

Impact of social media on mental health of adolescents

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Abstract

Social media has a tremendous impact on many elements of modern digital life, including business, governance, education, wellness, and essential human connection. Teenagers can also be badly impacted by social media, which can confuse them, interrupt their health, and expose them to cyberbullying, rumor propagation, inaccurate perspectives of different people's lives, and peer influences. In recent years, the prevalence of some mental health issues, such as depression and suicide, has increased dramatically among adolescents. So according to so many researchers mentioned below that frequent usage of social media may be harmful to one's mental health as well as produce social problems. The suggestion to overcome these issues is one of the major concerns parents should control their children for excessive use of social media. We can easily understand how this generation, this youth and adolescents are getting affected by social media. No doubt it is harming physically, like spending a whole day in front of a screen weakens the eyesight. This low level of awareness is especially concerning in the light of today's younger population, since teenagers and young people spend a significant amount of time on the internet, socializing, and so face a higher risk of negative consequences. Today's modern teen mentality is heavily reliant on social media.

Keywords: Mental health, Social media, Youth, Depression, Adolescents

Introduction:

Over the last 2 decades, social media has witnessed intermittent increases in number, quality, and usability. The human brain is fostered by the accessibility of nourishment of concepts, just as the human body is fed by the consumption of important mineral components gained from diet. Currently, which is instantaneously available due to technological improvement, offering a forum for conversation among social media and the mental condition of the current period. Social media are platforms that allow engagement using web 2.0 and 3.0 forums such as Facebook, Myspace, Twitter, digital gaming, 3D worlds such as Second Life, Sims, Vimeo, Blogging, and so on. Social networking platforms such as Facebook and Myspace provide several regular possibilities to interact with

friends, students, and others who have same interests. These modern-day sites are rapidly expanding and serve as conveniently accessible gateways for interaction and pleasure for the younger population.

Merriam-Webster (2014) defined social media as “forms of electronic communication as websites for social networking and micro-blogging through which users create online societies to share information, ideas, concepts, personal messages, and other content. “Online social networking forums such as Facebook, Twitter, and others have considerably improved the digital world in recent decades by allowing people to exchange their sentiments, opinions, private details, images, and videos in an unparalleled way. As indicated by the growing number of daily consumers, many social media users have swiftly accepted online social interaction as a fundamental component of daily existence. In reality, on August 27, 2015, Facebook alone claimed approximately one billion active members it implies that one in every seven individuals on the planet accessed Facebook daily to stay in touch with friends and relatives. (Shared on Thursday, Aug 27, 2015 by Mark Zuckerberg). As a result, social platforms have a considerable impact on many facets of modern virtual life other than internet interaction, ranging from advertising to governance to schools to healthcare to fundamental human contact. In some of these sectors, social media provides vivid advantages; nonetheless, social media frenzy is very new, and a lot of observational research analyzed the overall impact of routine social networking use on the state of mind of its members.

This level of low awareness is especially concerning in the perspective of today's younger crowd, since teenagers and young people spend a significant amount of time online socializing and so face a higher risk of negative consequences. Today's adolescent culture is heavily reliant on social media number of children and teenagers utilizing such websites has climbed considerably over the time period of last five years. According to studies, 90% of kids aged 13 to 17 have been using social networks, 75% have at least a single functional social media account, and 51% visit a social networking site at least regularly. As per a latest survey, 22 percent of teenagers visit their preferred social media platform more than ten times each day, and half of young people visit a social media platform more than once per day. 75 % already have cell phones, with 25% using them for social networking, 54% use it for chatting, and 24% instant messaging. As a result, a significant portion of this decade's social and sentimental growth occurs while using the internet and smartphones. Two-thirds of teenagers own smartphones with web access.

