TO ASSESS THE ROLE OF TECNOLOGY AND SOCIAL MEDIA IN ADOLESCENT SUICIDE.

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ABSTRACT :

This study investigates the intricate relationship between adolescent suicide ideation and the influence of social media and technology. The rapid evolution of technology and the ubiquitous presence of social media platforms have significantly influenced various aspects of adolescent life. This conceptual paper aims to provide a comprehensive analysis of the interplay between technology, social media, and adolescent suicide. Drawing on existing literature and theoretical frameworks, the paper examines the multifaceted ways in which technology and social media impact adolescent mental health, including factors such as cyberbullying, online harassment, social comparison, and exposure to harmful content. Furthermore, the paper explores potential mechanisms through which technology and social media may contribute to suicidal ideation and behaviours among adolescents, such as the contagion effect and the dissemination of harmful ideologies. Additionally, the paper discusses preventive measures and intervention strategies aimed at mitigating the negative effects of technology and social media on adolescent mental health and reducing the incidence of adolescent suicide. By offering a conceptual framework for understanding the complex relationship between technology, social media, and adolescent suicide, this paper seeks to inform future research efforts and guide the development of targeted interventions to promote adolescent well-being in the digital age.

KEY WORDS: Adolescent suicide ideation, Social media, Technology , Cyberbullying, Online harassment, Social comparison, Harmful content, Contagion effect, Harmful ideologies, Preventive measures, Intervention strategies, Adolescent mental health, Well-being, Digital age

INTRODUCTION :

SUICIDE

Suicide refers to the act of intentionally ending one's own life, often due to overwhelming emotional pain, mental illness, or a sense of hopelessness. It is a complex phenomenon influenced by various factors such as psychological, social, and environmental stressors. Prevention efforts often focus on promoting mental health awareness, providing support systems, and addressing underlying issues contributing to suicidal ideation.

Suicidal thoughts which mean's thoughts or feelings to end one's own life or feeling that their existence is not needed or that they are a burden to the world. it can also mean thinking about ways of taking their own life. Research shows that young adults who use social media are three times as likely to suffer from depression putting a large population at risk for suicidal thoughts and behaviours.

Spending more time watching the screen will replace the precious time spent interacting face to face, physical exercise and adequate sleep all of which are very important for all of which are very important for mental health/ wellbeing. using the screen more can lead to issues such as cyber bullying, unhealthy eating pattern social isolation and disrupted sleep and many mental health challenges. It increased the risk of anxiety inducing or distressing content, further impacting an individual wellness.

The Centre's for Disease Control and Prevention has cited suicide as the second-leading cause of death in adolescents ages 15-19 (2020a). Underlying mental health conditions can cause teenagers to perceive difficult situations, such as friendship problems, break-ups, academic failure, and trouble at home as insurmountable. With age comes perspective; young people experiencing the intensity of these stressors may believe these difficulties will never end (Mayo Foundation, 2021).

The continuation of the COVID-19 pandemic has placed tremendous stress upon all populations but has impacted adolescents in specific ways. Children thrive in conditions that promote routine, and the need for social distancing has interrupted that constancy. As a result of disruptions in learning, socialization, athletics, worship, and health services, stressors affect social, emotional, mental, and physical health (Centre's for Disease Control, 2021b). Since the onset of the pandemic, concerning data suggests that among girls ages 12-17, emergency room visits for attempted suicide have increased by 50% (Yard, 2021). Young people are suffering and at an increased rate.

Negative effects of social media

Social media can have a negative impact on individuals mental health. According to Holzbauer the younger generation who has grown up with social media and the ability to see anything, anytime, anywhere. Their ability to tolerate the pain of waiting has been destroyed because we can google the

answer to everything. Cyber bullying acts as a global concern where individuals are frequently, humiliated and exploited and twisted online. These behaviour as lead to mental

and emotional distress among individuals. Using exercise social media can distract students from their studies which makes the student difficult to maintain their time usefully and focus on their academics. Social media is a large platform used to spread information but also false rumours, misinformation and falsehoods about individual or events. Social media collects all the sensitive and personal information of an individual and putting your information out in the public can be very dangerous for an individuals life .

