

**A Dissertation  
On**

**SOCIAL MEDIA IMPACT ON MENTAL HEALTH OF  
ADOLESCENTS AND YOUNG ADULTS**

**Submitted in partial fulfillment of the requirement of  
BA Journalism & Mass Communication program of  
Navrachana University  
during the year 2017-2020**

**By**

**JANVI MULWANI**  
**Semester VI**  
**17165010**

**Under the guidance of**

**Ms. VALLI PILLAI**



**NAVRACHANA UNIVERSITY**

Vasna - Bhayli Main Rd, Bhayli,  
Vadodara, Gujarat 391410



# NAVRACHANA UNIVERSITY

Vasna - Bhayli Main Rd, Bhayli,  
Vadodara, Gujarat 391410

## *Certificate*

*Awarded*

*to*

**JANVI MULWANI**

*This is to certify that the dissertation titled*

**SOCIAL MEDIA IMPACT ON MENTAL HEALTH OF  
ADOLESCENTS AND YOUNG ADULTS**

*has been submitted in partial fulfillment for the requirement of the  
Degree of Bachelor of Arts in Journalism and Mass Communication program of  
Navrachana University.*

## **CERTIFICATE**

This is to certify that the dissertation titled,

**“Social media impact on mental health of adolescents  
and young adults”**

prepared and submitted by

**JANVI MULWANI**

of Navrachana University, Vadodara

in partial fulfilment of the requirements for the degree of Bachelor  
of Arts in Journalism and Mass Communication program is hereby accepted.

Place: Vadodara

Date: 15-05-2020

**Ms. Valli Pillai**  
Dissertation Guide

**Dr. Robi Augustine**  
Program Chair

**Accepted in partial fulfilment of the requirements for the degree of  
Bachelor of Arts in Journalism and Mass Communication.**

## **DECLARATION**

I hereby declare that the dissertation titled “Social media impact on mental health of adolescents and young adults” is an original work prepared and written by me, under the guidance of Ms. Valli Pillai Assistant Professor, Journalism and Mass Communication program, Navrachana University in partial fulfilment of the requirements for the degree of Bachelor of Arts in Journalism and Mass Communication.

This thesis or any other part of it has not been submitted to any other University for the award of other degree or diploma.

Date: 15.05. 2020

Place: Vadodara

**Janvi Mulwani**

## **ACKNOWLEDGEMENT**

I express gratitude and my heartfelt thanks and acknowledge the support given by Dr. Robi Augustin, Program Chair, Journalism and Mass Communication Navrachana University.

I am also extremely thankful to my mentor Ms. Valli Pillai and all the faculty members of Journalism and Mass Communication program.

I am thankful to my colleague, Rahul Barboza for helping me with the doubts regarding the dissertation.

**Janvi Mulwani**

I whole heartedly dedicate this work

To

My friends, family and my guide.

## **ABSTRACT**

### **Social media impact on mental health of adolescents and young adults**

Social Media is a major contributor to the mental health of adolescents and you adults. From past two decade social media beheld a sporadic enhancement in quantity, quality and utility. As the body of an individual is nourished by the intake of necessary mineral elements obtained through nutrition, likewise human mind is nurtured by the availability of nutrition for thoughts. Now a day's which is readily available through the advancement of technology. This study aimed to evaluate the relationship of social media and mental disorders, with internet addiction in adolescents and young adults around the globe. Unfortunately, young adults, the most active social media users, have a predominantly high risk for developing mental health issues, making this connection particularly concerning. At present, it is unclear how social media and mental health are connected; therefore this thesis explores the individual and social theories that may give reason for this connection. The hypotheses are proved with the help of case studies. Case studies were used to collect quantitative data which includes videos, new articles and case studies from different sources. It is obvious that not all social media sites are healthy environments for adolescents. Bullying, cliques, and sexual experimentation are just as prevalent online as offline. Because children are not good at self-regulation and are susceptible to peer pressure, social media sites can be dangerous places to spend time on.

**Keywords:** Mental Health, Mental disorders, Social Media

## TABLE OF CONTENTS

	<b>Page No.</b>
<b>Chapter 1: Introduction .....</b>	<b>1</b>
1.1 Introduction.....	1
1.2 About social media.....	2
1.3 About mental health .....	4
1.4 Why do people use social media.....	5
1.5 Emotional Intelligence.....	5
1.6 Anxiety.....	6
1.7 Depression.....	7
1.8 Displaced Behavior Theory.....	8
1.9 Conclusion.....	8
<b>Chapter 2: Review of Literature .....</b>	<b>10</b>
2.1 Introduction.....	10
2.2 Mental health literacy .....	11
2.3 Future of mental health care .....	11
2.4 Frontiers in public health .....	12
2.5 Adolescents in Jammu district.....	13
2.6. Lifestyle of Indian Youth.....	14
2.7. Social media use .....	15
2.8. Mental health disorder.....	16
2.9. Effects of social media.....	17
2.10. Perspectives of adolescents .....	18
2.11. Conclusion.....	19



<b>Chapter 3: Methodology .....</b>	<b>20</b>
3.1 Methodology .....	20
3.2 Significance of the Study .....	20
3.3 Objectives .....	21
3.4 Theoretical Background .....	21
3.5 Hypothesis and Research Question .....	22
3.6 Method and Conceptual Design.....	22
3.7. Data collection.....	22
3.8 Scope and limitation.....	23
3.9 Proposed analysis .....	23
3.10 Conclusion .....	23
<b>Chapter 4: Data Analysis .....</b>	<b>24</b>
4.1 Introduction .....	24
4.2 Study 1 .....	24
4.3 Study 2 .....	25
4.4. Study 3 .....	26
4.5 Study 4.....	27

**Chapter 5: Conclusion ..... 29**

5.1 Objectives Achieved ..... 29

5.2 Conclusion..... 29

**References .....29**



## CHAPTER ONE

### INTRODUCTION

#### 1.1. Introduction

There have been major concerns about social media, since its invention. They have a large impact on the usage, impact and well-being of adolescents and young adults. The imbalances of emotions that social media apps create in minds of people are dangerous and can cause severe harm and have immense psychological impact on the population that uses social media. The present study is designed in a way that it helps readers to understand the most common disorders that are caused by the usage of social media apps. Although social media may be facilitating new forms of communication and social connection (Baker & Moore, 2008), there are still fears about the amount of time young people were spending online. Internet use was seemingly linked to a reduction in face-to-face contact, increased social isolation, stress, depression and sleep deprivation (Kraut et al., 1998; Espinoza, 2011). It was also claimed to facilitate offensive and harmful behaviour, arguably detrimental to mental health (Mesch, 2009). Although there is research that contradicts this ‘internet paradox’ by providing evidence that such negative symptoms disappear once internet novices became more experienced users of ICTs (Kraut et al., 2002). Furthermore, the effects of using the internet upon those with conditions such as depression was argued to be dependent upon the purpose of its use and the pre-existing social resources of individual users (Bessiere et al., 2008).