Many families nowadays utilize technology really effectively and are confident in the products and internet websites that their kids and teens utilize. However, the instability generated by excessive social media use may be a major worry for families, scientists, and the community in terms of individuals' mental well-being. Nevertheless, for a variety of reasons, some caregivers may find it difficult to communicate with their technologically savvy teens digitally. Such families may need a fundamental knowledge of the new forms of socialization that are becoming increasingly important in their kid's development. They frequently lack the technological skills or time required to keep up with their adolescents in the ever-evolving digital scene. These families frequently fail to see that their children's digital activities are an outgrowth of their real life. As a consequence, there is frequently an academic and developing ability difference between adults and teenagers, which causes a disconnect with how these families and youth interact in the internet age collectively. Adolescents spend over 9 hours every day on the internet, this does not include study sessions.

The hazards may be related to how much social networking sites kid's access. A 2019 research of 6,500 individuals aging 12 to 15 years in the United States discovered that those who spend more than 3 hours per day on social platforms might be at greater risk for mental health disorders. There was another study in 2019 of more than 12,000 kids aged 13 to 16 years in England that discovered that accessing social technology more than three times per day indicated poor mental safety and well-being in adolescents.

Other research has found correlations with excessive usage of social networks and depression or panic disorder. A 2016 research of over 450 teenagers discovered that increased social media usage, midnight social media usage, and personal involvement in social networks, such as feeling disappointed when unable to go on, were all associated with poor sleeping outcomes and higher degrees of anxiousness and sadness.

According to a 2015 study, social identification and criticism sought by youths through social sites and mobile phones was associated with depressed symptoms. Furthermore, a small 2013 survey discovered that older teenagers who were using social networks actively, likewise by simply browsing other people's images, expressed lower life satisfaction. Individuals who utilized social media to communicate with someone or upload their personal material were not affected by these drops.

An earlier report on the influence of social networking sites on freshmen college individuals found that the more time they spent on Facebook, the greater their opinion that everyone else was happy compared to them. However, the more time they went outside with their pals, the less they sensed this trend.

Analysts claim that teenagers who share information through social media risk sharing private pictures or deeply personal experiences due to their rebellious nature. Teenagers may be tormented, humiliated, or coerced as a result of this. Teens frequently make postings without thinking about the repercussions or privacy problems.

Teenagers can also be badly impacted by social networking, which can divert them, interrupt their sleeping, and expose them to cyberbullying, rumor propagation, inaccurate perceptions of other people's relationships, and peer influence. A number of research papers categorize the relationship between social platforms usage and negative repercussions such as increased anxiety, tension, sadness, and isolation. The teenage generation's extensive use of social platforms raises concerns about its negative consequences. Human resources in the contemporary age have grown more sociable digitally but less physically with the advent of the online and social media platforms. This online existence is separating the contemporary person from other human beings, hurting his wellness (both physically and mentally) and general stability. The youth of today, as a challenging demographic of the contemporary day, is at an immature phase of development and is at a greater risk of major mental fitness issues. The present generation of children is an enthusiastic consumer of social networking platforms that has an inclination for mental wellbeing problems. The present unsafe scenario needs more comprehension; knowing the relationship between social networks and psychological health issues is only a starting step. Studying and comprehending the ways by which digital networks affect the mental wellbeing of today's younger crowd is a subsequent step that may shed light on the links that exist between these factors of the younger population.

Statement of the problem:

Social media is a platform that has unlimited benefits, if someone needs any type of information it gives simultaneous response. Teenagers require assistance and instruction to acquire the knowledge necessary to control their social networking sites usage. There are several methods to teach your kid how to access social networking sites appropriately. Just like everything social media also shares two aspects one is positive and other one is negative. But unfortunately, the majority is using it negatively. At one juncture of time instead of enjoying unlimited benefits of social media, people are harming themselves with its negative use. This negative use leads them towards severe mental health issues. One of the best examples is a social media app that became a craze for adolescents from the last couple of years and that platform is tactic. One of its features, a video not longer than 1 minute or 30 seconds is harming the mental state of adolescents by challenging their patience level or decreasing their tolerance, not to bear a thing more than 1 minute or 30 seconds. In spite of the growing evidence of social media's influence on teenage mental wellbeing, there is indeed a dearth of observational study on how teenagers actually perceive digital platforms, especially as a knowledge asset, or how they lean on larger social and media narratives to establish a worldview.

