



IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH OF ADOLESCENTS

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Abstract : This study has been undertaken to explore the mental health awareness and knowledge among adolescents, also to study the positive and negative impact of social media on mental health of adolescents. In this era of information and technological advancement, where social media plays an important role. Although social media has some good intentions connecting with people all around the world, but there are also negative consequences of endless scrolling. Social media addiction is very dangerous for both the mental health and physical health of adolescents. They use social media to find community, but their mental health is often negatively affected by this culture of comparison. The adolescents has need to utilize the positive impact and minimize the negative impact of social media. This study is also tries to provide suggestive measure to reduce negative impact of social media on mental health of adolescents. In this study descriptive survey method was used. As a sample 30 adolescents under age group 14-16 years old had been selected for the study who used social media on regular basis more than two hours. The findings of this study is that most adolescents have general knowledge about mental health and they are aware of it. Some adolescents has problems like low self-esteem by comparing themselves with their peers, sleeplessness, stress for not getting enough likes etc. Also most adolescents also confirms that social media is a powerful tool for communication, education and entertainment. The mental health awareness is necessary to provide adolescents for aware them about negative impact of social media on their mental health. It is the joint duty of parents, teachers or educational institutions and society to aware them and engage them with mindfulness practices or conduct such a program to reduce the negative impact of social media.

Key words : Adolescents, Mental health, Media, Social media.

1.1 INTRODUCTION

Adolescence is a transformation period of human development period. Many physical and psychological changes take place in this stage. G. Stanley Hall termed adolescence is a period of 'Strom and Stress'. WHO defines adolescents as those people between the ages of 10-19 years of age. Adolescence is a transitional period marked by substantial changes in physical maturation, cognitive abilities, and social interactions. Physical maturation most clearly distinguishes adolescence from childhood.

Mental health is a crucial part of overall health for any person as well as adolescents. Mental health encompasses emotional, psychological and social well-being. It influences cognition, perception and behavior. Mental health is important at every stage of life, from childhood and adolescence through adulthood. According to World Health Organization, problems of mental health emerged in early adolescence. Every 10-20 percent of children and adolescents experience mental health problems worldwide.

Media is the plural form of medium, which describes any channel of communication. This can include anything from printed paper to digital data, and encompasses art, news, educational content and innumerable other forms of information. Anything that can reach or influence people, including phones, television, and the Internet can be considered a form of media. Social Media have been mentioned already, As these platforms are included in both the mass media and digital media categories. They consist of applications and websites used by people to share content in real-time, using their computers or Smartphones. They represent a revolutionary technology that influenced the last decade by allowing everyone to share virtually any kind of Information at the global level. Social media is an interactive computer-mediated technology as a worldwide phenomenon. Which is provide some facilities to the people like as creation and sharing of information, ideas, digital photos or videos, and data generated through online interactions. At present, most people used the different types of social media platforms to serve as social networking (Facebook, LinkedIn, and google+), microblogging (twitter, tumbler), photo sharing (Instagram, Snapchat, Pinterest) and video sharing (YouTube, Facebook live), etc. India is a country which is embraced the internet with open arms, In the past decade, internet users of India have been rapidly growing with over 680 million actives digital population. Social media is a part of

daily life for the internet users. However, adolescents have many benefits from using social media. Adolescents can enhance communication skills and social connections through social media. Social Media sides and apps can enable adolescents to make new friends, exchange ideas and digital photos, develop a new interest, and experiment with new forms of self-expression. With its use, youth can learn basic social and technical skills that are important for functioning in day to day society. Social media addiction is very dangerous for both the mental and physical health of adolescents. Adolescents use social media to find community, but their mental health is often negatively affected by this culture of comparison. Several studies found that adolescents who are addicted to social media like as snap chat, Facebook, Twitter, Instagram, and WhatsApp all led to increasing the negative side effects such eyes strain, social withdrawal, lack of sleep, feeling of depression, anxiety, poor body image and loneliness, cyberbullying, lost self-esteem, etc.

