REVIEW ON SOCIAL MEDIA AND MENTAL HEALTH

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Abstract

 Now a day which is readily available through the advancement of technology, thereby opening a platform for discussion between social media and mental health of the present era. From the dawn of internet and social networking sites human resources of the contemporary world have become more social virtually but less practically. This virtual life is isolating the present man from other fellow beings thereby affecting his health (mental & physical) and overall balance. Increased usage of social networking among adults of the present era is a matter of concern for the parents, society & researchers, as there are always two sides (positive & negative) of every innovation. The aim of present research is to explore the effect of social media on mental health. Younger generation of the present era is acting as active users of social media which has affinity towards the problems of mental health. The present perilous situation requires more understanding, to know the relation between social media and mental health problems is just a kick off point.

Keywords: *Frustration. Fear of missing out (FOMO), Mental Health, Social Media, Social Networking.*

I.   INTRODUCTION

Human beings are social creatures. We need the companionship of others to thrive in life, and the strength of our connections has a huge impact on our mental health and happiness. Being socially connected to others can ease stress, anxiety, and depression, boost self-worth, provide comfort and joy, prevent loneliness, and even add years to your life. On the flip side, lacking strong social connections can pose a serious risk to your mental and emotional health. In today's world, many of us rely on social media platforms such as Facebook, Twitter, Snapchat, YouTube, and Instagram to find and connect with each other. While each has its benefits, it's important to remember that social media can never be a replacement for real-world human connection [1]. It requires in-person contact with others to trigger the hormones that alleviate stress and make you feel happier, healthier, and more positive. Ironically for a technology that's

designed to bring people closer together, spending too much time engaging with social media can actually make you feel more lonely and isolated—and exacerbate mental health problems such as anxiety and depression [2].

If you're spending an excessive amount of time on social media and feelings of sadness, dissatisfaction, frustration, or loneliness are impacting your life, it may be time to re-examine your online habits and find a healthier balance. These days, most of us access social media via our smartphones or tablets. While this makes it very convenient to keep in touch, it also means that social media is always accessible [3]. This round-the-clock, hyper connectivity can trigger impulse control problems, the constant alerts and notifications affecting your concentration and focus, disturbing your sleep, and making you phone. Social media platforms are designed to snare your attention, keep you online, and have you repeatedly checking your screen for updates. It's how the companies make money [4]. But, much like a gambling compulsion or an addiction to nicotine, alcohol, or drugs, social media use can create psychological cravings. When you receive a like, a share, or a favorable reaction to a post, it can trigger the release of dopamine in the brain, the same "reward" chemical that follows winning on a slot machine, taking a bite of chocolate, or lighting up a cigarette, for example. The more you're rewarded, the more time you want to spend on social media, even if it becomes detrimental to other aspects of your life.

II. DISCUSSION

A. The Positive aspects of Social media:

While virtual interaction on social media doesn't have the same psychological benefits as face-to-face contact, there are still many positive ways in which it can help you stay connected and support your wellbeing.
Social media enables you to:

- Communicate and stay up to date with family and friends around the world.
- Find new friends and communities; network with other people who share similar interests or ambitions.
- Join or promote worthwhile causes; raise awareness on important issues.
- Seek or offer emotional support during tough times.
- Find vital social connections if you live in a remote area, for example, or have limited independence, social anxiety, or are part of a marginalized group.
- Find an outlet for your creativity and self-expression.
- Discover (with care) sources of valuable information and learning[5].

B. The Negative Aspects of Social Media:

Since it's a relatively new technology, there's little research to establish the long-term consequences, good or bad, of social media use. However, multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts [6].

C. Social media may promote negative experiences such as:

Inadequacy about your life or appearance. Even if you know that images you're viewing on social media are manipulated, they can still make you feel insecure about how you look or what's going on in your own life. Similarly, we're all aware that other people tend to share just the highlights of their lives, rarely the low points that everyone experiences. But that doesn't lessen those feelings of envy and dissatisfaction when you're scrolling through a friend's airbrushed photos of their tropical beach holiday or reading about their exciting new promotion at work. Fear of missing out (FOMO). While FOMO has been around far longer than social media, sites such as Facebook and Instagram seem to exacerbate feelings that others are having more fun or living better lives than you are. The idea that you're missing out on certain things can impact your self-esteem, trigger anxiety, and fuel even greater social media use. FOMO can compel you to pick up your phone every few minutes to check for updates, or compulsively respond to each and every alert—even if that means taking risks while you're driving, missing out on sleep at night, or prioritizing social media interaction over real world relationships. A study at the University of Pennsylvania found that high usage of Facebook, Snapchat, and Instagram increases rather decreases feelings of loneliness. Conversely, the study found that reducing social media usage can actually make you feel less lonely and isolated and improve your overall wellbeing. Depression and anxiety. Human beings need face-to-face contact to be mentally healthy [7]. Nothing reduces stress and boosts your mood faster or more effectively than eye-to-eye contact with someone who cares about you. The more you prioritize social media interaction over in-person relationships, the more you're at risk for developing or exacerbating mood disorders such as anxiety and depression. Cyberbullying. About 10 percent of teens report being bullied on social media and many other users are subjected to offensive comments. Social media platforms such as Twitter can be hotspots for spreading hurtful rumors, lies, and abuse that can leave lasting emotional scars. Self-absorption. Sharing endless selfies and all your innermost thoughts on social media can create an unhealthy self-centeredness and distance you from real-life connections.