Hypotheses:

1. Adolescents' usage of social media has a significant detrimental influence on their mental wellbeing.
2. There is no significant change in an adolescent's mental health during the times when they using social media.

Objectives:

The purpose of this research is to explore experimentally how teenagers perceive social media when it comes to mental wellbeing difficulties. The issue 'What do teenagers think about social media platforms and its value to mental wellbeing?' addresses this goal.

Research Questions:

- How does social media affect mental health?
- What do teenagers think about social networks and its impact on mental wellbeing?
- Is social media threatening adolescent's mental health?
- How does social media lead adolescents to serious mental issues?
- Is social media useful for adolescents?

Significance:

- This study has significance for overall society. This study mainly raises awareness about the dangers of extensive social media usage, its effects on mental wellbeing, and a variety of other concerns.
- The beneficiaries of this study are researchers, teachers, students, organizations, institutions, parents, and society. Because of the issues, social media has been one of the hot topics for the last few years. Majority of the population are engaged in it. No matter from which profession a person belongs, whether he is a teacher, student, an employee, or even a boss of any institution or organization, everyone is trapped in social media. Not even concerning how this media is affecting their health physically or mentally. That's why this study is helpful for everyone to understand this phenomenon and everyone can get awareness from this study.

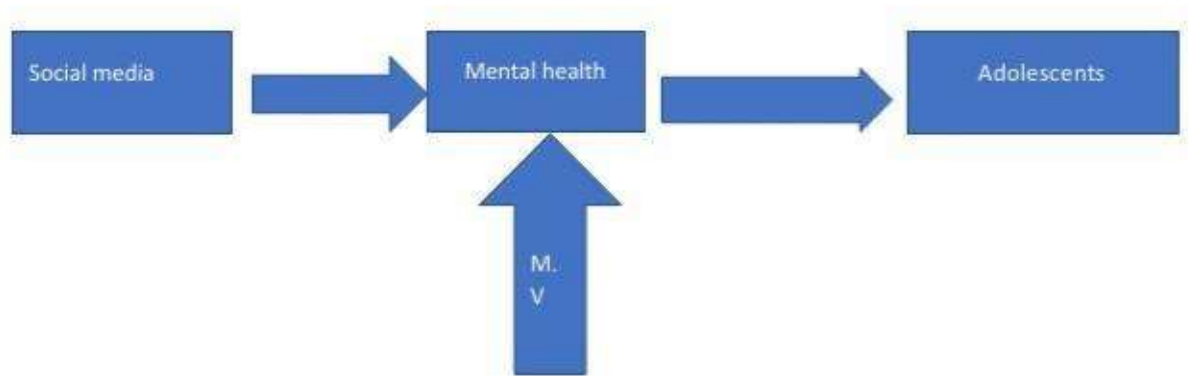
Literature review:

