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Impacts of Social Media on Mental Health

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ABSTRACT

Social media has turn out to be a critical part of human beings inside the present generation. It has influenced them in many ways. On the one hand, numerous advantages of social media consisting of on line chatting, audio/video calling, reviews sharing, posting images, reading the real time news and advertising is attracting users rapidly. On the opposite hand, excessive use of social media is causing negative influences on mental health like an increase in anxiety, depression, loneliness, and low self-esteem.

The reason of the thesis is to promote safe social and inspire students to use social media systems in a balanced way. Many research have shown that the balanced use of social media can help to growth the well-being of a person. The thesis intended to aware the students, about the positive and terrible effects of social media on their mental health to increase their focus on study, to expand their abilities, and to increase productivity.

In the empirical part, online questionnaire survey was conducted through google form link shared via E mail, WhatsApp and Facebook, in this context received valuable feedback from different students, of Jammu and Kashmir. The goal of the survey was to know the time consumption of students with the aid of the usage of social media and how is social media supporting or affecting students. The end result showed that Male students are greater lively in social media than female. The students spend an enormous quantity of time on social media. While maximum of the students are aware of the effects of social media on mental health, there were also some students who aren't. For the students who do not know the effects of social media, the thesis provides enough information to understand the situation.

Keywords: Social Media, Mental Health, Mental Illness, Mental Disorder, Cyberbullying, Addiction, Depressi0n.

CHAPTER NO.1

INTRODUCTION

With a growing development in technology, life has become more relaxed and faster. At the same time, the rise of technology has additionally created problems all around. Among the pool of technological discoveries, social media has become so famous in recent times that one can't live far away from it. The invention of the smartphones has made the use of social media even prolific. According to the 2020 global reviews posted by way of 'We Are social' and 'Hootsuite,' the wide variety of energetic social media customers are 3.80 billion social media users in Jan 2020 with this number increasing of more than 9 percent (321 million new users)since this time last year. Globally more than 5.19 people now use mobile phones with users numbers up by 124 million (2.4 percent) over the past year. Nearly 60 percent of the world's population is already online and trend suggest that more than half of the world's total population will use social media by meddle of this year. This fashion is converting the manner of living in society: communicating, sharing and expressing ideas and availability of the products or services.

In extra detail, social media has become an essential part of humans. It has inspired them in specific ways. On the one hand, the several benefits of the social media which includes on-line/offline chatting, video calling, sharing mind, posting snap shots, actual-time information, advertisements, and meetings, are attracting the customers unexpectedly. On the other hand, humans have turn out to be addicted to social media causing special social,

bodily and mental problems. "Facebook can be a laugh and wholesome activity if customers take advantage of the web page to stay linked with family and old friends and to proportion exciting and important elements in their lives but if it's used to look how well an acquaintance is doing financially or how glad an old friends is in his relationship – matters that cause envy amongst customers – use of the web page can lead to feeling of depression," stated Professor Margaret Duffy, University of Missouri (The Week 2020, cited 16.07.2020). The utilization of social media may have both harmful and beneficial effect on mental health. Therefore, its miles vital to use social media in a balanced manner so that customers get the entire benefit of it without hampering their mental fitness.

This thesis focuses on the positive and negative aspects of social media on mental health with a goal to inspire users to use social media in a balanced way.

1.1 Research Problems:

This studies is based on the following three main question

1. What are the positive and poor impacts of social media on mental health?
2. How a lot time do the students spend on social media?
3. Is social media helpful to the students or affecting them?

The questions mentioned above are the research problem, and as a result, the research aims to find out the solution to all those issues.

1.2 Research Methodology:

The thesis is divided into two parts: a theoretical part and an empirical part. The theoretical part constitutes the information regarding the consequences of social media on mental health. The theoretical part also focuses on finding information about whether social media is helping or harming students. In this part, the records is based totally on secondary assets along with distinctive studies carried out within the past, books, journals, google consequences, and statistics.

The empirical part is primarily based on online questionnaire survey performed among the students, of Jammu and Kashmir. A questionnaire became created the usage of Google-forms and despatched to the students through E mail, WhatsApp and shared link via Facebook asked to give responses voluntarily. There had been altogether eleven questions wherein 10 questions were set as a compulsory, and 1 query turned into positioned as an open-stop query. The time given for the survey was one week. At the end of the week, the total wide variety of responses had been 21. The respondents are classified via gender to compare which group are more aware of the thesis topic.

2 CONCEPTS:

In this chapter, the concept of social media and mental fitness is explained. The meaning of social media and mental health is subjective. Therefore, the right meaning of social media and mental health help readers to understand the ones terms in research and to follow it easily. However, the supplied that means isn't always the universal definition.

2.1 Definition of social media

There is no single recognized definition of social media (IIA & Jack 2011, 27). Social media is a subjective term because its meaning varies from person to person .the definition of social media is determined based on for what purpose it is used. Now social media have many definitions. A broader perspective is essential to understand the meaning of social media. Some of the definitions of social media are mentioned below:

According to Mariam Webster cited,(17.07.2020) social media is a forms of electronic communication (such as websites for social networking and microblogging) through which users create online create communities to share information, ideas, personal messages, and other content(such as video).

According to the Cambridge Business English Dictionary (2020), social media is a form of media that permits people to communicate and share facts using the Internet or mobile telephones.

According to Oxford Dictionary (2020), "The solutions automatically derives retail location traffic by turning excellent customer's experiences into a powerful marketing tool through social media."

Social media is interactive computer-mediated technology that facilitate the creation and sharing of facts, ideas, profession pastimes and other kinds of expression through virtual communities and networks (Wikipedia 2020, cited, 16.07.2020).

Social Media is a collection of Internet-based totally applications that build at the ideological and technological foundations of net 2.0, and that permit the advent and alternate of user-generated content (Kaplan & Heinlein 2010, sixty one).

Merriam-Webster (2014) defined social media as, "kinds of electronic verbal exchange (as Web sites for social networking and microblogging) via which customers create on-line groups to share statistics, ideas, non-public messages, and other content (as movies)." (Bashir, 2017a.)

Social media are interactive computer mediated technologies that facilitate the creation and sharing of information, ideas and career interests and other forms of expression via virtual communities and networks. (Wikipedia 2020, cited 17.07.2020)

From the definitions cited above, the general meaning of social media may be derived as an internet-primarily based application that lets in the users to talk within the shape of text, voice or video and proportion data, thoughts, and visual factors in a virtual community, privately or publicly. However, using social media is not only confined to communication and sharing. Now, it's been utilized in fitness, politics, economics, technology, schooling, entertainment and service sectors distinctly.

According to the record posted through Statista (Jan 2020), the most famous social media platforms are shown in figure 1 below:

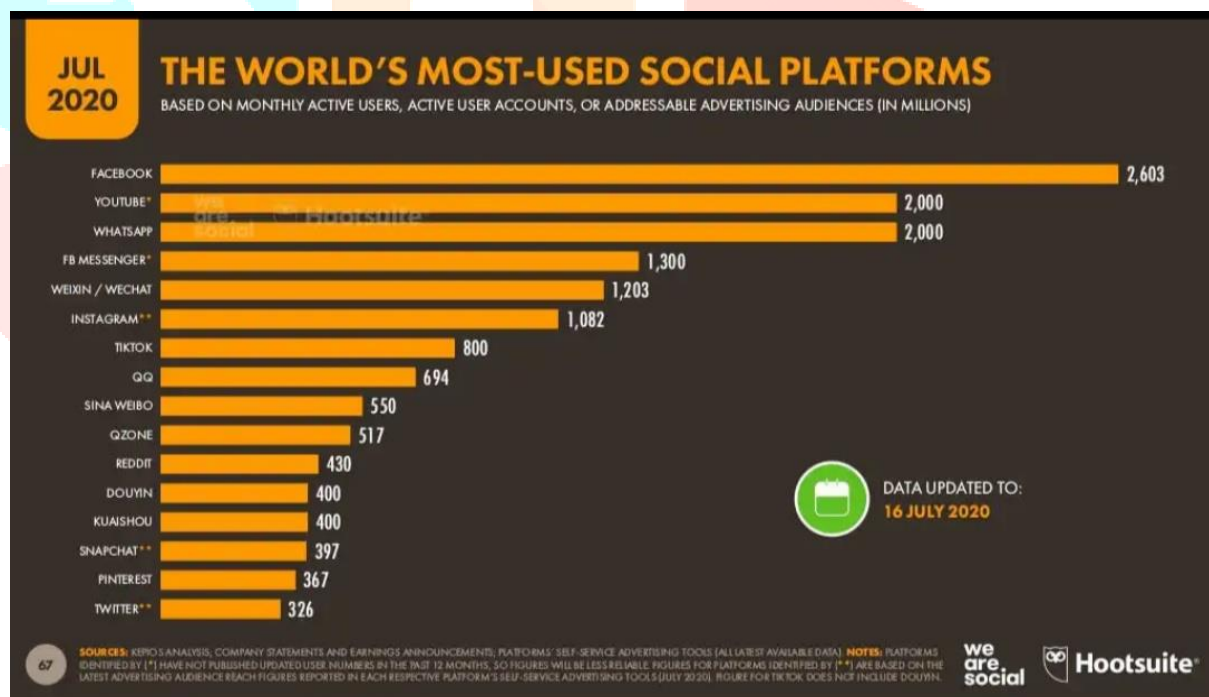


FIGURE 1. Showing the range of social media users global (in millions)

The figure 1 above shows that Facebook is the main social media website 2,603 million users accompanied by way of YouTube (2,000 million), WhatsApp (200 million), Facebook messenger (1,300 million) concurrently and the listing is going on. In widespread, the reasons to use social media are to live in touch with friends or families, to share pics and motion pictures, to live updated with news and modern-day issues, to satisfy the spare time, to proportion opinions, for networking and marketing, and to meet new people.