1.2 NEED OF THE STUDY

The purpose of this study is to explore mental health awareness and knowledge among adolescents. Adolescence is a crucial period for developing social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; exercising regularly; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions. Protective and supportive environments In the family, at school and in the wider community are important. Multiple factors affect mental health. Today is the age of information and technology, in which social media playing an important role. Although social media has a positive effect on a person but its more use also has negative effects. Several studies have revealed an association between more use of social media and poor emotional state. It is shown that social media can affect people differently. Purpose of this present study to observe the impact of social media on mental health of adolescence. Social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading, unrealistic views of other people's lives and peer pressure. The risks might be related to how much social media teens use. Mental health problems in youth often go hand-in-hand with other health and behavioral risks like increased risk of drug use, experiencing violence etc. It is very important to help youth develop good mental health. Good mental health is as important as their good physical health if they are to develop into independent and confident adults. Good mental health is an essential part of healthy adolescent development; it helps young people build positive social, emotional, thinking and communication skills and behaviors. It also lays the foundation for better mental health and wellbeing later in life. There are both positive and negative impact of social media. The adolescents has need to utilize the positive impact and minimize the negative impact of social media. This study is also tries to provide suggestive measure to reduce negative impact of social media on adolescents.

1.3 OBJECTIVES OF THE STUDY

1. To explore the mental health awareness and knowledge of the adolescents.
2. To study negative impact of social media on mental health of adolescents.
3. To study positive impact of social media on mental health of adolescents.
4. To provide suggestive measure to reduce negative impact of social media on mental health of adolescents.

1.4 DELIMITATION OF THE STUDY

Delimitation of the study refers to the boundaries of a study set by the investigator. The limitations of this study contains:

- This study was restricted to adolescents from the age group of 14-16 years.
- This study was restricted to given one particular area only.
- This study is delimited to finding the negative and positive impact of social media on mental health of adolescents.
- This study is restricted to sample of 30 adolescents only.

2. REVIEW OF RELATED LITERATURE

A survey of related studies was undertaken by the investigator to get an insight in to the work that has been already in the field of this investigation and also get suggestions regarding the ways and means for the collection of relevant data and interpretations of result. Objectives of review literature :

- i. To provide foundation of knowledge of the topic.
- ii. To identify areas of prior scholarship to prevent duplication and give credit to other researchers.
- iii. To identify inconsistencies: gaps in research, conflicts in previous studies open questions left from other research.
- iv. To identify need for additional research.
- v. To compare against findings resulting from the current study.

Here the studies reviewed are mainly related on impact of media on mental health of adolescents. The available literature related to the present study has been reviewed and presented following –

- 1) Kelly, A. Zilanawala, C.Booker and A. Sacker, The Lancet Research Paper Volume 6, p59-68, 2018, Social media use an adolescent mental health: findings from the UK millennium cohort Study.

The objective of this study were- i) asses whether social media use is associated with adolescent's depressive symptoms and ii) investigates multiple potential explanatory pathways via online harassments, sleep, self-esteem and body image. The findings of this study highlight the potential pitfalls of lengthy social media use for young people's mental health. Findings are highly relevant for the development of guidelines for the safe use of social media and calls on industry to more tightly regulate hours of social media use.

- 2) Rickena Y. Mills California State University, 2019, Social Media Role in Adolescent Mental Health.

The aim of this study was to better understand factors that influence the impact of social media on mental health among adolescents. From the findings of this study the effect of social media use on the prevalence of psychological health disorders among adolescents has the highest change of dependence on a number of factors. Identifying the variations in the terms used in this association would be of great significance. It would be open-minded to claim that there is a 'relationship' between the use of social media and psychological health disorders, based on the fact that it actually refers to a socially constructed reality.

- 3) Singh, H. Kumar and S. Kumari International Journal of Creative Research thoughts, 2020, Impact of Media on Adolescent's Mental Health.

The objective of the study was to observe the impact of social media on mental health related to depression, anxiety and stress of adolescents. In the age of information and technology, in which social media playing an important role. Although social media has a positive effect on a person but its more use also has negative effects. Several studies have revealed an association between more use of social media and poor emotional state. It is shown that social media can effect people differently. The findings of the study was that there was a significant difference between adolescents who use social media for less than two hours and adolescents who use social media more than two hours on depression, anxiety and stress level.

- 4) Sarah. N. Koehler and Bobbie R. Parrell, California State University, San Bernardino, 2020, The impact of social media on mental health: A mixed methods research of service provider's awareness.

