

RELATIONSHIP BETWEEN SOCIAL MEDIA ADDICTION AND DEPRESSION AMONG TEENAGERS

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ABSTRACT

As global scenario is changing due to faster connectivity, the presence on social networking sites is more in all age groups. However, for the specific age group between 13 to 19, the uses of Social Media are extravagant. This particular age group, as we prefer to call the teenagers. They are also going through a transition stage of psychological and physical development called adolescence. In adolescence, teenagers are more prone to addictions due to ongoing changes in their personalities. In the present work, we have analyzed the connection between depression and use of social media associated with many factors. The teenage group can easily be influenced by their peers. Social media can influence the psychology of teenagers as it leads to dopamine release in the brain of an individual, which is a feel-good hormone. Which afterward converted into dependence on social media to get that same euphoric effect which eventually ended up in social media addiction. Teenagers' mental health may be affected by social media addiction as they are dependent prominently on connectivity through social networking sites. The disturbance in mental health results in depression among teenagers. Depression among teenagers affects their personal life, studies, and relationships with family members. Various factors are discussed that leads to the conclusion that social media addiction among teenagers is due to anxiety over missing out, emotional distress, peer pressure from others. Addiction to social media and sadness in young people specially teenagers is prominent, which is affecting the overall health of teenagers. The preventive measures should be used to minimize the exposure of teenagers to social media, which eventually reduces overuse and dependence on social media to decrease the incident of developing depression like conditions in teenagers. Parental control and assistance over the social media is needed while using. The positive approach to use social media and internet is provided through educational initiatives.

Keywords: *Social Media Addiction, Teenagers, Depression, Mental Health.*

Introduction

The terminology "social media" describes several different web networks that enable consumers to contact friends as well as family audibly and perceivably (Carr & Hayes, 2015). For a while, now Social media use has increased significantly over time (Kizgin et al., 2018). On average, Users between the ages of fifteen and nineteen spent at least three hours daily on social networking sites as well as users between the ages of twenty to twenty-nine roughly a couple of hours per day. Social media accounts for 28% of all media usage (Leong et al., 2019). Time distortion is a defining characteristic of addictive activities, such as excessive use of technology (Turel & R. Cavagnaro, 2019). Even while it may be thought of as a tool for creating social networking sites and supporting information patronizing (Carlson et al., 2016). Due to the excessive usage of social media platforms like Facebook, WhatsApp, Instagram, Pinterest, WeChat, Snapchat, YouTube, Google+, and Twitter, many users have developed addictions without knowing it (Kapoor et al., 2018).

Repeated behaviors that put a person at higher risk for illness or social issues are referred to as addictive behavior. Addictive habits, such as excessive internet or social media usage, have permeated students' daily lives during the past ten years (Azizi et al., 2019). There is increasing proof to back that tiny percentage of people might experience problems with social media usage, particularly Facebook use, in addition to the fact that it has many similarities to behavioural addictions like gaming as well as gambling. (Marino et al., 2018)(Kuss & Griffiths, 2011). Internet dependence is taken seriously from a therapeutic standpoint, and

several nations have developed certain treatment philosophies (King, Delfabbro, Griffiths, & Gradisar, 2011), demonstrating the need for qualified assistance for people who are suffering (Longstreet & Brooks, 2017). The addiction to social media due to overuse ends up affecting the individual's Mental health. Technology addictions that can lead to depression may be brought on by people using equipment and technology more often in daily routine, internet, social media, mobile devices, and digital gaming are a few examples. (Aydin et al., 2021). Strong evidence also connects the absence of social support from community and family and internet addiction. Because of this, Depressed people are more prone to seek out online social support. (Kimberly, 1998). The link between using social media and users' state of mind issues (such as self-esteem, loneliness, tension, and anxiety) across different age groups of individuals in industrialised nations has been the subject of several earlier research (Shensa et al., 2018).

