



SOCIAL MEDIA AND MENTAL HEALTH

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ABSTRACT

Social media is extremely popular in the present era. Social media is forms of electronic communication (Web sites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (videos). People are more connected than ever before. Recent internet surveys indicate that 80% of posts to social media sites consist simply of self-disclosure, specifically announcements about one's own immediate experiences. Social media has both positive and negative effects on the dimensions of health. Considering social media's popularity and wide impact on society, this topic is of immense importance.

KEYWORDS :**INTRODUCTION**

Social media (SM) is a way to communicate and share content through various technological platforms such as Facebook, Instagram, Twitter, Snapchat, Tumblr, etc. Research on the growing popularity of social media use has found that nearly 8 in 10 Americans use social media, which amounts to a total population basis of 68% on Facebook, 21% on Twitter, 25% on Pinterest, and 26% on Instagram. Statistics show that the extent of time people spend on social media sites amount to significantly high rates. On average, 28% of the time spent using the internet is for social media interaction (1). During the most recent 5 years, the quantity of preadolescents and youths utilizing social networking sites has expanded significantly. As per the recent survey, 22% of adolescents sign on to their top choice social networking sites over 10 times each day, and the greater part of young people sign on to SNS more than once a day. Seventy-five percent of young people presently use phones, and 25% use them for social media, 54% use them for messaging, and 24% use them for instant messaging. Thus, a huge amount of this current age's social and enthusiastic advancement is happening while on the Internet and cell phones.(2)

BACK GROUND

According to Pew Research Centre, YouTube and Facebook are the most-widely used online platforms, and its user base is most broadly representative of the population as a whole. Some of them also use sites such as Twitter, Pinterest, Instagram and LinkedIn. (3)As of 2019 statistics (Felix Richter, 2019), 2.7 billion people used Face book, Instagram, or Messenger each month and more than 2.1 billion people use at least one every day. Among them more than 1 billion who were dynamic client's of Facebook which is the most visited site the utilization of this application the young don't think pretty much all companions, the client's bio information is accessible there and the obscure companion might be have their information. Just about 1 billion were dynamic clients of YouTube, over 4 million are WhatsApp dynamic clients, likewise 4 million were perpetual clients of Instagram and above 3 million were dynamic clients of twitter. (2) The study by Tamir and Mitchell (2012) experimentally examines the connection between self-disclosure and reward within an online social media framework, seeking to explain the prolific rise in the usage of social media sites such as Facebook and Twitter. A large concentration of neurons synthesising the neurotransmitter dopamine have been identified in the ventroanterior midbrain, specifically the ventral tegmental area (VTA), the substantia nigra and the nucleus accumbens. This system is known as the mesolimbic dopamine pathway, where the dopamine producing neurons project to a number of important brain areas The nucleus accumbens and ventral tegmental area (VTA) have been shown to respond consistently to the presentation of natural rewards, as well as

reward-predicting stimuli; indicating that these brain areas are likely to be critical for the identification and utilisation of important rewards and events in the environment. the activation of the reward system in response to the act of self-disclosure to others is one of the possible explanations for the increasing use of social media, as well as the propensity for people to comment on their everyday experiences in these mediums.(4)

With an increase in the use of social media over the last decade, it is important to assess any impact social media might have on mental health.

Research Strategy

The research was conducted to identify studies analyzing the role of social media on mental health. Google Scholar was used as our main database to find the relevant articles. Only open access journals were included. Keywords that were used for the search were: (1) "social media", (2) "mental health", (3) "social media" AND "mental health", (4) "social networking" AND "mental health", and (5) "social networking" OR "social media" AND "mental health".

Review

Mental health is defined as a state of well-being in which people understand their abilities, solve everyday life problems, work well, and make a significant contribution to the lives of their communities.(5) There is a debate presently going on regarding the benefits and negative impacts of social media on mental health.

A cohort study population based data from the UK millennium showed greater social media use related to online harassment, poor sleep, low self-esteem and poor body image; in turn these related to higher depressive symptom scores. Multiple potential intervening pathways were apparent, for example: greater hours social media use related to body weight dissatisfaction (≥ 5 h 31% more likely to be dissatisfied), which in turn linked to depressive symptom scores directly (body dissatisfaction 15% higher depressive symptom scores) and indirectly via self-esteem.(6)

The use of social media has spiked so high over the past decades which has increased lots of expectations such as; a) the prediction of social media use by gender as boys appear to spend most of their time browsing the internet while girls engage in chatting, b) that the use of social media leads to adolescent depression and isolation, c) that adolescents uses social media for diverse unknown things.(7) Switching over profile to profile may negatively affect mental health.

