

SOCIAL MEDIA AND MENTAL HEALTH

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REVIEW

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ABSTRACT

Introduction – For many young people dealing with mental illness, social media has become an important part of their life to dealing with mental illness. Social media is a wide term that refers to mobile platforms and the web that allow people to communicate with one another in a network. Instagram Facebook, Twitter, Snapchat, etc are some of the most popular social media platforms among young people.

Methods – This paper results from literature that talks about social media and mental health.

Results – Social media have a lot of positive content and negative content. Many young people appear to use social media to share their personal experiences, look for information about mental health, and give and get support from others who have similar or same mental health challenges experiences.

Discuss – The positive impact of social media will affect young people's promotion of mental health and awareness about mental health. The positive impact of social media has a benefit where they can find social support about mental health. Social media also can make young people or individuals receive negative peer feedback in social media may have negative consequences for psychological development and well-being.

Conclusion – Besides the many positive impacts in social media uses, social media has a lot of negative impacts with the consequences. Negative content such as online harassment, sexting, and cyberbullying will hurt mental health which will cause young people stress, anxiety, and depression.

Keywords: social media, mental health, young.

Article History:

Received: August 23, 2021.

Accepted: September 5, 2023.

Published: September 30, 2024.

Cite this as: Alfathron, B.S. Social media and mental health. *Journal of Psychiatry Psychology and Behavioral Research*; 2024.5:2. p17-19.

INTRODUCTION

The rapid proliferation of social media platforms has enabled a growing body of research over the last few years.¹ Twitter, Facebook, Instagram, Snapchat, and other social media platforms have quickly become an integral part of many young people's lives and the most widely used internet platform among them. Many social media platforms are used to share, co-create, or exchange various information, messages, photos, and videos.^{1,2} Many young people use social media to share their personal experiences, co-create, or exchange various forms of digital content, including information, messages, photos, and videos.^{1,3} In several studies, social media use and various aspects of young people's well-being and mental health have a connection. Young people are trying to find information about mental health, and give and get or accept support from others that facing similar mental health challenges in social media.^{1,4} Social media platforms may be a way to seek information about mental health. For individuals suffering from mental health concerns, social media may be a

way to seek out for treat information about diagnosis and social and emotional support.⁵

Many young people spend a good amount of time on social media. Although social media have positive content and get a positive reaction from peers is far more common than negative ones.⁶ Young people who spend a lot of time on social media are potentially experiencing a greater risk of negative effects.⁹ In several studies and research has shown that a small number of adolescents, mainly receive negative ones on the social media⁶. Young people who receive negative comments from their peers on social media may hurt their psychological development and well-being.³ There are so many concerns about social media use that contribute to psychological distress.⁷ Depressed adolescents use social media more frequently than their non-depressed peers.⁸ Research studies that have been done categorized the link between social media use and increased adverse consequences of anxiety, stress, depression, and loneliness. As the use of social media increases, the younger generation is increasingly concerned

about its adverse effects. The raises of young generation worries because of the adverse effects of social media use.⁹

METHOD

The author used 14 journals and literature that discuss using social media and its impact on mental health conditions.

RESULT

Positive Social Media Uses Impact

Social media has unique characteristics and they can create new opportunities to promote the mental health of young people. There are so many potential benefits associated with using social media, including entertainment, humor, creative expression, and identity exploration.¹⁰ Social media is highly accessible and can create the possibility of new connections online. This may provide an opportunity to obtain online support, for example.¹¹ Accepting online support can also protect young people with mental illness, such as anxiety, depression, and suicidal tendencies. In several studies, it was found that more than 57% of psychiatrically hospitalized youth received social encouragement or support on social media within two weeks of their admission.¹²

Young people with depression may experience more social benefits in using social media because they less worry about stigma and privacy due to anonymity. They can connect with other young people who have the same mental problem or mental illness experiences and provide social support through a common hope.⁷

Promoting the mental health of young people on social media goes beyond the daily work of young people. Social media promotion should include healthcare applications in detection, treatment, and prevention. Regarding screening, it is possible to check social media for signs of depression or other mental health issues. When users show signs of emotional distress or risk of suicide, social media platforms like Instagram and Facebook have implemented detection and intervention procedures. Many social media platforms provide opportunities to increase publicity and awareness of mental health.¹⁰

Negative Social Media Uses Impact

Social media users are potentially experiencing a greater risk of negative effects. Social media usage is increasing among the

younger generation raising alarm regarding its adverse effect. Several research studies have found that social media usage can cause undesirable outcomes such as an increase in stress, depression, anxiety, and loneliness.⁹ According to several research, young adults are predominantly at risk of developing mental health issues at a high rate of concern because of the negative aspects of social media such as online harassment, cyberbullying, sexting, anxiety, stress, and depression.¹³

According to several findings, social media's direct causes of mental illness include depression and suicidal ideation. The social media users were exposed to behaviors that impacted negatively on their emotional well-being, including cyberbullying. Studies have demonstrated that social media also can make people suffer because of social media addiction.¹⁴ Negative posts on social media appear to be emotionally contagious to others and make people who see the negative status on social media feel negative.⁷

DISCUSS

Deal with Negative Aspects or Content in Social Media

Using social media has so many negative contents with a lot of consequences.⁷ In several studies, symptoms of severe depression in the younger generation are associated with more negative interactions on social media and less positive interactions on social media.¹ To deal with negative content adolescents must identify the content and discontinue harmful social media behavior such as being involved in negative interactions in social media, and sharing risky behavior. Several observed using social media purposelessly when in a bad mood or low mood did not seem helpful.⁷ Adolescents need to be educated about what is mental health, its meaning and well-being, and mental illness and the ways to prevent or manage it.¹⁴

Besides many negative contents with a lot of consequences, social media have so many positive contents. To distract from negative content, they can use social media to find humorous content and creative content such as quotes or art. In several findings that have been reported positive content is helpful to mental health. Adolescents can use social media to connect with a community of other depressed individuals to get support may lead to a decrease in depression⁷.

CONCLUSION

Social media have many platforms including Facebook, Twitter, Instagram, Snapchat, etc can share, co-create, and exchange various information, messages, photos, and videos. Many young people use social media and spend time on social media. There is so much content in social media which has positive content and negative content. Each content (positive and negative) has a consequence that will impact mental health. The positive impact of social media will affect young people to promote mental health and raise awareness of mental health. The positive impact of social media has a benefit where they can find social support about mental health. Besides many positive impacts in social media use, social media has a lot of negative impacts with the consequences. Negative content such as online harassment, sexting, and cyberbullying will hurt mental health which will cause young people stress, anxiety, and depression.

Because of the negative consequences, young people need to deal with the negative aspects of content on social media. They can have more positive interactions and less negative interactions. Also, they must identify the content and discontinue harmful social media behavior. With that solution, young people will be spared from mental health problems.

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