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IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH OF YOUTH

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Abstract:

Youth is considered as a most valuable segment of the population. India has a larger number of youth populations so India is seen as youngest country among the other developing countries. The youngster spends greater time on social media via scrolling the other human beings feed and Facebook stories. Social media is the route which makes the youth to compare with others lifestyle. This paper highlights the impact of social media on the mental health of youth. Hence, this will enlighten the present and future youth to care for their mental health.

Key words: *Impact, Social Media, Mental Health and youth.*

Introduction

Youth is considering as a most valuable segment of the population. India has a larger number of youth populations so India is seen as youngest country among the other developing countries. Period of adolescence to middle age is defined as a "youth". According to the National Youth Policy (NPY) in 2003, the age group between 13 to 35 years considered as a youth and later in 2014, NPY changed the age group of youth between 15 to 29 years. (Verma, 2017)

The fifth stage of Erikson's theory of psychological development is identity vs

role confusion and it occurs during the adolescence period. During this stage, adolescents search for a sense of self and personal identity, through an intense exploration of personal values, beliefs and goals (McLeod, 2018) but the social media makes the youth in confused state and made them to compare with others lifestyle.

The youth is the one who shows more interest towards the social media to find the community of people for sharing the knowledge. The over utilization of social media is growing among the youth and majority of youth are using the social media for the purpose of site surfing, chatting, entertainment etc. (Singh, 2017). The over utilization of mobile phone makes the youth very addictive and affects their life style and majority of the youth agreed that social networking is harmful for the both physical and mental health. (Arora, 2014)

The barriers of the mental health are more especially in India and stigma attached to it. The barriers among youth are lack of emotional competence makes the lowest intentions to seek help from others and highest intentions to seek help from no-one and negative attitudes and mental health illiteracy can also be the barrier. (Deane, 2005). The majority of the youth doesn't know the symptoms and how to deal with it. (Levenson, 2017). The social media is current weapon in the contemporary world and the youth are the ones who lost their control and become more addictive. The meaning and definition of social media are:

Social media is computer-based technology that facilitates the sharing of

ideas, thoughts, and information through the building of virtual networks and communities. By design, social media is internet-based and gives users quick electronic communication of content. Content includes personal information, documents, videos, and photos. Users engage with social media via computer, tablet or smartphone via web-based software or web application, often utilizing it for messaging. (Dollarhide, 2019)

The youngster spends greater time on social media via scrolling the other human beings's feed and Facebook stories. The following matters which proved that the social media can be detrimental, they're: specializing in likes, cyberbullying, making comparisons with others life fashion, having too many faux friends, much less face time and so forth. (Hurley, 2019). The social media affects both physical and mental health of the youth. The meaning and definition of mental health as follows:

Mental health refers to our cognitive, behavioral, and emotional wellbeing - it is all about how we think, feel, and behave. The term 'mental health' is sometimes used to mean an absence of a mental disorder. (Nordqvist, 2017). According to the World Health Organization, however, mental health is "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." (World Health Organisation)

Mental health of youth in World Wide:

It is estimated that 10–20% of adolescents experience mental health conditions, yet these remain under diagnosed and undertreated. Signs of poor mental health can be overlooked for a number of reasons, such as a lack of knowledge or awareness about mental health among health workers, or stigma preventing them from seeking help. (World Health Organisation, 2018)

Mental health of youth in western countries:

More young people in the western countries said they felt overwhelmed and depressed. College counseling centers reported sharp increases in the number of students seeking treatment for mental health issues. Even as studies were showing increases in symptoms of depression and in suicide among adolescents since 2010, some researchers called the concerns overblown and claimed there simply isn't enough good data to reach that conclusion. The young people were simply more willing to get help when they needed it or perhaps counseling centers' outreach efforts were becoming more effective and between 2009 to 2017, the rates of major depression among youth more than doubled (Twenge, 2019).

Mental health of youth in India:

The NCMH (National Care Of Medical Health), states that at least 6.5 per cent of the Indian population suffers from some form of the serious mental disorder, with no discernible rural-urban differences. Though there are effective measures and treatments, there is an extreme shortage of mental health

workers like psychologists, psychiatrists, and doctors. As reported latest in 2014, it was as low as "one in 100,000 people" 'The average suicide rate in India is 10.9 for every lakh people and the majority of people who commit suicide are below 44 years of age. (World Health Organisation)

Common mental illness among youth:

The common mental illness among youth is anxiety, depression, attention, deficit-hyperactivity and eating (anorexia nervosa, bulimia and binge eating disorder) (U.S. Department of Health and Human Services, 2017)

Statistics of popular social media platforms used by youth:

The most popular social media platforms are Snapchat, Instagram, Facebook, YouTube, and Twitter. According to the Pew Research Center, 78% of 18-24-year-olds use Snapchat, while 71% use Instagram, and 68% use Facebook. In addition, 94% of 18-24 years olds use YouTube and 45% use Twitter in world wide. (Smith, 2018)

Snapchat allows youngsters to share photos and "stories" with their buddies that disappear after 24 hours. These "stories" allow users to share their reviews with all followers through videos or images. Instagram shall we users share their life through photographs or movies with a much broader target market and are not brief like Snapchat. Many people use this platform for blogging, posting movies from vacations in addition to each day life, and sharing

their interests in artwork, cooking, and other sports.