Studying connections among FOMO, social media dependence, as well as the emotional symptoms that teens experience (Hawi & Samaha, 2017). The addiction to the social media and the internet is the subject of a wide variety of hypotheses. (Azizi et al., 2019). Behavioral explanation, biological explanation, cognitive explanation, social control theory, and dynamic psychology theory are among the most significant hypotheses (Azizi et al., 2019). A centralised system that tracks social media use is urgently needed in order to stop people from becoming dependent on aggressive and potentially harmful online content and from making radical changes in their life (Valakunde & Ravikumar, 2019). Adolescence is a crucial time for the onset of behavioural dependency, like SMA, as well as the escalation of emotional symptoms, thus it's necessary to comprehend the contributing components in an effort to assist possible measures for intervention and prevention (Raudsepp & Kais, 2019). In light of this, Our research's purpose is to look at the association in between teenage FOMO levels and the likelihood of worsening psychological signs of depression (Fabris et al., 2020).

Methodology :

The data were collected from various research articles from databases such as Wiley, Elsevier, Taylor & Francis, MDPI, Routledge, Springer, SAGE, and Frontiers. Articles published between 2008 and 2022 were the only ones included in the literature search. Search terms used to find articles were "Social media addiction, Depression among adolescence, The importance of preventing social networking sites addiction, the factors that present to it, and the connection between it and depression.

REVIEW OF LITERATURE

Addiction to Social media

Social networking sites addiction is a concern of maladaptive social networking site usage characterized by either impaired self-control or addictive-like symptoms (Bányai et al., 2017). There are several variables. that addiction to social networking site has been connected to issues with your accomplishment, relationships, health, and emotions (Xu, 2022). Through work-family balance, obsession social media had been negatively correlated with job performance, and social media reactions had a negative correlation with work-family conflict (Zivnuska et al., 2019). Whether social media addiction occurrence depends on the definition of addiction being employed, however there is undeniable proof that certain social network users who use them excessively develop symptoms that are similar to addiction (Griffiths et al., 2014).

Research has focused in particular on the usage of apps, personal traits, and psychopathological symptoms found that usage of app have a direct relation to personal traits (Wegmann et al., 2015). The findings showed that YouTube video creation and addiction were more closely related than YouTube content viewing. (Balakrishnan & Griffiths, 2017). In study, it appears that the failure of families to foster strong emotional ties contributes with regards to addictive behaviour (D'Arienzo et al., 2019). Social Media usage is higher among students with lifestyle changes. The number of children and teenagers using Social media will rise along with the quick advancement of information and communication technologies (Sampasa-Kanyinga & Lewis, 2015).

Neglecting one's personal or professional life is among the signs of addiction. obsession, a change in mood, withdrawal, an unwillingness to cut back, and relapse. However, an excessive Social media use does not automatically lead to addiction on its own (Tang et al., 2018).

Depression among teenagers

A major and pervasive public health issue, depression is a psychological illness characterized by unhappiness and a complete unwillingness to work (Harris, 1992). In university students, Using social media in excess is linked to signs of depression, which are more pronounced in those who favour Twitter to Instagram and Facebook (Jeri-Yabar et al., 2019).

Compared to general or nocturnal social media usage, Social media users are more emotionally engaged significantly related to low self-assuredness, despair, and anxiety (Woods & Scott, 2016). Insomnia was found to be connected with prolonged mobile phone use, furthermore, prolonged use of mobile devices for Social media or online conversation was linked to depression. (Tamura et al., 2017). The way individuals engage and communicate has changed significantly due to over the previous 10 years as a result of online social networking (Pantic, 2014).

Although exposure to social media may not necessarily be bad, the type of media may decide whether this exposure has beneficial or negative effects. By enhancing social interaction, self-worth, and mood, technology may also benefit adolescents' wellbeing (Rajamohan et al., 2019)

Factors contributing to social media addiction on the rise

During COVID-19 epidemic, both parents and their children (particularly teens) expanded their use of technology since the increasing adoration and growth of social networking site use (Drouin et al., 2020). Investigating connections among internet addiction, FOMO, as well as emotional symptoms. Social media dependence appears to be fueled by stress related to online life, particularly the worry of being ignored by one's online social network (Keles et al., 2020). The major causes of Internet addiction (IA) among teenagers were frequent participation in discussion forums, high levels of ruminating, and inadequate levels of self-care (McNicol & Thorsteinsson, 2017).

