Impact of Social Media on Youth and Mental Health

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Abstract:

Since the internet's inception, incidents of online abuse have risen dramatically. There is a chance that you will be harassed online regardless of your age. Harassment occurs for a variety of causes. They are subjected to abuse because of their physical appearance, their political beliefs, or because of their ethnicity, race, or gender. There has been a significant increase in online harassment since the popularity of Myspace and Facebook. In today's digital age, children are increasingly often seen on sites like YouTube, Instagram, Twitter, and Snapchat. People sometimes don't know what internet harassment is, so they make nasty comments without thinking. Aside from teenagers, many politicians and celebrities are subjected to internet abuse because of their political beliefs or their personal habits (Duggan, 2017). Celebrities who share videos of their children on social media often get slammed for their 'poor parenting,' while politicians who merely tweet about their views on a specific subject face similar backlash from the public. Online harassment is much more convenient than confronting a victim in person. What the Internet and Social media's impact on youth mental health and well-being. The use of social media platforms has increased dramatically over the past decade and a half, particularly among this generation.. Connecting with others has never been easier than it is now.

1.Introduction

The Merriam-Webster definition of "social media" states: electronic communication formats (such as social networking websites and microblogging) via which users establish online communities to exchange information, ideas, personal messages, and other material (such as videos). The number of individuals using social media platforms on a daily basis grows exponentially throughout the globe. Around 2.46 billion people use social media, and that number is only going to rise in the coming years, according to recent estimates. As of April 2018, Facebook was shown to be the most popular social media platform worldwide, according to

research. Many advantages have resulted from the use of social media. However, social media's harmful effects on today's kids go well beyond just peer pressure. According to recent statistics, the number of adolescents being diagnosed with mental health problems has increased over the last five years. Teenagers' struggles with mental illness have a significant impact on their development on both a mental and physical level. As a result, it's fair to conclude that today's young are suffering from the effects of social media on their mental health.

The use of social media platforms has increased dramatically over the past decade and a half, particularly among this generation. As a result, connecting with individuals across the globe, understanding current events around the world, and keeping up with Hollywood and our local community drama has never been simpler. The advent of social media has altered the way society functions today. Some of the areas where social media is highly dependent on promoting what's happening and growing popularity include industries, workplaces, schools. Youth can't spend an hour without checking their phones, therefore it's become a major part of this generation's lives. Instagram, Twitter, and Snapchat have made it easier for the newest school rumours to spread around the globe. Access to cutting-edge technology and social media is common among twelve-year-olds nowadays (Lenhart, Purcell, Smith, & Zickuhr, 2010). Creating a forum where young people may harass another individual persistently without being detected might be a benefit for those who do not want to be recognised. As the most popular social networking site among teenagers, Instagram has quickly risen to the top due to its attractive layout and ease of use. Today's younger adolescents use the site in large numbers, with 59 percent reporting they had been bullied in some manner on the well-known app (Lorenz, 2018). People between the ages of 12 and 20 are most often affected. Teachers, parents, and employers who don't know how social media platforms operate or have a basic understanding of them are more susceptible to harassment since it's simpler to conceal. If someone is subjected to continuous harassment and bullying, it may have a severe impact on that person's mental health. While the average individual is subjected to some kind of harassment, even today's superstars are subjected to cyberbullying. Despite the fact that idols are often involved in controversy on the internet, the media generally ignores harassment they are subjected to, whether it comes from anti-fans or members of the media. As a result of the harassment, their job often suffers as a result, and in rare instances, this may even lead to depression or even death. Online harassment has increased mostly due to the use of social media, with younger generations having less protection from older generations' limitations and social media's lack of harassment filters playing a significant role. The rise in mental health problems among adolescents and adults is generally considered the societal norm for this decade, but it was not always this way (Strickland, 2014). Modern teens are disoriented if they don't have their phones with them, but they are also plagued by anxiety as a result of social media. They are afraid of missing out if they remove the platform, therefore they refuse to do so. Due to harassment, many problems that adolescents encounter online have become worse.

2.Literature review

According to Ahn, Jhon "Social networking sites like Facebook and MySpace are heavily used by adolescent boys and girls. Afterward, there are doubts and conflicts over the impact of social media on adolescents. SNS, privacy, juvenile safety, psychological well-being, and educational accomplishment are all examined in this collection of research from a variety of disciplines".

According to Anderson, M. "the primary aim of this study was to investigate the extent to which individuals with facial and/or speech differences secondary to a craniofacial anomaly experienced bullying through social media platforms during late school age and adolescence. Almost one third indicated they had been victims of cyberbullying during this time with the most common venues being texting and Facebook. Particularly vulnerable to both traditional and cyberbullying are individuals with craniofacial anomalies".

As per Anderson, M., & Jiang, J. "These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course".