The purpose of the study was to explore mental health practitioners awareness/ knowledge of the possible impact heightened social media use can have on clients' mental health. Given the technical advancement of the 21st century, individuals are engaging in increased social media use as the main form of communication with peers and family. On this study the data indicated that practitioners with higher levels of education and trainings about social media had more knowledge about the impact social media has on mental health. Accordingly, the data suggested that agencies that value the integration of social media and mental health. In the findings a large number of participants identified the negative impacts social media has on mental health, such as: low self esteem, depression and anxiety. There were several responded that identified positive impacts social media use can have on mental health, with the main theme being social support and connectedness.

- 5) Nan Zhao, Guangyu Zhao, 2020, Social Media Use and Mental Health during the COVID-19 Pandemic: Moderator Role of Disaster Stressor and Mediator Role of Negative Affect.

The findings of this study suggest that the disaster stressor may be a risk factor that amplifies the deleterious impact of social media use on depression. In addition, excessive exposure to disaster on social media may trigger negative affect, which may in turn contribute to mental health problems. Future interventions to improve mental health should consider elements of both disaster stressor and negative affect.

3.1 METHODOLOGY USED

Methodology is the systematic theoretical analysis of the method applied to the field of study. It comprises the theoretical analysis of the body of knowledge, method and principles associated with a branch of knowledge. In this study descriptive survey method was used. Descriptive research is defined as a research method that describes the characteristics of the population or phenomenon studied. This methodology focuses more on the 'what' of the study than the 'why' of the study. Descriptive research aims to accurately and systematically describe a population, situation or phenomenon. Its goal is to collect factual evidence and information that give reader a comprehensive perception of the subject.

3.2 POPULATION

A population is defined as a group of individuals with at least one common characteristic which distinguishes that group from other individuals. In this study the 14-16 years age group adolescents of 'Swaraj Jatiya Viddalaya' are taken as the population of the study. There are almost 60 students in both class (IX) and class (X).

3.3 SAMPLE

Sampling is the process by which a relatively small number of individuals or measures of individuals, objects or events are selected and analyzed in order to find out something about the entire population from which it was selected. As a sample 30 adolescents have been selected for the study who used social media on regular basis more than two hours.

3.4 TOOLS

Collection is an important step of research work. Tools are used for collecting the data or evidence of the study. Tools are very necessary instrument. In this study the tools used to collect data is Questionnaire. In this study questionnaire is the tool of the study. Questionnaire is a popular means of collecting all kinds of data in research. Questionnaire refers to a device for securing responses to a series of questions by using a form which the respondent fills himself. In this study questionnaire have been prepared for the adolescents. There are 13 questions in the questionnaire. There are two options for each questions.

4.1 ANALYSIS AND INTERPRETATION OF DATA

The analysis and interpretation of data gathered is an essential part of the research study. To analyze data means the collected data are organized and tabulated systematically so that the inherent facts are determined. Data may be available in the form of information or numerical figures or both.

The analysis and interpretation of data presents the data collected during the study period. The data gathered was carefully analyzed with the help of tables. The analysis and interpretation of data in the light of objectives set forth for the investigation and discuss as follows.

Analysis and Interpretation of Objective No.1) To explore the mental health awareness and knowledge of adolescents.

Table No.1

Questions	Response		Percentage	
	Yes	No	Yes	No
Do you know what is mental health?	30	0	100%	0%
Do you think mental health is related to our daily lives?	30	0	100%	0%
Do you agree on the statement that “Mental health is equally important as physical health “?	28	2	93.3%	6.66%