2.2 Definition of mental health

Mental health is a state of wellbeing where in the individual realise his or her on abilities can address the normal stress of existence can work productively and fruit fully and is able to make contributions to his or her community (world health organisation.Jun.04.2015.cited.18.07.2020)

Mental health is defined as a kingdom of nicely-being wherein each man or woman realizes his or her personal capability, can deal with the everyday stresses of existence, can paintings productively and fruitfully, and is capable of make a contribution to her or his network (World Health Organization 2014a, 12).

Mental health is a fundamental and vital part of overall health. It may be described in 3 approaches: the absence of disorder, a state in which the organism lets in the overall performance of its characteristic, a country of stability between one's bodily and social environment. Each of these 3 definitions relies upon at the primary needs, inclusive of meals, safe haven, survival, protection, society, support and freedom from pain, environmental risks, and stress and from any part of exploitation. (Bhangra, Till & Sartorius 2013, noted 18.07.2020)

Based on the above three definitions, it can be stated that mental health is a state of well -being and an ability to understand and make use of one's ability to stay a normal life. However, there are numerous arguments in finding the regularly occurring meaning of mental health. For instance, people are used to listening to 'mental health' as a euphemism for a 'mental illness.' In extra detail, the belief of society is specific primarily based on the way of life, geography, and faith. In some societies, the time period 'mental infection' is taken as a bad and an embarrassing term. People mock at patient having an intellectual infection. In this example, the victimized character to cover their illness from society or for fear of being teased uses the time period 'mental health' to describe 'mental infection.' Some societies perceive 'mental health' as a polite and effective term than a 'intellectual contamination.' Here, the definitions of intellectual health and intellectual infection cannot be differentiated. (Cattan & Ilford, 2006, chapter 2.)

Furthermore, according to the World Health Organization (WHO), mental health is a country of healthful mind. If the thoughts is unhealthy, consequences are an intellectual infection and an intellectual disorder where the mental contamination refers to despair, tension, schizophrenia, bipolar disease, and the mental sickness refers to an alcohol and drug dependency together with the mental illness. However, people residing with a mental sickness can also acquire suitable stages of properly-being – dwelling a satisfying, meaningful, contributing lifestyles in spite of pain and distress. (2014b, 12.)

Therefore, intellectual health isn't always just the absence of mental ailment. It is a broader time period that represents each the intellectual ailment and the intellectual infection as its determinant elements.

In this thesis, mental fitness is provided as a country of healthful mind. The thesis focuses on social media as a determinant aspect that influences the mental fitness undoubtedly and negatively resulting in both a mental disorder and an intellectual fitness promoter.

3 REVIEW OF THE RELEATED LITERATURER:

Review of the related literature is an essential part of any research work as this is an exacting task calling for a deep insight and clear perspective of the overall field. It is a crucial step which invariably minimizes the risk of dead ends, rejected topics, wasted efforts, trial and error activity, and approaches already discarded by previous researchers and even more important erroneous findings based on faulty research designs. It provides a greater understanding of the problem and its aspects and ensures the avoidance of unnecessary duplication.

The review of related literature gives the researcher an understanding of the research methodology which refers to the way the study is to be conducted. It helps the researcher to know about the tools and instruments which proved to be useful and promising in the previous studies. The advantage of the related literature is also to provide insight into the statistical methods through which validity of results is to be established. Through the review of related literature, the researcher can avoid unintentional duplication of well-established findings. It is of no use to replicate a study when the stability and validity of its results have been clearly established. The survey or related literature is an important step in conducting educational research. It enables the investigator to locate gaps and find trends in research in a particular field. The information about the designs, samples and research tools employed by the other investigator, help the future investigators to formulate their procedure with more care. It enables to compare the data, on the basis of which a researcher can evaluate and interpret the significance of findings. Here an attempt has been made to present pertinent literature, which is likely T Review of the Related Literature School of Education, Central University of Kashmir. 15 to have direct bearing on this study.

The studies under review have been presented as under the following heads:

1. Studies Related to Social Media

2. Studies Related to Mental Health

3.1. STUDIES RELATED TO SOCIAL MEDIA

Margo (2012). Studied the social networking & concluded that, since their appearance, social media have changed different aspects of people's lives. Social media that were emerged by the rise of Web 2.0 technologies are characterized by several significant features such as user generated content, online identity creation and relational networking

. Nicholson, (2011) studied that, Social media has become a growing phenomenon with many and varied definitions in public and academic use. Any activities where humans share stories and influence others can be considered social networking.

Edosomwan, Prakasan, Kouame, Watson & Seymour, (2011) studied, The concept of social networking has evolved, much like other innovations, and is becoming increasingly sophisticated with advancements in technology. Currently, there are hundreds of SNSs that can draw millions of people, with diverse technological affordances

. According to Smith (2010), "Social media sites are virtual platforms for interactivity and information exchange ... where issues are debated and defined ... Social media users collaborate in content creation ..., are proactive in searching information ..., and value control in social media participation.

Nielsen (2010) studied social media & under investigation he, argues that social media accounts for nearly one-quarter of all internet activity, and LinkedIn has over 80 million professionals in over 200 countries. Other platforms such as Facebook, WhatsApp, Twitter and YouTube are available for everyone; it was traditionally created to connect with individuals from all over the world to include employees, friends and families. However, as the number of users increase to millions, organizations are also trying to connect with employees more so than ever. Social Media has changed the way people around the globe communicate with one another. However social networking has existed right from the onset of humanity. Review of the Related Literature School of Education, Central University of Kashmir.

17 Also, Oskoue (2010) studied & proposed that internet is advantageous to both students and teachers if used as a tool of knowledge creation and dissemination.

Enriquez, Kirschner (2010), studied & revealed that students who multitask between social networking sites and homework are likely to have 20% lower grades than a student who does not have a social networking site in visual range. Kirschner believes that even running a social networking site on the background on a student's PC while studying or doing homework could lower a student's grade. He believes that "the problem is that most people have Facebook or other social networking sites, their e-mails and maybe instant messaging constantly running in the background while they are carrying out their tasks".

Mazer, et al., (2010), studied the Positive perceptions obtained from users of social networking sites i.e. effective learning which has resulted in an easy learning climate among students.

Dowdall, (2009). According to an extensive study by the Office of Communications (Ofcom) of the United Kingdom, almost half (49%) of children aged 8-17 who used the Internet had set up their own profiles on a social networking site Of com, (2008a).

Young et al., 2009; Vasalou et al., 2010) studied that, Many people actively participate in content generation and value creation, and several researchers have examined their profiles to determine why and to what extent they are keen on posting their entire identity, sharing pictures and videos, and indicating their religious affiliations, marital status, and political orientations on the internet. These users interact with others, exchange information about their interests, and raise discussions about new topics, follows news about specific topics on different Social Networking Sites.

Banquetal. (2009) found a continuing drop of grades among student users of social networking sites. However, many researchers also found a positive association between use of internet and SNS and academic performance of the student users.

Review of the Related Literature School of Education, Central University of Kashmir. 18 (Martin, 2009), several studies have been done regarding social networking and grades. Whitmore School of Business and Economics

recently conducted a survey of over 1,000 students. They asked questions regarding which social network sites were used, how much time they spent on a site, what their grade point average (GPA) was, and what they were going to school for. It was concluded that there is no correlation between how much time is spent on a social networking site and grades.

