A SURVEY PAPER ON INFLUENCE OF DIGITAL COMMUNITIES ON EMOTIONAL STABILITY

Archana M, Asst Prof. SVCE, Bengaluru India, JAGADABI SHANMUKHA SVCE Bengaluru India, KA PRIYA. , SVCE Bengaluru India

Abstract— **Over the last decade, the way people connect through online social networking has undergone a significant transformation, influencing communication patterns. However, the effect of this transformation on mental health, specifically concerning depression, self-esteem, and Internet addiction, remains a subject of debate. Research indicates a potential correlation between extended use of social networking sites (SNS) and depressive symptoms, particularly among children and adolescents. There are also conflicting findings on how SNS activities impact self-esteem, with some studies suggesting negative effects and others emphasizing positive outcomes. The ongoing debate surrounding the connection between social networking and mental health is fueled by the challenge of reconciling contradictory research results. While some studies point to the harmful effects of excessive SNS use, others underscore the positive aspects of social connectivity. This complex landscape emphasizes the need for more detailed investigations to unravel the intricate interplay between online social networking and mental health outcomes.**

INTRODUCTION

As social beings, humans inherently depend on connections for their well-being. The significance of interpersonal relationships in alleviating stress, worry, and melancholy underscores the vital role of social networks in mental health [1]. The last decade witnessed a surge in social networking sites like Facebook, Twitter, and Instagram, reshaping communication. With Facebook boasting over a billion active users, these platforms positively contribute to connectivity, idea sharing, and online learning, a trend expected to grow, especially in developing countries [1].The escalating concern over the correlation between social media usage and mental health issues, particularly among young adults, has been a focal point in recent decades. Research links increased social media engagement to heightened mental health problems within this demographic, prompting a deeper exploration into this complex relationship [2]. This thesis aims to comprehensively review existing literature on social media characteristics, the general mental health of young adults, and relevant social and individual-level theories to illuminate the intricate connections and provide valuable insights into how social media influences the mental well-being of young adults [2][3].Human well-being is intricately tied to the quality of connections, significantly influencing mental health. Genuine social connections act as potent antidotes, alleviating stress, anxiety, and depression, while a lack of strong social ties poses a substantial risk to emotional and mental health. Despite the integral role of platforms like Facebook, Twitter, Snapchat, YouTube, and Instagram in connecting people, it's crucial to acknowledge that they cannot fully replace genuine face-to-face human interaction. Excessive engagement with social media, despite its intent to bring people closer, paradoxically contributes to feelings of loneliness, isolation, and worsens mental health issues [4]. The research delves into the direct effects of social media on mental health. Despite challenges like cyberbullying, mental health practitioners leverage social media platforms to bridge access barriers, offering education and support to those facing severe mental health issues. The absence of a recognized diagnosis for social media addiction in the DSM-5 emphasizes the need for standardized approaches and definitions in addressing this emerging concern [5].In the context of today's digital age, the introduction delves into the profound impact of social media on mental health. Acknowledging the ubiquitous presence of social media platforms and escalating concerns, the objectives include unravelling potential risks, comprehending underlying mechanisms, and proposing strategies for cultivating healthy online behaviors. By exploring adverse effects like social comparison, cyberbullying, fear of missing out (FOMO), and negative self-perception, this introduction sheds light on intricate associations between social media engagement and mental health issues. Urgency in understanding and addressing these contemporary challenges is emphasized [7].The complex relationship between social media usage and mental health has profound implications. Studies reveal a compelling link between social media usage and anxiety, manifested in phenomena like Phantom Vibration Syndrome. The pervasive addiction to social media poses challenges, making disengagement difficult. Anxiety stemming from comparing lives on social media contributes to stress, affecting adolescents and leading to cyberbullying

and psychosocial issues. The association between social media usage and depression is evident, highlighting a stark discrepancy between desired and actual social connections [8].The COVID-19 pandemic, the most severe since 1918, introduced unprecedented global mitigation efforts with profound challenges to mental health. Adolescents and students, reliant on social connections, faced disruptions exacerbating mental health impacts. Social media, a significant aspect of their lives, provided valuable social contact but also exposed users to negative consequences. This study synthesizes existing research on social media's impact on the mental health of adolescents and students during the first year of the pandemic, aiming to provide insights into the complex interplay between social media use and mental well-being in this demographic [9].As social media usage continues to proliferate, its impact extends across various facets of life, including communication, entertainment, and occupation. The surge in social media engagement brings diverse consequences, notably affecting mental health. Existing studies predominantly focus on younger populations, revealing limitations in age-cohort comparisons. This study addresses this gap by examining the broader impact of social media on mental health and specifically comparing depression, anxiety, stress, and self-esteem levels between Millennials and Generation Z. The investigation anticipates shedding light on nuanced dynamics shaping mental well-being across these two distinct generational cohorts [10].

