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“A STUDY ON IMPACT OF SOCIAL MEDIA ON OUR MENTAL HEALTH IN TUMKUR”

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ABSTRACT

Everyone's life now revolves around social media, which has altered communication and information availability. Despite its many benefits, concerns have been raised about how it may damage mental health. This study adds to our understanding of this complex subject by examining the association between social media use and emotions such as stress, anxiety, and sadness. Furthermore, we will look at a variety of online situations, such as cyberbullying, as they relate to various social media platforms. We intend to gain a complete understanding of this link by applying a range of research approaches. The research will not only demonstrate the benefits and drawbacks of social media, but it will also provide valuable information for improving mental health aspects in the digital age era .

INTRODUCTION :

Social media has revolutionized communication, entertainment, and information gathering, and it remains an indispensable part of modern life. Despite its widespread use, worries regarding its negative impact on psychological well-being have grown. This study investigates this critical issue by looking at the links between social media use and elements like cyberbullying, as well as how these connections affect stress, anxiety, and depressive symptoms. This study aims to gain a better understanding of these complex relationships by evaluating multiple platforms and user groups. Social media platforms have become pervasive in the modern day, radically altering how individuals connect and communicate. For billions of users worldwide, communication platforms like Facebook, Instagram, TikTok, and Twitter have become a vital part of daily life in youth generation .

METHODOLOGY

STATEMENT OF PROBLEM

Despite social media's ubiquitous presence in people's daily lives, there are ongoing concerns about its potential negative impact on mental health. The increase of cyberbullying is especially troubling because it poses a significant threat to people's psychological health. Furthermore, the relationship between social media use and the incidence of stress, anxiety, and depression is not obvious. Furthermore, while some platforms may offer beneficial characteristics, it is unclear which ones have the most impact on mental health. Addressing these concerns is crucial for creating personalised therapies and policies that support positive mental health outcomes in the digital age.

OBJECTIVES

1. Understanding social media consumers.
2. Assessing cyberbullying and harassment .
3. Assessing the relationship between social media engagement and stress, anxiety, and depression levels.
4. Identify social media sites having the largest influence on mental health.

SCOPE OF THE STUDY

Examine how human attributes, such as personality and problem-solving styles, impact mental health when using social media platforms and positive experiences online might alleviate stress, anxiety, and depression caused by social media. Observe changes in social media usage and emotional responses over time to identify patterns., such as developing new guidelines.

LIMITATIONS

- The study was conducted on a specific sample demographic, the findings may not be representative of all social media users.
- People's self-reports influence data on social media use, cyberbullying, and mental health. However, people may not always be honest or disclose because it is private.

LITERATURE REVIEW:

Deepa M, Dr.V.Krishna Priya

The study sought to better understand how social media affects students' mental health. The results showed that the majority of participants used numerous social networking sites and spent more than four hours each day on them. There was a significant variation in depressive symptoms amongst users of different social networking sites. Additionally, a substantial link between anxiety and depression symptoms was discovered. The study also discovered that participants felt more nervous and engaged on social networking sites than in real-life conversations.

Jessica M. Haddad Christina Macenski

This review investigates the effects of social media on college students' mental health during COVID-19. During the pandemic, there has been an increase in social media use, especially among college students. While the internet became crucial, kids had both positive and negative online encounters. Excessive social media use is associated with poor mental health, particularly depression, a link exacerbated by COVID-19. Psychological strategies such as dialectical thinking and mindfulness may help to mitigate these consequences. Clinicians should screen students for social media use in order to address related mental health concerns and promote healthy online behavior.

RESEARCH DESIGN

- **Sample size:** 70 Respondents
- **Tools for Data Collection:**

Primary data was collected via a precisely constructed questionnaire, supplemented by secondary data acquired from scholarly articles, academic journals, and detailed reports. The acquired data was thoroughly analyzed using sophisticated statistical methods, including percentage calculations. The questionnaire was critical for primary data collection, and it was meticulously crafted to capture the multidimensional influence of social media on mental health. Diverse scaling approaches were used to achieve complete data capture. The survey was performed using Google Forms, and there were a total of 70 respondents.

- **Data Analysis, Interpretation and suggestion :**

71% of respondents are among those aged of 18 and 24, 14% within the categories of 25 and 34, 9% around the ages of 35 and 44, and only 6% across the ranges of 45 and 54. 73 percent of those who responded are male, although 27 percent are female.

The 18-24 age group is driven by their familiarity with digital platforms, peer influence, and societal norms. Conversely, older demographics may be less engaged due to difficulties with digital skills, privacy worries, and a preference for conventional communication channels, resulting in a visible disparity in across generations.

- **Most Used Social Media Platforms:**

89 percent of respondents use social media many times each day, a quarter use it once per day, 3 percent use it sometimes, and only 1 percent use it a few times per week. The overwhelming majority of respondents, on average, spend more than 4 hours on social media, whether for amusement or to connect with friends.

A great deal of respondents actively engage with Instagram as a social media platform because it is now very easy to see new content, video reels

about any topic that is posted, and users are easily drawn to it when compared to other social media channels.