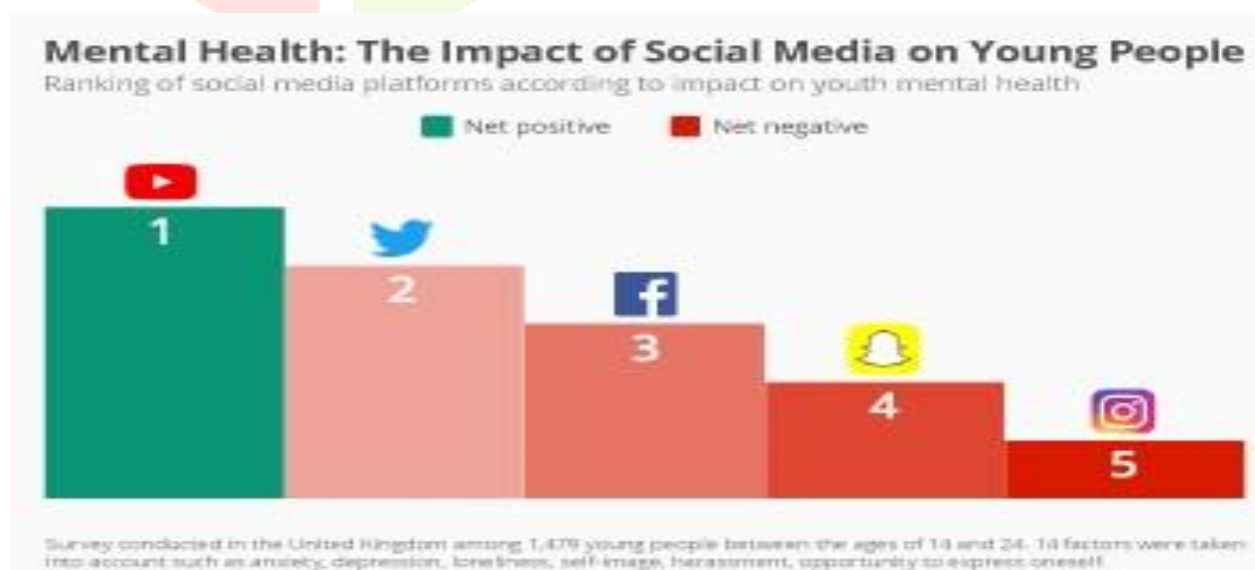
4 IMPACTS OF SOCIAL MEDIA ON MENTAL HEALTH

The evolution of the social media is in peak conquering the world's population into it. Based on the facts and figures posted through Statista (2020), in 2019 there were 3.484 billion social media users in the world. Social media usage continues to grow alongside internet penetration, and if the growth rate stays constant, estimates forecasts there could be more than four billion social media users by 2021. The present life of the humans is deeply connected with social media. Being social has come to be the need of the world right now. With the improvement of smartphones, the use of social media has turn out to be even prolific. People want to speak with their friends, families, relatives, and strangers, like their fame, pictures, and movies, enhance voice in opposition to the growing issues inclusive of gender inequality, racism and spend time surfing today's news, discoveries and facts through social media. Teenagers even spend time on social media gambling video games and locating relationship companions. The multifunctional conduct is the reason people are drawn to the use of social media.

Moreover, the relation of an individual with social media is indivisible at gift. Right now, an unborn infant is being socialized online and being appreciated and commented on (Halper, TEDx Talks, and 9.10.2015.cited.20.07.2020). It has turn out to be critical for human beings to be lively in social media. Since morning to night, human beings are busy updating their day and activities. This shows the strength of social media and the way deeply it is rooted in our life. Nonetheless, it has emerge as even more important to get likes and comments on our posts on social media. There has been ranking: one with more likes treated as excessive profile and few likes as low profile. Also, human beings are unfastened to comment on a person's submit easily. All of such practices is converting our lives for all time.

Similarly, whilst human beings deal with social media as a part of their life and use it all the time, it has some effect on their fitness. Since social media engages conversation and interaction, it calls for a number of brain activities than physical. As an end result, the impact is visible on the intellectual fitness of people in recent time. In the thing "impact of social media on intellectual health," it's far stated that excessive use of social media creates the imbalance. The record also referred to that social media phenomenon is new which gift clean blessings however additionally has an effect at the properly-being and intellectual fitness of its users. Further, Connection between social media and its unwanted effects like a growth in tension, stress, melancholy, and loneliness raises alarms amongst younger generations. (Bashir, 2017b.)

Figure 2: Below Figure shows the impact of the five major Social Media platform on mental health.



According to this analysis YouTube is the leading social media platform which is mostly impacted on student's mental health followed by twitter, Facebook.

Figure 3 proven underneath posted is with the aid of The Economist (2020), shows the impact of four famous social media (YouTube, WhatsApp, Facebook, Twitter) on the mental health.

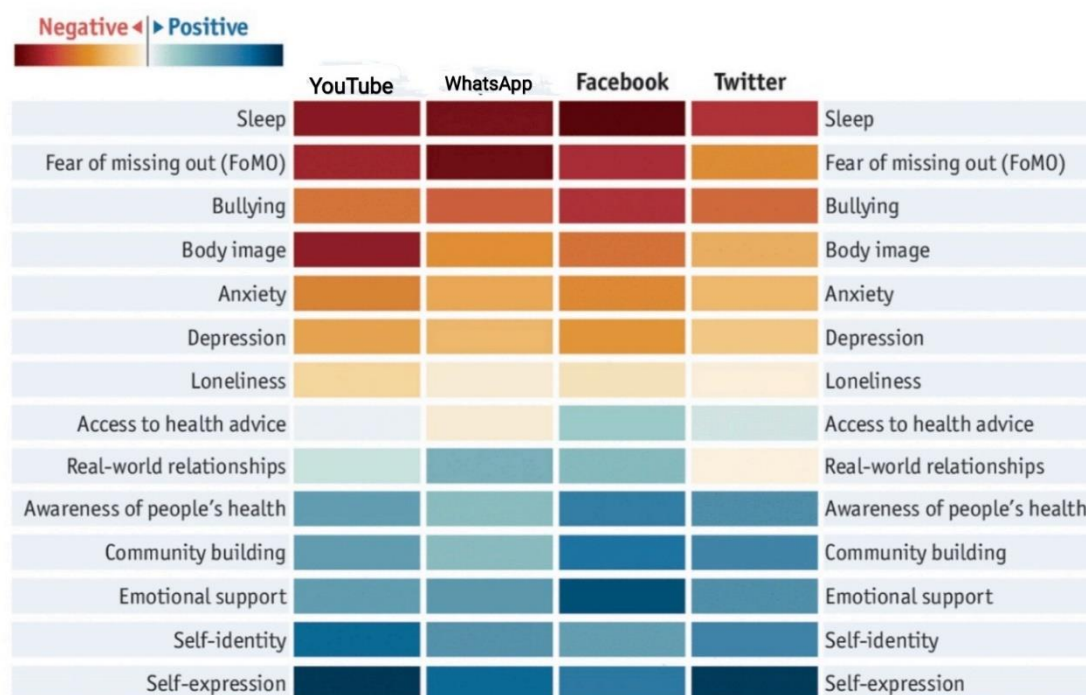


FIGURE 3. Displaying the impact of social media on the mental with the students of Jammu and Kashmir.

In figure 3, the online questionnaire survey was conducted through google form with the students of Jammu and Kashmir. The results are shown in figure 3. The chart shows the positive and negative impact of social media (YouTube, WhatsApp, Facebook, and Twitter) on mental health. Positive effects including get right of entry to fitness advice, actual-global relationships, consciousness of human being's health, network constructing, emotional aid, self-identity, and self-expression are shown with a blue colour: mild blue as least contribution and dark blue as a better contribution. Negative effects consisting of sleep problem, Fear of Missing out (FoMo), bullying, frame photograph, tension, depression, and loneliness are shown with yellow and crimson shade: light yellow as least contribution and darkish purple as a better contribution. All 4 social media referred to in the chart has a few role in all the fantastic and terrible consequences on mental health. For example, YouTube has a better role in body image, anxiety and loneliness, WhatsApp has a better position in FoMo, and Facebook has a higher contribution in sleeping sickness, bullying, tension, and melancholy while Twitter has considerably less function in all negative effects than other 3 media concurrently. On the opposite aspect, Instagram has a higher contribution to self-expression and self-identity, Facebook has a better involvement in emotional help, network constructing, focus of humans' health and get entry to fitness recommendation, Twitter plays an extra full-size role in self-expressing and community building and YouTube has a higher position in constructing a dating with the real world.

