



SOCIAL MEDIA HAS CONNECTED PEOPLE IN UNPRECEDENTED WAYS: ITS NEGATIVE EFFECTS ON MENTAL HEALTH

**Khumukcham
Anupama Devi**

Tutor, College of Nursing AIIMS Patna, Phulwarisharif, Patna, Bihar-801505

**Sudhakar Kumar
Singh***

Associate Professor, MGM College of Nursing Patna*Corresponding Author

KEYWORDS : Social media, effect, mental health

Introduction

Social media has become an integral part of modern society, with millions of people around the world using platforms such as Facebook, Twitter, Instagram, and TikTok to connect with others, share information, and express themselves. While social media has many benefits, including the ability to build relationships and access information quickly, it has also been linked to negative effects on mental health. This essay will explore both the positive and negative effects of social media on mental health, as well as the concept of social media addiction and ways to mitigate the negative effects.

Positive Effects of social media on Mental Health

While much of the discussion around social media and mental health focuses on the negative effects, it is important to recognize that social media can have positive effects as well. For example, social media can provide social support, reduce loneliness, and help people connect with others who share their interests and experiences. Studies have also shown that social media can be a source of inspiration and motivation for some people, encouraging them to pursue their goals and interests.

Negative Effects of social media on Mental Health

Despite its positive effects, social media has also been linked to negative effects on mental health. One of the most common negative effects is increased stress and anxiety, with many people feeling pressure to present a perfect image of themselves online. Social media can also promote unrealistic expectations and body image issues, with many people comparing themselves to others and feeling inadequate as a result. Cyberbullying is another negative effect of social media, with many people experiencing harassment, abuse, and intimidation online.

Social Media Addiction and its Impact on Mental Health

Social media addiction is a relatively new concept, but it has already been linked to negative effects on mental health. People who are addicted to social media may spend hours scrolling through their feeds, neglecting other aspects of their lives such as work, school, and relationships. This can lead to poor sleep quality, decreased productivity, and decreased self-esteem. Social media addiction has also been linked to symptoms of depression, anxiety, and other mental health disorders.

Ways to Mitigate the Negative Effects of social media on Mental Health

While it is not always possible to avoid the negative effects of social media, there are ways to mitigate them. One effective strategy is to set boundaries, such as limiting the amount of time spent on social media each day or turning off notifications. Another strategy is to engage in mindful social media use, which involves being aware of how social media affects your mood and taking steps to manage your emotions. Seeking professional help, such as therapy or counseling, can also be helpful for people who are struggling with the negative effects of social media on their mental health.

Conclusion

Social media has both positive and negative effects on mental health. While it has connected people in unprecedented ways, it has also been linked to increased stress and anxiety, unrealistic expectations, body image issues, and cyberbullying. Social media addiction is a relatively

new concept, but it has already been linked to negative effects on mental health. However, there are ways to mitigate the negative effects, such as setting boundaries, engaging in mindful social media use, and seeking professional help when needed. By understanding the potential risks and benefits of social media, we can use it in a way that promotes our mental health and well-being.

REFERENCES

- Best, P., Manktelow, R., & Taylor, B. (2014). Online communication, social media and adolescent wellbeing: A systematic narrative review. *Children and Youth Services Review, 41*, 27-36.
- Burke, M., Marlow, C., & Lento, T. (2010). Social network activity and social well-being. In *Proceedings of the SIGCHI conference on human factors in computing systems* (pp. 1909-1912).
- Chen, L., Yan, Z., Tang, W., Yang, F., & Xie, X. (2016). Correlations between addictive social media use and mental health indicators among adolescents in southern China. *Journal of Behavioral Addictions, 5*(3), 447-455.
- Fardouly, J., Diedrichs, P. C., Vartanian, L. R., & Halliwell, E. (2015). Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood. *Body image, 13*, 38-45.
- Kuss, D. J., & Griffiths, M. D. (2011). Online social networking and addiction—A review of the psychological literature. *International Journal of Environmental Research and Public Health, 8*(9), 3528-3552.
- Lin, L. Y., Sidani, J. E., Shensa, A., Radovic, A., Miller, E., Colditz, J. B., ... & Primack, B. A. (2016). Association between social media use and depression among US young adults. *Depression and anxiety, 33*(4), 323-331.
- Tandoc Jr, E. C., Ferrucci, P., & Duffy, M. (2015). Facebook use, envy, and depression among college students: Is facebooking depressing?. *Computers in Human Behavior, 43*, 139-146.
- Twenge, J. M., Campbell, W. K., & Martin, G. N. (2018). Decreases in psychological well-being among American adolescents after 2012 and links to screen time during the rise of smartphone technology. *Emotion, 18*(6), 765-780.