

# SOCIAL MEDIA AND MENTAL HEALTH

<sup>1</sup>Dr. Kuldeep Siwach, <sup>2</sup>Dr. Meenakshi K Singh

**Abstract:** *Social media, communally has become the mental food for human-mind. All through the past decade, online social networking has precipitated profound changes in the manner humans communicate, consume and engage. Several researches have directed that the extended use of social networking which includes Facebook, twitter, Whatsapp can be related to indications and symptoms of melancholy. Several studies have established a solid association between substantial social media usage and an amplified risk for sadness, unhappiness, apprehension, lonesomeness, and even suicidal thoughts. In addition, a few authors have indicated that certain social networks sites sport is probably associated with low vanity, especially in children and teens. The present paper with the help of primary and secondary data is trying to excavate that the excessive use of social media put negative effects on the mental health of the operative user. Present study was an attempt to examine the association Social media consumption and mental construction among the youth. Furthermore to quantify the responses from the sample of 100 active social media users' college students were scanned. Upshots revealed a substantial negative association between excessive usage and mental state.*

**Keywords:** *Social media, mental health, Facebook, Addiction, Depression.*

## I. Historical background of the study

Human beings are social creatures having inbuilt urge of communion. We need the companionship of others to thrive in existence, and the power of our connections has a huge impact on our mental health and happiness. As the social stratification extends, the same way new modes of transferring the information, awareness also take place in every societal system. Being socially linked to others provide comfort and pleasure, save you loneliness, boost self-confidence, add years for your lifestyles or also can ease strain, anxiety, and depression or even mental illness. On the flip side, missing sturdy social connections can pose an extreme chance to your intellectual and emotional health.

Nowadays universally, lots of us depend on social media platforms such as Facebook, Twitter, Snap chat, YouTube, whatapp and Instagram to discover ourselves and hook up with each other. While each medium has its blessings, it's vital to understand that social media can by no means be an alternative for actual-global human connection. It requires in-individual touch with others to cause the hormones that alleviate pressure and make you feel happier, healthier, and more high-quality. Ironically for a technology that's designed to carry people closer together, spending an excessive amount of time attractive with social media can honestly make you sense more lonely and remote and exacerbate intellectual fitness problems inclusive of anxiety and depression. Spending too

---

<sup>1</sup> Asst. Prof., GD Goenka University, India

<sup>2</sup> Asst. Prof., GD Goenka University, India

much time on social media and emotions of sadness, dissatisfaction, frustration, or loneliness are impacting lifestyles of active users, it is the time to re-study your on-line conduct and discover a more healthy stability.

As per the reports by Statista, in 2018, a 24 percent of India's population was accessing social networks. It was estimated that by 2023, this penetration of social networks would be 31 percent of the country's population. With the ease of internet access, the number of social media users in India stood at 326.1 million in 2018. This increase is relatively lower as compared to the growth that occurred between 2016 and 2017. Nevertheless, the social network users in the country were expected to be almost 448 million in 2023. Facebook remained the popular choice among the social media platforms as of 2017.

### **Correlating the social media and mental health**

Social media has become immensely popular even in the countryside of Indian netizens after the robust foundation of Reliance Jio since 2016 and this Reliance Jio has 338m users which is the largest among all telecommunications in India. In 2016, an estimated of 44.7 million adults aged 18 or older in the US had a mental illness. Young adults aged 18-25 had the highest prevalence of any mental illness at 22.1% compared to adults aged 26-49 at 21.1% and aged 50 and older at 14.5%.

“Facebook depression” is a concern resulting from children’s use of social media. Facebook has 400m & 350m users in India which is the largest in the world. FB has 30 crores Indian users whereas Whatsapp has 40 crores whereas Instagram secured 8 crores. Social media may encourage destructive practises such as: Insufficiency about your life or appearance. In recent year’s mental disorders among young adults has become more common. That doesn’t mean they are related, but the numbers are staggering and deserve attention. A report by the American Academy of Paediatrics defines Facebook depression as “depression that develops when teens and preteens spend time on social media sites and then begin to exhibit classic symptoms of depression due to the intensity of the online world.” The factors that may contribute to depression are the various measures of popularity that Facebook creates. In particular, Facebook can make kids feel inadequate due to the “in-your-face” friend tallies, status updates, and pictures of others having a good time. For well-adjusted kids, however, social media can have the opposite effect, boosting their already positive feelings about themselves.

As it turns out, well-adjusted children tend to put their best foot forward, broadcasting only their best attributes and qualities online. They choose what to reveal about themselves and filter or minimize negative characteristics. They are able, in other words, to promote a somewhat deceptively positive sense of self. In response, their friends’ feedback, comments, and posts tend to be overwhelmingly positive, creating a positive feedback loop. For less well-adjusted children, constantly reading about the seeming success of their Facebook “friends” can make them feel worse than in real life where, at least, their peers visibly fail from time to time. The positive spin that popular kids put on Facebook ends up widening the disconnect between how less well-adjusted or unpopular kids view others and how they view themselves. However, it is unknown whether Facebook Depression is a distinct phenomenon or an extension of depression adolescents feel in other circumstances. The American Psychiatric Association does not list Facebook Depression (or Internet addiction) in its diagnostic manual.