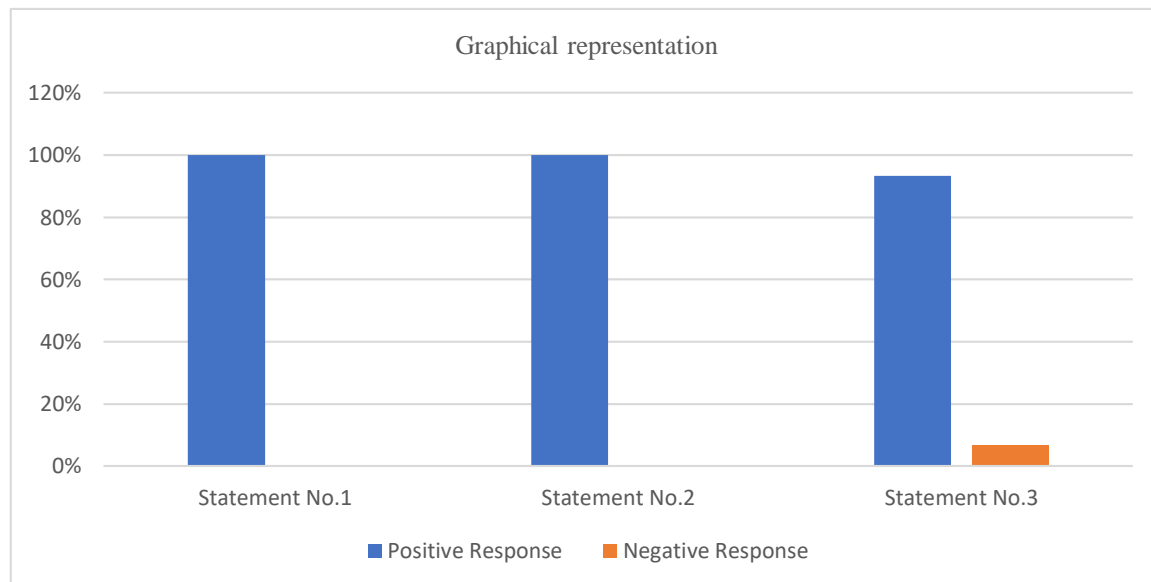


Figure 1: Graphical representation of the data shown in the table no.1

Interpretation:

- The adolescents were aware of what is mental health.

- The adolescents had given positive responses towards mental health is related to our daily lives.
- Although most adolescents has agreed that mental health is equally important as physical health but a few adolescents is not agreed on it.

Analysis and Interpretation of Objective No.2) To study the negative impact of social media on mental health of adolescents.

Table No.2

Questions	Response		Percentage	
	Yes	No	Yes	No
Do you feel stress for decreasing the likes on your posts on social media?	4	26	13.3%	86.6%
Do you feel that your friends has better lives than you by seeing their posts on social media?	11	19	36.6%	63.3%
Does using of social media on regular basis have affected your sleep routine?	11	19	36.6%	63.3%

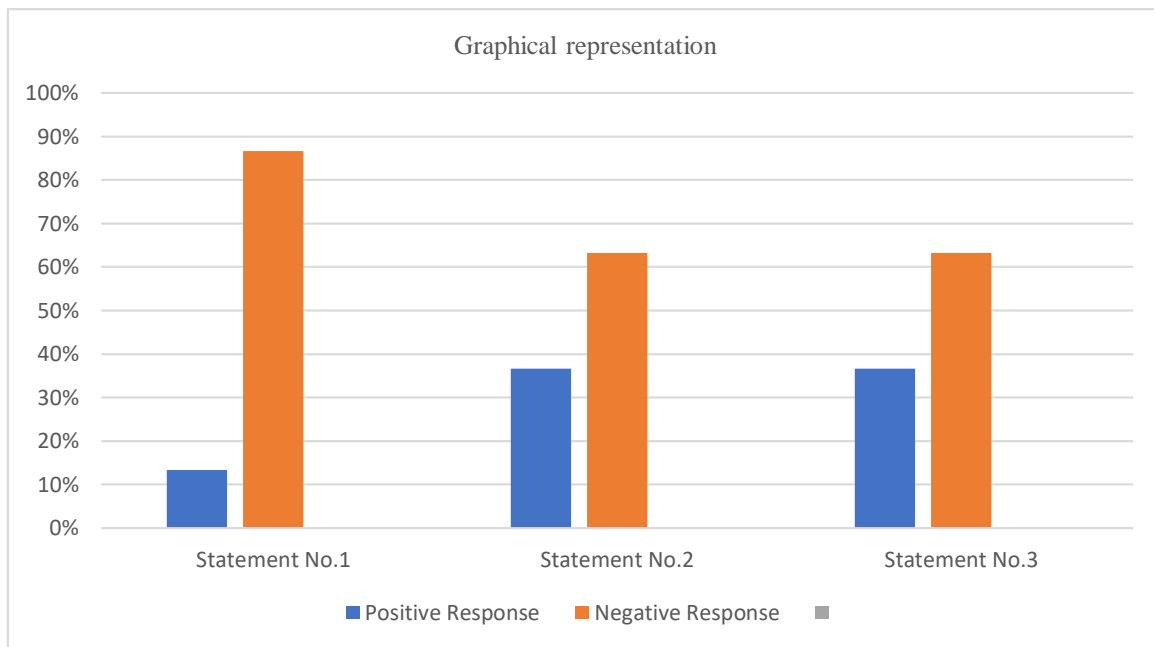


Figure 2: Graphical representation of the data shown in the table no.2

Interpretation :

- 13.3% adolescents feel stress for decreasing the likes on their posts in social media. While, 86.6% adolescents don't feel stress for decreasing the likes on their posts in social media.
- 36.6% adolescents feel that their friends has better lives than them by comparing their selves on the basis of social media posts; on the other hand, 63.3% adolescents don't feel that so.