According to 2018 Pew Research, the most popular social media platforms are Snapchat, Instagram, Facebook, YouTube, and Twitter. The Pew Research Centre (2018) say that, 78% of 18-24-year-olds use Snapchat, while 71% use Instagram, and 68% use

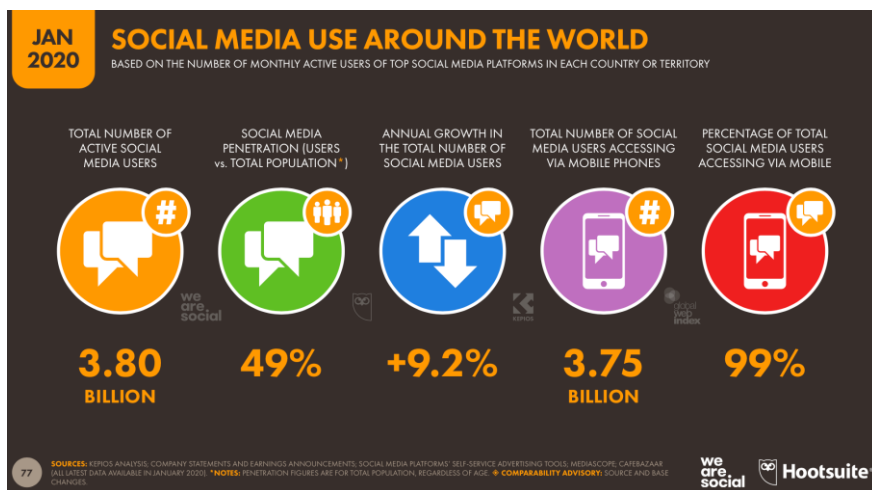
Facebook. In addition, 94% of 18-24 years olds use YouTube and 45% use Twitter. Most of the researches identify the types of disorders caused by these apps, the main connection of it with the mental health changes are still unclear and vague. This lack of understanding is predominantly a grave concern in the context of present younger generation, as teens and young adults spends their good amount of time in online socialization and hence are potentially experiencing a greater risk of negative effects.

A number of research studies classify connection between use of social media and its undesirable outcomes like increase in anxiety, stress, depression and loneliness. The increased usage of social media by younger generation raises alarms regarding its adverse effects. (Shabir, 2016). This research explores the disorders that this population goes through and examines them meticulously. It will provide an overview on how social media have its different kinds of disorders and analyse the common disorders. Since adolescence is a period of increased vulnerability for low self-esteem and the onset of depression and anxiety (Orth, Maes & Schmitt, 2015; McLaughlin & King, 2015), it is essential to understand how social media use relates to these factors. To accomplish this goal, the researcher has reviewed certain existing literature and pertaining to the characteristics of social media, adolescents and young adults, disorders and case studies that may help to have a better understanding of social media and relation to mental health.

## **1.2. About social media**

According to Merriam-Webster (2014), social media is defined as “forms of electronic communication (as Web sites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos).” Although the first known use of the term was in 2004, social media use has skyrocketed in the past several years. This decade-old phrase is now a household term. Whether live-tweeting bridal showers or making Facebook profiles for their

cats, it seems that people are more connected than ever before. About 73% of online adults now use a social networking site of some kind (Smith, 2013). Although social media is accessible to nearly anyone, young adults are the most active users. Smith (2013) found that 84% of 18-29 year olds are on Facebook, more than any other age group. They are also the fastest-growing age demographic, growing from only 9% usage in 2004. Further, social media users have speedily adopted online social communication as an essential part of daily life, as evidenced by the increasing figure of daily users. In fact, Facebook alone reported an estimated 1 billion active users by 27<sup>th</sup> August, 2015. It means one in seven people on earth used Facebook in a single day to stay connected with their friends and family (posted by Mark Zuckerberg on Thursday, August 27, 2015).

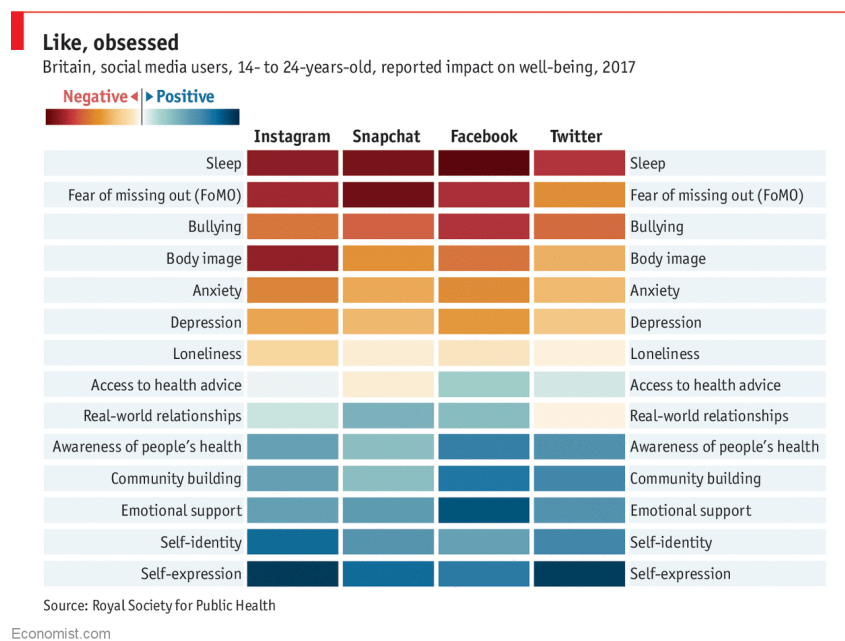


[Figure 1. This demographic from Global social media summary 2020 number of people using social media around the world]

### 1.3. About mental health

Mental health is defined as 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

Organization 2014a, 12). In some societies, the term ‘mental illness’ is taken as a negative and an embarrassing term. People mock at patient having a mental illness. In this situation, the victimized person to hide their illness from society or for fear of being teased uses the term ‘mental health’ to describe ‘mental illness.’ Some societies perceive ‘mental health’ as a polite and positive term than a ‘mental illness.’ Here, the definitions of mental health and mental illness cannot be differentiated. (Cattan & Tilford, 2006, Chapter 2.)



