

The Effect of Social Media Use on Adolescent' Mental Health

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ABSTRACT

In our society today, we focus on how we look, act and think. Another way of expressing our life could be on social media. We often use Instagram or Snapchat nowadays to find others that share the same interests as us. Both have their advantages, but something to keep in mind is that, no matter how much you spend time on social media, at the end of the day, human interaction would be the key to life. To reduce stress and to feel brighter each day, you need face-to-face contact with others. Even though social media could bring support of connecting you and others, spending too much time on it can make you feel separated from the real world. It can also increase the possibility of getting mental health issues. Social media is an enormous part of teenage society today. Many teenagers spend countless hours scrolling through various forms of social media. Many of them even compare their life with the celebrities' life on the social media platform, and they will often feel upset or feel their life is dull. With that being said, the effects of social media on adolescents' mental health should be one of the most crucial things when people think of mental health issues, plus the fact that it has greatly influenced many teenagers' lives over the past decades.

Keywords: *Social Media, Comparison, Mental issues, Depression, Beneficial, Harmful.*

1. INTRODUCTION

As a means of interacting with friends and family, social media was later adopted by businesses that wanted to reach out to customers through a popular new medium. Social media dates to May 24th of 1844. This is the day that the telegraph machine was created. The first message was a message from Samuel Morse to Washington, D.C. from Baltimore. Around 1969, this led to the rise of social media. There are many effects of social media; they could either bring satisfaction or health problems. People have different intentions when using social media. It could be promoting a business, communicating with others, or simply wanting to make one's voice heard.

Social media platforms are designed to grab your attention, keep you busy with the online world, looking at what's happening in other people's life. Most of the time, we will often check one of our social media on our phone to see if one of our friends has posted a new post in their profile. It is also how most of the company make their money by making commercials and promoting ads online. Gambling compulsion or an addiction to alcohol, or drugs, social media usage could lead to serious problems. Most of the time when you

receive a like or a compliment on a post that you post, you would want to post more and to get more attention from the outside world. The more you are post getting the like button, your brain would receive this message as some type of reward.

Over time, social media can change a person's habits and behaviors. One of the positive changes that social media brings to human behavior is making people more open-minded to challenge stereotypes and develop mutual respect. Sometimes social media could make you want to change your habit or make you want to learn more. Additionally, in the long term, it might make that person pursue the field that they enjoy. However, there are also drawbacks. These can include not being happy about their current life when you look at other people's highlights of the day, you might get upset with the environment around you, and people would become more depressed mentally and physically because their anxiety level went up every time they look at others pleasing life.

2. LITERATURE REVIEW

2.1. *The Use of Social Media by Teenagers*

2.1.1. *Connotation*

According to a Pew Research Center survey in 2018, Facebook used to be the most popular social media platform among teens, but it has fallen in popularity. Nearly half of American teenagers say they use some type of social media such as Facebook, Instagram, or Snapchat. As data shows by the increase in teen social media usage, the usage of technology for young people has changed since 2014-2015. Significantly, the number of people who own a smartphone has become almost universal among teens nowadays. This study also discovered that nearly the whole adolescent population now has direct access to a phone. Furthermore, researchers gathered information across 27 nations, the result was that Americans over the last decade show a significant spread of technology among the population. Although the number of users of social networking sites has leveled off since 2013. However, older Americans, who were not among the early adopters, continue to use social media [1].

There are many positive ways in which online interactions with others can help you stay connected and support your emotional needs. Even if it does not have the same benefits as face-to-face communication with your friends or family. It often could help people communicate and stay in touch with family and friends around the world. Finding new friends and communities that shares the same interest as you, social media should be a good tool in some cases. Sometimes it could be hard to find someone to talk to around you, but if you want to talk to strangers online to seek some help, it could also be a good place to gain some emotional support there.

Furthermore, according to some data, one tenth of teens report that they have been constantly insulted by others on the internet. Social media platforms can be a target for spreading hurtful messages, unknown factors, and abusive messages that can leave lasting emotional pain. There is also a lot of mental health treatment that could be used towards these kinds of problems, however, the lasting bad memories will stay with them forever.