Facebook shall we users to proportion pics, films, and articles; share facts approximately their lives; chat with buddies; and greater. YouTube permits customers to percentage authentic films, consisting of music, cooking, make-up tutorials, and vlogs. Twitter permits customers to percentage their mind and personal updates in 280 characters or less. (Mir)

Causes of social media on mental health of youth:

The youth show more interest towards the social media to find community with similar ideas and thoughts to express among each other and there are more positive and negative side effects. The individuals who had spends most of the time in social media had insomnia and report symptoms of depression. (Levenson, 2017)

The mobile phone were more popular among youths and it was very easy for them to get whatever they want but it affects their social skills, relationship issues, car accidents, job loss, academic difficulties and low self-esteem. (Deshpande, 2015) The those who have been now not lonely or didn't have proper social abilities may want to broaden sturdy compulsive internet use behaviors resulting in negative existence results and additionally those who are not mental healthful have difficult no longer handiest keeping healthful social

interactions in their actual lives but also balancing the internet use. (Kim, 2009)

Social media is the route which makes the youth to compare with others lifestyle so which often results in what is now known as- 'FOMO'(Fear Of Missing Out) is basically increased and pervasive anxiety or apprehensive of missing out on social events or experiences that others are perceived to be having. FOMO leads the youths to a compulsive desire to stay connected with other people's lives online. Facebook, twitter, Instagram etc, to a degree where checking up on what other doing or how they are reacting to our posts tend to the over utilization of social media. (Birla, 2018)

Impact created by Social media:

The social media creates both positive and negative impacts among the youth. The positive impacts are improves open communication, stay in touch with past and present friends, spread social awareness and kindness, creative skills and so on. The over-utilization of social media by youths leads to mental illness. Negative impacts of social media are unethical pictures, discriminating others view, anti-religious posts and links creates hatred among the people. (Shabir, 2014)

Social isolation: After emerging trends of social media, the youths wanted to interact with someone in social media but not face meetups so it makes them away from the society and connects with the stranger.

Depression: By comparing them with others life, the youths are fails to see their life and will lead to lose self-identity and makes them to undergo depression.

Stress: The youths face stress when no one is responding for their post and status and also waste their time by tagging their friends in the particular FB posts and make them anger on it.

Insomnia: Over utilization of social media leads to the unhealthy sleep patterns and affects the whole life style pattern of the youth.

Concentration: The youth spends more time on social media according to the statistics so it leads to them not to concentrate on their personal things.

Unrealistic expectations: By seeing the others life and makes the individuals to be in fantasy world and leads them to be in unrealistic expectations.

Loneliness and anxiety: Having lot of fake friends in social media makes the individual will lead to loneliness and makes them to forget the value of friendship.

Cyberbullying: Social media platforms like Facebook and instagram allow the bullies to hide behind their profiles and make gruesome remarks about people. It is not fortunate to know that some people even commit suicide due to the issues of cyberbullying. (Bhasin, 2018)

Self-identity: Social media resulted in losing of self-identity of youth. Most of the time youth are not using their own identity in social media because of different reasons. They may use good pictures to attract opposite sex easily and do whatever they want by the fake identity.

Body image and fear of missing out: As there are many videos, advertisements, posts on making a good body shape and good looking by watching all those youth will be doubting on their own body image and feeling missing out because of the way they look.

Low self-esteem: Some information in social media and text messages that become so integral for youth's life are lowering self-esteem. Youth always may be busy with what will attract them in social media, so it caused they may not find their talents in real world, so they will lose their self-esteem. (Ehmke, 2019)

Lack of competence: Being busier with social media results in not gaining competence, most of youth don't use social media for generating and exchanging of information, so it causes that don't add to their understanding and competence.

Role of social workers to address the mental health issues:

Social workers can be the largest group of service providers in every field; they also can be the vital group to address the issues among the people who face problems. They are often the front line

responders for individuals with mental illness.

- Social workers can support youth understand the risks of how they behave online, and are empowered to make sense of and know how to respond to harmful content that slips through filters.
- Social workers can play the role of educator to educate youth about the harms and negative impact of using social media.
- Social workers can educate youth to understand the way to use social media in positive way.
- Social workers can play as a role model for youth in using of social media.
- Social workers can educate the parents to minimize their consumption of social media because it can have a direct impact on the way the youth use them.
- Social workers can provide guidance for parents to help the youth to make a balance for being in virtual world and real world.
- Social workers can educate parents to give full attention to their children that they should enter to virtual world.
- Social workers can approach youth and make them to feel heard by their friends, parents and others around them in real world.
- Social workers can play role of a researcher to find out the root of addicting youth to social media and help them overcome the problem.
- Social workers can be as counselor to help youth decrease use of social media and help them to deal with the mental problems social media created for them.

Conclusion:

It is undeniable that social media is extraordinarily popular, and youth is the group which is addicted to use social media a lot. They use social media for different reasons; self-disclosure, a need to belong and a need for self-presentation, to get satisfaction for self-worth and self-integrity, making new friends, reading comments by celebrities and politicians, and finding potential romantic partners. Due to all these reasons youth spend most of their times on social media that obviously it can have negative impact on their health especially mental health. Using of social media has two sides for and against it depends on the user to choose the positive way or negative way. Using of social media is common overall the world among youth, and statistics show that social media has more negative impact on youth. Overuse of social media cause loneliness, anxiety, depression, loss of

self-respect, self-identity, self-esteem, competence and so on. Now a day's addiction to social media is a big problem among youth and it results that youth remain far from taking role in development of the society. Despite of all, there is a hope that social workers and other responsible persons can help them to start decreasing the use of social media.

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