[Figure 2. This demographic from Daily Chart on how heavy use of social media is linked to mental illness, 2018]

### 1.4. Why do people use social media?

Social media is a communication mechanism that allows users to communicate with thousands, and perhaps billions, of individuals all over the world (Williams et al., 2012). The basic premise of uses and gratifications theory is that individuals will seek out media among competitors that fulfills their needs and leads to ultimate gratifications (Lariscy et al., 2011). Studies have shown that gratifications received are good predictors of media use and recurring media use (Kaye and Johnson, 2002; Palmgreen and Rayburn, 1979). Anxious

adolescents may tend to use social media more, in line with previous findings that those higher in neuroticism prefer social uses of the Internet (Hamburger and BenArtzi, 2000). Similarly, depressed adolescents may use social media more in order to regulate their low mood, in light of evidence that children and adults use TV viewing for emotional regulation (Chen & Kennedy, 2005; Van Der Goot, Beentjes & Van Selm, 2012).

### **1.5. Emotional Intelligence**

To get along in the real world, youth need the knowledge and skills to communicate, cooperate, deal with conflict, and critically think about their interactions both face to face and online. One of the variables that could help to this increase of happiness during adolescence can be emotional intelligence (Di Fabio, 2016). There are two relevant models of emotional intelligence: Mixed Models and Ability Model. Mixed Models state that emotional intelligence is a compendium of stable personality features, socio-emotional competences, motivational aspects, and different cognitive abilities. (Salovey, 1990) On the other side we find the Ability Model (Salovey, 1990) which considers emotional intelligence as an ability focused on emotional information processing (Fernández-Berrocal, 2005). Ever since Model of Emotional Intelligence, this construct is defined as a type of social intelligence that involves the ability to monitor one's own and others' emotions, to discriminate among them, and to use the information to guide one's thinking and actions (Salovey, 1990). Subsequently, said authors included in their definition abilities related to cognitive and emotional clarity, perception, and repair that could generate feelings that eased thinking and abilities of cognitive and emotional regulation (Mayer, 1997).

### **1.6. Anxiety**

Social Media & Anxiety link between social media and compulsive behavior has been reported by various studies. It has been found that forty five percent of adults feel



restlessness when they are not able to access their social networking sites (Anxiety 2012). In Rosen et al. (2013), it is reported virtual generation (Net & iGeneration) often check the message on their social networking application. It is also found that younger generation feels restlessness when they were not able to access messages of their social networking applications apart from their counterparts, giving rise to Phantom vibration syndrome (PVS), which is a nothing but the perception of an addict person regarding the vibration of his cell phone (Drouin, et al., 2012; Rothberg, et al., 2010) any victim of PVS reflects obsession of frequent checking of social messages exhibits manifestation of anxiety caused by cell phones. There are also several studies linking social media to anxiety and compulsive behavior.

A recent research study found that 45% of British adults indicated they feel worried or uncomfortable when they cannot access their email or social network sites (Anxiety UK, 2012). Rosen et al. (2013) found that younger generations (particularly the iGeneration and Net Generation) are checking in very often (defined as every hour, every 15 minutes, or all the time) with their messages and social networks. Also, younger generations were scored as consistently more anxious than older generations when they were unable to check their social networks and texts. A new medical term has been created out of this constant connectivity: Phantom vibration syndrome, defined as perceived vibration from a cell phone that is not vibrating, has been reported to occur with large numbers of people (Drouin et al., 2012; Rothberg et al., 2010). 7 Phantom vibration syndrome may reflect a manifestation of the anxiety that cell phones elicit in those who are obsessed with checking in on their social media and messages.

### **1.7. Depression**

Depression is one of the major health problems among modern society. Research conducted by World Health Organization (WHO) in 2016 revealed that depression is affecting approximately 350 million people from all around the World. Different from general mood change and short term emotional reactions against daily struggles, depression becomes a very dangerous and serious health problem especially when intense depressive feelings and symptoms are shown for extended period of time. It is a common and serious psychological disorder and affects individuals' daily routine activities and abilities such as thinking, feeling, sleeping, eating, working and studying (NIMH, 2016). Duran (1999) defined depression as a syndrome that includes symptoms of retardation and fuzziness in speech and movement; worthlessness, pettiness, weakness and reluctance; pessimistic emotions, thoughts and psychological states. A 2017 study of over half a million eighth through 12th graders found that the number exhibiting high levels of depressive symptoms increased by 33 percent between 2010 and 2015. In the same period, the suicide rate for girls in that age group increased by 65 percent. According to Child Mine Institute (2020), there are some teenagers who aren't successful in connecting with peers' offline, because they are Isolated geographically or don't feel accepted in their schools and local communities. For those kids, electronic connection can be lifesaving.

### **1.8. Displaced behavior theory**

One idea that may explain how the sedentary behaviors encouraged by social media affect mental health is that of displacement. People who spend more time in sedentary behaviors (like social media use) have less time for face-to-face social interaction and physical activity, both of which have been proven to be protective against mental disorders (Martinsen, 2008; Teychenne et al., 2008). According to displacement theory, it is not the social media use in and of itself that has deleterious effects on mental health, but rather the

absence of other activities. Unsurprisingly, several studies have found an inverse association between sedentary behavior and physical activity (Sugiyama et al., 2007; Sugiyama et al., 2008). These studies' findings identify that sedentary behavior does indeed displace physical activity and exercise, and the benefits that can be reaped by such activity.

### **1.9. Conclusion**

The social media usage deserve and the disorders coming along with it are a major threat to the human's well- being. The theories have proved that adolescents and young adults' consumption of the internet is more likely to be long term if attention is not paid on these causes. The daily time spent on social media is way more than it should be. It causes health problems by massively disturbing the sleep cycle. Emotional intelligence is the ability to introspect self-emotions and thoughts. Most of the audience of social media do not acknowledge it and thus lack in productivity, creativity and resulting into more damage to mental health than anything else.

## CHAPTER TWO

### REVIEW OF LITERATURE

#### 2.1. Introduction

To have deeper understanding into the topic of social media and mental health with reference to Indian context and Global context, secondary data has been extensively studied and review of literature is done for the purpose of research analysis. Various articles, magazines, newspapers, journals, websites etc. have been consulted to collect information for the study.