Thus, social media has been diagnosed as both useful and adverse to human's mental health due to the character of its content and the way people understand it. Some argue that social media can have a superb effect on the intellectual health thru extended guide which brings a sense of hope, companionship, and motivation to the sufferers who've an intellectual disorder. Other research propose a link between social media and mental fitness promotes psychological misery. (Nyasaland 2014, 1.)

In the subsequent bankruptcy, the impact of social media is divided into classes: Positive impacts and negative impacts.

3.1 Positive Impacts:

While virtual interplay on social media doesn't have the identical psychological blessings as face to face contact, there are still many high quality methods wherein it allow to live connected and support your wellbeing. Social media permits you to, Communicate and live up to date with circle of relative's buddies around the world, Find new bodies and groups. Community with other those who proportion similar pursuits or ambitions, join or promote worthwhile reasons, raise focus on important troubles, Find crucial social connection if you believe in a far flung area, for example, or have confined independence, social anxiety, or part of a marginalized institution. Find an outlet in your creativity and self-expression, discover(with care) resources of treasured information and getting to know the bad

elements of social media, since it's an especially new generation, theirs, little studies to set up the lengthy time period outcomes, accurate or bad, of social media used. However, multiple research have determined a study hyperlink among heavy social media and an accelerated threat for depression, anxiety, loneliness, self-harm and even suicidal thoughts (2018.university of Pennsylvania.cited.22.07.2020)

Social media isn't inherently horrific for intellectual fitness; it can be high-quality and uplifting too. In a observe performed by using the University of Melbourne and the Monash University, 70 research had been reviewed in which, the result confirmed that the social media can be useful for connecting with others and provide precise mental guide for human beings with anxieties (Medical press 2016, Cited 19.07.2020). In every other examine performed with the aid of Michigan State University, it turned into found that when individuals are more energetic in social media like Facebook, they provide recommendation, show empathy or guide in a few way which ultimately increases their properly-being as compared to passive users (Kegan 2020, Cited 20.07.2020). Here, passive customers confer with folks who scroll the social media pages without any precise motive. Now, the social media bridges the distance between groups all around the globe through which people are sharing their inspiring tales, motivating to live a glad life, selling peace and helping below challenging instances.

Ms. Devon who's a writer spends maximum of her time traveling colleges and speaking to young humans approximately her revel in. In an interview, she said, "I even have discovered social media to be a first rate place to connect to like-minded people. Its quality to understand there are humans accessible who understand, and who offer encouraging words while needed." (Nichol 2018, Cited 20.07.2020.)

Some of the blessings of social media on intellectual fitness are discussed beneath in short:

a) Mental health support

Social media can provide mental health assist. "It has immediacy for buying support whilst we need it most, and there may be no one around, or no one we experience we can visit with our troubles (a common revel in among people with intellectual fitness problems is one of the emotions: burden to others)", said Katie Sutton who is the student Nursing Times editor for Mental Health branch. In her weblog she gave an instance of a nurse-maiden, Sally-Ann who published on Twitter at 11:20 pm as comply with:

"My daughter is having an excessive panic assault, we r using a paper bag, however I can't appear to settle her? She is so scared it's terrible any recommendation?"

The tweet above got the eye of the several nurses providing advice and retweeting it. Sally-Ann twitted after 20 minutes pronouncing her daughter is feeling better and thanked all of the pointers she acquired. (Sutton 2013, Cited 22.07.2020.)

Nowadays not every person use social media as a platform to connect to pals and household, however there are also many specialists who are giving advice and inspiration to the needy human beings thru it. In the case of intellectual health, folks that be afflicted by a few mental health troubles inclusive of anxiety, and depression, some locate it hard to proportion their troubles with the actual humans round them. In such cases, social media plays a supportive role to connect such a person to be seeking for help from unique fitness professionals or human beings with similar experiences clearly. For instance, elefriends is a social platform managed by the intellectual fitness charity (Mind) which offers urgent help at the intellectual fitness issues. There are also numerous community pages or companies in Facebook run by using mental fitness experts to assist intellectual fitness problems and to increase focus. Instagram gives aid and enables while kind '#depressed' in a seek container. However, the user need to also be chargeable for choosing the precise structures to proportion their problems because social media is also an area in which on-line bullying happens all the time.

In a brand new survey supported by Hope lab and Well Being Trust, it demonstrated that social media is a fundamental part of younger human being's lives and that massive quantity of teens and adults experiencing moderate to severe signs and symptoms of depression turn to the internet for assist. The survey file even alerted telling younger people who've signs of despair to stay off the social media might not continually be smart; for some, it can reduce off an important lifeline, a connection to advice, facts, inspiration, and help. (Miller 2018, Cited 25.07.2020.)

b) Personal Empowerment:

Social media provide quite a number advantages and possibilities to empower humans in an expansion of methods. It plays the function of a writer, curator, and spectator. In greater detail, thru social media, a person can create their profile displaying their exceptional first-rate, share the profile with billions of audiences from around the world and seek for the proper possibility. The social media is a place of understanding from in which human beings can research the talents they are interested in, read and comply with the inspiring stories of a successful character, get influenced and develop as an assured individual.

Further, in a weblog written by way of Tazi, she referred to an Australian version who quitted using social media with the aid of describing them inauthentic and useless. However, Tazi was no longer convinced with that action and the reason she gave describing social media as meaningless. Instead, Tazi said, "social media gives representation unparalleled in mainstream media." (Tazi 2015, Cited 05.08.2020.) Social media is accessible to all and sundry round the arena. The position of social media on social reformation is incomparable. Through social media terrible practices are shared, listened and were given helped. It has emerge as a place to shout out. Today, the third gender are using social media to connect human beings like them in subsequent corner of the world, and fat ladies are inspiring others to wear something they need freely, black women and men are speak me approximately racial injustices, and deprived human beings are motivating others via their paintings regardless of bodily weak spot. Such sports in social media are empowering people in exclusive components of the sector and make them feel that they're no longer by myself.

The founder and executive director of MEDIAGIRLS, Michelle Cove stated, "I so admire seeing teen girls the use of YouTube to assist different women, lift their spirit, and be proper. I actually have seen such a lot of women on YouTube acting in poetry slams, competing in fierce dancing competitions, developing PSAs, coaching tutorials and greater. There are so many amazing position models." Likewise, Elizabeth Banks is an American Actress who created "WhoHaha" channel in YouTube with an intention to make the audiences snicker till they pee. In an interview with CBS news, she stated that girls' voices are being oppressed which bugs me loads.

She endured announcing, "I assume there's a manner to be supportive, innovative and wonderful on-line and that is what I'm looking too positioned into the sector, and I understand YouTube shares that aim." (Park 2017, Cited 03.08.2020.)

Similarly, "Black Girl Magic" is a concept created with the aid of CA Shawn Thompson in 2013 to have a good time the splendour, electricity, and resilience of black ladies. 'Black Girl Magic' is a time period used to demonstrate the widespread awesomeness of black ladies. Since then, the moment commenced to take over social media platforms consisting of Instagram and Facebook with #BlackGirlMagic. (Wilson 2016, Cited 04.08.2020.)

In this manner, considering the benefits that social media platforms are supplying, it is a lovely present of technology inside the current generation. Social media is a voice for unvoiced, face for faceless and oxygen for breathless. Through social media, people with intellectual health troubles have become aid, help, and inspiration. For developing and under-evolved us of a wherein the mental fitness services are marginalized, human beings are studying about their intellectual fitness problems with the help of social media structures. In some way, social media systems are selling good intellectual health to make a better global.

3.2 Negative Impacts:

Before the discovery of social media, horrific practices nonetheless happened in places, however now the ratio has accelerated fairly. Such horrific practices used to have an effect at the particular locations, however now the impact is international. Because of the freedom and a useless restrictions policy, humans also are misusing social media platforms ensuing in negative impacts at the intellectual health which includes cyberbullying and suicide, increase in anxiety, low vanity, and depression.

In the US, Ashanti Davis killed herself after a video of her in a schoolyard fight went viral on the app Musically. Davis became handiest ten years antique. Less than a week later, Rosalie Avila who become a thirteen years vintage teen hung herself after receiving abusive on line messages. Similarly, on December 31st, a famous YouTuber Logan Paul posted a video making fun of the body of a man who hung himself in Japan's Akutagawa woodland. (Christ, 2018.) These examples are the results of the negative effects of social media. There are many comparable examples during the arena.

Some of the huge poor influences of social media on intellectual health are mentioned under:

a) Cyberbullying:

Bullying is any undesirable competitive behaviour(s) in the direction of young people by some other young people or group of youths, who are not siblings or modern relationship companions, concerning an found or perceived electricity imbalance (CDC, 2018, Cited: .06.08.2020). Online bullying permits perpetrators the effective advantage of anonymity. When afforded the capability to cover at the back of a computer display screen, perpetrators act without regard for the outcomes and experience much less accountability and guilt for their actions (Moreno & Strasburg 2014a, 55). The worst of cyberbullying is it could appear whenever, anywhere publicly or privately. This sort of merciless practices in social media has an instantaneous effect at the psychological fitness of a targeted man or woman which can result in the incorrect selection of committing suicide within the worst scenario.

