protective measures and hazardous elements which support secure social media interaction while maximizing user health benefits.

REVIEW OF LITERATURE:

THEORETICAL VIEWS ON MENTAL HEALTH AND SOCIAL MEDIA

Several sociological and psychological theories study how social media affects mental health by providing explanations regarding people's motivations to use these platforms as well as examining their drawbacks from overuse.

CASE STUDY: INSTAGRAM AND TEENAGERS' VIEWS OF THEIR OWN SELVES

Fardouly et al. (2018) investigated how teenage girls' use of Instagram affects their body image concerns. According to their research, a longer exposure to photos that have been altered or filtered is associated with higher levels of body

dissatisfaction and problems with self-esteem. The report also emphasizes how social media influences contribute to the perpetuation of unachievable beauty standards.

CULTURAL VARIATIONS IN THE USE OF SOCIAL MEDIA

According to research, cultural differences may have an impact on how social media affects mental health, according to research. According to comparative research by Huang & Park (2020), collectivist cultures like those in East Asia prioritize social harmony and collective identity, while Western societies frequently place an emphasis on self-promotion. The ways that social comparison and validation-seeking activities appear on digital platforms are influenced by these cultural differences.

MODEL OF COGNITIVE-BEHAVIOURAL

According to the cognitive-behavioural paradigm, frequent use of social media might strengthen unhelpful thought habits, exacerbating feelings of anxiety and depression. Exaggerated expectations and self-doubt are fostered by constant exposure to exaggerated representations of beauty and success (Huang, 2017).

SOCIAL MEDIA'S EFFECTS ON THE BRAIN

Excessive use of social media activates the brain's reward system similarly to how addictive substances do, according to brain imaging research (Montag et al., 2019). According to this data, obsessive social media use may be a factor in behavioural addiction, stress, and anxiety.

BULLYING ON THE INTERNET AND MENTAL HEALTH

Because social media is so widely used, cyberbullying has increased in frequency. More than 37% of teenagers reported having experienced some kind of online harassment, according to a study by Hinduja & Patchin (2021), and this is strongly correlated with suicide thoughts and depressive symptoms.

EMOTIONAL SUPPORT AND SOCIAL CONNECTIVITY

Social networking is an essential tool for preserving relationships with others, especially for those who are socially isolated. People can communicate their problems and get emotional support in online forums and mental health support groups (Baker & Moore, 2008).

CASE STUDY: ONLINE DEPRESSION SUPPORT GROUPS

Participation in online mental health communities, including Reddit's depression support groups, dramatically decreased feelings of loneliness while increasing perceived social support, according to Naslund et al. (2016).

RESEARCH METHODOLOGY:

The study examines how social media affects mental health by analysing behaviours of users together with their emotional responses while considering varying demographic characteristics. A key goal of this study is to evaluate how frequently people use social media platforms and their preferred platforms as well as their associations with stress levels and both positive and negative emotional outcomes. The study examines social media behaviours which lead to either positive or negative mental health results and studies these effects among different gender and age group populations. Quantitative data collection happens through a Google Form which researchers distribute across social media tools for survey-based cross-sectional analysis. The research is designed for regular social media users who are at least 17 years old and seeks to obtain 100–300 participants through its survey. The research assesses social media activities as an independent variable together with psychological health outcomes depression and stress and anxiety as dependent variables while accounting

for demographic elements such as age and occupation and gender. The study makes use of snowball sampling but allows participants to leave the research without needing specific reasons.

DATA ANALYSIS:

QUANTITATIVE ANALYSIS:

DESCRIPTIVE STATISTICS:

- Calculation of mean, median, and mode of social media use duration.
- Frequency table of social media behaviour and indicators of mental health.

INFERENTIAL STATISTICS:

- **CORRELATION ANALYSIS:** Pearson/Spearman correlation test to establish the association between social media use and mental health variables.
- **REGRESSION ANALYSIS:** To forecast mental health scores from social media use patterns.
- **CHI-SQUARE TEST:** To examine the relationship between categorical variables (e.g., gender and effect on mental health).

QUALITATIVE INSIGHTS (IF OPEN-ENDED QUESTIONS ARE INCLUDED):

- Thematic analysis of answers to questions about participants' own experience with social media and mental health.
- Identification of recurring issues (e.g., anxiety of comparison, addiction to digital media, cyberbullying).

LIMITATIONS OF THE STUDY:

SAMPLING LIMITATIONS:

- **NON-RANDOM SAMPLE:** Because the survey is distributed online, it might not reflect populations that don't use digital media.
- **SELF-SELECTION BIAS:** Respondents who volunteer to answer may be interested in the subject matter, which impacts generalizability.

DATA COLLECTION LIMITATIONS:

- **CROSS-SECTIONAL NATURE:** The research only captures a snapshot in time and cannot determine causality.