A number of researchers have hypothesized that physical activity reduces risk of depression through physiological pathways. For instance, exercise may activate endorphin secretion, which reduces pain and produces a euphoric sensation (Paluska & Schwenk, 2000). Another theory concerning why exercise is helpful in combating mental illness suggests that exercise may alleviate symptoms of mental illness rather than the illness itself. Whatever the cause, physical exercise is well documented to bolster mental health. The risks of replacing physical activities with any sort of sedentary behavior, including social media use, must be considered as a possible factor when discussing the effects of social media use on mental health.

#### 2.2. Mental health literacy: Public knowledge and beliefs about mental disorders.

The study conducted by A.F.Jorm on Public knowledge and belief about mental disorders with the aim to introduce mental health to a wider audience, knowledge about

mental disorders which was completely neglected. It also aims to bring together diverse research relevant to the topic and to identify gaps in the area. The objective of the study was examined as to make people aware about mental health. The methodology was used of narrative view within conceptual framework. Attitudes which hinder recognition and appropriate help seeking are common. Mental health information is misleading. There are some evidences that mental health literacy can be improved. Virtually everyone will either develop a mental disorder or have close contact with someone who does. In western countries depression and schizophrenia are most often seen by the public as caused by the social environment, particularly recent stressors (McKeon & Carrick. 1991; Matschinger & Jorm et al, 1997b; link et al, 1999)

### **2.3. The future of mental health care: Peer-to-peer support and social media**

The aim of this study by Naslund, Ashbrenner, Marsch and Bartels was to offer a new perspective on how online peer-to-peer connections among people with serious mental illness could advance efforts to promote mental and physical wellbeing in peer group. In this commentary, we take the perspective that when an individual with serious mental illness decides to connect with similar others online it represents a critical point in their illness experience. This study has proposed a conceptual model to illustrate how online peer-to-peer connections may afford opportunities for individuals with serious mental illness to challenge stigma, increase consumer activation on the internet and access online interventions for mental and physical wellbeing. Increasingly, individuals with serious mental illnesses like schizophrenia, schizoaffective disorder, or bipolar disorder are turning to social media to talk about their illness experiences, seek advice and learn from and support each other (Gowen *et al.* 2012; Naslund *et al.* 2014; Miller *et al.* 2015). When individuals with mental illness internalise discriminatory societal views and stereotypes, it often leads to negative

consequences including diminished self-esteem and self-efficacy, and greater depressive symptoms (Corrigan, 1998). A recent study found that many people with mental illness were motivated to seek formal mental health care after first searching or discussing concerns with peers online (Lawlor & Kirakowski, 2014). The results of the study show that these individuals could also access interventions for mental and physical wellbeing delivered through social media that could incorporate mutual support between peers, help promote treatment engagement and reach a wider demographic. As Parr (2008) points out, people with serious mental illness may experience greater social connectedness, feelings of group belonging and instrumental and emotional support from online peer-to-peer support, however these individuals still live in an offline world. The conclusions of the study say that further efforts will be needed to prove that the individuals seek online validation when they are facing some mental disorders but seem more lonely on offline basis.

#### **2.4. Adolescents' Use of Digital Technologies and Preferences for Mobile Health Coaching in Public Mental Health Settings. *Frontiers in Public Health***

The aims of this study were to examine how adolescents receiving public mental health services use digital technology and social media and to explore their preferences using technology to support health and wellness. The method was by using a convergent parallel mixed methods design. The authors, Kelly, John, Elizabeth, Alison, Sarah, and Mary surveyed adolescents ages 13-18 from four community mental health centers in one state and conducted focus group interviews to explore their perspectives on using digital technology and social media to receive health coaching and connect with peers to support healthy behaviors. The survey and focus group data were merged to inform the future development of a digital health intervention for adolescents receiving public mental health services. Psychiatric symptoms and behavioral problems associated with emotional disturbance

in adolescence can make in-person social interactions challenging and forming and maintaining friendships difficult (34, 35). Results: Of 121 survey respondents (mean age 15.2, SD = 1.5), 92% had a cell phone, 79% had a smartphone, 90% used text messaging, and 98% used social media. Focus group interviews revealed that adolescents were interested in receiving strengths-based mobile health coaching, and they preferred structured online peer-to-peer interactions in which a professional moderator promotes positive connections and adherence to privacy guidelines. The results say that these data suggest that digital health interventions to promote health and wellness among adolescents may be scalable in community mental health settings. Adolescent participants suggested that digital health interventions for this group should focus on strengths and online peer support for health promotion should include a professional moderator to foster and manage peer-to-peer interactions.

### **2.5. Impact of Social Media on Adolescents in Jammu District.**

The present generation of adolescents is reaping the outcome of the technology boom and Social Media has become very popular amongst them in strive for their identity. With 94% of internet users in India being in 13-34 years age group and India housing 400 million of the world's adolescents (UNICEF,2016), it becomes imperative that research be conducted in this area, with a perspective of Media usage and awareness among both Adolescents and parents, in Indian context. Media use provides an important backdrop for the social, emotional, and cognitive development of youth, accounting for a large portion of their time (Roberts, Foehr and Ride out, 2005). According to Park et al., (2009) teenagers are engaging themselves in the Social Media, like Facebook, because of four primary needs socializing, entertainment, self-status seeking and information.

The objectives of this study included to prepare the profile of adolescents using Social Media in Jammu, to study the pattern of usage of Social Media by the adolescents of Jammu, to study the relationship of usage of Social Media among adolescent with: a) Big five personality traits b) Emotional Intelligence c) Parents knowledge about usage of Social Media d) Parental control in relation to social media, to prepare media literacy program based on the findings. The examined understanding of the research paper show that usage of Social Media will be in part a function of personality and emotional intelligence of the adolescents.

### **2.6. Social Media Usage Positive and Negative Effects on the Life Style of Indian Youth**

Through the several studies, it is widely accepted that over utilization of social media has profound negative influence on the Indian youth. Simultaneously, social media have also some positive effects on the life of youth. This study highlights the main purposes of utilizing social media by the youth, and attempt has been made to find out the time spent on browsing social networking sites by the youth. This study focuses on the major; and the positive and negative effects of utilizing social media on the life of youth. The result of study shows that, over utilization of social media leads youth towards addiction. Wanajak (2011), has differentiated between normal daily social media/ Internet use behaviors and addictive behaviors'. A purposive sample of 126 students (in the range of age 16 years to 25 years) in pre and post-graduation colleges situated in Chandigarh City was selected for eliciting the data for study. 126 students were selected from 11 pre and post-graduation colleges of various faculties. As per the information provided by the selected youth it is observed that, majority of them facing the problem like constant headache, back pain, eye strain and hand corns. Over-utilization of social media has disastrous effects on the users' mental and physical health like mental fatigue, strain, anxiety and panic-stricken etc. During the survey it is



observed that, in many youth anxiety levels are very high and they are anxious about their gadgets. They become panic-stricken when they are not utilizing social media.