• 36.6% adolescents agreed that using social media on regular basis have affected their sleep routine, while 63.3% adolescents responded as using social media on regular basis has not affected their sleep routine.

Analysis and interpretation of Objective No.3) To study positive impact of social media on mental health of adolescents.

Table No.3

Questions	Response		Percentage	
	Yes	No	Yes	No
Are you agree that we can raise awareness on important issues worldwide through social media?	29	1	96.6%	3.3%
Is social media helping you to communicate with people around the world?	26	4	86.6%	13.3%
Do you think social media helps you to stay updated?	30	0	100%	0%

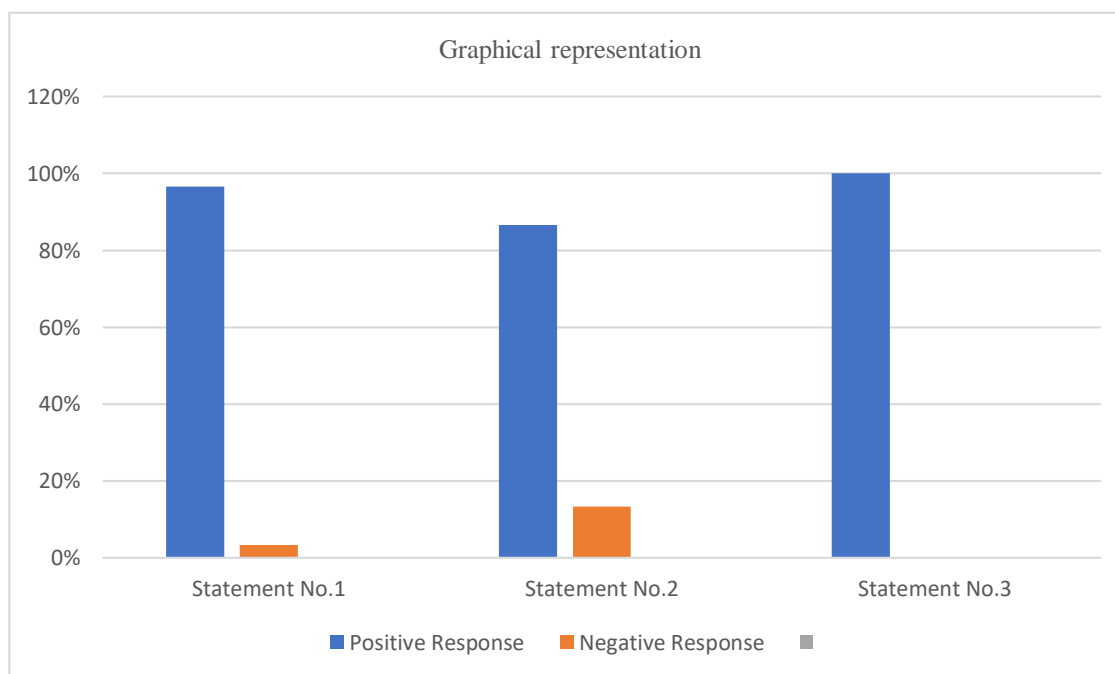


Figure 3 : Graphical representation of the data shown in table no 3

Interpretation:

• 96.6% adolescents agreed that we can raise awareness on important issues worldwide through social media but 3.3% adolescents not agreed on that.

- 86.6% adolescents accepted that social media helps them to communicate with people around the world but 13.3% adolescents not accepted that.
- The adolescents gives all positive responses to that social media helps them to stay updated.

Analysis and interpretation of Objective No.4) To provide suggestive measure to reduce negative impact of social media on mental health of adolescents.

