

Assessing the Potential and Complexities of Social-Media in Influencing the Mental Health of Today's Youth

Udom Okon Uduak

Department of Business and Management Kampala International University Uganda

ABSTRACT

In the past two decades, the pervasive influence of new media has significantly shaped the lives of today's youth, presenting both unprecedented opportunities and unique challenges. Social networking platforms offer daily avenues for connecting with peers, classmates, and like-minded individuals. Extensive research has started to uncover the impact of social media experiences on adolescents' mental well-being. While acknowledging their developmental benefits, it's imperative to recognize the potential risks associated with excessive social media engagement, particularly concerning the emotional health of young individuals. This research delves into the potential and challenges posed by social media platforms on the mental health of youths. However, as the digital landscape continues to evolve rapidly, further investigation is essential. Present studies often rely on self-reported data on adolescent media usage, limited to singular time points, thereby hindering definitive conclusions on whether media use directly influences mental health outcomes or vice versa. Future research should adopt more comprehensive approaches, such as direct observation of adolescents' social media activities, and move beyond traditional notions of mere "screen time." It's crucial to explore specific social media experiences and individual traits that render certain adolescents more susceptible to the positive or negative effects of social media.

Keywords: Social Media, Youth, Mental Health, Adolescents, Digital Influence

INTRODUCTION

Social networking sites have become a pervasive part of daily life, especially among young people, facilitating connections with friends, classmates, and those sharing common interests [1]. Over the past few years, there has been a notable surge in preadolescents and adolescents engaging with these platforms. Recent surveys reveal that a significant percentage of teen's access social networking sites multiple times a day, with many utilizing smartphones as a primary means of social interaction [2]. However, concerns have surfaced about the potential impact of excessive social media use on mental health, particularly regarding conditions like depression and anxiety [3]. Studies have suggested a correlation between prolonged social media use and mental health issues [4]. While some researchers have highlighted the adverse effects of

overutilizing social media on youngsters' mental health, others have underscored its positive impact on communication and socialization [5], especially considering that today's youth spend an average of 12-15 hours daily on various digital platforms [6]. Statistics from 2019 demonstrate a staggering number of active users across major social media platforms, emphasizing their widespread use and influence [7]. However, the extensive use of social media has been associated with increased depressive symptoms [8]. [9], highlighted how social media alters communication methods and fosters friendships while also acknowledging the potential risks to emotional well-being. This research aims to study the opportunities and challenges posed by social media concerning the mental health of young individuals.

Social Media and its Links to Mental Health

Research indicates that extensive use of social media among young individuals can lead to adverse mental health outcomes, including anxiety, stress, and depression [10]. These negative effects are often attributed to several factors, including the exacerbation of anxiety by popular social media platforms and the correlation between heavy social media usage and poor mental health [11].

Cyberbullying, a prevalent issue, significantly impacts young people, with a considerable percentage experiencing online harassment [10]. This form of bullying, different from in-person bullying, often invades personal spaces and can have a widespread audience, leading to humiliation, loss of confidence, and emotional distress for victims [12]. Moreover, social media contributes to body image

Udom

concerns, particularly among young girls and boys, fostering unrealistic beauty standards and comparisons with idealized images, potentially resulting in low body-esteem and even eating disorders [13]. The availability of digital editing tools further distorts perceptions of beauty, leading to an increase in cosmetic surgery inquiries among the youth and a rising trend of portraying idealized images through selfies [10]. Additionally, increased social media usage has been linked to poor sleep

Potential Benefits of Social Media for Adolescent Mental Health

While discussions on adolescent new media use often highlight potential risks, the landscape of social media presents distinctive opportunities for enhancing adolescents' mental well-being. Contrary to the prevailing narrative, social media platforms offer various potential benefits such as entertainment, identity exploration, and creative expression [11]. Notably, social media enables strong social connections, with a significant percentage of teens feeling more connected to their friends through these platforms [16]. Survey data reveals that adolescents consider social media crucial for daily interactions and meaningful conversations, emphasizing its positive role in fostering friendships and a sense of belonging [17]. Establishing new online connections is also feasible, providing opportunities for social support, especially for youth who lack access to similar communities. For instance, online support may serve as a protective factor for mentally ill youth, including those battling depression or suicidal thoughts.

Research indicates that a considerable portion of hospitalized youth received social support through social media before admission, suggesting its

quality among young individuals, driven by the fear of missing out (FoMO) and the constant urge to remain connected [14]. This lack of quality sleep can negatively impact their mood, life satisfaction, and academic performance [15]. The extensive use of social media among youth has been associated with various mental health challenges, cyberbullying, body image concerns, and disrupted sleep patterns, warranting attention and further investigation into its impacts.

potential in mental health support [18]. Beyond day-to-day use, social media holds promise in mental health care applications such as screening, treatment, and prevention. Previous studies have demonstrated the feasibility of detecting mental health indicators like depression or substance abuse through social media reviews [18]. Advanced machine learning algorithms further enable the detection of mental illness signals, with platforms like Facebook and Instagram implementing interventions for users displaying emotional distress or suicidal tendencies. Social media amplifies mental health awareness, with health promotion initiatives addressing various mental and behavioral health concerns. The immediacy and extensive reach of social media open avenues for mental health treatment, particularly for hard-to-reach populations. While acknowledging the concerns, the distinctive features of social media offer significant potential for promoting mental health among adolescents, not just in day-to-day interactions but also in innovative healthcare applications and mental health awareness efforts.

