



SOCIAL MEDIA: BOON OR CURSE FOR YOUTH MENTAL HEALTH

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ABSTRACT

Social media has some positive goals, such as bringing people together globally, displaying stuff that people are interested in and offering never ending entertainment, but it also has drawbacks. Social media is to blame for making mental health issues worse. This article provides a summary of how using social media can affect young people's and teenager's mental health. It has been discovered that social media has a negative impact on young people's mental health in a number of ways including anxiety, depression, loneliness, cyber bullying, harassment, loss of focus, body surveillance and self-harm, all of which contribute to mental health issues and an increase in the suicide rate.

INTRODUCTION

Social media is especially made to make you just get dependent on it. The pleasure hormone dopamine is frequently released in a brief burst when users visit social and working platforms. The brain is addicted to dopamine. it might be difficult to stop engaging in a behaviour known to cause dopamine rush when the intensive hunt for dopamine occurs frequently, especially in those with ADD or ADHD. Several options can exist for a quick hit on social media-

- Quick digestible content in the form of little snippets
- Comment and likes on the posted content
- Communication with brands, friends, and others.

COMPARISON CAN INTENSIFY THE FEELING OF INADEQUACY

Social media is frequently flooded with highlight reels of other people. the majority of people rarely use social media to post about their shortcomings. A sports team might not tweet about the success of a victory or a brand low new high achievement, but it might not tweet about the days of struggle. Parents frequently post pictures of the there joyful family enjoying themselves but they might not post pictures of the fights that break up the day or the mess in the house. Before taking a picture for social media, influencers and marketers frequently wipe up the debris in a particular location. Meanwhile, viewers might start evaluating those highlight pictures. The same heights or participated in the same activities.

SOCIAL MEDIA CAN INCREASE FEELING OF ISOLATION

Social media was created to promote human creation. It enables to connect globally and makes it easier for folks to stay in touch with loved ones who live far away. Unfortunately, it has also led to a major rise in loneliness among many people. As they see friends and loved ones participating in activities without them users of social media frequently experienced psychological pain. If they were not invited to participate, they can feel excluded from some of these activities in subsequent

situation. People, particularly children and teenagers who already experienced social isolation may utilize social media more frequently.

SOCIAL MEDIA MAY ENHANCE ANXIETY AND DESPAIR

People may experience and increase in despair and anxiety as their use of social media increased. Due to the constant rate of comparison that causes mental health problems social media can quickly cause depressive symptoms. The concept then they might be losing out on possibilities or the feeling that they are not as good as the people in their social media feeds is common struggles. Constant comparing can worsen sadness in general. Furthermore, many people may find it much harder to engage in daily tasks that may not first seem to bring the same amount of enjoyment if they are unable to acquire the dopamine high associated with perusing social media.

CYBER BULLYING

Cyber bullying has an effect on children teens and adults. In recent years social media use has surged along with the serious phenomena known as cyber bullying. Which has grown significantly due to fear pressure, the anonymity provided through screens, or other factors, many team engage cyber building. As a result the demands may feel less personal than they would in person. Unfortunately, adults can also engage in cruel online harassment, which can undermine who one's self-esteem. Cyber bullying also contributes to greater create incidence of anxiety or despair. Even after becoming aware of the negative effects of that content and those habits, many teens and adults still struggle to cut out of social media, partly out of a fear of missing out on more social connections or to search for further dopamine.

Self-harm may be more common among social media users. Self-harm is a significant issue for many adults and teenagers. Unfortunately, people who use social media heavily maybe more likely to injure themselves than people who use it more carefully. Because some media can elicit a more severe overall



response in depression, it may also increase the likelihood that self-harming actions will occur.

In addition to Anxiety and depression, research on adolescents has found that using social media negatively affect both girls and boys body images. Body surveillance which is the act of closely observing one's body and passing just meant on it, is caused by using social media. People who engage in greater body severance report feeling more self-conscious about their appearance, and viewing attractive to builds profiles can one's self-image. it is usual for people to filter on Photoshop their photos on Instagram in order to distance themselves strong these ideas on this entered image and feel less pressure to maintain their desired weight. There are numerous fit filtration accounts on Instagram posting about diet and training in order to be thin.

In addition there are cases of people abusing youngsters sexually, releasing compromising photos to coerce money, or illegally selling drugs like fentanyl. Teenager girls and kids of disproportionately affected by online abuse and harassment, which can cause depressive, anxious or worrying sentiments. Almost 60% of adolescent girls claim to have felt uncomfortable when approaches by strangers on a particular social media platform.

MANAGING EFFECTS OF SOCIAL MEDIA

- By turning off a smartphone's data connectivity at specific times of the day, such as while driving, working or in meetings people can make good use of social media.
- Disconnecting from the internet while interacting with friends and family. turning off notifications before going to bed will make it simpler to ignore the irritating beeps and vibrations.
- Restricting use of social media to computers rather than mobile devices.

CONCLUSION

It is concluded that adverse effect of social media uses obligate propounded consequence for youth especially for younger generation. This article elucidates the substantial value of association between social media uses and mental health problems of present era and also this article shows the complexity of relationship. These problems can be identify as online harassment, depression, stress, fatigue, loneliness, decline in intellectual abilities, cyber bullying, emotion suppression and lack of concentration. These all things directly or indirectly effects on mental health of youngster generation. To reduce these problems, proper steps should be followed like information and counselling session can be structured at school and colleges. A proper awareness can be organised to understand the effect of uses of social media on mental health on younger generation.

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