Study on Influence of Social Media on Mental Health

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Abstract*: Social media has occasionally improved in quantity, quality, and usability during the past 20 years. The same way as a person's body is fed by the intake of essential minerals received via diet, so too is the human mind fed by the availability of food for thinking. The development of technology has made information widely available today, providing a forum for debate on the relationship between social media and modern mental health. Human resources in the modern world have evolved since the advent of the internet and social networking sites, becoming more sociable digitally but less so physically. This virtual existence is separating the modern man from other living things, which has an impact on his total equilibrium and physical and mental health. Parents, society, and scholars are concerned about the rising use of social networking among adults in the modern period since every invention has both positive and harmful aspects. The current study aims to investigate how social media affects mental health. The researcher read and compiled relevant literature in order to fulfil the stated objective. The literature we have read so far as a whole show how susceptible the younger generation is. Younger generations are a challenging demographic in the modern day since they are in the infancy of life and are more likely to have major mental health issues. The younger generation of this generation is using social media in a way that is particularly susceptible to issues with mental health. Knowing the connection between social media and mental health issues is just the beginning of a deeper knowledge of the current dangerous scenario. The next step that can shed light on the relationships that are at play between these aspects of the current younger generation's life is to investigate and comprehend how social media affects that generation's mental health.*

Keywords:. literature, younger generation, mental health

I. INTRODUCTION

In terms of people's mental health, the imbalance brought about by excessive social media use is of major concern to society, scholars, and parents. The excessive use of social media websites is one of the most popular modern pastimes. Websites that enable interaction using web 2.0 & 3.0 technologies, such as Facebook, Twitter, MySpace, online games, virtual worlds like Second Life, Sims, YouTube, blogs, and others, can be referred to as social media. These websites of the modern period are expanding rapidly and serve as easily accessible gateways for leisure and communication for the younger generation. Social media are "means of electronic communication (as Web sites for social networking and micro-blogging) via which users build online communities to exchange information, ideas, personal messages, and other content (as videos)," according to Merriam-definition Webster's from 2014. Social networking websites like Facebook, Twitter, and others have greatly improved the virtual world during the last ten years by enabling users to share their thoughts, feelings, ideas, and private material like photos and videos in unprecedented amounts.

Furthermore, as indicated by the rising number of everyday users, social media users have quickly embraced online social contact as a necessary component of daily life. In reality, as of August 27, 2015, Facebook alone claimed an estimated 1 billion active users. It indicates that one in seven individuals on the planet utilised Facebook to interact with their friends and family in a single day.

As a result, social media has a significant impact on a variety of modern digital life areas outside online communication, including business, politics, education, health, and even fundamental human connection. Although the social media phenomena is still relatively young, several empirical studies have assessed the overall impact of frequent

usage of social media on users' physical and mental health. In many of these areas, social media clearly offers advantages.

This lack of comprehension is particularly concerning in the context of today's younger generation, since teenagers and young adults spend a significant amount of time engaging in online socialising and may thus be at a higher risk of harmful consequences. Numerous studies categorise the relationship between social media usage and its unfavourable effects, such as a rise in anxiety, tension, despair, and loneliness. Concerns about social media's negative impacts are raised by the younger generation's greater use of it.

Social Media & Anxiety:

There is evidence that social media use and obsessive behaviour are linked, according to several research. According to a study, 45% of British people report feeling restless when they can't use social networking sites. The virtual generation is said to often check the message on their social networking application, according to Rosen et al. Additionally, it has been shown that younger generations experience restlessness when they are unable to read messages on social networking programmes, leading to a condition known as Phantom vibration syndrome. This is nothing more than an addict's impression of the vibration on his cell phone. Any PVS victim who displays a fixation with monitoring social media frequently demonstrates anxiety brought on by cell phones.

Social Media & Stress:

Social media addiction is at an all-time high in the modern day; once someone joins, it is tough to stop using it. Positive feedback from comments and likes makes it more challenging to quit. Some people contrast their life with their friends' spotless existence. According to Dick (2013), using free social networking sites like Facebook and Twitter allows users to stay in touch with friends and read useful material while also giving up a lot of discretion and privacy. Anxiety is one of the main mental health issues in the modern society. People worry about the views and remarks on the photos and videos they share. Hardly anybody is immune to social media in the modern day. According to The Hearty Soul (2016), using social networking sites like Facebook and Twitter does not help students focus more clearly or feel less pressured since the more time they spend on them, the more miserable they get. Both good and negative impacts of social media on teenage mental health were examined by Kaur & Bashir (2015). Positive benefits include socialising, improved communication, learning opportunities, and access to health information. Negative effects include sexting, depression, cyberbullying, harassment online, exhaustion, stress, emotional repression, and a reduction in intellectual capacity. Nearly everyone in the modern world, ranging in age from 11 to 93, is linked to social media. Young adults are the most frequent users of social media, and a study by Strickland (2014) found that they are also disproportionately at risk of developing mental health issues. Another study by Park, Song, and Lee (2014) found a favourable correlation between college students' acculturative stress and social media applications like Facebook. Similar to Kaur and Bhat (2016), who conducted a thorough examination into the impact of stress on students' mental health and make the argument that stress might have a detrimental impact on students' mental health. Therefore, we might draw the conclusion that youth's mental health may be impacted by excessive social media use.