Adolescence may be a phase of tremendous psychological, hormonal, and social development for teens as they deal with emerging demands and gain new abilities, responsibilities, and personal connections (Christie & Viner, 2005; Erikson, 1968). They acquire a sense of identity and increased autonomy throughout puberty (Erikson, 1968). This is frequently a delicate time of the lifespan, and one that is probably more difficult in modern contexts as adolescent's struggle with various emotional and intellectual difficulties that previous generations did not face. This period is rendered especially difficult by the high frequency of mental disorders (Burns et al., 2009), since it is around adolescence that numerous mental diseases are first identified (Patel et al., 2007). Nonetheless, given the relative significance of safeguarding mental health, teenagers have a limited understanding of what it means to be psychologically fit or how to maintain this position (Dogra et al., 2012). Social media is a reasonably sophisticated medium for teenagers to handle their mental health. Teenage people frequently report using social media sites such as Facebook and Instagram to escape the external demands that threaten their psychological well-being (body, 2014). Teenagers in many nations, including poor, medium, and high-income nations, have noticed knowledge and communication systems such as social media become critical to their learning, society, and social activities (Allen et al., 2014; van Disk, 2013). Most teenagers now utilize social media, with statistics indicating that about 97 percent do so on a routine basis (Woods & Scott, 2016). According to a recent research, 57 percent of three US teenagers began online relationships, with 50 percent of them having 'friended' somebody on Facebook or equivalent to letting them notice they were romantically interested (Lenhart et al., 2015: 3). Clearly, social networking are increasingly playing a significant part in the social and emotional growth of teenagers (O'Keefe & Clarke-Pearson, 2011). Whereas social media facilitates new forms of communicating with people and social interaction (Baker & Moore, 2008), there have been concerns regarding the amount of time teenagers spend on the internet. Internet use appears to be associated with less face-to-face interaction, greater social exclusion, stress, sadness, and inadequate sleep (Kraut et al., 1998; Espinoza, 2011). It was definitely appealing to enable aggressive and violent conduct, which is probably detrimental to mental health (Mesch, 2009). While there is evidence that contradicts this online paradox by showing that such undesirable symptoms disappear as internet novices become more skilled consumers of Information and communication technologies (Kraut et al., 2002). Furthermore, the effects of utilizing the web for persons suffering from depression were argued to be reliant on the purpose of its usage as well as the foregoing social supports of specific consumers (Bessière et al., 2008). Nevertheless, officials have continued to raise worries about the degree of danger that teenagers face on social networking sites (boyd, 2014). Social media has certain special concerns, such as internet porn, peer-to-peer inappropriate behavior in the manner of sexually provocative or negative posts, privacy breaches, and the undue influence of 3rd parties such as marketing agencies (O'Keefe & Clarke-Pearson, 2011). According to study conducted in the United Kingdom, 15 percent of 9 to 16 year individuals being distressed by online material (Livingstone et al, 2014), with 28 percent of 11 to 16 year kids claiming having explicitly encountered a negative experience on the internet (Lilley et al, 2014). Online harassment, the use of digital means to spread frightening words, humiliating photographs, and rumors with the intent of causing harm to others, is still a persistent issue (Brown & Marin, 2009; Patchin & Hinjaja, 2006). The online world gives a platform for teenagers to privately test out new lives (Pujazon-Zazik & Park, 2010), but this secrecy may also be undermined by individuals engaged in mocking and online bullying, and should promote and assist dysregulation in teenagers (Griffiths, 2014). While the hazards associated with internet usage may be exaggerated in this environment, there are reasons to be concerned since youngsters are often exposed to harmful information and teenagers participate in violent online behavior (Livingstone and Brake, 2010). It has been argued that teenagers have little power for self-

regulation and are vulnerable to peer influence, putting them at danger as they explore and engage with social networking sites (O'Keefe & Clarke Pearson, 2011: 800).

Methodology:

The current study is to investigate the impact of social media on mental health. To enhance the investigative nature of the research, a quantitative approach is used. The objective of this paper is to add to the little evidence on teenagers' perspectives on the possible influence of social platforms on mental wellbeing. This was deemed suitable since this viewpoint has served as the foundation for numerous research examining young children's experiences and perspectives.



Research framework

Data collection:

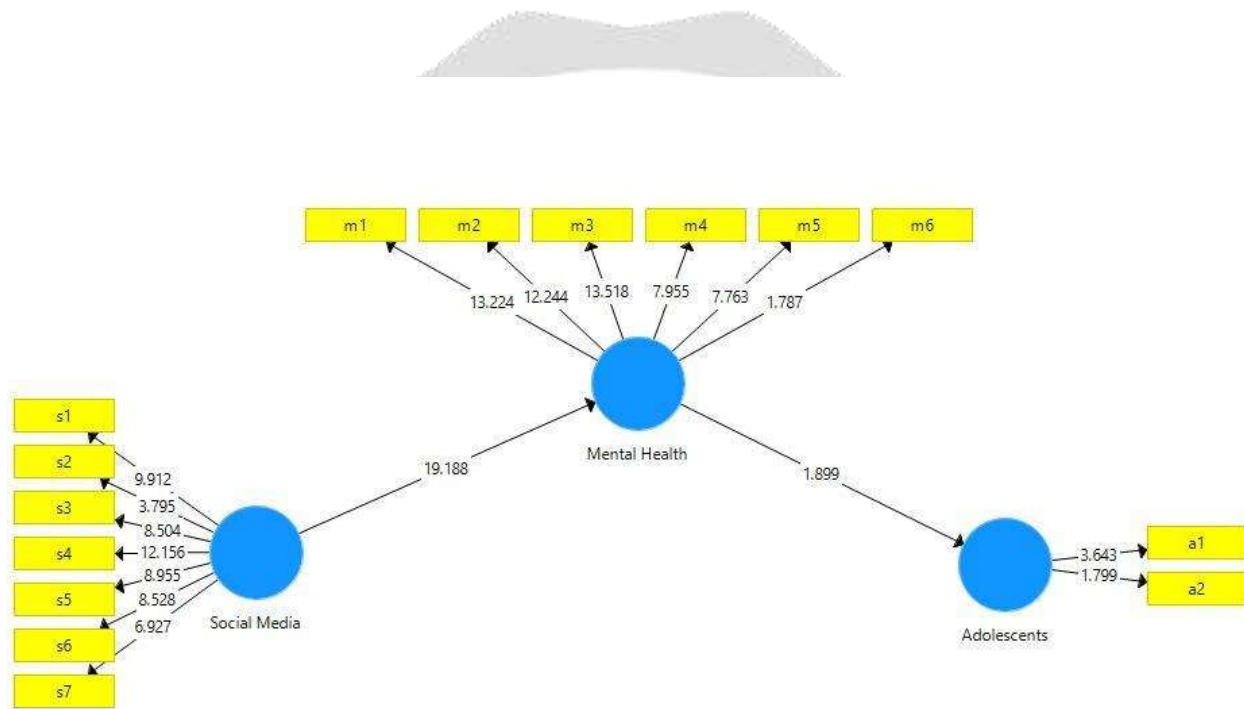
Focus groups also encouraged individuals to reply and comment on others' contributions, allowing topics to be explored and thoroughly addressed. Candidates for the questionnaire were recruited from Superior University. The total number of participants that filled out the questionnaire was 99 including both male and female. Overall students were inquired about their understanding of mental wellbeing, describing ideas and explaining their own experiences. They were also asked about their usage of social media. In this study we will use questionnaires for data collection from superior university students.

Analysis:

The influence of social media is becoming a hot topic. A topic becomes a major concern when it influences people, fulfills the major needs of world, and when it exceeds its transgress. The thing that affects people in a helping way or when a bliss becomes harmful. Social media is a same thing, it was a bliss and still it is, but its negative use became dangerous. Everything has two aspects, sometimes wrong going becomes a bliss or sometimes a bliss becomes a danger. Social media is a technology and now in use, not in specific area, origin, country but in a whole world. No doubt, people are getting benefits from it, but with passage of time it became harmful because of its excessive use or its negative use. And today, it is not just affecting people physically but mentally too. Today, youth and specially teenagers are greatly affected with this. This is affecting their health in such a bad way that teenagers are spending their whole night in social media. They have accounts on different social media apps. Spending whole night in rolling memes, chatting, and making friends around the world and to spend whole night in front of screen is no doubt harming people physically. And not to complete a sleep pattern changes behavior, harms mental health because when a person doesn't follow proper sleep pattern it effects on mind. But people always oppose on their different opinions. Getting response from participants, responders shared different thoughts about what they think how social media is affecting mental health and adolescents.