In detail, one observe surveyed university college students on how frequently they had skilled digital bullying behaviours and discovered that 38% knew a person who had been cyberbullied, 21.9% had been cyberbullied, 8.6% had acted as a cyberbully (Moreno & Strasburg 2014b, fifty six & fifty seven). Cyberbullying causes the feeling of loneliness, low self-esteem, suicidal ideation, increase social anxiety and melancholy. Likewise, emotional distress, anger, sadness, detachment, externalized hostility, and delinquency is likewise the signs visible in cyberbullied character. The famous social media platform which include Facebook, Twitter, Instagram, and YouTube are in which cyberbullying is broadly practiced.

For example, Amanda Todd, 15 years vintage, became a Canadian teen who posted a video on YouTube sharing her reviews on bullying both online and in college. In the video, she told a story of the way she suffered from the depression and tension with the collection of white playing cards. She needed to alternate the college a couple of times, however the bullying persevered. After posting the video on YouTube, she committed suicide in 2012. That incident got the eye of the news media globally. (NG, 2012a, Cited thirteen.10.2018.)

"We commonly, as a school district, don't communicate about such deaths, however with the circle of relatives' endorsement we did select to achieve this due to the fact it's miles vital to point out the risks associated with social media and cyber-bullying", Quinton, spokeswoman for the Coquitlam School District, said (NG, 2012b, Cited 07.08.2020).

In a 2018 summit on cyberbullying prevention hosted via the Federal Partners in Bullying Prevention, first girl of the United States, Melanie Trump pointed out that social media is an inevitable part of our each day lives in these day's international society which can be useful but also dangerous if misused. She addressed many youngsters and adults are being the victim of cyberbullying, and now it is time to devote ourselves to train practicing secure social media use for the better destiny era. Melanie Trump additionally added "BE BEST" marketing campaign launched in May 2018 for you to cognizance on three major pillars: Well-being, social media use and opioid abuse. (Bennett & Klein 2018, Cited 08.08.2020.)

b) Social media Addiction

The problem of social media addiction has become a global problem in the present era. Social media platforms like galaxy; each day we learn a little extra about it, and every day it movements a chunk in addition away (Jacobson 2009, 13). Social media have been advanced to provide a platform for verbal exchange in its preliminary degree. Now they provide such a lot of functions that it has turn out to be hard to live away from them. In one manner or different, humans are related to social media. The excessive use of social media in cutting-edge society has created a new hassle: the trouble of addiction. Social media addiction is becoming very serious and has equated with addictions to difficult tablets like heroin and crack cocaine (Woods 2014, Cited 08.08.2020).

Furthermore, studies has discovered out that certain sports in social media such as texting and getting a respond, getting likes, notifications and nice feedback, releases a chemical 'dopamine' produced via the mind which could be very addictive. Dopamine is the same chemical that makes sense true whilst we smoke, drink and gamble. So, social media provide the same level of pleasure as tablets and gambling that maintain customers to involve in social media activities time and again. This is why the object of dependency turns into extra critical to an addict than something of their lives. (C. Nakeya 2015, thirteen & 14.) Such addiction has an instantaneous effect on mental health. Addicts have low self-esteem, feeling of envy, anxiety, napping sickness and inside the worst situation, they commit against the law. There are a number of terrible incidents round the arena due to social media addiction.

For instance, Shusha Gawain was a 24-12 months-antique Indian female, who dedicated suicide by hanging herself from a ceiling fan in 2014 after her parents restricted to use Facebook.

On the suicidal notice she wrote, "Is Facebook so terrible? I cannot live in a domestic with such restrictions as I can't stay without Facebook". (Dua, 2014, Cited 11.08.2020.)

Similarly, Larry Carlat was once a married editor of a popular guys' mag, but he became addicted to Twitter. He used to tweet 20 to 30 times a day, seven days per week. After tweeting for over 3 years, he had 25,000 followers. However, he misplaced his activity, were given divorced and confronted financial difficulties. Later in 2011, he determined to stop Twitter. (Carlat 2011, Cited 12.08.2020.)

c) Depression, Anxiety and low self-esteem:

Depression is a common mental disorder that causes humans to revel in depressed mood, loss of interest or delight, feeling of guilt or low self-esteem, disturbed sleep or urge for food, low power and negative attention (Mental Health Foundation 2018, Cited 25.07.2020). Likewise, Anxiety is a sort of worry normally associated with the notion of a threat or something going incorrect in the future however also can arise from something going on right now (Mental Health Foundation 2018, Cited 25.07.2020). The dating among depression, tension, and occasional vanity are inter-related. They can appear at any time, everywhere and from something. Recently, immoderate use of social media is observed to be a critical purpose of depression and tension.

In a survey carried out by means of Dr. Heather Cleland Woods at Glasgow University, 467 teenagers were puzzled on their ordinary and night-time social media use. The end result revealed that common social media use, night time-time precise use and emotional funding all had a significant impact on best of sleep connected with the better degree of depression and anxiety. Similarly, a have a look at of 700 secondary college students in Ottawa discovered that folks who use social community sites have poor intellectual health three times more than folks who don't use them. (Levy 2015, Cited 27.07.2020.)

The reasons of melancholy and anxiety amongst people are numerous depending at the belief of the human beings in the direction of social media. Fear of Missing out (FOMO) is one of the reasons humans use social media nowadays. FOMO manner fear of missing out among the institution of friends, families and precise unions. It is likewise a worry of being neglected. FOMO preserve customers coming back to social media repeatedly that could even result in dependency after which to despair. Checking messages regularly even when there aren't any messages, preserving an eye at the notification bar all the time are the signs and symptoms of FOMO. In a TEDx Talks with Bailey Parnell, she said that we ignore easy matters consisting of chatting, tagging, checking notification, and taking selfies in social media because those sports are a laugh to us, however the hassle is such movements are repetitive. "When a micro-second happens over, and through the years, it is whilst we've a macro problem," she endured. (Parnell 2017, Cited 28.07.2020.) Here, she refers to the macro trouble as melancholy.

According to WHO report (2018), Depression is a commonplace intellectual sickness with extra than three hundred million people affected international. When the despair is at its worst situation, it is able to result in suicide. In the equal record, it's also stated that suicide is the second one main motive of loss of life in 15-29-yr-olds and every yrs. approximately 800,000 human beings die because of suicide. Depressed people have a sure level of anxiety disorder and occasional vanity as properly. The reasons of despair, tension, and low shallowness through social media can be on line harassment, blackmailing, inappropriate texts or visuals, addiction to the likes and comments and comparison with friends having a better existence. In the past few years, students have performed various empirical research investigating the causations and effects of melancholy in the context of the usage of social media: intensity of social media use, on line conversation, and online threats. In a study conducted with the aid of Lin et al. (2016), it was located that social media use become appreciably associated with despair. In a similar kind of survey by way of Scherer and Brunet (2017), the end result confirmed depressive customers are possibly to spend greater time on Facebook. (Dhir 2018, one hundred forty four.)

In any other perspective, evaluating with friends in social media is likewise the growing purpose of despair, anxiety, and occasional self-esteem. In current time, the not possible well known is set lots towards domestic, no longer through celebrities and models however through classmates and buddies. These requirements for a few have turn out to be a nightmare due to the fact whilst human beings see their pal on the social media extra lovely than them and lots of human beings praising their splendour, human beings experience that they're now not as appealing as their buddies. It creates a trouble of body shaming. Another aspect of social media is the spotlight reels. It method showing the pleasant and maximum enviable moments while concealing the efforts and common element of everyday lifestyles — these highlight reels of someone nearby motive low shallowness to many humans. The result is humans try to avoid being social in actual existence.

Therefore, the relationship between depression, anxiety, and low self-esteem is intently associated. Depression can purpose stress and coffee vanity, anxiety can result in melancholy and coffee self-esteem and vice-versa.

4 STUDENT AS A SUFFERER:

In the record "Students' Online Usage: Global Market Trends Report" published by way of Monica Jannuzzi and Laura Bridge stock in 2013, a complete of 918 surveys were completed at QS World Grad School Tour activities held in 26 international locations across Europe, Asia, Latin America, North America, and Africa. The record cantered on net usage tendencies of modern-day and Potential students global overlaying especially three areas: Time spent online, Internet device utilization, Global social community alternatives. The findings on Time Spent Online and Social Networks from the record are supplied below:

❖ Time Spent online

- Time spent online in keeping with day by students of all age companies are zero-three hours.
- Older respondents are much more likely to spend five+ hours online in a day.
- Those college students who're interested by engineering & generation reported to spend 5+ hours on line in keeping with day.
- In Latin America and Africa, respondents are much more likely to file 5+ hours on line in an afternoon.