Social Media and Depression:

Facebook and Depression

The literature mentioned above makes it very evident that social media is the primary factor that not only exacerbates but also feeds mental health issues. A person's excessive use of social media may have terrible consequences, starting with anxiety and ending with despair. According to (Pantic et al., 2012), there is a correlation between teenage depression and Facebook use. These findings were replicated by Rosen et al. (2013), who showed that those who spent the majority of their time online and managing their image on social networking sites had substantial depressive symptoms. In a similar vein, Lou et al. (2012) claimed that students who use Facebook frequently report feeling lonelier. Additionally, it has been discovered that using social media worsens psycho-social issues including self-esteem and adjustment (Kalpidou et al., 2011). According to Davila's (2012) research, young people with severe depressive symptoms had less positive and more negative social connections. On the other hand, Shah & Grant (2002)

and Kraut et al. (1998) showed evidence of an inverse relationship between depression and internet use, and they further argue that various social activities like gaming and talking reduce the risk of depression.

Social media and loneliness:

Young adults are the main demographic that uses social media at an astounding pace. Surprisingly, despite having better connectedness, today's youth are the loneliest generation ever (Pittman & Reich 2016). Since loneliness is often linked to major health issues, it is one of the main worries of today's virtual society (Patterson &Veenstra, 2010; Biovin, Hymen & Bukowski, 1995). The difference between a person's actual and desired degree of social interactions in their social life is how loneliness is best understood. Uncontrolled, unsanitary, and obsessive use of online resources over time, as well as a greater degree of internet usage among the younger generation, both contribute to increased feelings of emotional loneliness, claim Kim, LaRose, and Peng (2009); Yao &Zhong (2013). (Moody, 2001). While the Mental Health Foundation of the United Kingdom claims that despite having access to all social media applications and the infrastructure necessary to host these applications, 60% of young individuals in the age range of 18 to 34 reported feeling lonely (Murphy, 2010). Researchers Skues, Williams, and Wise (2012) found that the more Facebook friends a student reported having, the more loneliness they experience. In contrast, Deters &Mehl (2012) found that those who use social networking less often score higher for shyness and loneliness and are also less socially engaged. Sheldon (2012) also found that individuals who update their statuses more frequently experience less loneliness (2012).

Social Relationships and Mental Health:

A crucial element in maintaining our mental health is friendship (Mental Health Foundation). Quality and quantity of social contacts have an impact on mortality risk, physical and mental health, and health behaviour, according to Umberson& Montez (2010). Social support can prevent hopelessness (Johnson et al., 2001), demoralise avoidant coping (Weaver et al., 2005), squelch loneliness (Schneider et al., 1991), and increase good states of mind, according to a number of empirical investigations (Gonzalez et al., 2004). Contrarily, depression is linked to suicidal thoughts and unfavourable social relationships (Schuster et al., 1990; Chou et al., 2011). (Holmaetal., 2010). According to Reich et al. (2010), social support is consistently associated with greater mental health. A social connection is essential for improving mental wellness. However, the specifics of how social ties affect mental health are a matter of debate among researchers. Due to the social support's capacity to reduce stress, those who received more social support from family and friends experienced less mental health issues following stressful life events (Maulik et al., 2011).

II. CONCLUSION

The researcher thoroughly analysed and synthesised relevant literature on social media and various mental health-related issues. The topic's importance is determined by how social media use and poor mental health are related. Social media use has risky repercussions on the younger generation since issues with mental health that arise in childhood can spread like an epidemic to all people throughout their lives. It is impossible to exaggerate the relevance of ongoing research and analysis of this topic. The deficient relationship between young people's use of social media and their mental health is reflected in current literature, which also highlights the importance of the current problem. It is obvious that the negative impacts of social media use must have consequences, especially for younger generations. The research examined in various sections of the current study explains the significant significance of the correlation between the use of social media and mental health issues in the modern day. The current paper also explains the intricacy of the relationship. The present paper provides insight into the nuanced relationship between youth mental health issues and social media use. Online harassment, depression, sexting/texting, stress, exhaustion, loneliness, a reduction in intellectual ability, cyberbullying, emotion suppression, and lack of attention are some of these issues. These factors all have an impact on young people's mental health, either directly or indirectly. The literature we have read so far as a whole shows how susceptible the younger generation is. The younger generation is facing the challenges of adulthood and is more likely to experience major mental health issues than other generations. The right measures should be taken to lower these hazards, such as organising information and counselling sessions at schools and institutions. To comprehend the consequences that social media consumption has on the mental health of the younger generation, a suitable awareness campaign may be established. Social networking sites have to have an upper age limit. Any social

media platform that promotes negative behaviours like racism, violence, and prejudice should be immediately and fully removed.

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