



REVIEW ON SOCIAL MEDIA EFFECTS ON HUMAN MENTAL HEALTH

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ABSTRACT

The mind of humans is maintained by the availability of nutrition for thinking, just as one's body gets its nutrients by the consumption of vital mineral-rich substances received from nutrition. With the help of technological advancements, information is easily accessible, creating an atmosphere for conversation about social media and modern mental health. Since the introduction of social media networks and the internet, human resources have become less physically and more virtually approachable. The isolation that modern man experiences from other humans as a result of this virtual life is having an impact on his general equilibrium and mental and physical wellness. Since there are always both sides to each innovation—positive and negative—parents, society, and scholars are concerned about the rising use of social networking sites among adults in the modern period. The current study aims to investigate the impact of social media on mental health. To accomplish this goal, the researcher examined and compiled relevant material that was provided. The body of literature currently indicates that younger generations are more susceptible. Younger people today are a challenging demographic that is going through the early phases of life and is more likely to suffer from major mental health issues. Today's younger generation is using social media actively and is more aware of mental health issues than previous generations. The relationship between mental illnesses and social media is just the beginning of our comprehension of the dangerous state of affairs that we find ourselves in today. The next step that can shed light on the relationships between these young generational variables is investigating and comprehending how social media is influencing the mental health of the current younger generations.

INTRODUCTION

In terms of people's mental health, the disconnect brought about by extensive social media use worries parents, researchers, and society at large. Overuse of social media networks is one of the most prevalent behaviours among the current generation of users. Social media refers to websites that enable communication via website 2.0 and 3.0 platforms.

encompassing online games, online worlds like Second Life, which includes The Sims, YouTube, blogs, and so forth, as well as applications like Facebook, Twitter, and Myspace. These websites from the modern era are rapidly expanding and serve as accessible platforms for younger generations' enjoyment and interaction. "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)" is how Merriam-Webster (2014) defines social media. social media sites that are virtual, such as Facebook, Twitter, etc. improved the online environment tremendously over the last ten years by allowing people to share their emotions, thoughts, and private data in an unprecedented amount of photographs and movies.

As a result, social media has a significant impact on a variety of facets of modern digital life beyond communicating via the Internet, including marketing, politics, education, health, and interpersonal relationships. Although social media is still a relatively young phenomenon, several empirical studies have assessed the general effect of frequent usage of social media on consumers' well-being and mental health. Social media offers advantages in many of these fields.

Given that teens and young people invest 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.

NEGATIVE IMPACTS ASSOCIATED WITH THE USAGE OF SOCIAL MEDIA

1. ANXIETY

Many researchers have found a connection between obsessive behavior and social media. According to research, 45% of adult British people become restless when they are unable to see their social media accounts (Anxiety 2012). As stated by Rosen et al. (2013),

indicated that members of the online generation (iGeneration & Net) frequently check their social media applications for messages.

Phantom vibration syndrome (PVS) is a condition where members of the current population become impatient when they are unable to get to messages on social media websites other than those of their peers. It is nothing more than the way an addict interprets his phone's vibration. Any PVS victim who displays a fixation with constantly checking their social media accounts shows signs of anxiousness brought on by their phones.

2. STRESS

Social media obsession is on the rise in the modern period, and once someone enters on, it can be hard to stop using it. Encouragement from likes and remarks makes it more difficult to quit. Some people draw comparisons between their lives and their friends' flawless lifestyles. According to Dick (2013), using free social media networks like Facebook and Twitter allows users to read useful information and stay in touch with friends, but it also compromises their independence and privacy. 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 no one is excluded from the context of social media in the modern era. Using social networking websites like Facebook and Twitter does not help students feel better and less worried. It also claims that the more time spent on social media, the more miserable one becomes. Kaur and Bashir (2015) investigated the effects of social media on teenagers' mental health, both good and bad. Positive elements include learning opportunities, improved communication, sociability, and access to health information. Negative elements involve exhaustion, tension, sorrow, sexual activity, cyberbullying, violence on the internet, hiding of emotions, and mental degradation. Nearly everyone in the world today, aged 11 to 93, has access to social media. Youths are the most frequent users of social media and are primarily at a greater risk of acquiring psychiatric issues, according to study results by Strickland (2014).