Young people who use social media either experience emotions of loneliness and isolation or discover new opportunities for connection. Depending on how it is used, technology can either discourage or promote young people's sense of social well-being (Smith et al., 2021). In extreme circumstances, the felt urge being online may end up in compulsive using of social networking sites, which could have the same symptoms and effects as traditional addictions to drugs and alcohol (Kuss & Griffiths, 2017). Through the use of internet communication tools, peers bullied teenagers, which had an impact on their psychology and caused depression as well as suicidal impulses (Litwiller & Brausch, 2013).

The current study included compulsive use, FOMO, depression as well as anxiety, to evaluate the connection among social networking weariness and psychosocial wellness, concluded that adverse effects by excessive usage of social media are unavoidable (Dhir et al., 2018).

Relationship Between Social Media Addiction and Depression among Teenagers

According to the definition of SM, which is "a collection of Web-based apps which permit the production as well as distribution of consumer-generated data (Kaplan & Haenlein, 2010), it has grown to play a crucial role in keeping connection with friends and family, sharing material, as well as getting news and entertainment (Subrahmanyam et al., 2008). Social media Addiction is connected to several physical and mental health problems and can have an effect on growing teenagers in a number of areas (Kuss et al., 2013). The findings indicates the relationship between SMD and sad mood and hyperactivity-inattention is stronger. Social media usage, especially on mobile devices, is diverting adolescents focus away from daily tasks and commitments (Van Den Eijnden et al., 2016)

Study shows that among college students, obsession with social media and depression are positively correlated. The more addicted a student is, the worse off they are with depression (Haand & Shuwang, 2020). The results suggest that SNS addiction may increase the risk of adolescent downheartedness. The mediation exploration also shows that continues anticipation is one potential structure underpinning this relationship (Wang et al., 2018). According to a study, there is a bilateral link between OSNA and melancholy in young individuals, meaning that both distress and compulsive web-based social media use might have a serious effect on OSNA development (Li et al., 2018).

It is abundantly clear that young people who report using SNSs longer time than necessary in a day are more likely to have poor emotional wellbeing, emotional conflict, suicidal ideation, or unfilled requirements for professional help. (Sampasa-Kanyinga & Lewis, 2015). According to research, people who are anxious about compromising their communication link may be more vulnerable to developing an addiction to SNSs specially

in children (**Kuss & Griffiths, 2017**). Establishing a findings regarding the link amongst twitter and facebook use and depression and anxiousness opens that rising time wasted on social media was not related with a rise in psychological illnesses (**Coyne et al., 2020**).

Despite the fact that heavier Social Networking Sites use is associated with increased social skillsets in adolescents, it is also linked to more internalising issues and lower academic and activity competence, particularly in younger adolescents (**Tsitsika et al., 2014**). Alliance between PSNSU and symptoms associated with psychiatric disorder is reviewed, found that most associations were correlated between Problematic SNS use (PSNSU), depression, and anxiety (**Hussain & Griffiths, 2018**). According to the study's findings, moderate degrees of troublesome social media use, social anxiety, self-restraint, problematic Internet use, and academic procrastination are evident among adolescents. (**Durak, 2018**).

Review of different parameters like exposure time, expenditure, activities concluded that all result in anxiety, distortion of mental health and depression (**Keles et al., 2020**). An exploration as a result of the studies on connection between social networking site use and depressive symptoms. Despite multiple consequences from individual studies, the outcome of this review show a noteworthy, favourable interconnection between these two parameters (**Vahedi & Zannella, 2021**).

Significance of preventing reliance on social media

Excessive time burnt out by teenagers on social networking sites, which is related to depressive signs as well as suicide attempts and less time on non screen activities which were inversely associated with depression symptoms (**Balakrishnan & Griffiths, 2017**). Teenagers' exposure to SNS with pornography and sexual advice have poorly constructed privacy measures that can be misinterpreted by users looking to share private information with peers, which can have a harmful impact on minors (**Livingstone & Brake, 2010**).

