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The Impact of Social Media on Student Mental Health and Learning - A Mini Review

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A B S T R A C T

Education is the most important haven for the future generation of a country. In this way, when education is at the top of a country, everyone involved is equally important. Among them, school students have a special place. Similarly, the use of social media, which is popular even among school students, has entered into the daily processes and is being discussed more and its various positive and negative effects have been identified. Therefore, there is a need to investigate the impact of social media on the mental health and learning of these students, and this research was conducted with that objective in mind. For that, the facts were summarized based on the research data done by the researchers. According to that, nowadays the use of social media is widespread among schools and children, but it was clear that the use of social media provides a haven for sharing knowledge and acquiring new knowledge, but it causes bad effects through constant use and misuse. Without proper guidelines. That is, through misuse of social media, students experience anxiety, lack of creativity, stress, anti-social behavior, depression, cyberbullying, sexism, fatigue, emotional suppression, and retardation in learning. Specifically, it shows a low nature of achieving learning goals and there is a risk of resorting to various anti-social activities and there is a possibility of resorting to various addictions. That is, school students should use social media under proper guidance and should be given proper knowledge about the use of social media, and should be properly guided to use this social media as a tool to achieve their learning goals. If not, the risk of future generations being in serious danger is not far away.

Keywords: Keywords: Social media, Mental health, Students, Learning, Education

1.1 Introduction

Social media, which is expanding rapidly day by day, is developing in different aspects. This social media affects the mental health and education of students in various ways and it is an urgent need to investigate. Although mental health has various definitions, it can be simply defined as emotional, mental, and social well-being. Each person is at a different mental level. Also, the way each person thinks, feels, and acts varies according to their mental level. Moreover, it also helps determine how a person deals with stress and interacts with others. It is widely accepted that mental health and mental well-being are essential to a happy, fulfilling, and meaningful life. (Thirunavurakasu et al, 2013). Research has shown that engaging in various forms of social media can improve communication, social relationships, and technical skills for children and young people. (Zheng, et al.,2020). Mental health problems can interfere with a student's energy level, concentration, confidence, mental ability and optimism, performance, and are associated with lower grades in academic subjects and dropping out of school. (American College Health Association, 2015). Also, excessive use of social media is similar to addiction (Hussain & Griffiths, 2021., Hussain & Starcevic, 2020). It is among the most common mental illnesses among young people with severe negative consequences such as anxiety, mood, attention, conduct disorders, and low self-esteem (deepaCheng et al, 2021., Lebni et al,2020., O'reilly et al, 2018). Without early diagnosis and treatment, children with mental disorders can have problems at home, at school, and with friendships. Mental disorders can interfere with a child's healthy development and are associated with problems in adulthood. Adolescent mental health problems often go hand-in-hand with other health and behavioral risks, such as an increased risk of drug use, experiencing violence, and engaging in high-risk sex that can lead to HIV, STDs, and unintended pregnancy. (Haddad et al., 2021). Incorporating social media can be a challenging instructional strategy because it seeks to balance pedagogical authority with active student participation. Collaboration through social media supports creativity. Social media provides a platform to gain extensive knowledge about a subject, making it easier for students to pursue their studies. (Kelleher and Stevens, 2009). As a result, students and educators become equal participants in the knowledge-sharing process. Although this has many advantages, it facilitates cyber-piracy, abuse, and cyber-harassment. (Chen & Bryer, 2012; Frye et al., 2010; Jackson, 2011; Smailes & Gannon-Leary, 2011). To avoid it, it is imperative to establish standards and have proper guidelines for the use of social media.

1.2 Impact of Social Media on Students

According to Barreto & Whitehair (2017), social media is defined as a variety of electronic communications designed to share information, personal messages, ideas, and other content among communities, and social media such as Facebook and Twitter are developing at an unprecedented rate. Krasnova

et al (2008) state that social networks provide an environment for like-minded users to gather and exchange ideas. Tobi, Ma'on, and Ghazali (2013) found that online social networks have a positive effect on students' social and mental health. They further stated that this has a positive effect on user trust. Also, there is an opportunity to use social media such as Facebook, YouTube, and Instagram, which are widely used among students as a supportive learning environment. (Kaya and Bison, 2016). Schill (2011) has stated in his research that social media sites encourage students to engage in negative behaviors such as drug addiction and various anti-social activities.

