

AN ANALYSIS OF THE IMPACT OF SOCIAL MEDIA ON PSYCHOLOGICAL WELL-BEING

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ABSTRACT

Social media has sometimes improved in quantity, quality, and usability during the last 20 years. The human mind is sustained by the availability of nourishment for thinking, just as the body is nourished by the consumption of vital mineral components received from nutrition. These days, thanks to technological advancements, information is easily accessible, creating a forum for conversation on social media and modern mental health. Since the introduction of social networking sites and the internet, human resources have become less practically and more virtually sociable. The isolation that modern man experiences from other humans as a result of this virtual existence is having an impact on his general equilibrium and physical and mental health. Since there are always two sides to each innovation positive and negative parents, society, and scholars are concerned about the rising use of social networking among adults in the modern period. The current study's goal is to investigate how social media use affects mental health. In order to accomplish this goal, the researcher examined and compiled relevant material that was accessible. The literature reviewed so far indicates that the younger generation is more susceptible. The younger generation, which makes up the majority of the population in this day and age, is going through an embryonic period of life and is more likely to have significant mental health issues. The younger generation of today is using social media actively and is more sensitive to issues related to mental health. More knowledge is needed to address the dangerous circumstances of today; knowing the connection between mental health issues and social media use is only the beginning. The next step in illuminating the relationships between these factors impacting the younger generation is to investigate and comprehend the ways in which social media is influencing the mental health of today's youth.

Keywords: Social Media, Mental Health

Introduction

In terms of people's mental health, the imbalance brought about by excessive social media use worries parents, academics, and society at large. Overuse of social media websites is one of the most prevalent behaviors among the current generation of users. Social media refers to websites that facilitate communication between users using web 2.0 and 3.0 platforms, such as online games, virtual worlds like Second Life, The Sims, YouTube, blogs, and applications like Facebook, Twitter, and MySpace. These websites from the modern period are expanding rapidly and serve as easily accessible channels for younger generations to communicate and find amusement. "Forms of electronic communication (as Web sites for social networking and micro-blogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos)," according to Merriam-Webster (2014), is how social media is described. The last ten years have seen a major improvement in

the virtual world thanks to social media platforms like Facebook, Twitter, and others that allow users to exchange sentiments, ideas, personal information, images, and videos at an unprecedented proportion.

Furthermore, as shown by the rising number of everyday users, social media users have quickly embraced online social contact as a necessary component of daily life. As of August 27, 2015, Facebook alone claimed to have one billion active users. According to Mark Zuckerberg's post on Thursday, August 27, 2015, one in seven individuals on the planet utilized Facebook in a single day to remain in touch with their friends and family.

As a result, social media has a significant impact on a variety of facets of modern digital life beyond online communication, including marketing, politics, education, health, and interpersonal relationships. Although social media is still a relatively young phenomena, several empirical studies have assessed the overall impact of frequent usage of social media on users' well-being and mental health. Social media clearly offers advantages in many of these areas.

Since teenagers and young adults spend a significant amount of time socializing online and may be more susceptible to negative consequences, this lack of awareness is especially concerning in the context of the current younger generation. Numerous studies categorize the relationship between social media usage and its unfavorable effects, such as a rise in stress, anxiety, despair, and loneliness. Concerns about social media's negative impacts are raised by the younger generation's greater use of it.

Social Media & Anxiety

Many research have shown a connection between obsessive behavior and social media. According to research, 45% of adult British people get restless when they can't access their social media accounts (Anxiety 2012). Virtual generation (Net & iGeneration) is said to often check the messages on their social networking applications, according to Rosen et al. (2013). Additionally, it has been shown that the younger generation experiences restlessness when they are unable to read messages from their social networking accounts without their peers, which may lead to Phantom vibration syndrome (PVS). Which is nothing more than an addict's impression of his phone's vibration (Drouin et al., 2012; Rothberg et al., 2010). Any sufferer of PVS shows a fixation with regularly monitoring social media and displays signs of anxiety brought on by mobile phones.

Social Media & Stress

Social media addiction has skyrocketed in the modern day, and once someone logs on, it may be tough to stop using it. Positive reinforcement from likes and comments makes it more difficult to quit. Some individuals draw comparisons between their lives and their friends' flawless lifestyles. According to Dick (2013), using free social networking sites like Facebook and Twitter allows users to read useful material and stay in touch with friends, but it also compromises their privacy and discretion. These days, anxiety is one of the main issues with mental health. Individuals worry about how many people like and comment on the photos and videos they share. Hardly anybody is exempt from the environment of social media in the modern world. According to The Hearty Soul (2016), using social networking sites like Facebook and Twitter does not help students concentrate better or feel less anxious. It also claims that the more time spent on social media, the more miserable one becomes. Kaur and Bashir (2015) investigated the impact of social media on teenagers' mental health,

both good and bad. Positive consequences include learning opportunities, improved communication, sociability, and access to health information. Negative features include weariness, tension, sexting, cyberbullying, melancholy, emotional repression, and a reduction in intellectual capacity. Nearly everyone in the world today, aged 11 to 93, has access to social media. Young individuals are the most frequent users of social media and are primarily at high risk of acquiring mental health issues, according to study by Strickland (2014). Another research by Park, Song, and Lee (2014) found a favorable correlation between college students' acculturative stress and social media applications like Facebook. In a similar vein, Kaur and Bhat (2016) conducted a thorough examination into the impact of stress on students' mental health and concluded that stress may have a detrimental effect. Thus, we might draw the conclusion that youth mental health may be impacted by excessive social media use.