A misconception among parents is that the amount of time exhausted using Internet applications is the majorly or only probability factor for the onset of unsuitable effects that they feel in their children. In order to prevent overuse and maladaptive SNS use, symptoms should be treated first (**Oberst et al., 2017**). Clinicians must recognise the warning indications of problematic Internet usage and distinguish between IA, other concomitant mental illnesses, and healthy Internet use because computer and Internet use are increasingly an essential component of both work and education (**Young, 2009**).

Social media dependency will remain a significant concern due to the continued and excessive increase in smartphone and tablet possession, the development of new technologies, and the significant advancement of number of applications (**Hawi & Samaha, 2017**).

Methods taken to prevent addiction to social media platform

Guardians should 'check in' or 'control' on their youngster's social networking activity, with or without their permission. Youngsters require more supervision or limitations (**Livingstone & Brake, 2010**). The findings indicate that outreach initiatives to educate youth on the dangers of reckless behaviour would be preferable to reduce online harassment through online behaviour. rather than restricting teen access to SNS and online chat rooms (**Livingstone & Brake, 2010**).

Analysis

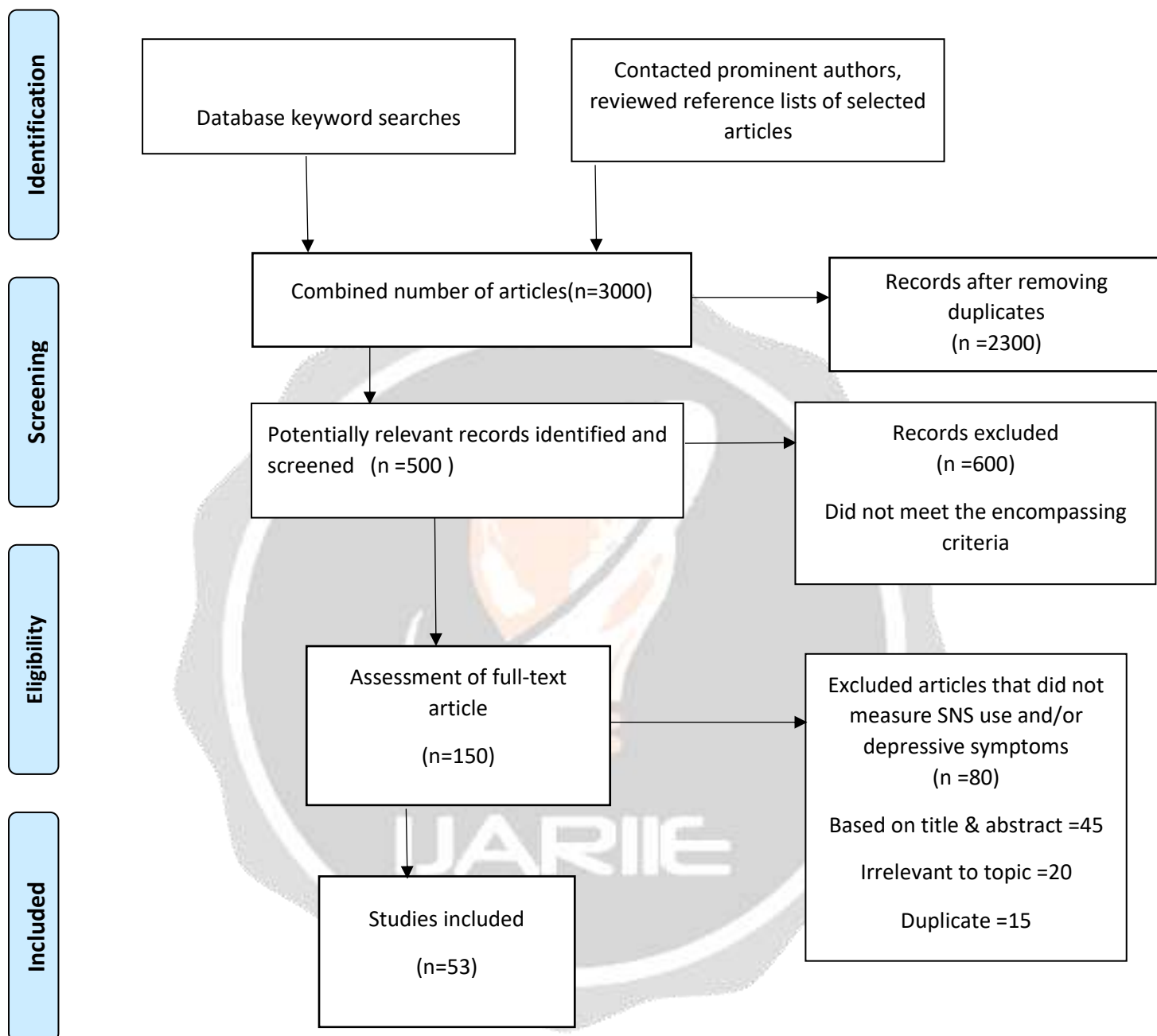
It was conducted using the Preferred Reporting Item for Systemic Reviews and Meta-Analysis (PRISMA) method. All publications that passed the screening procedure were then analysed and summarised based on the aims, year of publication, relevancy to the topic, amount of citations, and recommendations for additional research.