Bessière, K., Pressman, S., Kiesler, S., & Kraut, R. Examine how people's internet usage predicts their subsequent scores on a conventional measure of depression, and how these effects are moderated by their current social supports. A six-month follow-up study found that those who had utilised the Internet to stay in touch with loved ones had lower depression levels. Depending on their baseline levels of social support, this had a different effect on their depression ratings.

According to Coyne, S. M., Rogers, A. A., Zurcher, J. D. Stockdale, L., & Booth, M. "Time spent on social media has been linked to sadness and anxiety in an 8-year longitudinal study, which is being conducted now. When looked at on an individual basis, the results showed that increasing the amount of time spent on social media was not connected with an increase in mental health difficulties. We can only hope that these findings broaden the scope of the field's previous emphasis on screen time".

As per Elmquist, D. L., & McLaughlin, C. L. "Adolescents worldwide and in the United States have become more reliant on social media in recent years. Teens' use of social media to cope, relieve, and respond to mental health difficulties is a critical element of social media usage. In Crisis: Cavazos-Rehg 38. Adolescent and social media usage has been extensively studied for its detrimental effects on mental health. Teachers and mental health professionals working in schools need to be aware of how teenagers use social media".

3.Low Self-Esteem

First and foremost, adolescent self-esteem is quickly eroding due to an increase in self-consciousness about physical appearance. Teenagers often assess their physical appearance in comparison to that of their peers on social media platforms.

3.1 Editing Photographs using Photo Filters

Women's publications have long been criticised for featuring underweight or Photoshopped models, leading to low self-esteem in young women. According to an article by Brown (2018) in the BBC, social media is becoming the main focus for certain advocacy organisations and charities because of the filters, lighting, and creative perspectives available on it. The usage of Photoshop, SnapChat, and Instagram filters is increasingly widespread, particularly among adolescents, as a means of concealing one's true identity. The reason they do this is because they are anxious and worry that they will be evaluated based on the colour of their skin. According to Batcho (2015), being evaluated, compared, and competing may lead to feelings of tension, worry, and sadness, as well as less positive self-images. Our psychological well-being is at risk because of social media's interference, as are our views and emotions.

3.2 Comparing Your Appearance to the Appearance of Other Social Media Users

According to Mysko (2017), social media does not create low self-esteem, but it does have all the ingredients to exacerbate it. As a result of social media, people are more likely to have disorganised ideas and behaviours. Stalking other people's profiles and comparing one's own performance to that of others are examples of "behaviours." People's self-esteem may be reduced by looking at other people's profiles and pictures, according to Penn State University researchers in 2016. People often judge themselves against the looks of others on social media, particularly those who seem to be at their happiest or at their best. When they do this, they inadvertently elevate others' 'beauty' or 'handsomeness' over their own. As a result, you develop negative views about your own value and decrease your own self-worth. The Schools Health Education Unit, according to Granata (2018), found that just 33% of 14-15-year-old girls felt good about themselves, compared to 41% in 2007, when social media wasn't as big of a problem.

3.3 Not receiving enough 'Likes'

As time has passed, the value of social media "likes" has risen. Teenagers and young adults, in particular, have come to gauge their popularity primarily on the number of "likes" they get on social media. In reality, getting "likes" on posts, pictures, and comments in the virtual world gives adolescents a strong feeling of achievement and community acceptability. As a psychologist, Kenny (2017) has been cited as stating, "It's an addictive reward loop; every time you receive a like or a good reaction on social media, dopamine rushes through your veins". Lack of "likes" on social media, in addition to using filters and comparing yourself to others, may cause low self-esteem. Many adolescents are impacted by problems such as having a large number of

followers, but only getting "likes" from half of the entire number of people who follow you. When Oglethorpe (2017) wrote on the results of her study of 75 teenage girls, she found that 30 percent had deleted a picture because it had too few likes. Receiving a little number of "likes" on a picture may cause someone to believe that they aren't beautiful or popular enough, which can lead to a decrease in their self-confidence.

4.0 Addiction to Social Media

With the addition of social media, today's kids face enormous physical and mental health risks.

4.1 Poor Academic Results at School

According to research, teenagers now control almost 90% of all social media accounts. When it comes to social media, most teenagers can't spend more than three hours without checking their accounts. Because they are so used to scrolling through their gadgets constantly, according to Smith (2009), the idea of not being able to check their news feed makes them anxious. As a result, young people will be unable to concentrate and be completely present in class or lectures. This may be a hindrance to their academic success because of the continuous temptation to check social media sites like Facebook and Twitter even during class or lecture. Apart from that, most young people use social media as a method to pass the time between lectures at college and university.