### **2.7. Social Media Use and Mental Health among Young Adults**

Several behavioral indicators of mental health and well-being will be considered as outcomes. These will include general mental health symptoms as well as outcomes that have been theorized to be linked to social media use. These latter variables will include suicidal ideation, social anxiety, loneliness, and decreased empathy. The current correlational study examined 467 young adults for their time spent using social media, importance of social media in their lives and tendency to engage in vague posting (posting unclear but alarming sounding posts to get attention). Outcomes considered included general mental health symptoms, suicidal ideation, loneliness, social anxiety and decreased empathy. Results indicated that social media use was not predictive of impaired mental health functioning. The study examined several aspects of social media use among young adults and their relationship with various mental health problems including loneliness, suicidal thoughts, decreased empathy, social anxiety and overall mental health. Our results revealed that, overall, social media use is a poor predictor of mental health problems and concerns about social media precipitating a mental health crisis may be unwarranted.

### **2.8. Researching Mental Health Disorders in the Era of Social Media: Systematic Review**

The objective of this review was to explore the scope and limits of cutting-edge techniques that researchers are using for predictive analytics in mental health and to review associated issues, such as ethical concerns, in this area of research. They have used methods of systematic literature review using keyword. Mental disorders include many different

illnesses, with depression being the most prominent. Additionally, depression and anxiety disorders can lead to suicidal ideation and suicide attempts. Marcus M, Yasamy M, van Ommeren OM, Chisholm D, (2012) Apart from posting text messages, social network platforms allow users to post images. Some studies investigated these images for cues of mental disorders. Kang K, Yoon C, Kim E., (2016). Several sites were used as sources of data. Facebook is possibly the most popular social network platform. In terms of data collection from users, there are some differences between obtaining data through participants' consent and using regular expression to search for relevant posts. The former option can provide us the real results of the prevalence of mental disorders from participants. The latter approach reduces the time and cost of identifying users with mental illness, Coppersmith G, Dredze M, Harman C. (2014) For instance, Hammen C. (2005) reported that chronic stress is a symptomatic source of depression and can develop into other disorders. Anxiety and OCD were investigated by 2 studies. Borderline disorder and bipolar disorder were investigated by 3 studies. Seasonal affective disorder was studied by Coppersmith et al. Eating disorder was explored by Chancellor et al, Coppersmith et al, and Prieto et al. Attention-deficit/ hyperactivity disorder, anxiety, and schizophrenia were examined by Coppersmith et al, and sleep disorder was studied by Jamison-Powell et al. None of the included studies explored phobias or panic disorders. Users with suicidal ideation were investigated by 8 studies.

## **2.9. Exploring the Effects of Social Media Use on the Mental Health of Young Adults**

The aim of this study was to explore the relationship between social media use and mental health in the young adult population. In 2012, Rosen, Cheever, and Carrier coined the term "iDisorder," defined as the negative relationship between technology usage and psychological health. The researchers found that major depressive disorder, dysthymia,

bipolar-mania, narcissism, antisocial personality disorder, and compulsive behaviour were predicted by one or more Facebook usage variables (general use, number of friends, and use for image management). A study of American university students found that more intense Facebook use predicted increased loneliness (Lou et al., 2012). A recent research study found that 45% of British adults indicated they feel worried or uncomfortable when they cannot access their email or social network sites (Anxiety UK, 2012). Sedentary behaviors are activities that involve sitting or lying down and are characterized by a low Metabolic Equivalent Total (MET) energy expenditure (Ainsworth et al., 2000). This study found that those who reported greater amounts of overall sedentary time had higher odds of depressive symptoms (Sanchez et al., 2008).

This hypothesis proposes that the more frequently people watch TV or use the computer/internet, the further they remove themselves from social interaction, which in turn increases their risk of depression (Krout, 1998; Lewinsohn, 1974). It has been shown that people who suffer from anxiety tend to spend less time in deep sleep than those without anxiety (Monti & Monti, 2000). According to Sherry Turkle (2012), social media is so seductive because it allows for the illusion of companionship without the demands of friendship. Certainly, social media has had a profound effect on how people interact with their social networks. . It is important that mental health practitioners and health care providers are aware of the potential threats that social media use can pose to young adults so that they can provide young adults with proper recommendations and guidance. Young adults should be informed of the risks they face, both in general mental health maintenance and in social media use.

## **2.10. Is social media bad for mental health and wellbeing? Exploring the perspectives of adolescents.**

Young people frequently report turning to sites such as Facebook and Twitter to escape from the external pressures threatening their mental health (Boyd, 2014). The aim of this paper is to investigate empirically how social media is viewed in terms of mental wellbeing by adolescents themselves. The purpose of the project was to build the limited data on the perspectives of adolescents on the potential impact of social media upon mental health and wellbeing. We used a macro social constructionist perspective because this promotes a broader and interpretive layer to analysis. Participants expressed the view that they felt social media was a risk to mental wellbeing. They identified stress, low self-esteem, depression and suicidal ideation as likely negative consequences of social media. There has been a significant focus on the negative elements of the internet, which has created a culture of fear around social media, despite some of the possible positive impact on social capital (Ahn, 2012). Studies have demonstrated that people can and do suffer from internet addiction and sleep deprivation (Christakis & Moreno, 2009), as 90% of adolescents will use social media during the day and at night (Duggan and Smith, 2013), with 37% losing sleep because of it (Espinoza, 2011). This is exacerbated further by the likelihood of addiction to the mobile (cell) phone (Walsh et al., 2008). Often adolescents are given instructions or directives about how to use the internet and may ignore these. Engaging them in the dialogue may be more useful. Bone et al (2015) found that young people were aware that there is information that may be incorrect on the internet so needed to be treated carefully.

**2.11. Conclusion**

The review of literature goes through a journey of analysing various studies of detecting the social media usage, mental health impact and certain solutions provided in the research paper which were been referred by the researcher. The studies have commonly found depression, anxiety, and self-esteem issues being the major concerns because of social media competitiveness in human beings. The lack of empathy among young adults and adolescents create a long term impact on their well-being, thus distracting them from the productivity of life and attacking the mental and emotional sections. It mostly has negative impact as proved by the studies above, and literacy and awareness programme are some of the major solutions among various surveys.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1. Methodology**

This chapter deals with methods undertaken to achieve the goals of the study. It includes significance of the study, objective: general and specific, theoretical background, hypothesis/research question, method/conceptual design, data collection, scope and limitation, proposed analysis and conclusion.

