



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

“The Effect Of Social Media On Mental Health”

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ABSTRACT:

Social media are responsible for aggravating nature & mental health problems. The research indicates that social media can have a significant impact on mental health of human being. It is essential to understand both the positive and negative effects of it. As we focus on positive side, social media enhances the connections, increases self-esteem and provides lots of opportunities to earn and learn. But as we focus on another side of it seems a bit cruel. Now-a-days social media is giving mental health problem like anxiety, depression, negative thoughts, suicidal thoughts, it can affect the young youth by distracting them from education and lead them to another path.

Key words:

social media, effect on mental health, effect on young youth, negative thoughts, positive thoughts.

Introduction:

According to WHO, Citation 2017: Mental health disorders affect 10–20% of children and adolescents worldwide. It has been estimated that by the time they are 14 years old, 50% of all mental problems would have appeared, and by 18 years, 75%. For many who suffer from mental illness, social media has almost become part of their daily life. When we refer to social media, we talk about online and mobile platforms which include Facebook, Instagram, Snapchat, Twitter, and LinkedIn that allow people to connect with each other and share, co-create, or exchange different kinds of digital content such as messages, photos, videos, and information. The individuals with the other type of mental illness like depression, psychotic disorders or any other severe mental conditions are also making full use of social media just like everyone else as revealed by research studies.

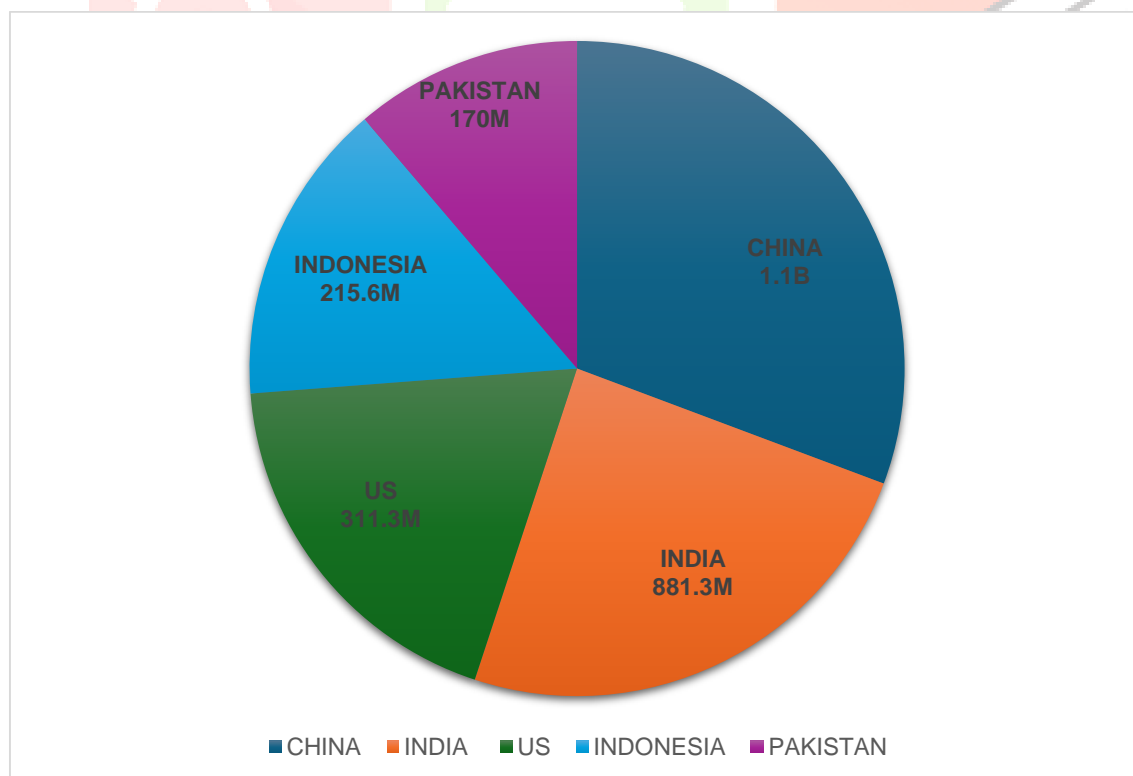
On the other hand, it also provides channels that support the psychological well-being of users via social engagement and peer support. In fact, online forums can be a forum where users discuss health-related issues, undesirable life circumstances, or everyday problems that can lower the level of stigma and raise belongingness and perceived emotional support. Common friendships, pleasant social interactions, and humour on social media also decreased stress during the COVID-19 pandemic. A swift proliferation of empirical studies on the impact of social media use on mental health has been accompanied by an equal advancement in literature reviews.