TECHNOLOGY:

Technology is the use of scientific knowledge for practical purposes and for solving problem. Technology is the practical use of scientific knowledge, tools, and methods to address challenges or accomplish particular objectives. It spans various fields like electronics, computing, telecommunications, engineering, and beyond. Technological progress entails creating and employing systems, devices, and procedures to improve efficiency, convenience, communication, and human abilities.

Technology refers to the application of scientific knowledge for practical purposes, especially in industry and commerce. It encompasses a wide range of tools, systems, and techniques that facilitate human activities, improve efficiency, and solve problems.

"Technology is the practical application of knowledge, especially in a particular area." (Merriam-Webstermid-19th century)

"Technology refers to tools, machines, systems, and methods used to solve problems or accomplish tasks."(David Nye 2006)

"Technology encompasses the application of scientific knowledge for practical purposes, especially in commerce and industry."(Richard S. Rosenbloom1994)

SOCIAL MEDIA:

Social media refers to online platforms and applications that enable users to create, share, and interact with content in virtual communities and networks. It facilitates communication, networking, and collaboration among individuals and groups across various geographical locations.

"Social media are computer-mediated technologies that facilitate the creation and sharing of information, ideas, career interests, and other forms of expression via virtual communities and networks."(Andreas M. Kaplan and Michael Haenlein 2010)

"Social media refers to web-based platforms that allow individuals or organizations to create, share, or exchange information, ideas, pictures/videos, and other content in virtual communities and networks."(Jan Kietzmann, Kristopher Hermkens, Ian P. McCarthy, and Bruno S. Silvestre 2011)

ADOLESCENT:

Adolescent refers to the stage of development between childhood and adulthood, typically occurring during the teenage years. It is marked by physical, psychological, and social changes as individuals transition from childhood to adulthood.
"Adolescence is the period of life that begins with the onset of puberty and ends with the transition to adulthood, typically characterized by physical, psychological, and social changes."(G. Stanley Hall 1904)

"An adolescent is an individual who is in the transitional stage between childhood and adulthood, typically characterized by rapid physical growth, cognitive development, and exploration of personal identity."(Jean Piaget 1969)

REVIEW OF LITERATURE

Jeffrey Roberson , Amy Caggiula, Natalia Monsalve , Murwarit Rahimi, and Vanessa Torres-Llenza4 Oct 2019 in their paper " Social Media and Suicide: A Review of Technology-Based Epidemiology and Risk Assessment "An examination of existing literature reveals various obstacles to initiatives aimed at preventing suicide, such as media coverage, the impact of social media, ethical considerations regarding physicians accessing patients' social media accounts, and geographical challenges. This body of literature suggests that utilizing social media platforms can enhance the available information and fill critical gaps when assessing individuals for suicidal tendencies and risky behaviours. This approach can contribute to preventing suicide and offer essential insights for the treatment of individuals who have attempted suicide.

Patrick Jamieson, Danial Romer May 2003 in their paper "Media Contagion and Suicide Among the Young" This literature says that the young are particularly susceptible to model acts committed by those of the same age group, the increase in the depiction of suicide in film is cause for concern. Developing guidelines for fictional portrayal similar to those created for news coverage would be desirable. The substantial evidence that vulnerable youth are susceptible to the influence of reports and portrayals of suicide in the mass media underscores the importance of educating media professionals about the potential for suicide imitation and ways to avert it.

Jo Robinson,1 Georgina Cox,1 Eleanor Bailey1 Sarah Hetrick,1 Maria Rodrigues,2 Steve Fisher2 and Helen Herrman1october 2016 in their review"Social media and suicide prevention: a systematic review" The objective of this study was to conduct a systematic review aimed at identifying current evidence regarding the utilization of social media as a tool for suicide prevention. The findings suggest that social media platforms facilitate access to information, support, and counselling for individuals at risk of suicide. Additionally, they enable these individuals to share their experiences in a format that is flexible, timely, and easily accessible. Moreover, social media platforms provide a safe and non-judgmental environment where individuals can both seek and offer support simultaneously. This fosters the creation of unique and positive identities, which might not have been achievable through other means.