Table No.4

Questions	Response		Percentage	
	Yes	No	Yes	No
Have you ever taken break from social media to reduce stress feeling?	8	22	26.6%	73.3%
Do you think negative impact of social media can be minimized by mental health practices like reading books, writing everyday journal etc?	26	4	86.6%	13.3%
Do you agree that using social media for educational purpose can reduce its negative impacts?	28	2	93.3%	6.6%

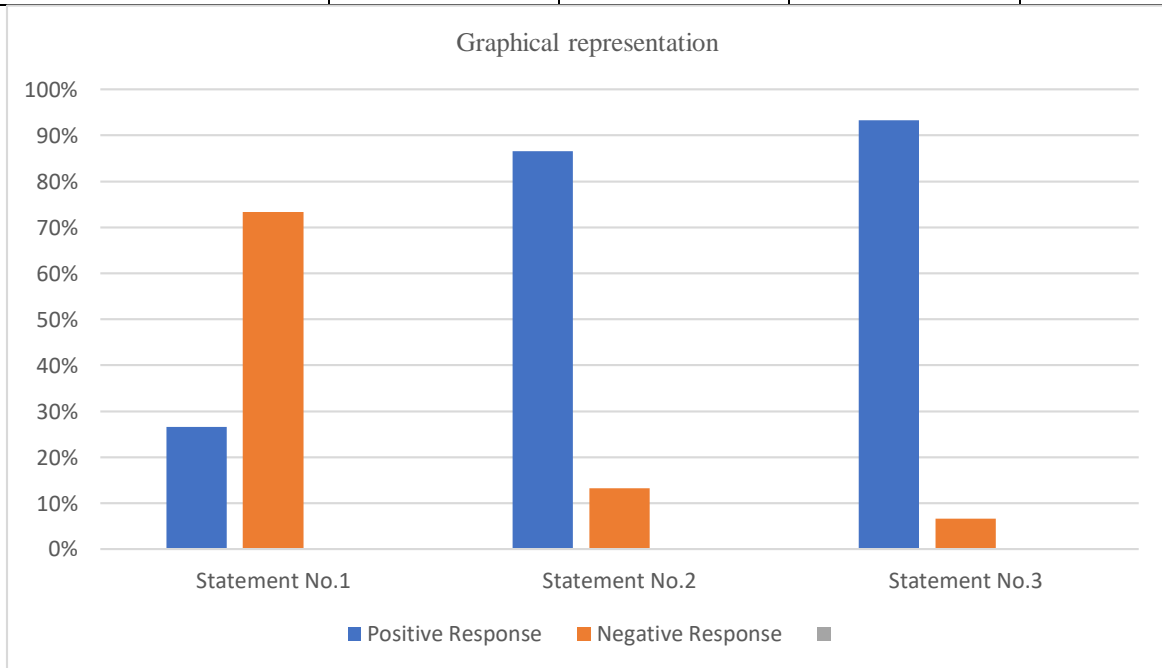


Figure 4 : Graphical representation of the data shown in table no.4

Interpretation:

- 26.6% adolescents had given positive response about taken break from social media when they feel stress feeling. While, 73.3% adolescents had given negative response about it.
- 86.6% adolescents has given positive response on negative impact of social media can minimized by mental health practices like reading books, writing everyday journal etc. and 13.3% adolescents had given negative response.
- 93.3% adolescents agreed that using social media for educational purpose can reduce its negative impacts while 6.6% adolescents did not agreed on that.