### **Present paper is following research objectives:**

- To understand to online behaviour of teens.

- To analyse the socialization of social media among teens.
- To see the virtual socialization over social platforms.

## II. Reviewing the related literature

According to the Pew Research Centre, by 2022, total almost 95% of teens will have smartphones. Fully 95% of teens have access to a smartphone, and 45% say they are online 'almost constantly'. One psychology professor at San Diego State University discovered that teens who spend 5 or more hours a day online were 71% more likely to have at least one risk factor for suicide compared to teens who spent only 1 hour a day online. This risk increases with only two or more hours spent online.<sup>4</sup> Again, this doesn't prove that spending time online causes suicide, but the link between time spent online and other factors linked to suicide is important to study. The quantity of social media structures used and how often they are used is related to young people intellectual health. A current take a look at discovered that the greater social media platforms a young person makes use of, the much more likely they are to have symptoms of despair and anxiety, no matter ordinary time spent on social media.

Another study considered at social media use and social isolation among U.S. young adults. The study used a nationally representative sample of 1,787 19-32-year-olds. It assessed participants' usage of 11 social media platforms: Facebook, Twitter, Google+, YouTube, LinkedIn, Instagram, Pinterest, Tumblr, Vine, Snapchat, and Reddit. The study found that those who visited any platforms at least 58 times per week were three times more likely to feel socially isolated compared to those who used social media fewer than 9 times per week.<sup>6</sup> The researchers concluded that young adults saw themselves as being socially isolated from their peers whether or not it was actually true. Just because they believe that they lack friends doesn't mean that they do. In addition to feelings of social isolation and depression, social media has also been found to be associated with self-image. A study found that greater Instagram use was associated with greater self-objection and concern about body image.

Apart from this social media also has some negative experiences like, Inadequacy about your life or appearance. Even if you know that images you're viewing on social media are manipulated, they can still make you feel insecure about how you look or what's going on in your own life. Similarly, we're all aware that other people tend to share just the highlights of their lives, rarely the low points that everyone experiences. But that doesn't lessen those feelings of envy and dissatisfaction when you're scrolling through a friend's airbrushed photos of their tropical beach holiday or reading about their exciting new promotion at work.

**Fear of missing out (FOMO):** While FOMO has been around far longer than social media, sites such as Facebook and Instagram seem to exacerbate feelings that others are having more fun or living better lives than you are. The idea that you're missing out on certain things can impact your self-esteem, trigger anxiety, and fuel even greater social media use. FOMO can compel you to pick up your phone every few minutes to check for updates, or compulsively respond to each and every alert—even if that means taking risks while you're driving, missing out on sleep at night, or prioritizing social media interaction over real world relationships.

**Isolation:** A study at the University of Pennsylvania found that high usage of Facebook, Snapchat, and Instagram *increases* rather decreases feelings of loneliness. Conversely, the study found that reducing social media usage can actually make you feel *less* lonely and isolated and improve your overall wellbeing.

**Depression and anxiety:** Human beings want face-to-face touch to be mentally healthful. Nothing reduces pressure and boosts your mood quicker or greater efficiently than eye-to-eye touch with someone who cares about you. The more you prioritize social media interaction over in-person relationships, the greater you're at risk for growing or exacerbating temper problems together with tension and melancholy.

**Cyberbullying:** About 10 percent of young adult's record being bullied on social media and many other users are subjected to offensive comments. Social media structures which include Twitter can be hotspots for spreading hurtful rumors, lies, and abuse that can depart lasting emotional scars.

**Self-absorption:** Sharing limitless selfies and all your innermost mind on social media can create an unhealthy self-centeredness and distance you from real-lifestyles connections.

These days, maximum of us get entry to social media through our smartphones or capsules. While this makes it very handy to maintain in touch, it also way that social media is constantly handy. This spherical-the-clock, hyper connectivity can cause impulse manage troubles, the consistent indicators and notifications affecting your concentration and attention, disturbing your sleep, and making you a slave to your smartphone.

Social media structures are designed to snare your attention, preserve you on-line, and have you again and again checking your display screen for updates. It's how the groups make money. But, much like a playing compulsion or an addiction to nicotine, alcohol, or capsules, social media use can create psychological cravings. When you get hold of a like, a percentage, or a good response to a publish, it may trigger the discharge of dopamine in the brain, the equal "praise" chemical that follows prevailing on a slot device, taking a chunk of chocolate, or lighting up a cigarette, as an instance. The extra you're rewarded, the greater time you need to spend on social media, even though it becomes destructive to other aspects of your life.