D. Other causes of unhealthy Social media use:

A fear of missing out (FOMO) can keep you returning to social media over and over again. Even though there are very few things that can't wait or need an immediate response, FOMO will have you believing otherwise. Perhaps you're worried that you'll be left out of the conversation at school or work if you miss the latest news or gossip on social media? Or maybe you feel that your relationships will suffer if you don't immediately like, share, or respond to other people's posts? Or you could be worried you'll miss out on an invitation or that other

people are having a better time than you.   Many of us use social media as a "security blanket". Whenever we're in a social situation and feel anxious, awkward, or lonely, we turn to our phones and log on to social media. Of course, interacting with social media only denies you the face-to-face interaction that can help to ease anxiety [8].

Your heavy social media use could be masking other underlying problems, such as stress, depression, or boredom. If you spend more time on social media when you're feeling down, lonely, or bored, you may be using it as a way to distract yourself from unpleasant feelings or self-soothe your moods. While it can be difficult at first, allowing yourself to feel can open you up to finding healthier ways to manage your moods. Signs that social media is impacting your mental health everyone is different and there is no specific amount of time spent on social media, or the frequency you check for updates, or the number of posts you make that indicates your use is becoming unhealthy. Rather, it has to do with the impact time spent on social media has on your mood and other aspects of your life, along with your motivations for using it [9].

 For example, your social media use may be problematic if it causes you to neglect face-to-face relationships, distracts you from work or school, or leaves you feeling envious, angry, or depressed. Similarly, if you're motivated to use social media just because you're bored or lonely, or want to post something to make others jealous or upset, it may be time to reassess your social media habits. Indicators that social media may be adversely affecting your mental health include: Spending more time on social media than with real world friends. Using social media has become a substitute for a lot of your offline social interaction. Even if you're out with friends, you still feel the need to constantly check social media, often driven by feelings that others may be having more fun than you. Comparing yourself unfavorably with others on social media. You have low self-esteem or negative body image. You may even have patterns of disordered eating. Experiencing cyberbullying. Or you worry that you have no control over the things people post about you. Being distracted at school or work. You feel pressure to post regular content about yourself, get comments or likes on your posts, or respond quickly and enthusiastically to friends' posts [10].

Having no time for self-reflection. Every spare moment is filled by engaging with social media, leaving you little or no time for reflecting on who you are, what you think, or why you act the way that you do—the things that allow you to grow as a person. Engaging in risky behavior in order to gain likes, shares, or positive reactions on social media. You play dangerous pranks, post embarrassing material, cyberbully others, or access your phone while driving or in other unsafe situations.   Suffering from sleep problems. Do you check social media last thing at night, first thing in the morning, or even when you wake up in the night? The light from phones and other devices can disrupt your sleep, which in turn can have a serious impact on your mental health. Worsening symptoms of anxiety or depression. Rather than helping to alleviate negative feelings and boost your mood, you feel more anxious, depressed, or lonely after using social media.

III. CONCLUSION

This investigator reviewed and synthesized extensively related literature of social media and some factors of mental health. The relation between usage of social media and depraved mental health determines the significance of the topic. Social media usage has dangerous effects for the younger generation because problems related to mental health which get developed during a young period can act as an epidemic for any individual throughout their life. The significance of continual enquiry and examination on this construct can't be overstated. Present literature reflects the deprived association between usage of social media and mental health of the younger generation and also demonstrates the significance of the present topic. It is clear that adverse effects of social media usage obligate propounded consequences for the present generation especially for younger ones. The literature reviewed in various sections of present paper elucidates the substantial value of association between social media usage and mental health problems of the present era; also present paper illuminates the complexity of relationship. Present Paper offers an insight in the complex connection of social media usage and mental health problems of the younger generation. These problems can be identified as online harassment, depression, sexting/texting, stress, fatigue, loneliness and decline in intellectual abilities, cyber bullying, emotion suppression and lack of concentration. These all things directly or indirectly affect the mental health of the younger generation.

IV. REFERENCES

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