#### **3.2. Significance of the Study**

Social media and the apps regarding it are immensely popular amongst adolescents and young adults. Such apps enhances that communication for the audience but also comes with a huge risk in harming the mental health of young generation all over the globe. The rising concerns today are the mental health disorders faced by this generation needs to be acknowledged and taken into consideration, as to bring in the awareness.

The study's findings can shed light into the current scenario of Social Media usage and the kinds of mental disorders young generation faces, and help understand the root causes behind the problem, in addition to possible solutions and alternate ways to address the issue.

### 3.3. Objectives

#### 3.3.1 General Objectives

- To understand the underlying concept of social media usage
- To study the importance of understanding mental health issues
- To analysis the types of common disorders faced by young generation and to find solutions which brings betterment
- To highlight various instances of mental health due to social media around the globe.

This will be achieved by extensive analysis of secondary sources of data from case studies, newspaper articles, and research papers by scholars.

#### 3.3.2 Specific Objectives

- To understand the connection between social media and mental health
- To detect the main disorders and analyze them
- To analyze the need of taking quick actions on the negative impact of social media
- To examine the need of mental health helpline.

These specific objectives will be achieved through extensive research collecting data from case studies that talk about social media and mental health.

### 3.3. Theoretical Background

The research was conducted with the help of secondary data, referring to books, journals, articles, podcasts, videos and news articles. Case studies are basically the information that is collected, and analyzed based on the relevance of the topic of research. In this study, the same method is used for gathering the data.

### 3.5. Hypothesis / Research Questions

This study will be working to prove the following hypotheses through the research conducted relating to the issue. The hypotheses involved are;

1. Social media is a major contributor to young generation's mental health
2. The usage of social media is staggering and deserves attention.
3. The mental disorders should be acknowledged always
4. Mental health awareness is very important
5. The usage of social media apps should be limited

### **3.6. Method / Conceptual Design**

This section of this chapter will look into the research design element of this study. In-depth investigations of a single person, group, event or community. Typically, data are gathered from a variety of sources and by using several different methods.

### **3.7. Data Collection**

Various case studies were collected, analyzed and interpreted to find the first hand instances and mental health issue that people of the young generation face.

### **3.8. Scope and Limitations**

The major limitation of this study is due to time constraint the researcher didn't get the opportunity to interview mental health experts and could not conduct it in the region of this research.

### **3.9. Proposed Analysis**

The proposed analysis for this study is balance whether the case study material collected and the hypotheses of the research proves it. A detailed analysis will be done on the basis of the data collected from the case studies and given necessary reference.



**3.10. Conclusion**

This chapter concludes having explained all the decisions taken point at all the points regarding data collection and analysis required for this study. In this chapter, the objectives, hypotheses, and the research methods were explained in great detail as well.

## CHAPTER FOUR

### DATA ANALYSIS

#### 4.1. Introduction

The chapter titled data analysis will look at all the secondary data collected in the pursuit of researching the topic Social media impact on mental health of adolescents and young adults. This chapter will look at secondary data collected which is qualitative data from cases studies of various sources. It seeks to analyze the data gathered by textual, video and audio form of the case studies.

**4.2.** The case study written by Bisu Thappa in 2018, at the Oulu University of Applied Sciences under the guidance of his supervisor Ilkka Mikkonen has examined how on one hand, numerous benefits of social media such as online chatting, audio/video calling, opinions sharing, posting images, reading the real-time news, and advertising is attracting users rapidly. On the other hand, excessive use of social media is causing negative impacts on mental health like an increase in anxiety, depression, loneliness, and low self-esteem. It gives a solid data about the number of people using social media, According to the 2018 global reports published by 'We Are social' and 'Hootsuite,' the number of active social media users are 3.196 billion, and the number of mobile phone users is 5.135 billion at the end of January 2018 (Kemp 2018, cited 12.09.2018). The case study focuses on the positive and negative aspects of social media on mental health with an aim to motivate users to use social media in a balanced way. A questionnaire survey was conducted with a small group of students from BIT and DIB in OUAS. The sample size of was 12 with the same number of respondents.

Based on this case study, the primary data analyses that most of the students answered that they had not faced any kind of mental problems via social media. However, some of the students confessed that they had suffered mental trouble such as harassment while using social media platforms. Ten respondents replied saying they are aware of the negative impacts of social media on their mental health. The main findings show that the majority of the students are aware of the negative consequences of social media. Only a few students are still unaware of the impacts of social media on their mental health.

**4.3.** This secondary data is a podcast style YouTube video on the topic ‘Social Media is ruining your life and mental health. Here’s why.’ by Laura Medley on October 4, 2019. In this video, she presented the testimonial of some people who post their views about social media. The video covers sensitive and important topics that are faced people who are active users of social media and the way it is triggering the mental health in different ways. According to Laura’s analysis, Social media is like an escape for her and her mental health, but it only worsens it. “When we see someone’s picture on social media, we automatically compare ourselves to it, and it turns out to be very toxic.” People become hesitant when it comes to taking a break from social media as it is a big deal for them and makes them feel the Fear of Missing out (FOMO).

Young adults spend more than 2 hours on social media every day, the minimum time is at least one hour. The content out there on social media apps, mostly Instagram, is very influential, people only post brighter side of their life and hide the negative side, which is more likely to give inferiority complex to the viewers, resulting to anxiety and depression. The people on social media tend to give negative opinions about others, directly targeted to

the mental health of an individual. The stigma about mental health that goes around in the society it because of its lack of literacy. This video provides with some helplines that goes with the service of solutions to mental health disorders.

**4.4. “*From the statistics alone, it’s clear that social media has become an integral (and to a large extent, unavoidable) part of our lives.*” - Rhys Edmonds**

This blog written by Rhy Edmonds on Anxiety, Loneliness and Fear of Missing Out with the impact of social media says that the addiction of social media is more than that of alcohol and cigarette. The constant need that people have to check their social media apps is related to instant gratification and dopamine production of the brain. Lack of likes and appreciation on one’s social media may cause negative self-reflection, prompting continual ‘refreshing’ of the page in the hope of seeing that another person has ‘enjoyed’ the post, thus helping to achieve personal validation. A recent study conducted by the OECD, for instance, found that those who used social media more intensively on average had lower life satisfaction. The University of Glasgow found that young people found it difficult to relax following night time social media use, reducing their brain’s ability to prepare for sleep. Studies from the USA have found a robust association between intense social media use, fear of missing out and both depression and anxiety. The FOMO is caused is basically in relation with social media usage that refers to feeling missed out when you see pictures of people enjoying. Social media often causes body image issues and lower self-esteem in people with its picture sharing features. When these expectations are inevitably not met, the impact on self-esteem can be damaging, to the disturbing extent that the Royal Society of Public Health recently found 9 in 10 young females say that they are unhappy with the way they look.

