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Dr. Sudesh Rawal
Associate Professor in
Psychology, Chaudhary
Ishwar Singh Kanya
Mahavidyalaya Dhand,
Kaithal, Haryana, India

Influence of social media on mental health: A perspective

Dr. Sudesh Rawal

Abstract

Over the last decade, online social networking has contributed to significant changes in the way people connect and interact. However, it is not clear if any of these changes can affect some normal aspects of human behavior and trigger psychiatric disorders. In addition, most authors have suggested that some social media behaviors may be linked with low self-esteem, particularly in children and young adults. Other research provided contrary findings in terms of the positive effects of social media on self-esteem. Previous research results showed that the use of social media may diminish face-to-face interactions, reduce engagement in physical activities, increase sedentary activity by promoting more screen time, contribute to Internet addiction, and weaken self-esteem by undesirable social comparison.

Keywords: Social media, negative effects, positive effects, mental health

Introduction

Humans are social creatures who need the companionship of others in order to make progress in life. Therefore, being social associated with each other can alleviate tension, anxiety, and depression, but lack of a social link can pose significant risks to mental health^[1]. There is presently a discussion on the advantages and negative effects of web-based media on mental health^[9, 10]. Hypothetically, people who invest a great deal of energy in inactive exercises, for example, web-based media utilize less an ideal opportunity for face-to-face social contact, the two of which have been demonstrated to be defensive against mental disorders^[5, 6]. Then again, social speculations have demonstrated how online media use impacts psychological well-being by influencing how individuals see, keep up and cooperate with their media networks^[7].

The connection between utilization of web-based media and bargained mental prosperity has significant ramifications for wellbeing laborers^[8] and medical caretakers should be aware of the likely effect of online media on weak patients.

Social Media

Social media started out as a way to communicate with friends and family, but was later embraced by companies who wanted to take advantage of a common new communication medium to reach out to consumers. The strength of social media is the opportunity to communicate and exchange knowledge with someone on Earth or with many people at the same time. Social networking may take the form of a number of technological activities. These practises involve video sharing, blogging, social games, social networks, video sharing, business networks, virtual reality, reviews and more. Also governments and politicians use social media to communicate with constituents and constituents. Social networking marketing is a strong way for organizations of all sizes to attract prospects and consumers. Purchasers are now captivating with brands through web-based media, and in case you're not talking legitimately to your crowd through interpersonal organizations like Facebook, Twitter, Instagram, and Pinterest, you're passing up a major opportunity! Extraordinary web-based media advertising can carry wonderful accomplishment to your organization, manufacture faithful brand advocates, and even drive leads and deals^[2].

Social networking has increasingly become part of people's everyday activities; many of them spend hours a day on Messenger, Instagram, Facebook, and other common social media. Many researchers and academics are also researching the effect of social media and

Corresponding Author:
Associate Professor in
Psychology, Chaudhary
Ishwar Singh Kanya
Mahavidyalaya Dhand,
Kaithal, Haryana, India

applications on different aspects of people's lives [3]. Since social media encompasses so many internet sites and apps, the accessibility of these platforms often differs. After all, most social media sites start with a user creating a profile, typically by offering a name and a mailing address. Social media also use "feeds" that enable users to click through content. Social media firms use algorithms based on user

profile data to decide the content that appears and the order in which it appears. Some people had become depressed after spending time on Facebook, because comparing themselves to others made them feel bad. Instagram is stated to be the most dangerous social media site for young people in mental health [8]. People's feelings influence their emotionally and physically feelings and actions [9].