4.2 Loss of Social Competence in Real Life

When it comes to communication, today's youth are totally reliant on social media. Face-to-face conversations are less appealing to them since they may communicate with one other while hiding behind a screen. Youths are frequently observed tweeting or messaging on their cellphones when attending events, gatherings, or parties, rather than engaging or socialising with the people around them. Social media will continue to be the preferred method of communication among young people, according to Williams (2014) as new generations enter the social age. This change, however, may have an impact on their capacity to interact socially with others around them.

4.3 Anxiety is developed, and this has a negative impact on the person. Well-being:

According to recent findings, compulsively utilizing social media affects more than simply worry. Spending too much time on social media has been linked to melancholy, ADHD, impulsiveness and other mental health issues such as paranoia and loneliness, say experts. Fader (2011) asserts that young people use social media mostly as a platform to brag about their locations as well as their way of life. As a result, they are more concerned with making others happy than they are with enjoying themselves. As a result, young people are more likely to compare their lives to those of their peers on social media platforms like Facebook, Twitter, and Instagram. The majority of individuals who see a Facebook post about someone who has a fantastic career, often travels, and/or owns high-end items feel pleased for them. However, if adolescents spend too much time on social media, they may develop feelings of envy, depression, and even suicidal thoughts about their own

lives if they perceive others' lives as being "perfect" on the platform. This is very alarming since social media may have a negative impact on the mental health of today's kids.

5.0 indicates severe depression

Depression is becoming one of the most prevalent mental health issues affecting teenagers.

the desire to be like or be better than other people

"Depression is a frequent mental illness that manifests with a sad mood, lack of interest or pleasure, reduced energy, feelings of guilt or low self-worth, disrupted sleep or appetite and impaired concentration," according to the World Health Organisation. According to Lin et al. (2016), social media usage and depression are significantly linked among young people. To begin, melancholy brought on by social media may stem from feelings of resentment or jealousy against other users. It's easy to believe that other people's lives are better when they share photos of themselves having a good time on social media. After that, they'll start making comparisons with other people's life (Calancie, Ewing, Narducci, Horgan and Khalid-Khan, 2017).

5.1 Cyberbullying

 Second, depression may be exacerbated by cyberbullying. cyber stalking, body shaming, dissing, and outing toward the other person over the internet may all be forms of cyberbullying. According to the research, depressed symptoms are linked to both cyberbullying and other forms of online harassment. Although you may have a large number of online pals, you should be aware that among them are those who are rude. Many teenagers (10 to 20 percent) are affected by cyberbullying, which includes making fun of and insulting people in public in various ways. Cyberbullying is also linked to mental stress and bad feelings (Bottino et al., 2015).

5.2 Feelings of isolation

Third, one of the signs of depression is stress. Daily social networking users were more likely to report lower degrees of connection to close friends, according to Mesch (2001). This is because they've become so engrossed in social media that they've lost track of their real-life connections. Furthermore, adolescents who use social media heavily report feeling socially isolated compared to their peers who use it less. Consequently, when confronted with an issue, they believe they will be unable to locate a buddy to discuss it with in person.

6.0 A place where one may air one's grievances

While social media may have negative effects on adolescent mental health, it can also have beneficial effects by allowing disturbed kids to talk about their issues. When they're having problems and need someone to speak to about them, they can't seem to locate anybody they can trust and who is loyal to them. Youth nowadays seem to be alienated by their social media accounts, which causes them to remain online all the time (Hussain, Cakir, Ozdemir & Tahirkheli, 2017). As a result, the only option left for them is to air their grievances on social media. Despite the benefits listed above, disturbed adolescents might be best served by talking to an

adult and seeking professional assistance. The reason behind this is that when people communicate their feelings in a face-to-face discussion, the message they convey is more nuanced. Text cannot be used to convey emotions; only facial expressions and tone of voice can.

Despite this, both physical and emotional assistance are critical. When an adolescent feels that someone cares about them, for example, they are more likely to feel and offer trust and support. A youngster who texts a buddy but receives no reply may begin to doubt the value of their friendship if it takes the friend a long time to respond (Bowman, Levine, Waite & Gendron, 2010). It is detrimental to a teenager's mental health to have to wait for a response. Because of this, they may develop suicidal thoughts and engage in self-harm as a consequence of being neglected by others.

7.0 Conclusion

Finally, poor self-esteem and addiction are the two most significant contributing factors. Teenagers who are diagnosed with any of these conditions are likely to experience depression. A rising number of young people are being diagnosed with a mental health problem every day. As a result, everyone should take appropriate steps to prevent the use of social media by children under the age of eighteen. When it comes to keeping their children safe online, parents may help by monitoring them closely and restricting their own social media use to no more than two hours each day. When it comes to online content, social media and networking service providers such as Facebook should filter out any violent or explicit material before it reaches their young audience in order to protect their users' mental health.

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