Inclusion & Exclusion criteria

The be included in current study, studies have to meet some criteria

(a) Studies have included some kind of selection criteria (social media effect, depression among teenagers, dependency on SNS). These criteria limited the number of studies (b) Accordingly excluded the studies in which it based on irrelevant information there is no proper Title, Abstract & Review

PRISMA Flow Diagram



Final data set

The search of the total research database yielded 3000 research articles for all keywords. After looking at the title, determined that the article was present in two distinct databases. 2300 articles remain once the duplicates are eliminated. 500 papers in all were reviewed. 600 Articles were excluded because they failed to meet the requirements of article. Articles accessed for eligibility are 150 articles. A Total number of 80 articles excluded based on title and abstract (45) Irrelevant to topic (20) Duplicate (15).

The final data set consists of 51 articles.

The oldest included study was published in the year 2008 and the most recent study was conducted on 2021. Complete process is illustrated in figure above.

DISCUSSION

Addiction of SNS is a kind of behavioural addiction in which a person uses social media uncontrollably and excessively. Problematic social media use interferes with other elements of one's life specially our younger generation and can injure a person in a variety of ways. A person may have a social media addiction if they exhibit a number of symptoms. Social media addiction's most typical warning signs and symptoms include neglecting obligations related to school or work as social media continues to take up a lot of time and energy or withdrawal from friends and family as teenagers spends more time online, it is affecting their personal relationships. Research also show that they face trouble living in the moment due to focusing solely on social media, most detrimental impact is that they feel restless when unable to check social media. Overconsumption of social media can have negative repercussions like anxiety and depression a lack of genuine and deep offline connections with others might result in depressive symptoms. The superficial ties formed through social media are less emotionally gratifying. Our physical and mental health are both being negatively impacted by this addiction. Reduced physical activity talking on the phone a lot takes up time that could be spent engaging in physical activities, teenagers waste their time in comparing themselves to imaginary perfect pictures of others that people often shared on their sns leading in deterioration of their own self confidence. Social media overuse has a number of negative effects As teenagers mind is already curious they are not focused enough, they are already in their transition state excess of social media can cause envy between them of others shinning points, it may create a feeling of loneliness or missing out something important that others may have leading to a pessimistic approach in youngsters mind. Another repercussion minor are facing is having trouble falling asleep excessively using social media right before bed might cause poor sleep. The body's capacity to get ready for sleep can be hampered by the blue light that mobile devices emit. In current study it is important to consider that there is association between social media addiction and deteriorating mental health.

CONCLUSION

The study's main finding is that students with poor mental health utilise social networking sites more frequently. The number of kids and teenagers using SNSs will rise along with the quick gain ground of information and social platform technologies. The usage of communication media, especially when done so on a smartphone (such as Whatsapp), diverts teenagers' attention from their regular commitments and activities. It is evident that during the past 8-10 years, online social networking has significantly changed how individuals engage and communicate and there is strong interrelationship social networking sites usage and depressing thoughts among teenagers. However, it was also intriguing to note that social media's negative effects on individuals' mental and physical health were majorily caused by parents' ignorance of their children during this transitional time from (teenagers to adolescence) in their lives and by their failure to provide them with adequate instruction on how to utilise social media platforms.

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