

Depression among Users of Social Networking Sites

Prashant Kumar Mishra¹

Available online at: www.xournals.com

Received 10th September 2018 | Revised 15th October 2018 | Accepted 12th December 2018

Abstract:

Social media has enhanced the quality, quantity and utility from past two decades. As the individual's body gets nourished by the intake of necessary mineral components that is obtained through nutrition, similarly the mind of human is nurtured by the accessibility of nutrition for thoughts. In today's scenario, various types of thoughts are readily available by the technology advancement that opens a platform for the purpose of discussion between social media and the mental health of the present time. Since the time of internet and social networking sites, the resources for human of contemporary world have become more virtual socially but less practical. Increase in the usage of social media among adults is considered as a matter of concern for parents, society and researchers. The main objective of this paper is to explore the social media effect on mental health.

Keywords: Social Media, Mental health, depression

Authors:

1. Department of Physiology, Nalanda Medical College, Patna, Bihar, INDIA

Introduction

Over the past decades, the users of social networking sites (SNSs) such as Facebook, Instagram, Twitter and Snapchat have involved billions of users worldwide. The use of these SNSs has become entangled with daily lives of people such as alone facebook has a 1.04 billion active users of daily worldwide. Some of the sites which are web based are communities having virtual environment where users can generate individual profits to public, real life interaction with friends and on the basis of shared interests meet other people. The particular region of study has increasingly becoming importance since their emergence and usage because of the research that forms an association between usage of general internet that includes online activities such as SNS and certain problems related to the mental health.

The usage of social networking sites has increased significantly in the past decades, due to the growth in the SNS platforms and the accessibility is improved on smartphones and tablets. There are many positive parameters that is associated with usage of SNS such as establishing and the maintenance of the relationships, and sometimes the individual seem to be driven by forces (external and internal) to use social networking sites compulsively (Donnelly and Kuss ,2016).

According to Boyd and Elison 2007, there are majorly three types of parameters which are required to meet the SNS’s definition which are,

- A constructed online profile
- User’s friends and followers list who are intended with and
- A linkage to each and every friends, follower or contacts profile.

All these profiles of SNSs allows the individual to generate a new kind of social relationships that are however not made to maintain relationships that existed previously.

As the use of SNS is increasing, because of the easy accessibility from every digital device such as computer, iPad or smartphones that have internet connection and then with these easy access people can visit social networking sites in their home, school, works and even in restaurants. With the revolutionization and the rapid development, these

sites have become a part of our culture (Einarsdóttir, 2015).

According to Morrison and Gore 2010, the people used excessive internet showed major symptoms of depression than those who did not have depression. The addiction of SNS can directly be related to the addiction of internet, and is strongly motivated to use SNSs. Some amount of time to SNS is devoted that it impairs psychological health, wellbeing and other kinds of social activities.