Candice Biernesser PhD, Megan A. Moreno MD, MS, Ed, MPH, Giovanna Porta MS, Edward Hamilton, Kelsey Johnson LPC, Kimberly D. Poling LCSW, Dara Sakolsky MD, PhD, David A. Brent MD, Tina G. Goldstein PhD in their paper" Social media use and prospective suicidal thoughts and behaviors among adolescents at high risk for suicide" Reduced engagement with social media platforms, both overall and particularly in messaging, was associated with an increased likelihood of experiencing suicidal ideation with a plan within the subsequent 30 days. However, no significant impact was observed on actual suicidal behaviour. Multilevel modelling revealed no direct effects of social media use on depression levels or the average frequency of suicidal thoughts. Nevertheless, individuals who reported lower levels of social media usage exhibited a sustained presence of depressive symptoms and experienced more days characterized by passive death wishes throughout the initial month of treatment. This study examined how social media usage correlates with suicidal thoughts and behaviours among adolescents undergoing an intensive outpatient program (IOP) for depression and suicidality during the first 30 days. These findings underscore the importance of integrating social media engagement into assessments of social dysfunction within depression and suicidality treatment paradigms.

Victor Leiva and Ana Freire 02 November 2017 this paper "Towards suicide prevention: early detection of depression on social media" they aim to improve the state of art of time-aware early detection of depression on social media by Considering innovative measures that are specific for early detection. Extracting text features in a more accurate way than the current approaches, by including sentiment analysis. By Exploring the behaviour of classic and modern machine learning techniques to better predict positive cases. Studying if genetic algorithms can improve the previous results. We give more details about this proposal in the next subsections. This paper has investigated how to better detect early risk of depression in social media, by optimizing time-aware classification measures.

Andrew T.A. Cheng, Keith Hawton, Tony H.H. Chen, Amy M.F. Yen, Jung-Chen Chang, Mian-Yoon Chong, Chia-Yih Liu, Yu Lee, Po-Ren Teng and Lin-Chen Chen 20 February 2007" The influence of media reporting of a celebrity suicide on suicidal behaviour in patients with a history of depressive disorder This study investigates possible influences of media reporting of a celebrity suicide on subsequent suicidal behaviours and associated risk factors among depressive patients .The findings provide further convincing evidence to support a strong association between inappropriate media reporting of celebrity suicide and subsequent suicidal behaviours. They suggest that particular attention in terms of potential negative media influences in patients with depressive disorders should be paid to those who are younger, currently depressed, and have made a recent suicide attempt.

Eindra Khin Khin 16 April 2018 "Traditional and new media's influence on suicidal behaviour and contagion" The objective is to revise guidelines aimed at reducing the potential adverse consequences of both traditional and emerging media on suicidal behaviour and the spread of suicide ideation. Extensive research consistently indicates that media coverage of suicide can profoundly influence suicide rates. However, uncertainties persist regarding the precise elements contributing to the "Werther effect." The intricate interplay of factors such as the attributes of the initial suicide victim, the nature and standard of media reporting across various platforms, and the characteristics of subsequent individuals affected by suicide, including their personal risk factors, poses considerable challenges to research in this domain.

Baymukhambetova, Botagoz; Ogiyenko, N.; Ibrayeva, Rakhima; Nurmagambetova, Lyaylya; Kovsh, Natal'ya; Shilov, Igor 2017" Study of the influence of mass media on the formation of suicidal thoughts among adolescents" The article presents findings from an online survey conducted among adolescents, exploring the impact of mass media on the development of suicidal ideation and the examination of websites dedicated to suicide-related topics. The survey unveiled that a significant portion of adolescents extensively utilize the Internet, frequently encountering suicide-related information on social media platforms and informational websites. Additionally, the research indicated that the prevalence of violence and crime portrayed on television significantly influences the formation of suicidal tendencies among adolescents. This exposure ingrains in their minds the concept of "everyday" violence and death, encompassing acts such as murder and suicide.