Online social network addiction:

Internet addiction is linked to mental health since overuse of the internet leads to a heightened level of psychological arousal. This, in turn, leads to sleep disorders, prolonged periods of fasting, and less physical activity. These effects can lead to a variety of physical and mental health issues, such as depression, obsessive-compulsive disorder (OCD), tense family relationships, and increased anxiety.

According to the research the numbers of users of internet according to countries are as follow:



How does internet usage effects on mental health:

Internet addiction can affect the mental health in many ways like,

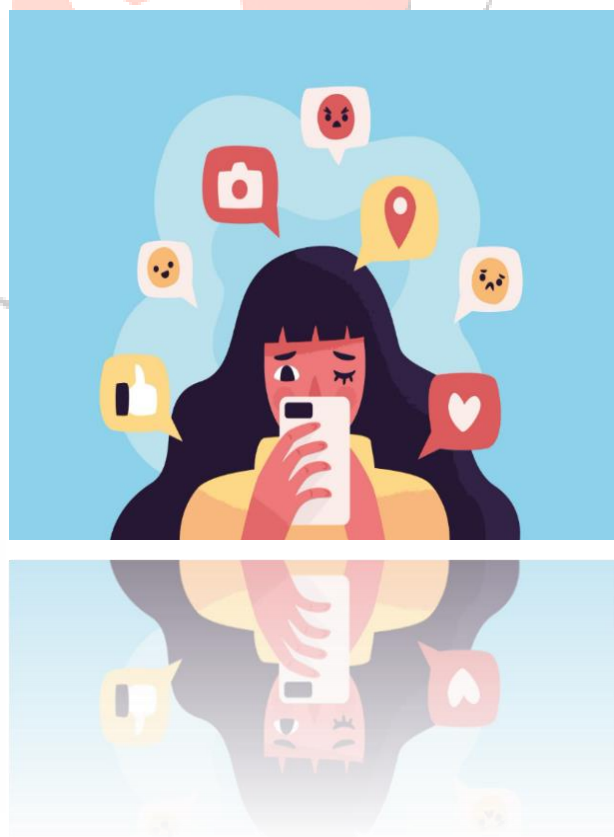
- ❖ Social isolation
- ❖ Self-esteem issues
- ❖ Comparison of self with others
- ❖ Disturbed sleep cycle

Excessive use of the internet causes decreased face-to-face contact. Chronic isolation can improve feelings of depression and loneliness and thus contribute to creating or aggravating mental issues of human being.

Comparing oneself incessantly to idealized images on social media and looking for validation on the internet may result in negative self-esteem and reduces the strength of confidence and modifies the entire personality of an individual.

Internet addiction may also result in sleeping late into the night, forgoing sleep hours in order to keep busy online. Such deprivation of sleep causes a myriad of adverse effects on the quality of sleep, such as less deep sleep and Rapid eye movement (REM) stages, causing daytime drowsiness, difficulty focusing, and generally impaired cognitive processes. Consequently, inadequate sleep and poor-quality sleep can lead to several mental illnesses, such as depression, anxiety, and disturbances in mood.

internet addiction affects sleep quality and patterns since late-night internet surfing and over-screening interfere with sleep patterns. This can be understood as follows: the blue light from screens can interfere with the secretion of the sleep hormone melatonin, thus making it more difficult to sleep. Furthermore, participation in stimulating or emotionally arousing online activities can raise psychological arousal, thus making it challenging to relax and calm down before sleeping.



Impact of internet on mental health:

Negative impact of internet:

Negative self-image is a perception of oneself in which the focus is on one's weaknesses and defects, and most times this ends up in an exaggerated perception of one's faults and shortcomings. It entails a cognitive

Positive impact of internet:

Social media has both positive and negative impacts on mental well-being; whether the net effect is harmful or beneficial will depend on a range of variables, including the quantity and quality of social media use. Social media can be helpful to people as a platform which if utilized appropriately can have beneficial effects on users both online and offline.