A different investigation by Park, Song, and Lee (2014) found a favourable correlation between college students' cultural stress and social media apps like Facebook. In a similar vein, Kaur and Bhat (2016) conducted an in-depth study of the impact of stress on students' mental health and found that stress may have negative consequences. Thus, we might conclude that young people's mental health may be impacted by frequent social media use.

3. DEPRESSIONS

The research 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 can have severe effects on a person, beginning with stress and ending with hopelessness. there is a positive correlation between teenage Facebook usage and anxiety. Similar to these outcomes, it is reported that people who spend the majority of their time on social media sites managing their online personas and engaging in online activities have indications of severe anxiety.

The students who use Facebook frequently find themselves more alone. Additionally, it has been discovered that using social media causes psycho-social issues like adjustment and self-esteem. According to research, there is a correlation between higher levels of negative and lower levels of positive social contacts and serious depressive symptoms at a younger age. Many research works revealed the contradictory proof of an inverse relationship between anxiety and the use of the internet, they also propose that other social activities, such as gaming and talking, reduce the incidence of depression.

4. LONELINESS

Despite being more connected than previous generations, the current generation is the most isolated ever, and social media usage is rising at an astounding rate, especially among young adults (Pittman & Reich 2016). Since loneliness is closely linked to major health issues, it is one of the main worries in today's virtual world. A person experiencing loneliness may have a disparity between their ideal and actual social contact levels in their social life.

Unbearable, unclear, and obsessive use of internet resources, as well as increased levels of internet usage amongst youths, have been shown to increase feelings of emotional loneliness. Despite having access to all social media platforms and the means to use them, 60% of youngsters from 18 to 34 age range were feeling lonely, according to the Mental Health Foundation of the United Kingdom (Murphy, 2010). According to Skues, Williams, and Wise (2012), students who report feeling more alone on Facebook tend to have a higher number of friends on the social media platform. Researchers found that individuals who use social media report feeling shier and lonelier and also less socially active. They also found that being alone is an issue for them.

SOCIAL RELATIONSHIP AND MENTAL HEALTH OF AN HUMAN BEING

According to the Mental Health Foundation, relationships are essential for maintaining our mental wellness. The amount and quality of social interactions have an impact on risk of mortality, and mental, physical, and health behavior. Social support has been shown in several scientific studies to decrease loneliness, demotivate avoidance techniques, prevent depression, and enhance good mental states. On the contrary, depression has been linked to suicidal thoughts as well as unfavorably social connections and social isolation. Reaffirming that improved mental health is linked with social support.

Having social connections is essential for improving mental health. However, the truth is that researchers cannot agree on which elements of social interactions are most important for mental wellness. Because of the emotional support system's stress-reduction capabilities, individuals who had serious life experiences suffered from mental health issues less when they had greater assistance from relatives and close friends.

CONCLUSION

This research has done an in-depth analysis and synthesis of the literature on social media and certain mental health-related topics. The topic's importance is determined by the correlation between the use of digital platforms and mental health problems. Children and teens are more vulnerable to the negative impacts of social media use since mental health issues that arise early in life can have a lifelong worldwide epidemic effect on any individual. One cannot stress the importance of ongoing research and analysis on this construct.

The present set of studies highlights the importance of this problem and illustrates the weak correlation between younger generations' mental health and their use of social media. It is known that using social media negatively has a serious impact on today's generation, particularly young people. The literature that has been discussed in several sections of this

study clarifies the important relationship that exists between social media use and contemporary mental health issues; it also highlights the relationship's complexity.

This paper provides an understanding of the intricate relationship between younger generations' mental health issues and their use of social media. Online harassment, depression, texting and sexual activities, anxiety, exhaustion, being alone a reduction in mental capacity, cyberbullying, psychological suppression, and lack of focus are some of these issues. All of these have an impact on the mental health of the young generation, either directly or through indirect means. The body of literature thus far indicates that younger generations are more susceptible. The young people, who make up a large portion of the current population, is going through a new phase of their lives and is more likely to suffer from serious mental health issues.

The right actions should be done to lower the risks, such as organizing informational and therapeutic meetings in institutions and schools. A movement to raise awareness about the impact of social media use on the mental health of the younger generation can be developed. There should be an age limit on social networking services. Any social media platform that promotes negative behaviors, such as racism, violence, or prejudice, ought to be shut down immediately.

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