2.1.2. *Statistics on How Many Teenagers Use Social Media*

Social media has become a part of someone's life. Each day, they would spend countless hours on it. Not only do teenagers use social media, but adults around the world also use it in their daily life. Nearly two-thirds of American adults (65%) use social networking sites, up from 7% when Pew Research Center began systematically tracking social media usage in 2005 [1].

There are several data shows that ninety percent of teenagers between the age of thirteen to seventeen have used social media on their devices. Teenagers have access to the internet through their mobile devices two-thirds of the time. Most teens spend almost nine-hour online a day, not including homework time. This data have effectively showed us how much social media means to children all around the world today.

The impact that has had on teenagers is incredibly significant. Because everyone grew up in different environments, they interpret social media posts differently. Social media holds various kinds of issues right now, and most of the problems right now are not something we can control. Social media could be disturbing for people. The addiction appeal of the technologies can help people stay in touch with their family and friends. People get disturbed by their electronic devices at least six to eight times a day, which is equivalent to 28 percent of their time [2].

About 75 percent of teenagers ages 12 to 17 owns their phone. Since the year o 2004, age has been the most crucial factor in predicting cell phone use. Furthermore, as of September 2009, 58% of 12-year-olds have a cell phone, much lower than the 73% of 13-year-olds and the 83% of 17-year-olds who own a mobile device [3]. Since television reshaped the way, we get information and spend our time, there may be no other technology that has had such an impact [4]. Adults use their cell phone in different ways, so does the kids. There are also races or ethnicity in phone ownership by teens. Today, there are around 95 percent of the young teams have a device that could access any kind of website and social media. Comparing the data from 13 years ago, the number has increased from 58 percent to 95 percent, this is a drastic jump. Many researchers have done many examines on does social media lower a person's self-esteem by collecting data from people all over the world to get the most precise results [5].

2.2. *Adolescent Mental Health: Emotional Stage, Well-being, Satisfaction in Life*

When scrolling through all the images online, most people know the images they are looking through that could be fake or manipulated, but people could still feel insecure about themselves. As we know different age groups are using social media, so, there should be many restrictions on how and when they could use it. The online world contains many dangerous sites for teens to be looking at. Moreover, young people must be aware of what they are doing on social media, because something they might think is fun for them, might be harmful in others' eyes. As humans, we know very clearly that those pictures on the internet are just people sharing to share the highlights of their lives, but that still does not reduce the feelings of jealousy and dissatisfaction when you are scrolling through others' profiles.

As time passes, you could become disconnected from reality. People nowadays are fear missing a single part of their life, when time passes by, they even started to be scared to miss out on other's life as well. While FOMO (Fear to Miss Out) has been around far longer than social media, sites such as Instagram and Snapchat seem to create the feelings that others are living a much more fun and suitable life than you are. Looking at FOMO, this could have a vital impact on your self-esteem, anxiety, mental problems [6]. Many teenagers would even have the habit to check their phone every 5 minutes even if they are doing something. This is also due to FOMO, it can compel you to pick up your phone every few minutes to check for messages, or compulsively respond to each alert. Some even would check when they are driving, showering, or sleeping. These factors could cause physical health problems or even death.

2.3 Adolescents' Social Media Use and Adolescent's Health

People often compare themselves with others, and they can never be satisfied enough with their own life. Social networking sites, such as Instagram and Snapchat, all provide a variety of social comparison opportunities. First, studies examined the effects of chronic and temporary exposure to social media-based social comparison information on self-esteem considering the widespread use of social media. Results show that participants who use social media would start feeling less confident about themselves, and this result's percentage will increase in the future.

Second, another examination in 2017 looked at 18- to 22-year-olds and how social media impacted their anxiety levels. The experiment focuses on in total how much time they spend on social media per day. The results are not that shocking, the more time they spent on it per day, "the greater the association with anxiety symptoms and the greater likelihood of an anxiety disorder" [6]. From this experience, it is clear that as increasingly you spend on scrolling through social media, your mental strength will become weaker and weaker because you see other's successes.

