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A Study On Impact Of Social Media - On Youth Mental Health

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ABSTARCT:-

Social media is an internet-based form of communication. Social media platforms allow users to have conversations, share information and create web content. In today's world, use of social media has become an integral part of everyday life of human being. This paper throws a light on pattern of social media usage and its impact on youth. This research aims to investigate the impact of social media on the mental health of Thai teenagers, identify potential correlations between social media use and mental health outcomes, and develop strategies to mitigate the negative effects of social media on mental health. The questionnaires gather the participants' general information, the effects of utilizing social media, and the social media events that affect their mental health. With a total of 100 respondents, a survey distributed online to college ,school students was randomly chosen. According to our study, every college and school has different ways to teach through social media and their impact on adolescents , teenagers has different. This conceptual research article delves into the complex relationship between social media usage and youth mental health. With the exponential rise in social media platforms, concerns about their influence on the psychological well-being of adolescents and young adults have become paramount. Key themes explored include the potential benefits and drawbacks of social media engagement on youth mental health, including its impact on self-esteem, body image, social comparison, cyberbullying, and feelings of loneliness and depression. We carried out this study in purposively some colleges in Bangalore City. (J Ahn - Journal of the American Society for information Science2011 - Wiley Online Library)

KEYWORDS: Adolescents, mental health, communication.

INTRODUCTION:-

Social media has considerably changed the way of communication and interaction refers to array of applications such as WhatsApp, Facebook, Twitter, LinkedIn, and YouTube etc. and websites through which people share the information and appreciate major events that happens around them. as "a group of Internet-based applications that build on the ideological and technological foundations of Web 2.0, and allow the creation and exchange of user generated content". Using these applications, people can create, share, and exchange information in a virtual community. The dramatic development of social media has helped shape people's connections with others via different social media platforms. (Rideout et al; 2010) Today, the benefits of participating in social media not only involves simple social communication, but also building reputations and bringing in career opportunities, and/or generating direct monetary therefore must be well prepared to embrace the challenges and opportunities brought about by social media. Social Media is addicting. When you're playing a game or accomplishing a task, you seek to do it as well as you can in youth. (Ahn, J. (2010). The influence of social network sites on high school students' social and academic development.) This study aims to examine existing literature on social media research and gather data from previous studies to establish a framework for understanding the causal relationships between different research concepts. Its value lies in systematically reviewing articles in this field, summarizing the dimensions and variables explored by past researchers, including their proposed conceptual models and frameworks. (Clement 2019) The influence of social media on the mental health of teenagers is a topic of growing concern in contemporary society. As adolescents increasingly engage with various social media platforms, there is a need to understand the potential effects on their well-being. This introduction aims to explore the impact of social media use on the mental health of teenagers, addressing both the positive and negative aspects of their online interactions. By examining existing research and empirical evidence, we can gain insights into how social media may contribute to issues such as anxiety, depression, self-esteem, and body image concerns among teenagers. Additionally, this introduction will highlight the importance of addressing these effects and promoting healthy social media habits among adolescents to support their overall mental well-being. (Ridout B, Campbell A, J Med Internet Res 2018) Mental health effects of social media among pre-university adolescences in Bangalore, India varied considering their knowledge and attitude. However knowledge and attitude were significantly associated each other. Social media had constructive as well as destructive effect among adolescences. Family and academic institutions should closely monitor the adolescents and focused them on to use social media for academic purpose rather than entertainment. Mental health issues such as anxiety, depression, and stress are becoming increasingly prevalent among teenagers. According to the National Institute of Mental Health, approximately 20% of teenagers have a mental health disorder. Furthermore, suicide is the second leading cause of death among teenagers in the United States. It is important to recognize the impact of social media on these mental health issues. (WHO, 2019)

LITERATURE REVIEW:-

By -Nancy J.karlin (University of Northen Colorado):-

- 1) Generation Z has had an impact on an individual's relationship with social media and if that relationship has gone on to impact mental health.
- 2) Social media rapidly increases the levels of depression, anxiety, stress, low self-esteem.
- 3) Excessive access to several sites which has negative impact on youth mental health like – pornography sites.

By– Jacqueline nesi :-

- 1) Social media has created both significant new challenges and exciting opportunities.
- 2) Adolescence represents a period of heightened risk for the onset of mental illness, with nearly 1 in 5 adolescents suffering from a diagnosable mental disorder.
- 3) Usage of technology increasing rapidly without any right knowledge and attitude about the social media and it's impact.