Social Networks o in all-location (Europe, Asia, Latin America, North America, Africa), extra than 50% students are mentioned to apply 5 key networks which include Facebook, Twitter, YouTube, WhatsApp, and Instagram all the time.

The number one motivation for social media utilization in all area is to stay up to date. However, in Latin America, college students use social media due to their hobby.

Younger students are stimulated via a possibility to specific and older college students by risk to stay connected.

From the file "Students' Online Usage: Global Market Trends Report" its miles clean that most of the world's population, students are the best wide variety of social media customers. Social media has been useful to the students in higher schooling in general for new college students who are of their first year at University. For new students, making buddies, partying, to stay in touch, becoming a member of exclusive groups, working in a group undertaking and verbal exchange are the primary motivating factors to apply social media. Another prospect may be the use of smartphones a few of the college students. Students are usually sporting smartphones anyplace they go, take photographs or films and percentage them through social media platforms. However, students also are the institution most affected negatively by social media utilization. The practice of bullying and harassment extensively exist around Schools and Campuses.

Thus, in a single-way, social media is supporting college students cope with the stresses in existence. In any other manner, it is also acting as a stress generator. Balanced use of social media can help to increase productiveness, cognizance at the look at, and provide/get support for the scholars.

5 SURVEY AND RESULTS:

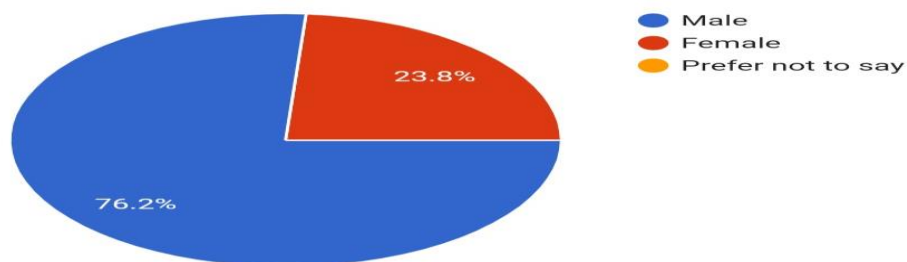
An online questionnaire survey was conducted with the students of Jammu and Kashmir through E mail, WhatsApp and also link shared via Facebook, received valuable feedback. There were altogether eleven questions wherein ten questions were qualitative, and one become quantitative. The questionnaire become created the using of Google forms and sent to via e mail, WhatsApp and Facebook for the responses. A time of 1 week turned into given to respond to the survey. There become a complete of 21 responses. Since the whole respondents are only 21, the sample length is 21. The answers had been taken as a sample to study the know-how of students on the effects of social media on mental health. The survey questions may be discovered in Appendix 1.

Furthermore, the results of all the 11 questions are provided briefly with the assist of information and figures below:

Question 1: The first question changed into asked with a goal to know the gender of respondents.

1: Gender

21 responses

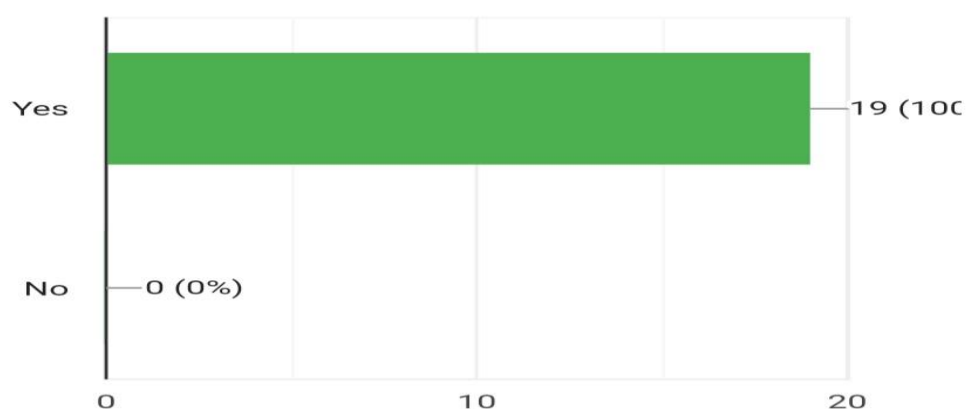


The results showed that majority of the respondents have been boy's students, and the quantity of boy's respondents was 15 and female had been six.

Question 2: the second question asked to the respondents that is related to using social media platform, found that the 100 percent users are using social media platform.

2: Are you using social media platform?

19 responses



Question 3: The third query changed into approximately deciding on a five social media platform.

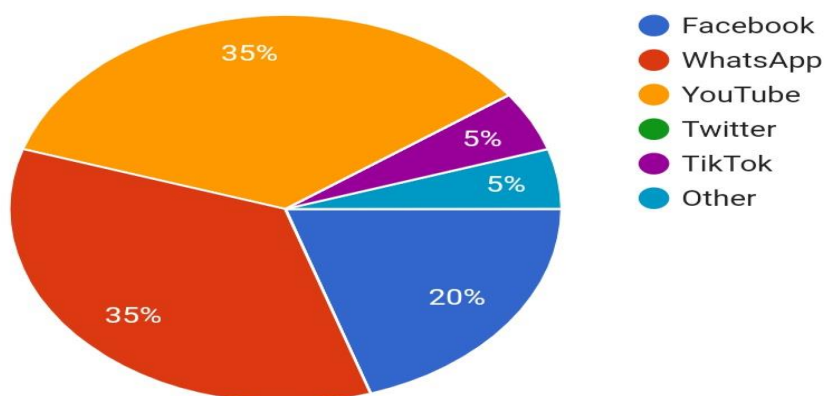


FIGURE 3. Showing percent of respondents on choosing favourite social media platform Based at the results, the most favourite social media platform turned into located to be Facebook, YouTube, and WhatsApp were favorited similarly. Some of the scholars additionally referred to Tumblr and Steam as their preferred social media platform.

Question 4: The forth query become approximately each day time intake the usage of social media platforms.

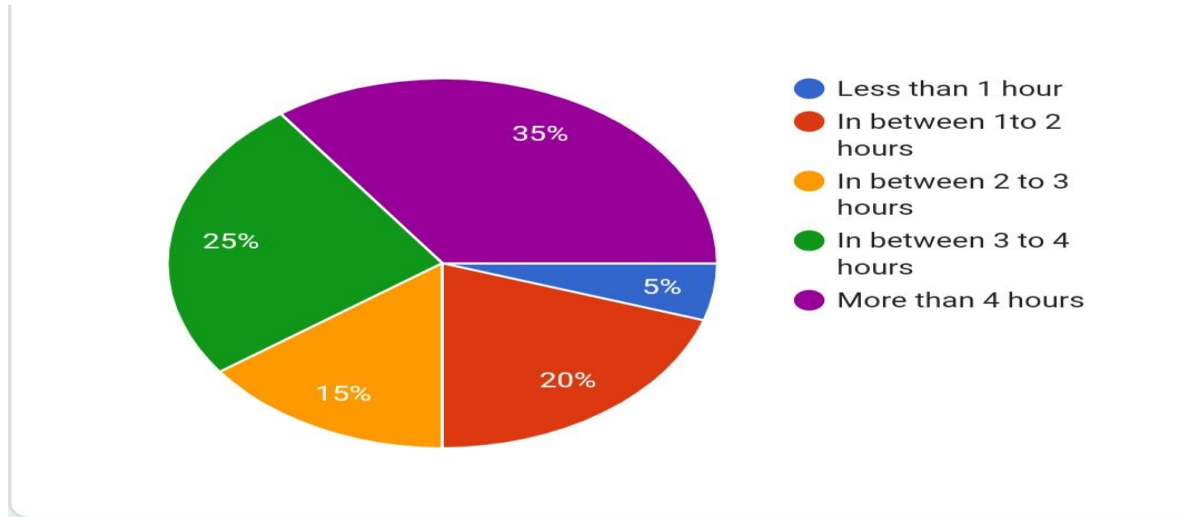


FIGURE 4. Showing percentage of day by day time intake on the usage of social media structures.

It changed into observed that the scholars spend 3 to 4 hours on the use of social media platforms in a day. And majority of the respondents use social media even more than 4 hours in a day. There are not one of the respondents who use social media structures for much less than an hour. This result indicates that the engagement of the scholars in social media is very energetic.