EXTERNAL VALIDITY:

Findings may not be transferable to the entire population, particularly those with poor internet access or varying social media use contexts in culture.

FUTURE SCOPE:

SUMMARY OF METHODOLOGY:

A structured Google Form questionnaire serves as the research method to evaluate the mental health effects of social media use. Statistical methods analyse data which researchers collect from convenience sampling and snowball sampling techniques to show important patterns in the results.

IMPLICATIONS OF THE STUDY:

The gathered research findings will enable the creation of methods for managing social media usage in a supportive manner.

The study results can guide training for mental wellness professionals and educational professionals regarding digital health issues.

FUTURE RESEARCH DIRECTIONS:

Researchers need to perform long-duration observation of social media effects on mental well-being using sequential observational methods across time periods.

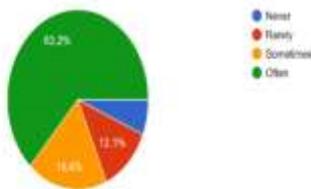
Studying popular social media practices including doomscroll and social comparison in detail.

The research would benefit from testing its findings on extended research groups containing various community and demographic types.

DATA ANALYSIS AND INTERPRETATION:

(ANXIOUS AFTER USE OF SOCIAL MEDIA)

How often do you feel anxious or depressed after using social media?
174 responses

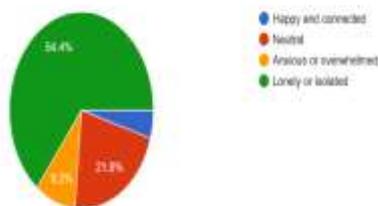


INTERPRETATION:

From the above pie-chart, we can interpret that 63.2% of people Often feel anxious after using social media, 18.4% is under the Sometimes criteria, 12.1% is under Rarely feels anxious and 6.3% is under Never category.

(EFFECT OF SPENDING A LONG TIME ON SOCIAL MEDIA)

How do you feel after spending a long time on social media?
174 responses

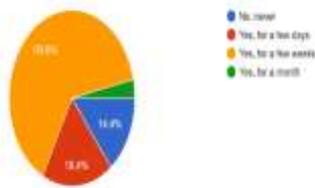


INTERPRETATION:

From the above pie-chart it shows that 4.6% are happy after spending long time in social media, 21.8% were Neutral, 9.2% are Anxious or overwhelmed and 64.4% were Lonely or isolated.

(BREAK FROM SOCIAL MEDIA)

Have you ever taken a break from social media due to its impact on your mental health?
13 responses

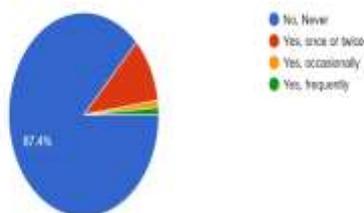


INTERPRETATION:

From the above pie-chart we can interpret that 63.8% of respondents have taken a few weeks break, 18.4% have taken a few days break, 14.4% have Never taken a break and 3.4% have taken a month's break from the social media.

(EXPERIENCED CYBERBULLYING)

Have you ever experienced cyberbullying?
175 responses

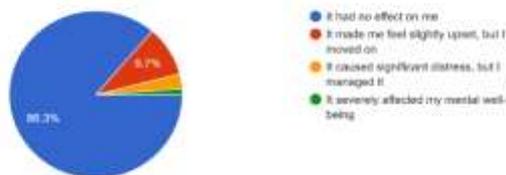


INTERPRETATION:

From the above pie-chart it shows that the cyberbullying faced by the respondents were 87.9% who never faced it, 9.8% have faced it once or twice, 1.1% have chosen occasionally and 1.1% have chosen frequently cyberbullying.

(CYBERBULLYING AFFECTING MENTAL HEALTH)

If you have experienced cyberbullying, how did it affect your mental health?
175 responses

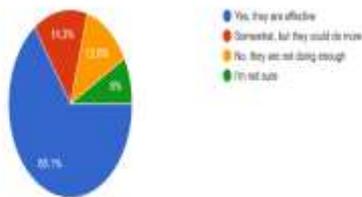


INTERPRETATION:

From the above pie-chart it shows that 86.3% had no effect on me, 9.7% had slight impact but moved on, 2.9% had a significant distress and 1.1% had severely affected the mental health of the respondents.

(SOCIAL MEDIA PLATFORMS DOING ENOUGH TO PREVENT CYBERBULLYING)

Do you believe social media platforms do enough to prevent cyberbullying?
175 responses

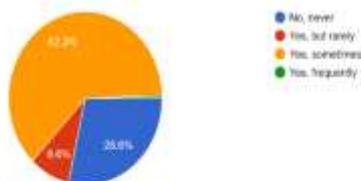


INTERPRETATION:

From the above pie-chart we can interpret that 65.1% responded they prevent cyberbullying, 14.3% had said they could do more, 12.6% had responded they are not doing enough and 8% of them have responded Not sure.