CONCLUSIONS AND FUTURE DIRECTIONS

In the past two decades, the prevalence of new media has significantly influenced youth, introducing both challenges and opportunities. While recent research has begun uncovering connections between adolescents' mental health and their social media experiences, the ever-evolving digital landscape necessitates further investigation. Current research often relies on self-reported data, limiting conclusive evidence on the causal relationship between media use and mental health outcomes. Future studies should explore objective measures, such as direct observation of adolescents' social media interactions,

to gain deeper insights. Moreover, moving beyond conventional notions of "screen time" as the primary factor affecting mental health, future inquiries should delve into specific social media encounters and individual traits that might render certain adolescents more susceptible to the positive or negative impacts of social media. Continued exploration in these directions is crucial for a comprehensive understanding of the complex relationship between social media and adolescent mental health.

REFERENCES

1. Eytan T. (2010) —The more we change the world— Blog-ter-view with Wendy Sue Swanson, MD, about physicians and social media [blog on the Internet] Washington, DC.
2. Hinduja, Sameer & Patchin, Justin. (2010). Bullying, Cyberbullying, and Suicide. Archives of suicide research: official journal of the International Academy for Suicide Research. 14. 206-21. 10.1080/13811118.2010.494133.
3. Igor, P.V. (2014) Cyber Psychology, Behaviour and Social Networking (Online Social Networking and Mental Health).

4. Segal, Z.V., Williams, M. and Teasdale, J. (2018) *Mindfulness-Based Cognitive Therapy for Depression*. Guilford Publications, New York.
5. Oberst U, Wegmann E, Stodt B, Brand M, Chamarro A. Negative consequences from heavy social networking in adolescents: The mediating role of fear of missing out. *J Adolesc.* 2017Feb;55:51-60.doi: 10.1016/j.adolescence.2016.12.008. Epub 2016 Dec 27. PMID: 28033503.
6. Parmar, A. (2017). Intersectionality, British criminology and race: Are we there yet? *Theoretical Criminology*, 21(1), 35-45. <https://doi.org/10.1177/1362480616677496>
7. Richter, T. (2011). Cognitive flexibility and epistemic validation in learning from multiple texts. In J. Elen, E. Stahl, R. Bromme, & G. Clarebout (Eds.), *Links between beliefs and cognitive flexibility* (pp. 125-140). Berlin: Springer.
8. Shensa, A., Escobar-Viera, C.G., Sidani, J.E., Bowman, N.D., Marshal, M.P. and Primack, B.A. (2017), —Problematic social media use and depressive symptoms among US young adults: a nationally representative study, *Social Science & Medicine*, 182, 150-157
9. Miller. et.al. 2016. *How the world changed social media*. UCL Press (p. 286).
10. Royal Society for Public Health (RSPH). *#Status of Mind Social media and young people's mental health and wellbeing*. RSPH; 2017
11. Sampasa-Kanyinga H. and Lewis RF. Frequent use of social networking sites is associated with poor psychological functioning among children and adolescents. *Cyberpsychology, Behavior and Social Networking*, 2015; 18(7):380-385. DOI: 10.1089/cyber.2015.0055
12. StopBullying.gov. *Effects of Bullying*. 2017. Available from: <https://www.stopbullying.gov/at-risk/effects/>
13. Tiggeman M. and Slater A. The internet and body image concerns in preteenage girls. *The Journal of Early Adolescents*. 2013,34(5):606-620. DOI: 10.1177/0272431613501083
14. Scott H, Gardani M, Biello S, and Woods H. *Social Media Use, Fear of Missing Out and Sleep Outcomes in Adolescents*. 2016. Available from: https://www.researchgate.net/publication/308903222_Social_media_use_fear_of_missing_out_and_sleep_outcomes_in_adolescence
15. Pryzbylski A, Murayama K, DeHaan C. and Gladwell V. Motivational, emotional and behavioural correlates of fear of missing out. *Computers in Human Behaviour*, 2013; 29(4):1841-1848.DOI: 10.1016/j.chb.2013.02.014
16. Anderson M. and Jiang, J. *Teens, social media, & Technology*. Pew Research Center website. <https://www.pewresearch.org/internet/2018/05/31/teens-social-media-technology-2018/>. Published May 31, 2018.
17. Clark JL, Algoe SB, and Green, M. C. Social network sites and well-being: The role of socialconnection. *Curr Dir Psychol Sci*. 2018;27(1):32-37. <https://doi.org/10.1177/0963721417730833>
18. Ybarra, ML, Mitchell KJ, Palmer NA. and Reisner SL. Online social support as a buffer against online and offline peer and sexual victimization among U.S. LGBT and non-LGBT youth. *Child Abuse Negl*. 2015; 39:123-136.doi: 10.1016/j.chiabu.2014.08.006

IAA JOURNAL OF SOCIAL SCIENCES 10(1):19-22, 2024.
©IAAJOURNALS
<https://doi.org/10.59298/IAAJSS/2024/101.19.22000>

<https://www.iaajournals.org/>
ISSN: 2636-7289
[IAAJSS101.19.22000](https://doi.org/10.59298/IAAJSS/2024/101.19.22000)