Question 5: The fifth question become asked at the functions of the usage of social media.

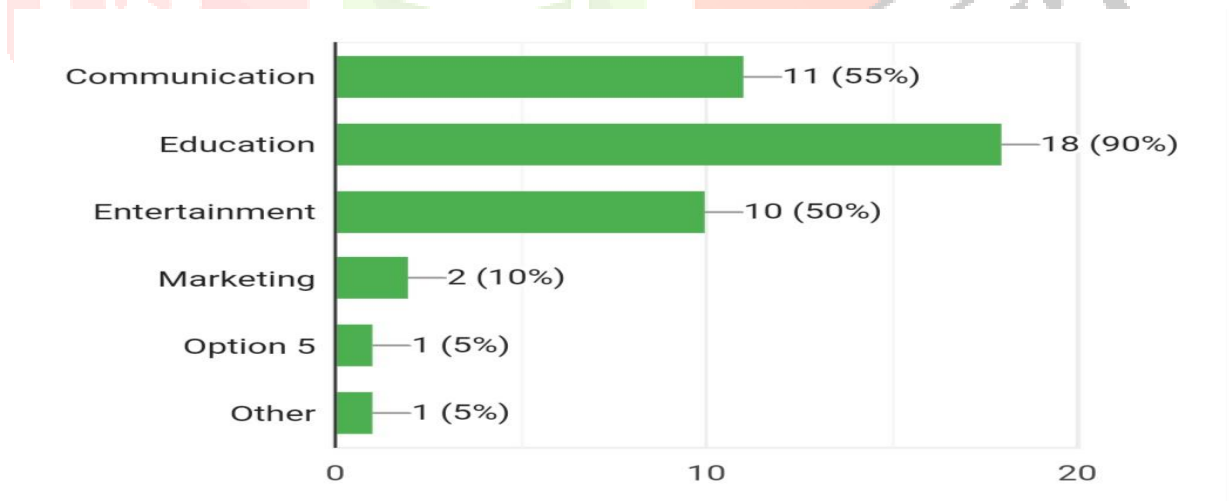


FIGURE 5. Showing percent of respondents on distinct purposes of using social media.

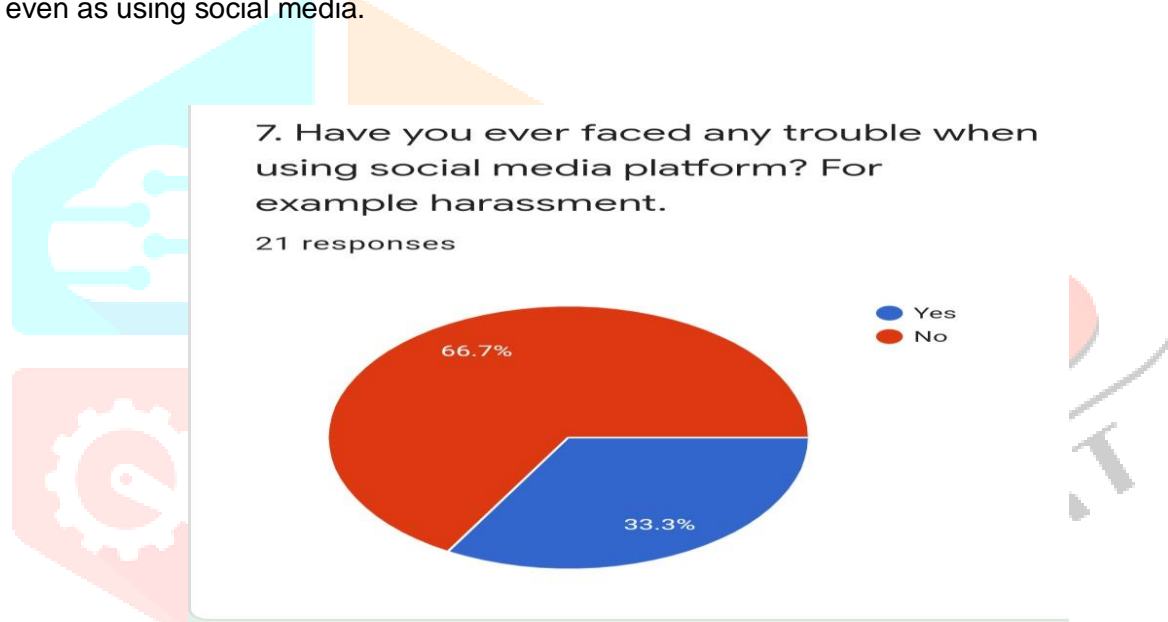
The most important purpose of the students to use social media systems was observed to be Education, communication, and Entertainment comes after that. Furthermore, a few students are also the usage of social media for training and advertising and marketing functions. Networking is the least precedence for the respondents.

Question 6: The 6th query was about whether the students have supplied help to others on mental fitness troubles thru social media structures.



21 out of 21 respondents had provided help on mental health issues on social media. The help consisting of motivating others, assisting, and sharing their know-how and studies are supplied by way of the respondent students.

Question 7: The seventh query turned into asked if any of the respondents have ever confronted any intellectual problem even as using social media.



Fortunately, maximum of the students answered that they had not faced any sort of intellectual troubles thru social media. However, a number of the students confessed that they had suffered mental hassle including harassment while using social media structures.

Question 8: The eighth query asked college students their critiques on whether using social media platforms can help to growth the properly-being of a person.

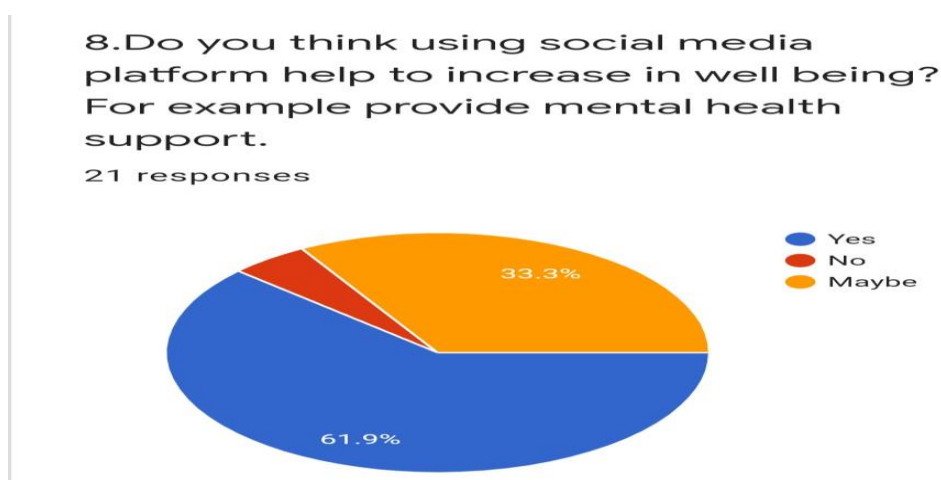
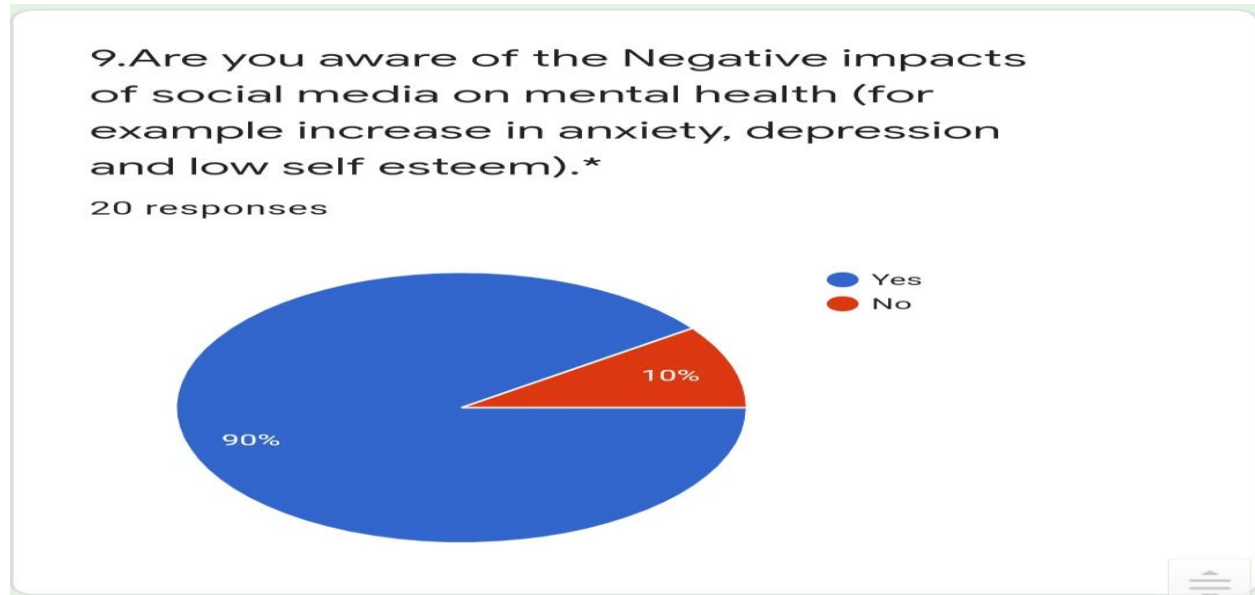