Result:

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (O/STDEV)	P Values
Social Media_ -> Mental Health	0.722	0.733	0.038	19.188	0.000
Mental Health -> Adolescents	0.250	0.277	0.131	1.899	0.058



	Cronbach's Alpha	rho_A	Composite Reliability	Average Variance Extracted (AVE)
Adolescents	0.390	0.594	0.736	0.598
Mental Health	0.780	0.794	0.854	0.512
Social Media_	0.811	0.794	0.845	0.440

We did research on people, are they getting affected from it or social media is harming them mentally or not. According to this research respondents are currently suffering from mental health issues and some people respond that they are not suffering from mental health issues. 80% people are dealing with mental health issues. And 20% people respond that they are not ever suffering from mental health issues.64% participants are struggling mental

health issues which are directly related to social media. 36% respond that they are don't have any kind of mental health issues which relate to the social media. 68% participants respond that they are able to advice someone who is going through mental health issues while 32% respondents are not able to advice someone. Majority of respondents are agreed that dependence on social networking sites has a bad effect on our mental wellbeing. And a minority responds that dependence on social networking sites does not have not a bad effect on our mental wellbeing. 80% of respondents are agree that social platforms can contribute to the growth of mental wellbeing problems while 20% respond that social media cannot contribute to the growth of mental wellbeing issues.

Majority of respondents agree that they are spending a majority of their time on digital socializing activities. Participants devote their average time on social networking sites and some are less user of social media sites. Majority of people are getting affected from it. And the strength of people who are affected is the age group of 18 to 30 years. This age period is the productive time for teenagers. And this age group is suffering from it. Their mental health is getting affected. Majority is suffering from mental health issues because of the excessive use of social media. Its influence is so much that people are not having drawback from it. They don't know that how to get relief from it. They aren't able to advice anyone. But not everyone is trapped for entertainment purposes but many of people is using it for academic purposes because today whole education systems or institutions are based on it.

Conclusion:

21st century came with many victories and the people of about 1997 to 2012 they witnessed a great shift from telephone to mobile from computer to laptop so social media is the most emerged technology of 21st century and people are so much influenced by it. No one can imagine to spend a day without using mobile phone or not to use social media. It became such a huge platform with different apps like Facebook, twitter, Instagram, snapchat etc. These are one of the most using apps. Whenever a person wants to spend his spare time, whether he will open Facebook, or Instagram, or snapchat. Now the life of a person is stocked between these things. Instead of spending time with their friends by going to their homes, now a person just use to chat on these apps. Unlike the old days instead of having few loyal friends' people have hundreds of friends on social media but not having a single friend with whom he can share all his emotions with whom he can expect loyalty. These apps are no doubt so much helpful and productive. These apps made the life of a person so much easy. These apps made communication so much easy that you can connect a person within a second. We are so much imposed with social media. There are so many things such as streaks on snapchat to send two or three pictures in a day, so, this is a thing that how much we are involved in these useless activities.

In today adolescents is the generation who is very much affected through the social media. This age is the productive time period. But now they are spending it on useless activities such as making video on tactic. The only aim they have is to have million followers and likes. The second is they just spend the whole in rolling Instagram and tagging friends in different memes. The one of the best prove of that the total account on Facebook is 7 times more than the complete population of world. And the majority of these accounts belongs to adolescents. Every 8 out of 10 have more than 3 or 4 account. So, now we can easily understand that how this generation, this youth and adolescents are getting effected by social media. No doubt it is harming physically like spending whole day in front of screen weakens the eye sight. Obesity is one of the major diseases causing by social media but it is also effect effecting the mental health too. It is harming them psychologically. According to this research majority of adolescents are suffering from mental health because of social media. Adolescents are using it for purposes too chat, academic purpose, projects for colleges but majority are using it for entertainment purposes. Different sites such as adultery is one of them harmful site for them. These are so much harmful for their mental health. These sites develop unnecessary desires and addictions in adolescents.

In recent years, the prevalence of some mental health issues, such as depression and suicide, has increased dramatically among adolescents. So according to so many researchers mentioned above that excessive usage of social networks can harm to mental wellbeing and also results in social distances. The suggestion to overcome these issues is one of the major concern parents should control their children for excessive use of social media. They should control their habits by not giving so much time to social networking, to spend their productive time in using social media. To engage their mind and body in physical activities and should involve in outdoor games and also in indoor games. This will be very helpful for their mental and physical health.

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