All those researches could provide us a grasp of everything about social media usage and how a teenager would be affected by it. When you use online sources or social media for too long, people can lose the ability they have from before. Also, most teenager is still in their puberty level, many teenagers during this time could be affected by a lot of things, and most of the time these things will stay with them for the rest of their life. In the other words, it is easier to increase their anxiety level, eating disorder, conduct disorder, and self-harm during this period. In addition, according to a University of Pennsylvania study, high Facebook,

Snapchat, and Instagram usage make people feel lonelier rather than less lonely [7].

3. LIMITATIONS AND FUTURE IMPLICATIONS

In the study of the impact of social media on teenagers, data are collected from experiments and self-reports, which means the accuracy of the articles is trustworthy. Social media are just some apps that you download on your phone. Whether in school or the workplace you need to make friends, talk in front of people, speaks in presentations, or even have a normal conversation with others. In the long term, electronic devices will show that they harm someone's face-to-face conversation by making it uncomfortable to hear or to respond. People would become more introverted, and more of them would choose just to stay online for the entire day instead of being more interacted with, they would become withdrawn.

Since Social Networking Sites are critical spaces for young people's personal and social development, some more suggestions are needed to explore their full potentialities and eliminate their drawbacks. There is research suggesting ways to improve the service of Social Networking Sites and to use them more effectively [8]. There are many ways you could have to use social media, if you use it in the right way, it can be a highly effective tool when it comes to making new friends and developing new habits. However, young people must be aware of what they are doing on social media, because something they might think is fun for them, might be harmful in others' eyes [8]. Many suggestions that could be helpful when using social media will include knowing who your audience is, having a personality, and maintaining a singular voice. Most of the time, you are going to have a challenging time connecting with your followers or the strangers that are just scrolling through your profile. So, it means you don't understand what or who your audience is. In this case, they might not have an interest in your content, or they might not understand you. Maintaining a good personality is also especially important. Do not be afraid to share your voice with others, some people or businesses that are successful on social media are known for their unique character and willingness to take risks. The more special your content is, the more you will get more followers [9].

Beneficial suggestions for further use of social media include making a schedule of when and how you should use social media each day. Knowing who you are communicating with, because, may affect you in some ways. Realizing that social media is nothing compared to reality because things on social media might be fake, but the thing in real life and the people around you are going to be real. Social media itself do not have any emotions, the more you use social media

the more you will feel about you are lacking emotional reactions. Face-to-face social skill is especially important skills to have in modern society today [10]. Also, their many kinds of people online, in other words, do not trust everything, this includes rumors, pictures other people post, and more. Do not ever compare yourself with others. Everyone has a different life, which means you only need to live your own life and live it well. All these suggestions are extremely helpful, and increased teenagers have changed when they step into the world of social media and internet resources. The only way to prevent further harm knows how to reduce the risk from the online world, and reasonable arrangement of time.

4. CONCLUSION

This study is focused on how a teenager would be impacted by the usage of social media. There are advantages, but disadvantages outweigh the benefits. Social Media impact both adults and teenagers, this article shows data from many researches showing how they would have a real impact on humans. Plus, there might also be some probabilities to accelerate risks to get mental health problems and affect their well-being. With the solution and future directions in the article, helping others to get some ideas of what is their next step. It is particularly important that mental health is being taken seriously, many kids died because of mental health. If some people around you act sad or depressed, it is right for you to tell their parents or tell a trustworthy adult to solve this problem as soon as possible. It is also important to screen for risky online behaviors and to assess for the psychological impact of these behaviors as a part of a comprehensive psychiatric evaluation.

Further research should be run in the future, but with the information that we already discovered, it is confirmed online sources and social media could be people's harmful habits and mental health problems in the long term. This means, in our modern society today, the impact on teenagers' mental health is also beyond doubt.

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