Social Media and Depression

The evidence mentioned above makes it abundantly evident that social media is the primary factor that both exacerbates and feeds mental health issues. Overuse of social media may have terrible effects on a person, starting with anxiety and ending with despair. According to Pantic et al. (2012), there is a positive correlation between teenage depression and Facebook use. Similar to these results, Rosen et al. (2013) reported that those who spent the majority of their time on social networking sites managing their images and engaging in online activities had symptoms of significant depression. In a similar vein, Lou et al. (2012) claimed that students who use Facebook often report feeling more alone. Additionally, it has been shown that using social media exacerbates psycho-social issues including adjustment and self-esteem (Kalpidou et al., 2011). According to research by Davila (2012), there is a correlation between higher levels of negative and lower levels of positive social contacts and severe depressive symptoms in younger generations. Although Kraut et al. (1998) and Shah & Grant (2002) have revealed evidence of an inverse relationship between depression and internet use, they also imply that other social activities, such as gaming and talking, reduce the risk of depression.

Social media and loneliness

Even though the younger generation is more connected than previous generations and more alone than ever before, social media use is expanding at an astounding pace, especially among young people (Pittman & Reich 2016). Since loneliness is closely linked to major health issues, it is one of the main worries in today's virtual world (Patterson & Veenstra, 2010; Biovin, Hymen & Bukowski, 1995). A person experiencing loneliness may have a disparity between their ideal and actual social interaction levels in their social life. Uncontrolled, unsanitary, and obsessive use of online resources, as well as increased levels of internet use among young people, have been shown to increase feelings of emotional loneliness (Kim, LaRose, & Peng, 2009; Yao & Zhong, 2013). Despite having access to all social media platforms and the means to use them, 60% of young people in the 18–34 age range reported feeling lonely, according to the Mental Health Foundation of the United Kingdom (Murphy, 2010). Similarly, studies by Skues, Williams, and Wise (2012) found that students who report feeling more alone on Facebook had more friends than friends. On the other hand, Deters and Mehl (2012) found that those who use social media less exhibit greater levels of shyness and loneliness as well as being less socially engaged. Sheldon

(2012) also found that increasing status updates may help lessen the issue of loneliness.

Social Relationships and Mental Health

According to the Mental Health Foundation, friendship is essential for maintaining our mental health. The amount and quality of social contacts have an impact on mortality risk, mental, physical, and health behavior (Umberson & Montez, 2010). Social support may demoralize avoidant coping (Weaver et al., 2005), decrease loneliness (Schneider et al., 1991), prevent despair (Johnson et al., 2001), and reinforce good states of mind (Gonzalez et al., 2004). These findings are supported by a number of empirical investigations. Conversely, depression has been linked to suicidal thoughts (Holma et al., 2010) as well as unfavorable social connections and social isolation (Schuster et al., 1990; Chou et al., 2011). Reich et al. (2010) reaffirm that improved mental health is associated with social support. Having social relationships is essential for improving mental health. However, the truth is that researchers cannot agree on what aspects of social connections are most influential for mental health. Due to the social support's stress-reduction function, those who had more social support from friends and family suffered from mental health issues less after experiencing a stressful life event (Maulik et al., 2011).

CONCLUSION

This researcher conducted a thorough evaluation and synthesis of the literature on social media and certain mental health-related topics. The topic's relevance is determined by the correlation between the use of social media and poor mental health. Younger generations should be cautious while using social media since mental health issues that arise in their formative years might become epidemics that affect everyone throughout their lifetime. One cannot stress the importance of ongoing research and analysis on this concept. Current research highlights the importance of this problem and reflects the weak correlation found in the literature between younger generations' mental health and their use of social media. It is obvious that using social media negatively has negative repercussions on the current generation, particularly the younger ones. The material analyzed in several sections of this study clarifies the important link that exists between social media use and mental health issues in the modern period, while also highlighting the relationship's complexity. This paper provides an understanding of the intricate relationship between the use of social media and mental health issues among the younger population. These issues include depression, sexting/texting, stress, exhaustion, loneliness, a reduction in cognitive ability, cyberbullying, online harassment, emotion suppression, and lack of focus. All of these have an impact on the mental health of the younger generation, either directly or indirectly. The literature reviewed so far indicates that the younger generation is more susceptible. The younger generation, which is a challenging demographic of the modern day, is going through an emerging period of life and is more likely to suffer from major mental health issues. Appropriate actions should be done to lower these hazards, such as setting up informational and counseling sessions at institutions and schools. Social networking sites should be restricted to a specified age range, and a thorough awareness campaign might be launched to comprehend the impacts of younger generations' use of social media on mental health. Any social media platform that promotes negative behaviors, such as racism, violence, or prejudice, need to be shut down immediately.

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