LITERATURE REVIEW

In the realm of mental health and social connectivity, the last decade has witnessed a significant rise in social networking sites, including Facebook, Twitter, and Instagram, with Facebook alone boasting over a billion active users. These platforms play a positive role in fostering connectivity, idea sharing, and online learning [1].The escalating concern over the correlation between social media usage and mental health, particularly among young adults, has been a focal point in recent decades. Research indicates a link between increased social media engagement and heightened mental health problems within this demographic, prompting a deeper exploration into this complex relationship [2]. This literature review aims to comprehensively review existing literature on social media characteristics, the general mental health of young adults, and relevant social and individual-level theories [2][3].Human well-being is intricately tied to the quality of connections, significantly influencing mental health. Genuine social connections act as potent antidotes, alleviating stress, anxiety, and depression. However, despite the integral role of platforms like Facebook, Twitter, Snapchat, YouTube, and Instagram in connecting people, it's crucial to acknowledge that they cannot fully replace genuine face-to-face human interaction. Paradoxically, excessive engagement with social media contributes to feelings of loneliness, isolation, and worsens mental health issues [4].In the context of today's digital age, the introduction delves into the profound impact of social media on mental health, acknowledging the ubiquitous presence of social media platforms and escalating concerns. The objectives include unravelling potential risks, comprehending underlying mechanisms, and proposing strategies for cultivating healthy online behaviors. By

exploring adverse effects like social comparison, cyberbullying, fear of missing out (FOMO), and negative self-perception, this introduction sheds light on intricate associations between social media engagement and mental health issues, emphasizing the urgency of understanding and addressing contemporary challenges [7].The complex relationship between social media usage and mental health has profound implications, with studies revealing a compelling link between social media usage and anxiety, manifested in phenomena like Phantom Vibration Syndrome. The pervasive addiction to social media poses challenges, making disengagement difficult. Anxiety stemming from comparing lives on social media contributes to stress, affecting adolescents and leading to cyberbullying and psychosocial issues. The association between social media usage and depression is evident, highlighting a stark discrepancy between desired and actual social connections [8].The COVID-19 pandemic, the most severe since 1918, introduced unprecedented global mitigation efforts with profound challenges to mental health. Adolescents and students, reliant on social connections, faced disruptions exacerbating mental health impacts. Social media, a significant aspect of their lives, provided valuable social contact but also exposed users to negative consequences. A study synthesizes existing research on social media's impact on the mental health of adolescents and students during the first year of the pandemic, aiming to provide insights into the complex interplay between social media use and mental well-being in this demographic [9].As social media usage continues to proliferate, its impact extends across various facets of life, including communication, entertainment, and occupation. The surge in social media engagement brings diverse consequences, notably affecting mental health. Existing studies predominantly focus on younger populations, revealing limitations in age-cohort comparisons. This study addresses this gap by examining the broader impact of social media on mental health and specifically comparing depression, anxiety, stress, and self-esteem levels between Millennials and Generation Z. The investigation anticipates shedding light on nuanced dynamics shaping mental well-being across these two distinct generational cohorts [10].

METHADOLOGY

This systematic review followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines to investigate the impact of technology, particularly social media, on the psychosocial functioning, health, and well-being of adolescents and young adults. A comprehensive search was conducted across various databases, including MEDLINE, PubMed, Google Scholar, CINAHL, and Scopus, spanning from January 1, 2000, to May 30, 2023, using specific search terms. Two researchers independently screened and evaluated the inclusion eligibility of identified papers, with disagreements resolved through consensus. The study encompassed English publications, reviews, longitudinal surveys, and cross-sectional studies, excluding non-English articles, non-comparative studies, case reports, and those lacking essential information or author names. Additional articles were identified through reference lists of retrieved articles. Data extraction was performed independently by two researchers, focusing on author details, publication

year, study design, sample size and age range, outcome measures, and key findings or conclusions. A narrative synthesis was employed to analyze the data, presenting the results logically and intelligibly, with key findings summarized in a table. Numerous studies indicated a connection between social media use and negative outcomes, including increased depression, anxiety, compulsive behavior, loneliness, and narcissism among young adults. The study acknowledged the growing concerns about the potential adverse effects of social media use on mental health, emphasizing the need for further research into associated factors and potential mitigation strategies. Despite the limitations, such as potential age bias and difficulty establishing causation between social media use and mental health issues, the study aimed to contribute valuable insights to mental health education. Finally, a comprehensive section addressed the data collection methods, emphasizing the use of self-report surveys targeting Generation Z and Millennials. The study collected quantitative data on social media usage, mental health issues, and prior treatments, involving 126 participants from the specified age groups. Consent was obtained, and data collection occurred through psychology courses and social media platforms like Facebook, using Qualtrics for streamlined data collection. In summary, the systematic review followed rigorous methodologies to investigate the impact of social media on mental health, and the subsequent study employed a mixed-methods approach to assess mental health providers' awareness, incorporating innovative recruitment strategies and self-report surveys to gather valuable data.