There are demographics that show the usage of social media and mental health effect of it, and most of it show that it has a negative impact.

In the meantime, we must think very carefully about how we can manage its impact on mental health, for instance, through integrating social media 'lessons' into subjects in school, the use of behavioural economics and increased signposting efforts by social media firms.

4.5. In an article published by TNN in 2018, celebrities who quit social media for the betterment of their mental health are mentioned. The famous YouTuber, Lily Singh with a popularity in 14.5 million people, published a video that she is having a detox for a while as she was overwhelmed by the constant pressure of creating videos. Not only her, but popular singers Selena Gomez, Ariana Grande and Ed Sheeran in pressing the pause on Social media. Canadian singer Justin Bieber had deactivated his Instagram account in 2016 because followers were leaving hurtful comments about his then-girlfriend. A recent research conducted by Pennsylvania University points out that the more time we spend on social media, the more disturbed and lonely we become. It also puts you at a greater risk for depression. It's not only about the celebrities, life of general public is also affected by the excessive social media use, there has to be a track of how people manage their time on the screens occupying plenty of time. We, unlike the celebrities, have the privilege of not needing to announce our hiatus to the rest of the world. We have the time in our hands that we can invest in something productive that calms down the mental wires and gives a productive day, instead of spending half of the time on the apps which later become toxic. The disorders can be caused to anyone, regardless of the lifestyle, if much time is given to social media. There have been enough articles where we see people facing mental challenges and seeking help on social media, which is the brighter side as it connects you to the outer world.

However, these problems won't be arise if we have enough knowledge to sustain the mental health and use social media accordingly.

## **CHAPTER FIVE**

### **CONCLUSION**

#### **5.1. Objectives achieved**

5.1.1. The studies proved that the social media and mental health directly associated

5.1.2. Mental health disorders majorly contain anxiety, depression and loneliness.

5.1.3. Researchers provide with suggestions to improve the condition of mental health in young generation

#### **5.2. Observation**

The researcher analyzed various articles, journals and papers about the prevalence and types of effects that mental health has pertaining to social media. The daily average use of social media including the most used apps i.e. Snapchat, Instagram, Facebook, twitter, etc. has crucial impact in psychological divisions of the mind. According to Burt and Masten (2010), the neurobiological changes in brain structure and function that occur in adolescents make them more sensitive to changes in their larger environment, sometimes resulting in problems with emotional and behavioural 10 regulation. Therefore, the adolescents and young adults are prone to develop changes and get addicted to such apps because of their enhancing features that grabs the attention. However, excessive usage can be harmful to the wellbeing of the person, straining them mentally, physically and emotionally, having long term effects. The researcher has mainly tried to show the

significance of the topic and negative aspects of social media usage as it is considered harmful, because of extreme consumption. With the help of other research topics in the same domain, it is made clear that the propounded repercussions have adverse effect on the young generation. The present paper illuminates the complex web of social media usage, and it triggers the delicate area of mind, technology travelling from outer world of social media to the inner world of emotions. These problems can be identified as online harassment, depression, anxiety, sexting/texting, stress, fatigue, loneliness, and decline in intellectual abilities, cyber bullying, emotion suppression and lack of concentration. To reduce these risks in the population, as they are in the emerging era, special classes should be conducted, giving them extensive knowledge about social media usage from the scratch. Another suggestion would be to have helpline numbers and centres for the people seeking help in mental health and to normalize it with more and more awareness.

**REFERENCES**

- Anita Whiting, David Williams, (2013) "Why people use social media: a uses and gratifications approach", *Qualitative Market Research: An International Journal*, Vol. 16 Issue: 4, pp.362-369
- Anxiety UK (2012, July 9). Anxiety UK study finds technology can increase anxiety. Retrieved from <http://www.anxietyuk.org.uk/2012/07/for-some-with-anxiety-technology-canincrease-anxiety/>
- Aschbrenner, Kelly & Naslund, John & Tomlinson, Elizabeth & Kinney, Allison & Pratt, Sarah & Brunette, Mary. (2019). Adolescents' Use of Digital Technologies and Preferences for Mobile Health Coaching in Public Mental Health Settings. *Frontiers in Public Health*. 7. 10.3389/fpubh.2019.00178.
- Burt, K. B., & Masten, A. S. (2010). Development in the transition to adulthood: Vulnerabilities and opportunities. In Grant, J. E., & Potenza, M. N. (Eds.), *Young adult mental health (5- 18)*. New York: Oxford University Press.
- Berryman, C., Ferguson, C.J. & Negy, C. Social Media Use and Mental Health among Young Adults. *Psychiatr Q* **89**, 307–314 (2018). <https://doi.org/10.1007/s11126-017-9535-6>
- Chen, J. L., & Kennedy, C. (2005). Cultural variations in children's coping behaviour, TV viewing time, and family functioning. *International Nursing Review*, 52(3), 186-195.
- Cattan, M., & Tilford, S. 2006. *Mental Health Promotion: A Lifespan Approach*. England: Open University Press



- Chaffey D. (2020), *Global social media research summary 2020*, digital demographic, Journalism and Mass communication Navrachana University, accessed 25 March 2020, <https://www.smartinsights.com/social-media-marketing/social-media-strategy/new-global-social-media-research/>
- Duran, A. (1999). *Depression tedavisinde hastaya yaklaşıım, farmakoterapi prensipleri, trisiklik ve tetrasiklik antidepresanlar, ssrı'lar ve snrı'ler*. Depresyon, Somatizasyon ve Psikiyatrik Aciller Sempozyumu
- Drouin, M., Kaiser, D. H., & Miller, D. A. (2012). Phantom vibrations among undergraduates: Prevalence and associated psychological characteristics. *Computers in Human Behavior*, 28, 1490–1496
- Di Fabio, A.; Kenny, M.E. From decent work to decent lives: Positive self and relational management (PS&RM) in the twenty-first century. *Front. Psychol.* **2016**, 7, 361.
- Edmonds R. (2020) Anxiety, loneliness and Fear of Missing Out: The impact of social media on young people's mental health. Retrieved from <https://www.centreformentalhealth.org.uk/blog/centre-mental-health-blog/anxiety-loneliness-fear-missing-out-social-media>
- Fernández-Berrocal, P.F.; Pacheco, N.E. Emotional intelligence and emotional education from Mayer and Salovey's model. *Rev. Interuniv. Form. Profr.* 2005, 19, 63–93.
- Hamburger, Y. A., & Ben-Artzi, E. (2000). The relationship between extraversion and neuroticism and the different uses of the Internet. *Computers In Human Behavior*, 16(4), 441-449
- The economist. (2018). *How heavy use of social media is linked to mental illness* (2008), digital demographic, the economist.com, accessed 25<sup>th</sup> March 2020,