In terms of social media, adolescence can be helped by using it in that it enables users to create and maintain both online and offline friendships, access information, become connected to others in real time, and assist adolescence to express themselves by creating and interacting with content.

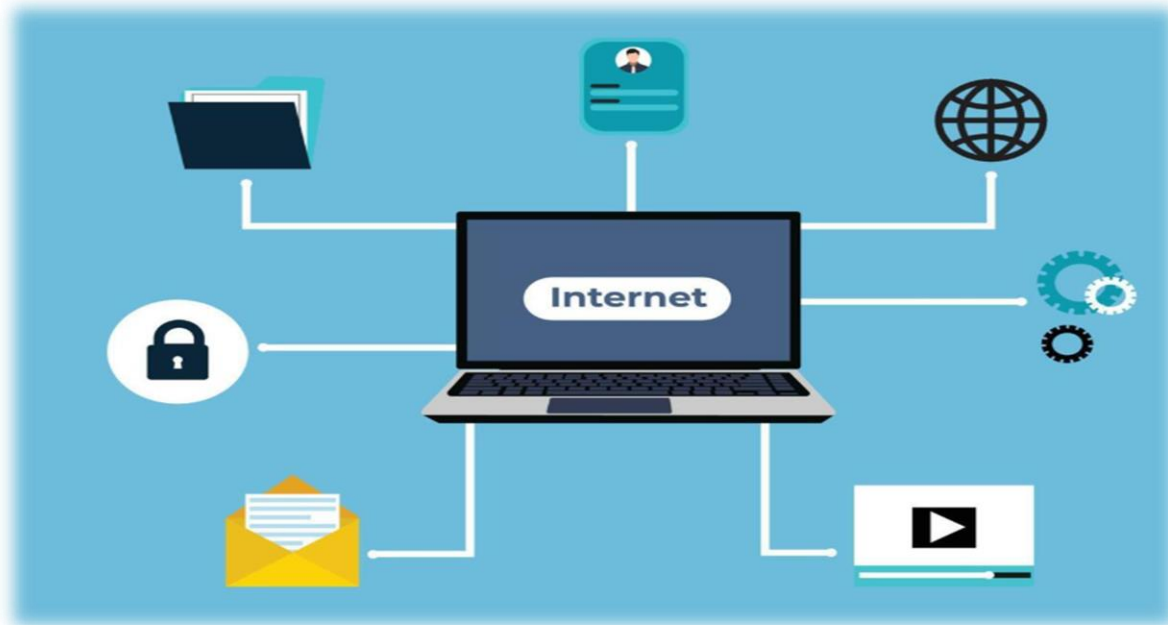
Reconnecting with loved ones is one of the best assets the internet has ever given us. Since you can now video call, share humour graphics, and stay connected in seconds, being away from the people you love has never been so manageable.

The Age of the Internet was ushered in by the advent of the Internet. The availability of vast amounts of information on the web is just a click away. This is helpful especially for people who are seeking to improve their mental health and self-care. A variety of resources exist on the web that allow users to connect with people who have similar issues or share valuable information about modern treatment options such as TMS. In addition to informative content, many people also draw comfort and motivation from the plethora of inspiring quotes, stories, and insights readily available to the public.

The internet has changed income generation as it offers various means of generating income for people and companies. Online platforms like Fiverr and Upwork make it possible for people to make a living through services such as writing, design, and coding. Online platforms like Amazon, Daraz, and Shopify help companies sell goods online to an international customer base.

Moreover, food delivery platforms such as Food panda, Uber Eats, and Zomato have revolutionized the restaurant sector. They link customers with restaurants and home cooks to offer doorstep food deliveries. They have also generated employment opportunities for delivery riders, thereby boosting employment. The internet has continued to define contemporary economies by making opportunities to earn available





Conclusion:

Emotional well-being, cognitive function, and social interactions are just a few of the areas of life that are greatly impacted by mental health. Serious repercussions like decreased productivity, strained relationships and physical health problems can result from poor mental health. On the other hand, preserving mental wellbeing via self-care, social support, mindfulness, and therapy can improve general quality of life. The well being of individuals and society depends on addressing mental health concerns with awareness, appropriate interventions, and a supportive environment. Fostering candid conversations and putting into practice practical tactics to support mental wellness are essential as mental health continues to gain attention.

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