Sally M. Dunlop, Eian More, Daniel Romer 10 June 2011 "Where do youth learn about suicides on the Internet, and what influence does this have on suicidal ideation" This study aimed to investigate whether Internet platforms, such as online news outlets and social networking websites, expose young individuals to suicide-related content that could potentially elevate suicidal thoughts. While conventional sources of suicide information, primarily friends and family or newspapers, were frequently mentioned (79%), online sources also played a significant role (59%). Social networking sites were commonly cited as sources, yet no notable correlation was found between exposure to them and increased ideation. However, online discussion forums were both frequently cited as sources and linked to heightened levels of ideation. The Internet, particularly social networking sites, serves as crucial platforms for sharing suicide-related narratives. Nonetheless, discussion forums appear to be particularly associated with elevated levels of suicidal ideation. Enhanced efforts are needed to promote Internet platforms tailored to young audiences that facilitate effective coping strategies for managing feelings of hopelessness and suicidal ideation.

Dr. Jody Quigley, Dr. Susan Rasmussen, and Dr. John McAlaney "The Associations Between Children's and Adolescents' Suicidal and Self-Harming Behaviours, and Related Behaviours Within Their Social Networks: A Systematic Review" The review underscores the significance of social influences, including observing suicidal and self-harming behaviours among peers, as a risk factor for similar behaviours in young individuals. However, there's a lack of comprehensive synthesis of this evidence. The findings indicate that such associations are evident globally, emphasizing the need for further investigation. Particularly, the study highlights the importance of considering social networks' impact in designing interventions. A crucial aspect apparent in many reviewed studies is the potential mismatch between individuals' perception of others' engagement in suicidal and self-harming behaviours and the actual prevalence of such behaviours. Research in social norms across different behavioural domains suggests that people's perception of others' behaviour may not always align with reality, and overestimation of norms often correlates with increased personal behaviour. Given that the reviewed literature heavily relies on self-reports of others' behaviours, there's a possibility of overestimation, leading to an increase in individuals' own suicidal and self-harming behaviours. However, the extent of this discrepancy and its influence on young individuals' behaviours remains largely unexplored. Future research should prioritize assessing the impact of normative perceptions on young people's suicidal and self-harming behaviours and delve into the mechanisms through which this influence operates. This understanding is crucial for developing effective preventative interventions.

Maya Massing-Schaffer& Jacqueline Nesi 08 March 2019 "Cybervictimization and Suicide Risk in Adolescence: An Integrative Model of Social Media and Suicide Theories" This review serves a dual purpose. Initially, it consolidates existing research on the correlation between adolescent cybervictimization and suicidal thoughts and behaviours. Subsequently, it combines the social media "transformation framework" with interpersonal suicide theories to develop a novel model illustrating the impact of cybervictimization on adolescent suicide risk. This proposed model delineates how distinct characteristics of the social media landscape (such as its public nature, accessibility, and measurability) influence the experience of cybervictimization and the associated interpersonal factors contributing to suicide risk. By doing so, this framework offers a theoretical roadmap for future interdisciplinary investigations into adolescent cybervictimization and its link to suicide.

Jeremy Evans, Kassidy Smith, Hailey Wimmenauer, Dr. Sharon Thompson 03-31-2021" The Effects of Screen Time and social media on Depressed Feelings and Suicidal Thoughts Among Undergraduates" the purpose of this research the study was to examine rates of depressed feelings, thoughts about suicide, and how these may correlate with screen time use among undergraduates. These significant associations between suicidal thoughts and social media usage should be studied further to better devise health education and advocacy campaigns among this population.

CONCLUSION

This extensive review provides insights into the intricate interplay between social media, technology, and adolescent suicidal ideation. Through a synthesis of diverse literature sources, it unveils the multifaceted digital factors and mechanisms that potentially shape adolescents' contemplation of suicide. The review speaks about the adverse effects of cyberbullying, online harassment, and exposure to harmful content, while also acknowledging social media's influence on adolescent social interactions and self-perception. Furthermore, it emphasizes the significance of interdisciplinary cooperation in comprehending and tackling the challenges arising from social media and technology in adolescent mental health. Going forward, intervention strategies should be developed with a nuanced understanding of these dynamics, underscoring the ongoing necessity for collaborative research efforts across disciplines to safeguard adolescents' well-being in digital spaces.

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