EXPERIMENT

To study hypotheses, the researchers employed the Mann-Whitney U Test and Spearman Correlation Test. The study focused on the Army Institute of Business Administration, Savar, revealing that among 223 students, the majority acknowledged the impact of social media on their mental health. The data collection methods included surveys and interviews, emphasizing the importance of thematic analysis for the qualitative portion. Thematic analysis involved coding participants' responses and clustering them based on similarity to derive themes. Variables and measures were specified, detailing the operationalization of variables and instruments employed. The data analysis section outlined statistical methods like descriptive statistics, non-parametric tests, and thematic analysis. IBM SPSS 26.0 was chosen for quantitative analysis. Ethical considerations were addressed, emphasizing informed consent, participant anonymity, and data protection. The results section presented both descriptive and inferential statistics. Descriptive statistics included means, standard deviations, and frequencies, providing an overview of the sample. Inferential statistics, such as t-tests and correlations, were used to explore relationships between variables. The study drew on established literature, acknowledging the significance of friendship in mental health. Social relationships' quality and quantity were highlighted, with empirical evidence linking social support to positive mental health outcomes. A systematic review using PRISMA 2020 guidelines synthesized findings related to the impact of social media on mental health during the COVID-19 pandemic. An independent t-test, conducted in IBM SPSS, compared

survey data converted into Likert scales, addressing gaps in previous research on age cohorts and social media impact. Specifically, the study investigated depression, anxiety, stress, and self-esteem levels among Millennials (1981-1995) and Generation Z (1996-2012), considering social media types like Facebook, Twitter, and Instagram. The narrative synthesis highlighted the predominantly positive or negative impact of Digital interaction platforms within the adolescent and student population during the COVID-19 pandemic's first year. In conclusion, this combined analysis reveals a comprehensive approach to understanding the complex relationship between social media and mental health, encompassing both quantitative and qualitative perspectives across different age cohorts. The study's ethical considerations, robust data analysis methods, and thorough interpretation of findings contribute to the existing knowledge on this crucial topic..

RESULT

A comprehensive review of electronic databases, encompassing PubMed, Embase, and Cochrane Library, was conducted from January 1, 2000, to May 20, 2023, resulting in an initial pool of 326 potentially relevant studies. After meticulous removal of duplicates and screening titles and abstracts, the eligibility of 34 full-text publications was assessed, ultimately leading to the exclusion of 23 papers due to various reasons, including non-comparative study designs and absence of results of interest. The literature search retrieved a total of 1136 records, with 806 titles and abstracts screened after removing duplicates. Subsequent screening resulted in the exclusion of 781 articles, leaving 25 to undergo full-text evaluation. Of these, 12 articles did not meet eligibility criteria, culminating in the inclusion of 13 studies in the final review. The PRISMA flow diagram illustrates the study selection and review process. The combined results from various papers highlight the importance of addressing mental health concerns related to social media use, particularly among students. Notably, 13.5% of the 223 students expressed strong agreement that social media platforms should implement measures to protect users' mental health, while 26.9% acknowledged experiencing moderate anxiety or stress. Additionally, insights into the demographic composition of the study's 126 participants revealed a majority from Generation Z (n=100), with 26 identified as Millennials, predominantly single, female, and reporting a High School Diploma as their highest level of education. The integration of these findings emphasizes the need for targeted interventions and awareness campaigns to mitigate the impact of social media on mental health, particularly among the younger generation.

CONCLUSION

In the evolving digital landscape, the use of technology is increasingly integral to people's lives, with studies indicating that, on average, children may not be harmed by digital technology. However, this study unveils a concerning connection between social media use and adolescent depression, underscoring the need for more longitudinal studies to comprehensively understand this complex relationship. The influence of social media on the

social and personal lives of young people is undeniable, prompting professional organizations to offer guidance to parents, educators, and institutions. While acknowledging the potential benefits of new technologies for promoting social interaction and digital skills, restrictive policies on teen access might prove ineffective. Despite the recognized impact of social media on mental health, the research is still in its early stages, demanding further investigation before definitive recommendations can be made for parents, educators, and institutions. Crucially, reaching out to young people during times of need is paramount, and the availability of supportive friendships and services holds promise for improving the well-being of teenagers. Mental health problems developed during young adulthood can persist throughout one's lifespan, underscoring the ongoing need for research and exploration in this crucial area. Theoretical frameworks shed light on the complexity of the relationship, hinting at the potential interplay of various social and individual theories in connecting young adult mental health with social media use. Notably, the limitations of current research, including the inability to examine all contributing factors simultaneously, highlight the exploratory nature of social media research. While causality remains unproven, theories presented in this context offer potential explanations for the observed connection, urging further investigation.The global ubiquity of social media, with 4.3 billion individuals having accounts, raises concerns about its far-reaching repercussions. Leveraging the introduction of Facebook across U.S. colleges, this paper identifies a negative impact on student mental health, suggesting that social media may contribute to the recent decline in mental health among teenagers and young adults. The research on the impact of social media on mental health and well-being among students underscores the intricate relationship between usage and mental health outcomes. Recognizing both positive and negative aspects of social media use, along with implementing supportive strategies, is essential for promoting the mental well-being of students in the digital age. This research not only contributes to ongoing discussions but also paves the way for further investigations and interventions in this critical area.

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