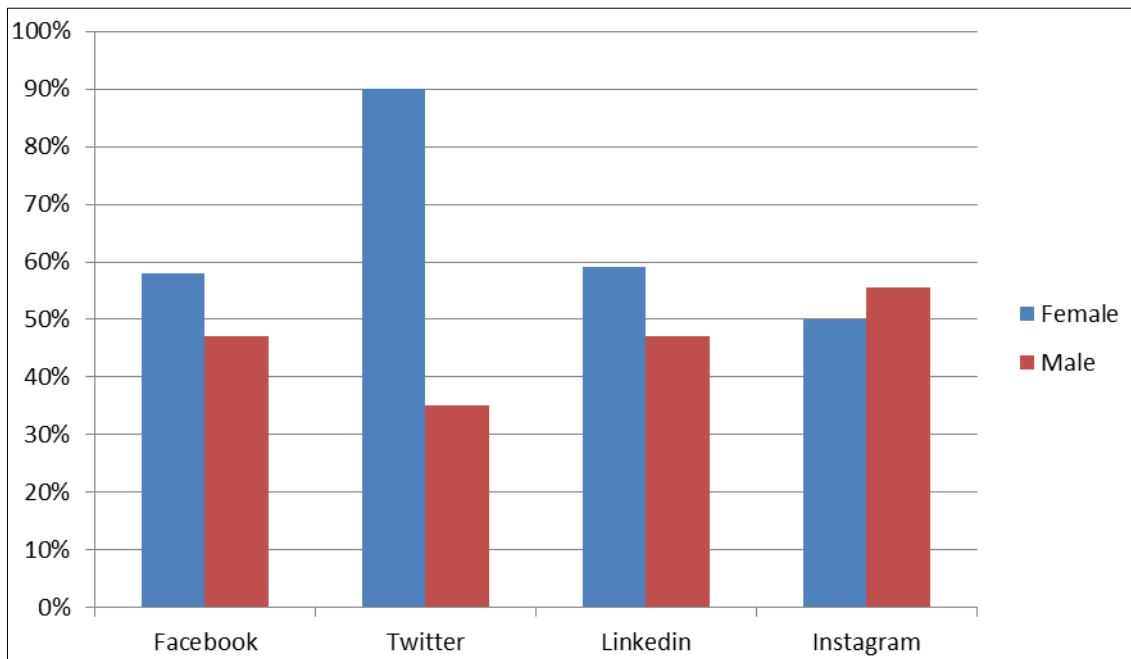


Fig 1: Gender distribution of media platforms viewers around the world as of February 2020, categorized by channel

Social Media and Mental Health

Social media also use "broadcasts" that enable users to click through content. Social media firms use mechanisms based on customer profile data to decide the content that appears and the order in which it appears. The channel will contain content from "preceded" users, as well as from companies paying for the promotion of their content. Human beings are social entities. We need the bonding of others to succeed in life, and the intensity of our relationships has a profound effect on our mental wellbeing and happiness. Getting

emotionally associated with others will relieve tension, anxiety, and depression, improve self-worth, provide comfort and joy, avoid isolation, and even bring years to your life. On the other hand, lack of good social links can pose a significant risk to your mental health issues. In present era, some of us depend on social media platforms like Facebook, Twitter, Snapchat, YouTube, and Instagram to find and communicate with each other. Although each has its own advantages, it is clear that social media can never be a substitute for actual-world human interactions [4].

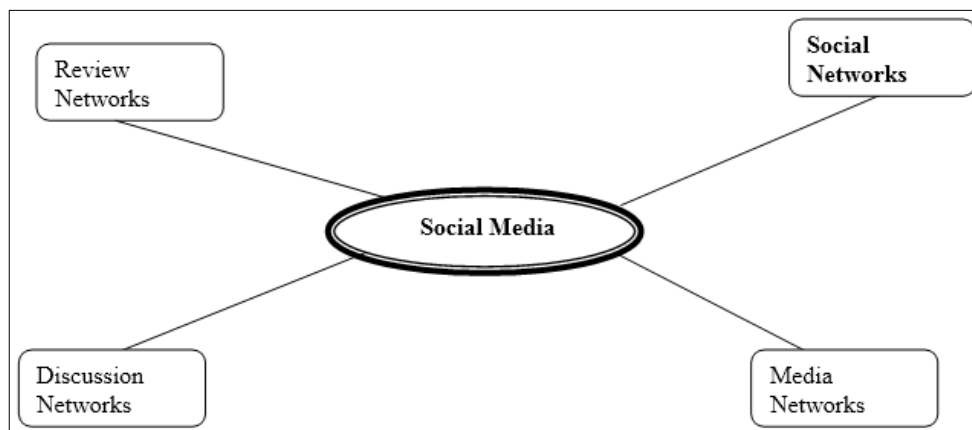


Fig 2.

Positive aspect of social media

Although online social media interaction does not have the same psychological benefits as face-to-face communication, there are still positive ways in which it can help you stay linked and promote your fellow human-being.

- Interact and keep up to date with family and friends all over the world.
- Make new friends and communities; network with others who share common interests or goals.

- Participate or promote worthwhile causes; raise awareness of important issues.
- Find or give emotional support in tough times.
- Find a critical social bond if you live in remote areas , for
- example, or have minimal mobility, social anxieties, or are part of a vulnerable minority.
- Looking for a way out for your innovation and self-expression.

The weaknesses of Social Media

As it is a fairly modern technology, there is no research into the long-term effects, whether positive or negative, of the use of social media. However, several studies have found a clear correlation between heavy social media and an increased risk of depression, anxiety, isolation, self-harm, and even suicidal thoughts.

- The inadequacy of your existence.
- Loneliness.
- Anxiety and distress.
- Bullying and harassment:

Training in Social Media and Mental Health

Access to and involvement in mental health is one of the key obstacles that mental health professionals face when attempting to meet vulnerable at-risk groups that are diagnosed with mental health. Research suggests that these obstacles are related to a lack of awareness of the signs and characteristics of illnesses and to refusing care because of individual and public stigma and prejudice ^[10].

Conclusion

Social networking is a recent research that is rising increasingly and gaining attention. As a consequence, there are many unexplored and unforeseen positive responses associated with it. Studies have increasingly found that the use of social media sites can have a negative impact on the psychological wellbeing of users. However, the degree to which the use of social media has an effect on the public remains to be decided.

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