According to a report by O'Brien, David Smallwood an addiction expert from the British Medical Journal, says "that

social networking sites are fueling insecurity and creating an unhealthy obsession with building large friend lists among certain vulnerable groups." In addition they may also foster "an unhealthy competitive spirit about popularity, social networks may augment feelings of rejection when friend requests are denied."

A survey study conducted in California Polytechnic State University among 78 random participants of age group 17-26 who all have an account on Facebook. Emotions that had the most variance were caring, loving and active, but the variances were not large enough to be significant. As per study, when viewing five friends' pages, caring dropped from a mean of 3.19 to 2.86. When viewing ten friends' pages, caring dropped from a mean of 2.48 to 2.37. Results show that these three emotions had the most changes before and after viewing Facebook, however they do not support the hypotheses that viewers will experience more negative feelings after viewing Facebook. This study result was not consistent with other studies. (8)

Orben *et al.* analyzed social media use among more than 12,000 teenagers in the United Kingdom over the course of 8 years to determine whether increased social media use predicted reduced life satisfaction over time. They found virtually no effect of social media use on life satisfaction either between individuals or in the same individual across time. These results suggest that concern over the use of social media and its relationship to mental health may be unwarranted. (9)

Another conducted in Indonesia looked specifically at Facebook, Twitter and chat, and analysed 22,423 individuals across nearly 300 districts of the country. Researchers said that the country's high levels of inequality are highlighted on social media leading to envy and resentment at seeing happy, positive social media images of how others live. It found that social media had a detrimental effect on mental health which has been documented globally. But the authors noted specifics to developing countries such as Indonesia. (10) A representative surveys of 13- to 18-year-old adolescents in the U.S. and UK (total N = 221,096) examining digital media use in hours per day and several measures of psychological well-being separately in each of the three datasets. This study shows that Adolescent girls spent more time on smartphones, social media, texting, general computer use, and online, and boys spent more time gaming and on electronic devices in general. Associations between moderate or heavy digital media use and low psychological well-being/mental health issues were generally larger for girls than for boys. (11)

In a systematic review among lesbian, gay and bisexuals, it found that exposure to cyberbullying on social media among LGB individuals was frequent, and the majority of those who experienced it reported feelings of depression. Compared with heterosexual youth, bisexual boys and girls were more likely to report cyberbullying. Among LGB boys and girls, cyberbullying was directly and independently associated with psychological distress, depression, engaging in physical fights, and suicidal thoughts or suicide attempts. Compared with heterosexuals, sexual minority users of an online forum group also had higher rates of suicidality. (12)

Two cross-sectional surveys of American and German university students, respectively, found that students who spent more time on the social media platform Facebook were more likely to endorse feeling envy or sensing that others in their social network were better off than they were. An observational study showed that spending more than a few

hours per week using electronic media correlated negatively with self-reported happiness, life satisfaction and self-esteem, whereas time spent on nonscreen activities (in-person social interactions, sports or exercise, print media, homework, religious services, working at a paid job) correlated positively with psychological well-being, among adolescents. (13)

DISCUSSION

This study has attempted to analyze the existing literature on the effect of social media use on mental health. Although the results of the study were not completely consistent, this review found a general association between social media use and mental health issues. Although there is positive evidence for a link between social media and mental health, the opposite has been reported.

For example, in a study it is found that social media use increases inequality among people of developing country. Anxiety and depression were the most commonly measured outcome. The prominent risk factors for anxiety and depression emerging from this study comprised time spent, activity, and addiction to social media. (10) In today's world, anxiety is one of the basic mental health problems. People liked and commented on their uploaded photos and videos. In today's age, everyone is immune to the social media context. Some teens experience anxiety from social media related to fear of loss, which causes teens to try to respond and check all their friends' messages and messages. Another study assessed gender differences in associations between social media use and mental health. Females were found to be more addicted to social media as compared with males. (6)

CONCLUSION

Social media is a new study that is rapidly growing and gaining popularity. Thus, there are many unexplored and unexpected constructive answers associated with it. Lately, studies have found that using social media platforms can have a detrimental effect on the psychological health of its users. However, the extent to which the use of social media impacts the public is yet to be determined. This study is an attempt to understand the current scenario. There are contradictory findings regarding social media use and mental health. So it calls for intensive researches in this field.

Conflict of interest- None

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