1.3 Students' mental health and the Impact of social media

Using social media activates the brain's reward center by releasing dopamine, a chemical associated with pleasurable activities such as sex, food, and social interaction, and is associated with an increased risk of addiction, anxiety, depression, and physical illness. (Laacke et al, 2021). Young people and school students are often identified as the group most affected by mental illness and turn to social media to disrupt their studies. (Kessler & Ustun, 2008; Layard, 2017). There is an inverse relationship between time spent on social media and susceptibility to mental illness. (Muringassery & George, 2021). Bashir & Bhat (2017) found that negative effects of social media include antisocial behavior, depression, cyberbullying, sexism, fatigue, stress, emotional suppression, addictions, and decline. According to research done by Strickland (2014) regarding cognitive abilities, every person in the world between the ages of 11-93 is connected to social media, and among them, young adults are the most active users of social media. Young people are more exposed to social media such as Facebook and the risk of mental health problems is also high. (Jeoung et al, 2014). Research conducted by Bashir and Bhat (2017) revealed that stress on students' mental health negatively affects students' mental health. Social networking sites are growing day by day and it helps to surf in different ways and build relationships with peers, school friends, and people with common interests. Similarly, they explained in their study that the reason people suffer from mental health problems is that they use more social media (Deepa & Priya, 2020). Schønning et al. (2017) further explained that excessive internet surfing causes problems in emotional well-being. Naveen (2017) revealed through research that people who use the Internet for a long time are inspired by accidents. Taking a similar view to the above, Deepa & Priya, (2020) have said that the use of social media leads to hostile and unsafe behavior and is clearly harmful to the emotional well-being of young people in particular. In addition, they stated that the youth of the 21st century spend 12-15 hours a day using phones, computers, workstations, televisions, and other devices to be active on social media and use their energy for various social conflicts. Hence, there is a real danger to the mental well-being of young people through surfing the Internet and the incidence of side effects is growing because the situation is widening day by day.

1.4 Impact of social media on student learning

Ebner and his colleagues (2010) use microblogs as social media to help students learn informally outside of classrooms. Moreover, social media are heavily used for educational purposes such as sharing practical and academic information, experiences, social support, and connecting with peers among students. Also, programs such as music that clear the mind of students can be viewed through social media (Hrastinski and Aghaee, 2012). Many studies have found a correlation between the use of social networking sites and student engagement. This is because students who are constantly interacting with social media are aware of changes and updates in the world (Heiberger & Harper, 2008; Rutherford, 2010; Rodriguez, 2011; Junco et al., 2012). Scholars such as Cole et al, 2009 and Väljataga & Fiedler, 2009 have shown in their research that although social media can increase students' learning based on their support for student interaction, various problems may arise through it. It has also been shown that there is a possibility of stopping various anti-social acts and addictions. Arnold and Paulus (2010) indicated that students use social media freely and incorporate technology to achieve their educational goals. Furthermore, Lin et al., 2013 indicated that as a student's age increases, the frequency of off-topic discussions also increases. The reason for this, researchers say, is that social media provides unnecessary stimulation and can distract students (Hurt et al., 2012; Tarantino et al., 2008). While social media creates a positive haven for knowledge creation and dissemination, it also creates a platform for cyber-piracy, abuse, and cyberbullying. (Jackson, 2011; Chen & Bryer, 2012). Considering various social media, students mostly like to use Facebook, Twitter, and YouTube, and giving guidelines to those students to focus on their academic progress can go a long way in avoiding the negative aspects of social media. (Rithika & Selvaraj (2013). That is, the use of social media in students' classrooms should be done through appropriate guidelines.

Conclusion

Social media, which is gaining popularity day by day, has now become more popular among school students and young people. The younger generation has rapidly adapted to the use of these social media by building a friendly associations and sometimes creating a suitable environment to spend time through this social media. As a positive result of students' use of social media, it creates an environment conducive to acquiring new knowledge, updating knowledge, sharing and distributing knowledge, aesthetic enjoyment, religious preaching, socializing, trading, and purchasing. The negatives here are missocialization and prevalence of antisocial behavior, stress, anxiety, students abandoning their learning goals and moving on to other goals, cyber theft, abuse and cyberbullying, antisocial behavior, depression, sex, fatigue, Stress, emotional suppression, addictions, degeneration, etc. Likewise, through this improper use of social media, the desire to learn decreases, creativity is damaged and the quality of learning is compromised. If this social practice is used with proper standards and understanding, possible adverse consequences can be avoided. Therefore, it is mandatory to provide proper guidance to school students, especially regarding the use of social media.

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