ISSN: 2582-7162

Review Article

Use of Social Media and Its Connection to Mental Health

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How to cite this article: Swami OP, Parmar NS,Sharma P. Use of social media and its connection to mental health.GFNPSS-IJMR 2024; 5:6: 2618-2619

Submitted: 27-June-2024: **Accepted:** 05-July-2024: **Published:** 07-July -2024

Abstract

Social media has newly become part of people's daily life many of them spend many hours every day on WhatsApp's, Messenger, Instagram, Facebook, twitter and other popular social media. Thus, several researchers study the influence of social media and applications on various aspects of daily living. Social media has many positive and enjoyable benefits, but it can also lead to mental health problems1. Social media has emerged as a key element of modern society, allowing millions of people all over the world to interact, share information, and access content[2].

Keywords: Social media; Connection; Mental health

Introduction

Impact on mental health:

Human beings are social individuals. Being socially associated to others can ease stress, anxiety, and depression, boost self-worth, deliverrelief, prevent loneliness, and joy to your life. On the flip side, missing more social connections can pose a serious risk to mental and emotional health of an individual.

In the current days social media platforms such as Whats App's Facebook, Twitter, Snapchat, YouTube, TikTok for Video making, and Instagram to find and attach with each other. While each has its benefits, it's important to remember that social media can never be a replacement for actualsocial connection. It needs in-person interaction with others to trigger the hormones that ease 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 lonely, isolate&worsen mental health problems for example anxiety and depression etc.[2]

Pros & cons: effects of social media on mental health

Social media can provide opportunities to enhance the mental health of users by facilitating social connections and peer support. Indeed, online communities can provide a space for discussions regarding health conditions, adverse life events, or everyday challenges, which may decrease the sense of stigmatization and increase belongingness and perceived emotional support. Mutual friendships, rewarding social interactions, and humor on social media also reduced stress during the COVID-19 pandemic[3].

Studies have shown that excessive social media use

https://doi.org/10.46376/ijmr/05.06.2024:2618-2619

can have negative effects on mental health, including:

- Increased symptoms of depression and anxiety
- Poor sleep quality
- Cyberbullying and online harassment
- Unrealistic comparisons and decreased self-esteem
- Social isolation and loneliness

On the other hand, several studies have pointed out the potentially detrimental effects of social media use on mental health. Concerns have been raised that social media may lead to body image dissatisfaction, increase the risk of addiction and cyberbullying involvement, contribute to phubbing behaviors and negatively affects mood.4 Excessive use has increased loneliness, fear of missing out, and decreased subjective well-being and life satisfaction5. Users at risk of social media addiction often report depressive symptoms and lower self-esteem.[6]

On the other hand, social media can also have positive effects, such as:

- Connecting people with others and reducing feelings of loneliness
- Providing a platform for self-expression and creativity
- Facilitating access to mental health resources and support

It's important to note that the impact of social media on mental health can vary depending on individual circumstances and how social media is used. Moderation, mindful usage, and critical thinking are key to maximizing the benefits while minimizing the risks.

Some tips for healthier social media habits:

- Set boundaries: Limit your daily social media use to specific times or time limits.
- Follow accounts that promote positivity, self-care, and mental health resources.
- Take breaks: Consider regular digital detoxes or app-free days.
- Practice self-compassion: Remind yourself that everyone presents a curated version of their life online.

Conclusions:

Uses of social media is a new study that is speedily rising world wide. Thus, there are countless unknown and unforeseen constructive answers associated with social media. In various study shows that using social media platforms can have a detrimental effect on the psychological health of its users. Still, the extent to which the practice of social media impacts the public is yet to be apprize.[7]

Financial support and sponsorship: No

Conflict of Interest: There are no conflicts of interest

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