(USED DIGITAL MENTAL HEALTH RESOURCES)

Have you ever used digital mental health resources (e.g., meditation apps, online therapy, support groups)?
175 responses

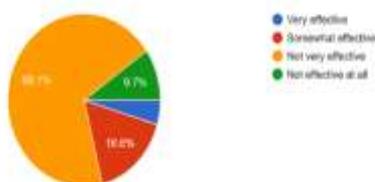


INTERPRETATION:

From the above pie-chart it shows that 28.6% have never used digital mental health resources, 8.6% rarely use digital mental health resources, 62.3% use them sometimes and 0.6% have used them frequently.

(DIGITAL INTERVENTIONS)

How effective do you think digital interventions (e.g., online therapy, mental health apps) are in improving mental well-being?
175 responses



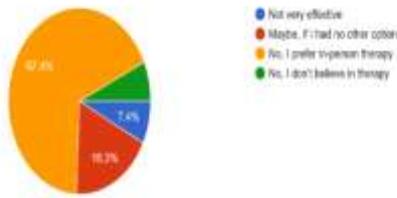
INTERPRETATION:

From the above pie-chart it shows that 69.1% have responded not very effectively, 16.6% had responded Somewhat effective, 9.7% chosen not effective and 4.6% chose Very effective in how digital interventions helps in improving mental well-being.

(SEEKING ONLINE THERAPY IF NEEDED)

Would you consider seeking online therapy or counseling if needed?

175 responses



INTERPRETATION:

From the above pie-chart we can interpret that the respondents seeking Online therapy if needed are 18.3% have chosen if there is no other option, 67.4% chosen in-person therapy, 7.4% chosen Not very effective and 6.9% have responded they don't believe in therapy.

FINDINGS AND RECOMMENDATIONS:

FINDINGS:

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

Research shows social media users developed depression and anxiety symptoms although they experienced both social connections and alienation at different points in their social media usage. Social media caused people to exit the platform because of negative mental health effects yet numerous users stayed on the platform because they lacked information about digital mental health services. Users discovered temporary stress reduction benefits in digital mental health resources but refused to develop ongoing engagement with these tools because of their effectiveness doubts.

CYBERBULLYING AND ITS EFFECTS:

Various survey participants identified instances of cyberbullying yet showed different emotional responses to the harassment. The impact either had no impact on individuals or made them upset before they successfully moved forward. People mainly think social media platforms lack effective prevention measures against cyberbullying although some users observe improvements.

ADOPTION OF DIGITAL MENTAL HEALTH RESOURCES:

People demonstrated little interest in digital mental health tools especially app-based meditation and online therapy and virtual support groups mainly because of difficulties in accessibility and poor awareness. People who accessed these resources expressed neutral opinions about their usefulness yet experienced temporary stress reduction as their main benefit. People displayed mixed reactions toward virtual therapy since they were open to it under certain conditions yet saw it as necessary only when direct treatment options ran out.

RECOMMENDATIONS:

PROMOTING DIGITAL WELL-BEING AWARENESS

Modern programs of education must launch to teach people about the psychological effects of extending social media consumption times. Digital literacy education needs to teach people constructive ways of using social media platforms by promoting both purposeful social media usage and the use of time limits. Mental health professionals need to work together with digital platforms so they can teach their users about safe digital conduct and self-care techniques.

STRENGTHENING CYBERBULLYING PREVENTION EFFORTS:

AI moderation tools along with improved reporting systems in combination with digital etiquette education should be provided to users through social media platforms. Initiatives for public mental health education must demonstrate how digital tools help users while businesses with educational institutions support digital wellness programs that lead to proper digital tool usage. Research demands additional investigation to create improved digital mental health solutions which boost their user interaction and increase accessibility.

ENHANCING TRUST IN ONLINE THERAPY:

Digital mental health platforms need to enhance accessibility while making their services affordable as well as improving user interface to attract more people to use their platforms for help. The development of secure online therapy services requires mental health practitioners to work together with technology businesses.

CONCLUSION:

Users who possess digital literacy skills are better able to safeguard their mental health because these skills let people handle social media dangers together with fostering valuable relationships. Besides its connection to anxiety social media usage can be managed through balanced awareness and responsible social media interaction. The prevalence of cyberbullying exists as a serious issue requiring enhanced protective measures although users shun digital health tools because they lack knowledge about protection and performance capabilities. Digital literacy training enables people to select technologies wisely and use wellness strategies with mindfulness and time management skills that support standard mental healthcare. Public institutions and educators together with tech companies need to collaborate for developing secure accessible and effective digital well-being platforms. The combination of better mental health support together with responsible digital conduct enables society to build an online space which values wellness more than harming mental health.