<https://www.economist.com/graphic-detail/2018/05/18/how-heavy-use-of-social-media-is-linked-to-mental-illness>

Jorm, A. (2000). Mental health literacy: Public knowledge and beliefs about mental disorders. *British Journal of Psychiatry*, 177(5), 396-401. doi:10.1192/bjp.177.5.396

Kaye, B.K. and Johnson, T.J. (2002), "Online and in the know: uses and gratifications of the web for political information", *Journal of Broadcasting & Electronic Media*, Vol. 46 No. 1, pp. 54-71

Lariscy, R.W., Tinkham, S.F. and Sweetser, K.D. (2011), "Kids these days: examining differences in political uses and gratifications, internet political participation, political information efficacy, and cynicism on the basis of age", *American Behavioral Scientist*, Vol. 55 No. 6, pp. 749-764.

Martinsen, E.W. (2008). Physical activity in the prevention and treatment of anxiety and depression. *Nordic Journal of Psychiatry*, 62, 25–29.

Mayer, J.D.; Salovey, P. What is emotional intelligence. In *Emotional Development and Emotional Intelligence: Educational Implications*; Salovey, P., Sluyter, D.J., Eds.; Harper Collins: New York, NY, USA, 1997; pp. 3–34.

Medley L. (2019, October 4) *Social Media is ruining your life and mental health. Here's why*. YouTube Video. Retrieved from <https://www.youtube.com/watch?v=tUbOSxf0uPA>

Naslund, J., Aschbrenner, K., Marsch, L., & Bartels, S. (2016). The future of mental health care: Peer-to-peer support and social media. *Epidemiology and Psychiatric Sciences*, 25(2), 113-122. Doi: 10.1017/S2045796015001067

National Institute of Mental Health, (2016). *Depression*, Retrieved in June 12th 2016 from, <https://www.nimh.nih.gov/health/topics/depression/index.shtml>

- Orth, U., Maes, J., & Schmitt, M. (2015). Self-esteem development across the life span: A longitudinal study with a large sample from Germany. *Developmental Psychology*, 51(2), 248-259
- O'Reilly, M., Dogra, N., Whiteman, N. et al. (3 more authors) (2018) Is social media bad for mental health and wellbeing? Exploring the perspectives of adolescents. *Clinical Child Psychology and Psychiatry*, 23 (4). pp. 601-613. ISSN 1359-1045 <https://doi.org/10.1177/1359104518775154>
- Paluska, S.A. & Schwenk, T.L. (2000). Physical activity and mental health. *Sports Medicine*, 29, 167–180.
- Rosen, L.D., Whaling, K., Rab, S., Carrier, L.M., & Cheever, N.A. (2013). Is Facebook creating “iDisorders”? The link between clinical symptoms of psychiatric disorders and technology use, attitudes and anxiety. *Computers in Human Behavior*, 29, 1243-1254.
- Rothberg, M. B., Arora, A., Hermann, J., St. Marie, P., & Visintainer, P. (2010). Phantom vibration syndrome among medical staff: A cross sectional survey. *British Medical Journal*, 341(12), 6914.
- Sugiyama T, Healy GN, Dunstan DW, Salmon J, & Owen N. (2008). Is television viewing time a marker of a broader pattern of sedentary behavior? *Annals of Behavioral Medicine*. 35, 245-250.
- Salovey, P.; Mayer, J.D. Emotional intelligence. *Imagin. Cogn. Personal*. **1990**, 9, 185–211.
- Sugiyama, T., Salmon, J., Dunstan, D.W., Bauman, A.E., & Owen, N. (2007). Neighborhood walkability and TV viewing among Australian adults. *American Journal of Preventative Medicine*, 33, 444-449.
- Strickland, Amelia, "Exploring the Effects of Social Media Use on the Mental Health of Young Adults" (2014). HIM 1990-2015. 1684.

S Isha. (2018). Impact of Social Media on Adolescents in Jammu District. Department of Home Science, University of Jammu. <http://hdl.handle.net/10603/255802>

Singh, Monica Munjial and Amiri, Mohammad and Sabbarwal, Sherry, Social Media Usage Positive and Negative Effects on the Life Style of Indian Youth (August 30, 2017). Iranian Journal of Social Sciences and Humanities Research, Vol.5, Iss. 3, 2017

Twenge, J. M., Joiner, T. E., Rogers, M. L., & Martin, G. N. (2018). Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates among U.S. Adolescents after 2010 and Links to Increased New Media Screen Time. *Clinical Psychological Science*, 6(1), 3–17.

Thapa B. (2018). *Impacts of Social Media on Mental Health: A case study with students at Oulu University of Applied Sciences*.  
<[https://www.theseus.fi/bitstream/handle/10024/156325/Thapa\\_Bisu.pdf?sequence=1&isAllowed=y](https://www.theseus.fi/bitstream/handle/10024/156325/Thapa_Bisu.pdf?sequence=1&isAllowed=y)

TNN, (2018, November 19) Many celebrities are quitting social media for mental health. Should you too? Retrieved from <https://timesofindia.indiatimes.com/life-style/health-fitness/de-stress/many-celebrities-are-quitting-social-media-for-mental-health-should-you-too/articleshow/66694421.cms>

Van Der Goot, M., Beentjes, J. J., & Van Selm, M. (2012). Meanings of television in older adults' lives: An analysis of change and continuity in television viewing. *Ageing & Society*, 32(1), 147-168.

Woods, H. C. and Scott, H. (2016) #Sleepyteens: social media use in adolescence is associated with poor sleep quality, anxiety, depression and low self-esteem. *Journal of Adolescence*, 51, pp. 41-49.

Williams, D.L., Crittenden, V.L., Keo, T. and McCarty, P. (2012), “The use of social media: an exploratory study of uses among digital natives”, *Journal of Public Affairs*, Vol. 12 No. 2, pp. 127-136.

Wongkoblap A, Vadillo MA, Curcin V. Researching Mental Health Disorders in the Era of Social Media: Systematic Review. *J Med Internet Res* 2017; 19(6):e228