➤ **Experience of online bullying or harassment on social media :**

29 percent of respondents strongly agreed on experience of online bullying, majorly 43 percent agreed the online bullying, some 23 percent choose neutral, some 5 percent respondents disagreed on experience of online bullying and harassment.

The prevalent nature of online bullying or harassment on social media, driven by factors including anonymity, cultural norms, insufficient moderation, power dynamics, and the psychological toll on victims.

The analysis of online harassment methods demonstrates that of respondents, accounting for 47%, reported offensive comments as the primary form. Threats constitute a significant proportion, with 29% of respondents reporting such incidents, while spreading rumors makes up 24% of reported occurrences.

➤ **Preventive measures which reduces online bullying :**

44% of respondents endorsed enhanced reporting mechanisms, 30% supported strict content moderation, and 26% believed in the effectiveness of user education programs in mitigating online bullying.

SOCIAL MEDIA IMPACT ON MENTAL HEALTH:

Positive Impact :

Sl. No	No. of Respondents	Percentage
1	Improved Communication	10%
2	Networking Opportunities	8%
3	Information and Resources	20%
4	Self-expression and identity exploration	10%
5	Entertainment Purpose	37%
6	Awareness and education	15%

Respondents to see certain contents that make them happy that make them not to feel alone to enjoy their own company by watching entertainment related aspects. Many respondents emphasized the positive impact is for entertainment purposes. Social platforms offer diverse content like videos, memes, and games, providing moments of enjoyment and relaxation. Entertainment on social media serves as an escape from daily stressors.

Negative Impact :

Sl. No	No. of Respondents	Percentage
1	Lack of real-life connections	%
2	Social comparison and FOMO	7%
3	Cyber bullying and online harassment	3%
4	Excessive use	40%
5	Anxiety and stress	30%
6	Misinformation and filters	5%

The respondents relies on excessive is a common concern, leading to negative effects on mental health. Additionally, anxiety and stress related to usage emerged as significant concerns, reflecting the emotional distress and health mentally challenges with these platforms. Other notable issues mentioned fear of missing out (FOMO), misinformation, and instances of cyberbullying highlighting the prevalence of negative interactions and their adverse effects on mental health.

HYPOTHESIS**H0 : There is no severe impact on witnessing other's Achievement on social sites****H1 : There is severe impact on witnessing other's Achievement on social platform**

Sl.no	Particulars	No of Respondents	O-E	(O-E) ²	(O-E) ² / E
1	Not impact	10	-25	625	17.85
2	Minor impact	10	-25	625	17.85
3	Severe impact	30	-5	25	.71
4	Feel Happy about their achievement	20	-15	225	6.43
	Total	70			42.84

$$E = 70/2 = 35$$

Degree of freedom = (n-1)

$$4 - 1 = 3$$

Critical values of the Chi-square distribution with <i>d</i> degrees of freedom							
Probability of exceeding the critical value							
<i>d</i>	0.05	0.01	0.001	<i>d</i>	0.05	0.01	0.001
1	3.841	6.635	10.828	11	19.675	24.725	31.264
2	5.991	9.210	13.816	12	21.026	26.217	32.910
3	7.815	11.345	16.266	13	22.362	27.688	34.528
4	9.488	13.277	18.467	14	23.685	29.141	36.123
5	11.070	15.086	20.515	15	24.996	30.578	37.697
6	12.592	16.812	22.458	16	26.296	32.000	39.252
7	14.067	18.475	24.322	17	27.587	33.409	40.790
8	15.507	20.090	26.125	18	28.869	34.805	42.312
9	16.919	21.666	27.877	19	30.144	36.191	43.820
10	18.307	23.209	29.588	20	31.410	37.566	45.315

For 3% degree of freedom, the value from the table at degree of freedom 3 is 2.706 and the value calculated is 42.84 . Here calculated value is greater than the table value. Hence the null hypothesis formulated is rejected .

SUGGESTIONS

- Limit daily social media usage to maintain a healthy balance.
- Engage in offline activities and face-to-face interactions.
- Seek professional help if experiencing symptoms of anxiety or depression.
- Promote Digital Wellness Education
- Foster Positive Digital Communities
- Enhance Access to Mental Health Support

SUMMARY & CONCLUSION

Social media exerts a profound influence on our lives, impacting mental health in both salutary and deleterious ways. Although it affords advantages such as enhanced communication and networking opportunities, excessive utilization can precipitate mental health maladies, including anxiety, depression, and diminished self-esteem. It is imperative to sustain a harmonious equilibrium between social media engagement and mental well-being by curbing screen time, participating in offline activities, and soliciting professional assistance when necessary.

The findings elucidate that although social media functions as a conduit for entertainment and connectivity, it concomitantly presents perils to mental health, encompassing excessive usage, anxiety, stress, and exposure to cyberbullying. Despite these adversities, prophylactic measures such as augmented reporting mechanisms and user education initiatives exhibit potential in ameliorating the deleterious effects of social media on mental well-being.

In summation, proactive endeavors are essential to augment public awareness and address the intricate nexus between social media and mental health. By promulgating digital wellness education, fostering salutary online communities, and ensuring access to mental health resources, individuals can navigate social media with sagacity and safeguard their psychological well-being in the digital epoch.

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