FIGURE 8. Showing percentage of respondents on whether or not social media can raise well-being

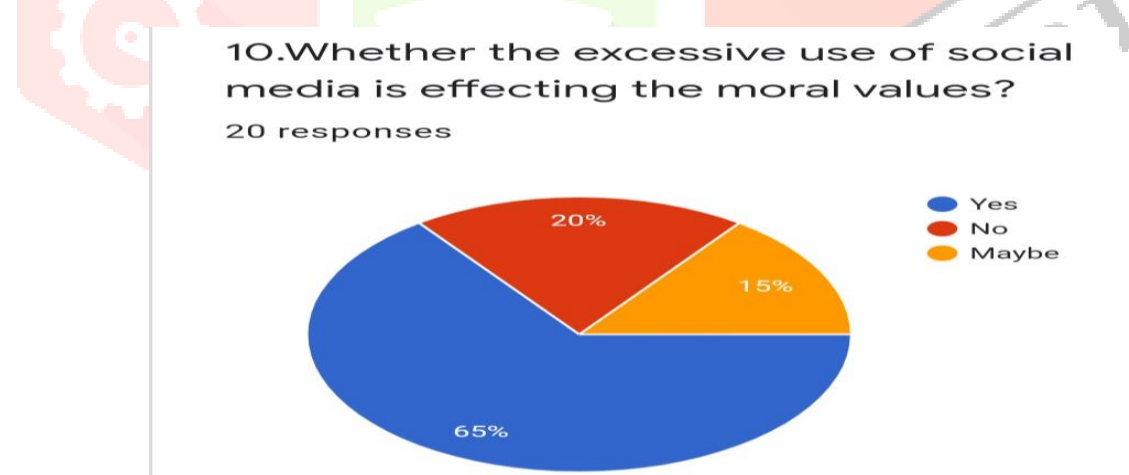
The results have been blended. 33.3% of the students could not determine whether or not the use of social media can enhance their properly-being or no longer. 61.9% of the respondents answered that using social media could improve the welfare of someone. The other 5% strongly responded that the usage of social media does not assist in growing the properly-being of a person.

Question 9: The 8th query was on how conscious the respondents are about negative consequences of using social media on their mental fitness.



Twenty respondents replied saying they're aware of the negative influences of social media on their intellectual health. The remaining one answered they don't have any concept about outcomes of social media use on their mental health.

Question 10: The tenth question asked to the respondents that the excessive use of social media can effect on the moral values.



Findings, that 65% respondents had responds positively that means the impact of social media on moral values is badly, 20% are not agree and 15% are middle of both of these statements.

Question 11: the last question was an open end question asking respondents opinion on the usage of social media and mental health.

Number of students expressed their opinions and few of them are mentioned below:

Great platform for information and education. We can learn a lot about the diversity, different cultures and moral values as well. We should use it positively

- Spent less gain more
- If u have u use the social media on wrong plat form then the impact of yourself is wrong.
- Don't become the slave of technology, use the latest tools for the welfare of society, as technology is developing by mankind, social media can be used for development of society, today's generation need to understand this, at least for the glory of country, this is my opinion, as an education mentor, and consultant of ministry in the area of economic development, please take this as a suggestion in your study; all the best.

6 CONCLUSION AND DISCUSSION:

There are both types of the impact of the use of social media on mental health: positive and negative. The purpose of this thesis became to encourage the students to use social media platforms in a balanced way. Using social media in a balanced manner fosters the wellbeing of a person.

It was essential to aware the students about the possible positive and negative impacts of social media on their mental health. Before that, it was also important to recognize the understanding of the students about the outcomes of social media on mental health. Therefore, the online questionnaire survey was carried out via e mail, WhatsApp and link shared through Facebook. The sample size was only 21. Since, the number of respondents was very low, general perception should not be made on the result. Based at the questions asked to the students, the result showed that boy's students are more active in social media than female students. The favoured social media platform for maximum of the students are located to be, Facebook, YouTube, and twitter, and Steam simultaneously. Few students have provided assist to others stricken by mental illness. However, there were also students who had mental illness while using social media platform. Majority of the students are aware about the negative consequences of social media. Only some students are unaware of the effects of social media on their mental health.

Considering those students who don't have any idea at the results of social media on their intellectual health, the thesis provides them with enough records on the brilliant and dark aspect of social media. Based on the research element, the fantastic impacts of social media may be non-public empowerment, the premise for intellectual fitness assist, and feeling of belongingness. The poor outcomes are cyberbullying, social media dependency, depression, anxiety, and low self-esteem. The thesis supposed always to promote tremendous aspects of social media on mental health. The students who do not know social media usage effects, this thesis may be a package which inspires them to use social media competently and productively. For students who are already aware of the effects of social media on their mental health, this thesis can expand their knowledge-how to farthest.

The thesis objective of the thesis changed into to discover a method to the following three questions:

1. What are the positive and negative impacts of social media on mental health?
2. How much time do the students of Jammu and Kashmir spend on social media?
3. Is social media useful to the students or affecting them?

The goal is fulfilled. The positive and negative influences of social media on mental health are mentioned and explained within the research part. In the empirical part, survey was conducted in the students of Jammu and Kashmir through the google form. Since, total number of respondents were only 21, general assumption and comparison can't be made. Among 21 respondents, the daily average spending time on social media turned into more than four hours. While the usage of social media, the purpose of the respondents was communication, education, entertainment, marketing, and networking respectively. On concerning whether social media is helpful or not to the students, the opinions are diverse. Through social media, some students have even provided mental health support whereas others yet don't know to help and to get help.

Before researching on the topic, the researcher thought there could be many positive aspects of social media on mental health. However, after research, the perception has changed and determined extraordinary. Along with the fantastic factors of social media on mental health, there are numerous negative consequences. Now, the challenge to the users of social media is to exercise secure social. To exercise secure social, sufficient information on deciding on the proper social media platform, their motive of the usage of social media, privacy laws, limitations of social media web sites, and social skills are keys. However, the lack of education on social media usage and its consequences is making the situation complicated every day increasing the quantity of mental health patients. The development and invention of recent social media platforms are rising like a mushroom. The life is an increasing number of depending on social media. If this trend and the present day situation continues, the future is beyond the expectation: chaotic.

Hence, the exercise of safe social and balance use of social media should be encouraged among the students. Good practices in social media can enhance good mental health, productivity, and reduces mental illness. This thesis is a small effort on educating students about the impacts of social media on their mental health.

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APPENDICES

Survey

This survey is only for the students of Jammu and Kashmir

1.1. Gender:

Mark only one oval.

- ☐ Male
- ☐ Female

Prefer not to say

2.2. Which is your favourite social media platform?

Mark only one oval.

- ☐ Facebook YouTube
- ☐ Instagram
- ☐ Twitter
- ☐ Other _____

3.3. On average, how much time do you spend daily using social media platform?

Mark only one oval

- ☐ Less than 1 hour
- ☐ In-between 1 to 2 hours
- ☐ In-between 2 to 3 hours
- ☐ In-between 3 to 4 hours
- ☐ More than 4 hours

4.4. Which is your purpose of using social media platform? you can choose more than one option)

- ☐ Check all that apply.
- ☐ Communication
- ☐ Education
- ☐ Entertainment
- ☐ Marketing
- ☐ Other. _____

5.5. Have you provided help to anyone through any social media platform? For example, motivated someone, shared your knowledge regarding mental health issues)

Mark only one oval.

- ☐ Yes
- ☐ No

6.6. Have you faced any trouble when using social media platform? For example harassment)

Mark only one oval

- ☐ Yes
- ☐ No

7.7. Do you think using social media platforms help to increase in wellbeing? For example provide mental health support)

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

8.8. Are you aware of the negative impacts of social media on the mental health? For example, increase in anxiety, depression and low self-esteem)

Mark only one oval.

- ☐ Yes
- ☐ No

9.9. Would you like to say anything related to social media usage and wellbeing of a person? (Share your stories if you feel comfortable

