

Effects of Social Media on Student's Mental Health

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Abstract: *The teaching and learning process of today has been admittedly influenced by the advancement of information and communication technology. Social media is a combination of two words such as Social and Media. Social means interacting and communicating information with other people and receiving the feedback and information from them and Media means the vehicle, channel or instrument to disseminate or circulate the information such as TV, newspaper, radio, social networking etc. It is used to interact and communicate with friends, family and widely used in business world as it provides quick and instant communication and feedback. The users are presumes who create, produce and consumes the content which includes information, audio-visual, photos, digital media and documents etc. social media use may be problematic if it causes you to neglect face-to-face relationships, distracts you from work or school, or leaves you feeling envious, angry, or depressed. Social media can and does have a positive effect on children and teens, whether by teaching social skills, strengthening relationships or just being fun. Persistent use of these social platforms can also have a negative impact, particularly on the mental health and well-being of young users. Smartphone overuse can be a sign of Smartphone addiction and can affect both social and health aspects of users' lives.*

Keywords: Social networking, Psychological Consequences, Social Media, Media Technology, Mental Health.

I. INTRODUCTION

The introduction of smartphone is a revolutionary invention in mobile history, but its increasing use has started showing the negative consequences. Smartphone overuse can be a sign of Smartphone addiction and can affect both social and health aspects of users' lives. The term social networking refers to the use of internet-based social media sites to stay connected with friends, family, colleagues, customers, or clients. Social networking can have a social purpose, a business purpose, or both, through sites like Facebook, Twitter, LinkedIn, and Instagram. The social network is a theoretical construct useful in the social sciences to study relationships between individuals, groups, organizations, or even entire societies (social units, see differentiation). The term is used to describe a social structure determined by such interactions. The term social media refers to a computer-based technology that facilitates the sharing of ideas, thoughts, and information through virtual networks and communities. Social media is internet-based and gives users quick electronic communication of content, such as personal information, documents, videos, and photos. Users engage with social media via a computer, tablet, or smartphone via web-based software or applications.

II. OBJECTIVES

The aim of this study is to determine how social media affects self-reported mental health and the spread of panic about COVID-19

2.1 Different Types of Social Networking

1. Facebook
2. YouTube
3. Instagram
4. Snapchat
5. Whatsapp

1. **Facebook:** More students are using Facebook in the face of the Covid infectious disease. From high school children to college level, all children use Facebook and Facebook Messenger for fun, study purpose, advertising, and exchanging messages with friends. One thing is for certain, the use of Facebook repeatedly comes up in discussions about Internet safety, age-appropriate exposure, and student online behavior. Since then, Facebook has been developed and has become famous to all people around the world. Using Facebook has become one of the habits that each individual has been addicted to because of the various platforms that it offers, such as gathering information, communicating with loved ones, running and advertises a business for entertainment purposes, and many others. Facebook was found to have similar negative effects to Instagram in the categories of bullying, FOMO, body image, anxiety, depression, and loneliness. Facebook also has a particularly negative impact on sleep. However, Facebook had some strong positive effects as well, particularly in the categories of emotional support and community building.
2. **YouTube:** The one social network that stood out from the rest as having an overall positive effect on mental health was YouTube. The video streaming platform scored very high in categories like awareness, self-expression, and community building. YouTube was also the only social network where anxiety, depression, and loneliness lessened with use. Many You Tubers actively try to create an online community where users can support one another. However, a major downside to YouTube was that it has the most negative effect on sleep.
3. **Instagram:** While all social networks appear to have a negative impact on users' body image, body image issues are especially prevalent on Instagram, which is used predominately by females and has a younger age demographic. Photos uploaded to Instagram present an unrealistically perfect image, as countless photos are carefully selected and photo shopped to hide any flaws. "As many as nine in 10 teenage girls say they are unhappy with their body." Whereas once people worried about the body-image expectations created by fashion magazines, Instagram now offers millions of new photos an hour for young girls to compare themselves to swimsuit models, wannabe swimsuit models, scantily clad yoga instructors, and celebrities.
4. **Whatsapp:** WhatsApp is basically a private communication tool. Whenever the notification pings, the hand automatically reaches the phone, no matter how busy you are. This seems distracting. Often checking your phone can affect your productivity and concentration at work. WhatsApp is the most popular and highly used personal communication platform, unlike any other applications. There are 1 billion daily active WhatsApp users. On an average, people who use this app often open it for every 40 minutes. It's a Boon for communication and as well as Bane for productivity and mental health. Below are the reasons that TOO much of WhatsApp is bad for your productivity and mental health. Using WhatsApp for business conversations has already gained ground. Exchanging information, important messages, files and others help in building customer relationships. It has been observed that a lot of workers use WhatsApp during working hours. WhatsApp has some smart features which help ease communication among users. 'Blue Ticks' is one of them. It confirms that the message was read by the receiver.
5. **Snapchat:** The more streaks someone has on this app, the more popular they are on the platform. Having multiple streaks on Snapchat makes kids want to spend even more time on the app. Many kids use Snapchat to become more popular and as a means of social integration. When this doesn't happen, they end up disappointed and sad, which can be damaging to their mental health. Kids can share their info with strangers on this app and be quickly located. Snapchat settings can put kids in danger by allowing anyone to follow their account.

III. CONCLUSION

Social media use has become inherently linked to mental health. This is especially true for young people, who tend to be heavy users and whose brains are actively developing socially and emotionally. "Social media can and should be utilized as a tool for good – the challenge is to ensure social media companies are doing their utmost to make platforms a safe place to be, and for our young people to be equipped with the relevant skills to be able to navigate them and know where to seek help, should they need it."

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