By-Megan Stoneicpher:-

- 1) Youth are always on their phones or laptop for updating the status, posting pictures, liking things, messaging, calling to their long distance friends and family beneficial in several ways.
- 2) The mental health and well-being related issues consisted of items like- quality and amount of sleep, feeling of loneliness and emotional support.

By – Sherry Turkle

- 1) Social media on youth mental health would encompass various studies exploring correlations between social media usage and mental health outcomes.
- 2) It would likely cover topics such as the potential links between excessive social media use and feelings of loneliness, anxiety, depression, and self-esteem issues among young people.

By-Twenge and Campbell :-

- 1) Social media platforms reported higher levels of psychological distress compared to those who spent less time online.
- 2) Impact of social media on body image concerns and self-esteem among youth that exposure to idealized images and lifestyles on social media platforms can contribute to feelings of inadequacy and dissatisfaction with one's own appearance

By– Karakaya & Barnes –

- 1) Implementing educational interventions and promoting digital literacy skills can empower youth to navigate social media platforms responsibly and protect their mental well-being.
- 2) Heavy social media use has been associated with reduced face-to-face social interaction, which is crucial for emotional support and mental well-being.

BY - Alexander Muacevic and John R Adler-

- 1) Several studies suggest a correlation between heavy social media use and higher levels of depression and anxiety among youth.
- 2) Social media exposure, particularly to images promoting unrealistic body standards, has been linked to negative body image perceptions and an increased risk of eating disorders among young people.

BY- Ahmed M Kjalaf –

- 1) Excessive social media use, especially before bedtime, has been linked to sleep disturbances among adolescents, which can negatively impact mental well-being.
- 2) The use of social media significantly impacts mental health. It can enhance connection, increase self-esteem, and improve a sense of belonging.

BY - Jacqueline Sperling-

- 1) Social media has a reinforcing nature. Using it activates the brain's reward center by releasing dopamine, a "feel-good chemical" linked to pleasurable activities such as sex, food, and social interaction.
- 2) The platforms are designed to be addictive and are associated with anxiety, depression, and even physical ailments.

- 3) Several studies suggest a correlation between heavy social media use and higher levels of depression and anxiety among youth.
- 4) Peers' behavior and attitudes on social media platforms can significantly impact adolescents' mental health, either positively or negatively, depending on the nature of the interactions.

By - Ágnes Zsila –

- 1) The use of social media significantly impacts mental health. It can enhance connection, increase self-esteem, and improve a sense of belonging on other hand slightly controlling the lives of teenagers.
- 2) It can also lead to tremendous stress, pressure to compare oneself to others, and increased sadness and isolation. Mindful use is essential to social media consumption.

METHODOLOGY:-

Methodology, In order to gather the necessary data, this study utilized a self-report survey method. The survey collected quantitative data and was constructed to specifically target the amount of time individuals spend using social media, which social media platforms used, and to identify any issues of mental health, including self-reported mental health issues and prior mental health treatment that occur due to social media use. The methodology for studying the impact of social media on youth mental health typically involves a combination of quantitative and qualitative research methods.

- 1) Surveys
- 2) Data collection through google form.
- 3) Interviews.

Surveys and Questionnaires: Researchers often use surveys and questionnaires to collect self-reported data on various aspects of social media use and mental health outcomes among young people. These surveys may assess factors such as frequency of social media use, types of platforms used, experiences of cyberbullying, feelings of loneliness or depression, and self-esteem. Experimental Designs: Some researchers use experimental designs to investigate the causal relationship between social media use and mental health outcomes. For example, participants may be randomly assigned to limit their social media use for a certain period, while others continue with their usual usage. Interviews : Qualitative methods such as interviews and focus groups allow researchers to explore young people's experiences with social media in more depth. These methods can provide valuable insights into the ways in which social media impacts their mental health, as well as the strategies they use to cope with negative effects.

CONCLUSION –

The impact of social media on youth mental health is complex. While it offers connectivity and support, excessive use can lead to anxiety, depression, and feelings of inadequacy. Moderation and awareness are key for a healthier relationship with social media. The study aimed to investigate the impact of social media on individuals' well-being, particularly among adolescents. The findings revealed a strong correlation between adolescents' social media usage and their social well-being. While internet access can be advantageous, the adolescent stage is pivotal in shaping one's future. Excessive access to numerous social media platforms poses a significant challenge, leading to time wastage and potential neglect of academic and extracurricular pursuits. Moreover, individuals engrossed in social media tend to avoid meaningful interactions with family members, prioritizing virtual communication over real-life connections.

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