4.2 FINDINGS OF THE STUDY

Objective wise findings of the study are-

1. Findings related to mental health awareness and knowledge of adolescents:
 - The adolescents responded yes when it asked them if they know what is mental health so, it can be said that the adolescents were aware of what is mental health. When it asked to the adolescents that if they think mental health is related to our daily lives the adolescents responded yes. It is observed that most of adolescents are aware about mental health's importance in our daily lives because mental health is related to our day to day life.
 - We can say most of the adolescents has the basic knowledge about mental health as 93.3% adolescents has agreed that mental health is related to our physical health because it is Shown that a mentally healthy person also need to be healthy physically.
2. Findings related to negative impact of media on mental health of adolescents :
 - 13.3% adolescents feel stress over their posts on social media not getting enough likes. Decreasing likes on social media may feels like their posts are not attractive to the viewers and it is obvious that getting likes feels good even at the neutral level.
 - 36.6% adolescents responded yes when they have asked if they think that their friends has better lives than them by seeing their posts on social media. The individuals determine their own social and personal worth based on how they stack up against others which can lead to low self-esteem, lack of confidence etc.
 - 36.6% adolescents agreed that using social media have affected their sleep routine. Excessive use of social media close to bedtime can reduce sleep quality and increase the risk of a multitude of sleep issues.
3. Findings related to positive impact of media on mental health of adolescents :
 - 86.6% adolescents thinks negative impact of social media can be minimized by doing everyday mental health practices. Reading books and writing and journaling have been used as a tool for healing it support growth and teen mental health.
 - 93.3% adolescents agreed on using social media for educational purpose reduce negative impact of social media. Social media enhances communication, collaborative learning, and creative expressions as well as boosts education in higher institutions of learning. So using social media for educational purpose can reduce its negative impact.
 - 26.6% adolescents responded yes when they have asked if they have ever take break from social media to reduce the stress feeling. Taking a break from social media can be a refreshing way to unplug and improve mental health.
4. Findings related to suggestive measure to reduce the negative impact of social media on mental health of adolescents :
 - 86.6% adolescents thinks negative impact of social media can be minimized by doing everyday mental health practices. Reading books and writing and journaling have been used as a tool for healing it support growth and teen mental health.
 - 93.3% adolescents agreed on using social media for educational purpose reduce negative impact of social media. Social media enhances communication, collaborative learning, and creative expressions as well as boosts education in higher institutions of learning. So using social media for educational purpose can reduce it's negative impact.
 - 26.6% adolescents responded yes when they have asked if they have ever take break from social media to reduce the stress feeling. Taking a break from social media can be a refreshing way to unplug and improve mental health.

5.1 SUGGESTIONS

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Social media has both positive and negative impact in adolescents mental health. Almost every one now days use social media including adolescents. While using social media the adolescents have affected by its negative impact knowingly or unknowingly. We can not deny the negative impact of social media but we can minimized it. Some are suggestive measure to reduce the negative impact of social media on mental health of adolescents are as follows:

- Practice self-care. Adolescents should make self-care a priority and engage in activities that boost their mental health and well-being. This could include exercise, mindfulness, and spending time in nature, among others.
- If adolescents use the social media sites for educational purpose it can minimize the negative impact of social media.
- Control and choosing the social media feed what to watch and what not also will help them from negative impact of social media.
- Parents should encourage their child for exercise and offline interests. By encouraging them to pursue physical activities and hobbies that involve real-world interaction. Exercise is great for relieving anxiety and stress, boosting self-esteem.

- There are both benefits and consequences of social media. It is important to not disregard the positives but instead help the adolescents to learn how to manage the more challenging aspects. By discussing both the benefits and consequences of social media.
- Parents should limit screen-time, especially at night, to allow for sleep, detachment, and a mental reset. Follow positive influences.
- Adolescents should follow accounts and engage with people who bring positivity and inspiration to their lives. They should also unfollow or mute accounts that promote negativity or unrealistic expectations.
- Practice mindful communication. Adolescents should be mindful of the language they use and the information they share on social media. They should also think twice before posting or commenting on anything that could be hurtful to others.
- Provide some awareness programs related to mental health among adolescents in school and local communities with the help of governmental and NGO's can give them knowledge and awareness about mental health importance.

The negative effects of social media on mental health are cause for concern. Parents and educators can help their students develop a positive relationship with screen time. To better equip students to use social media in a positive way, parents and educators can set a positive example of online behaviors, have open discussions about the unrealistic standards it promotes, and help them honor their accomplishments with gratitude.

5.2 CONCLUSION

Adolescents is the transforming period of human development. As many physical and psychological changes take place in this stage the adolescents are more vulnerable than adults. The negative impact of social media can affect them more. It can lead to changes in behavioral patterns, feelings of inferiority and even cyberbullying, resulting in gave mental health illness and challenging among adolescents.

The mental health awareness is necessary to provide young adolescents for aware them about negative impact of social media on their mental health. It is duty of the parents, teachers and society to aware adolescents about their mental health. In school the mental health programme should conducted and should teach the adolescents such mental health practices and how to reduce and minimize the negative impact of social media.

Social media can have both positive and negative impacts on the mental health of adolescents. While it can be a great tool for connecting with friends, accessing information, and improving well-being, it can also lead to addiction, cyberbullying, and unrealistic expectations. To maintain a healthy balance, adolescents need to set self-imposed limits, take breaks, practice self-care, surround themselves with positive influences, and be mindful of their online behavior. By using social media responsibly and mindfully, adolescents can reap the benefits without sacrificing their mental health.

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