### III. Discussion and conclusion

A recent study conducted by the OECD, for instance, found that those who used social media more intensively on average had lower life satisfaction. A lack of 'likes' on a status update may cause negative self-reflection, prompting continual 'refreshing' of the page in the hope of seeing that another person has 'enjoyed' the post, thus helping to achieve personal validation. These perceptions reflect one's image in the eyes of others, the absence of gratification may amplify feelings of anxiety and loneliness

It is plain that now not all social media websites are wholesome environments for adolescents. YouTube, Instagram and Snapchat were found the most popular online platforms among teens in Delhi National Capital Region. Bullying, cliques, and sexual experimentation are just as generic on-line as offline. Because youngsters are not true at self-law and are at risk of peer stress, social media websites can be dangerous places to "hang out." The minimum age to get entry to social media websites is 13 due to the fact the Children's Online Privacy Protection Act prohibits websites from collecting facts on children more youthful than 13 without parental permission. However, age is based on self-record, so children younger than 13 can clearly lie about their age and open debts.

Most parents do not absolutely realize social networking websites. And, with many parents' busy schedules, this leaves many youngsters unsupervised within the online global, that could lead to issues. Parental

supervision is as precious on line as its miles offline in instilling values and safeguards. Parents have to take a look at in often with their children to make sure that their on-line behaviour is appropriate. Although it is tempting to accomplish this through frequent tracking, this can result in distrust between figure and baby. Parents need to communicate about appropriate media use early and build a dating of consider surrounding social media. This manner, while there may be a problem your youngster can be much more likely to talk to you. For additional records on guiding your kids through the net and social networking, go to the subsequent web sites: Common Sense Media, Connect Safely, and Safe Teens.

## References

1. Bessiere K, Pressman S, Kiesler S, et al., Effects of internet use on health and depression: a longitudinal study. *Journal of Medical Internet Research* 2010; 12:e6.
2. Blascovich J, Tomaka J. (1991) Measures of self-esteem. In: Robinson JP, Shaver PR, eds. *Measures of personality and social psychological attitudes*. San Diego, CA: Academic Press, pp. 115–155.
3. Chou HT, Edge N. “They are happier and having better lives than I am”: the impact of using Facebook on perceptions of others' lives. *Cyberpsychology, Behavior & Social Networking* 2012; 15:117–121.
4. Gerber GL. (2001) *Women and men police officers: status, gender, and personality*. Westport, CT: Greenwood Publishing Group.
5. Griffiths LJ, Parsons TJ, Hill AJ. Self-esteem and quality of life in obese children and adolescents: a systematic review. *International Journal of Pediatric Obesity* 2010; 5:282–304.
6. Jelenchick LA, Eickhoff JC, Moreno MA. “Facebook depression?” Social networking site use and depression in older adolescents. *The Journal of Adolescent Health* 2013; 52:128–130.
7. Kross E, Verduyn P, Demiralp E, et al. Facebook use predicts declines in subjective well-being in young adults. *PloS One* 2013; 8:e69841.
8. Mann M, Hosman CM, Schaalma HP, et al. Self-esteem in a broad-spectrum approach for mental health promotion. *Health Education Research* 2004; 19:357–372.
9. Pantic I. Social networking and depression: An emerging issue in behavioural physiology and psychiatric research. *The Journal of Adolescent Health* 2014; 54:745–746.
10. Pantic I, Damjanovic A, Todorovic J, et al. Association between online social networking and depression in high school students: behavioral physiology viewpoint. *Psychiatria Danubina* 2012; 24:90–93.
11. Park S, Lee SW, Kwak J, et al. . Activities on Facebook reveal the depressive state of users. *Journal of Medical Internet Research* 2013; 15:e217.
12. Sowislo JF, Orth U. Does low self-esteem predict depression and anxiety? A meta-analysis of longitudinal studies. *Psychological Bulletin* 2013; 139:213–240.
13. Subrahmanyam K, Kraut RE, Greenfield PM, et al. The impact of home computer use on children's activities and development. *The Future of Children/Center for the Future of Children, the David and Lucile Packard Foundation* 2000; 10:123–144.

14. Trzesniewski KH, Donnellan MB, Moffitt TE, et al. Low self-esteem during adolescence predicts poor health, criminal behavior, and limited economic prospects during adulthood. *Developmental Psychology* 2006; 42:381–390.
15. Zhang ZH, Yang LS, Hao JH, et al. [Relationship of childhood physical abuse and Internet addiction disorder in adolescence: the mediating role of self-esteem]. *Zhonghua liu xing bing xue za zhi* 2012; 33:50–53.
16. <https://www.statista.com/statistics/278407/number-of-social-network-users-in-india/> accessed on July 27, 2020.
17. <https://www.pewresearch.org/internet/2018/05/31/teens-social-media-technology-2018/> accessed on July 27, 2020.
18. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4183915/> accessed on July 24, 2020.
19. <http://www.center4research.org/social-media-affects-mental-health/> accessed on July 24, 2020.
20. <https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm> accessed on July 24, 2020.