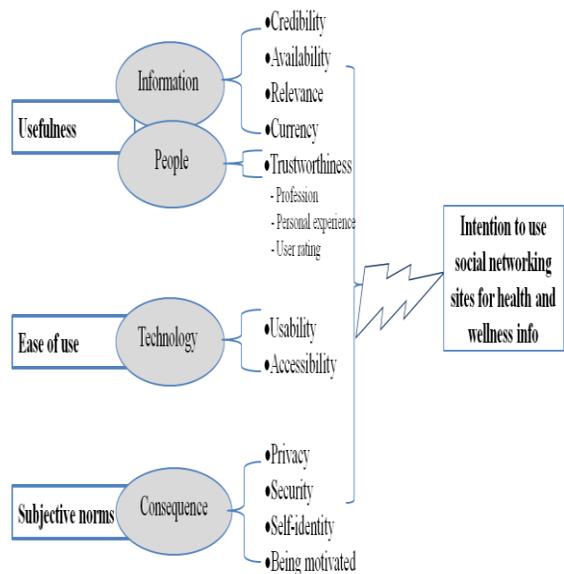


Figure 1 – Social Networking Sites

Effects of Social media usage on society

Various studies by many researchers determines the connection between the use of social media and the negative outcomes such as increase in depression, anxiety, loneliness and compulsive behavior. With the increase in the use of social media by young adults raise the concerns about the negative effects of its use. As per the HomeNet Project in 1995, that the access of internet and a computer to 93 region of households that had no previous experience related to internet and have tracked their psychological health over years. In this paper “Exploring the effects of social media use on the mental health of young adults”. Then in 2012, Rosen, Cheever and Carrier, introduced the term i.e., iDisorder as the relationship that is negative between the use of technology and psychological health. Recently, researchers have turned their head towards the social media where they seeks to determine if it has any kind of

deleterious effects on mental health. After this in 2013, Rosen et al, worked on the 1,143 college age students who are active facebook users and then the researchers found that disorder of major depression, dysthymia , bipolar – mania , antisocial personality and compulsive behavior were estimated by variable of facebook usage such as the image management , number of friends etc.

Gender plays an important role in the depression and the differences in the gender in cases of depression are first apparent in puberty along with the girls and women who are being twice as similar as men for the purpose to receive depression diagnosis. As per the investigation, females possess more depression risk factors for depression than males even before the differences in gender appears in depression, but all these risk factors contributes in the depression (Simoncic 2012).

Depression and Social Media

A study on the basis of Croatian found that the time, high school students are spending on facebook is correlated positively with depression. Then Rosen et al cleared all the findings and found that users or volunteers who are spending more time online and those who have performed more of the management of the facebook image that is evidenced more clinical symptoms of depression. According to many researchers, some college students have reported higher number of facebook friends who are experiencing lower emotional adjustment to college life (Strickland, 2014). These SNSs enables every individual to manage their own kind of image and then by providing number of opportunities for self-presentation that should be selective by photos , personal details and comments. All these sites force the specialists of health care to consider again the processes of Psychology. According to various researchers, Social networks have successfully been used that aims at the diagnosis of depression among the college going students, who usually display the symptoms of depression on Facebook. So SNSs is considered to be innovative means for the purpose of identification of young individuals at the risk of depression. Studies and opinions of different experts recommends the use of social media that might have a major beneficial effect on children and adolescents by improving the communication, social connection and even the technical and operational skills (Amato et al 2012).



Figure 2 – Types of social networking sites

Stress and Social Media

With the incredible increase in the social media addiction, the ability to get refrain from this is decreasing. The comments and likes on the social networking sites sometimes act as the positive strengthening factor and then it becomes more difficult to stop this. Most of the people compare their lives with the lives of their friends, relatives. Various researchers reported the free use of social networking services such as Instagram, facebook, Twitter due to which people remains connected with friends and read contents or blogs that may be productive but at the same time a lot of privacy and discretion is lost. In the current scenario, Anxiety is considered as the one of the factors for mental health problems. So as according to the Hearty Soul 2016, the longer time you spend on social sites, more you are depressed and it has also been reported that the use of social networking applications are less helpful in these cases to students for remaining more focused and less in stress. There are both positive and negative impacts of social media on the adolescent's mental health ion which the positive effects include improved communication, socialization, learning opportunities and access to the information related to health whereas negative aspects include depression, cyber bullying, fatigue, emotional suppression and decline of intellectual ability. Young adults are considered to be the active users of social media and are at more risk of developing issues of mental health.

Social Media and Loneliness

The use of social sites is increasing at an incredible rate mainly among young adults, and the young generation is lonelier than any other generation. Loneliness is one of the major criteria of this present

scenario and then it gets related to the serious health problems. The unhygienic, uncontrolled and the compulsive use of internet resources catalyze the loneliness over time and the high level of internet usage enhances the emotional loneliness in the young generation. The Mental Health Foundation of United Kingdom affirm 60% of the young adults from age group 18-34 have admitted loneliness.

Social Relationships and Mental Health

As according to the Mental Health Foundation, friendship is considered as an important component in protecting our mental health. The quantity and the quality of social relationships affects the physical health, mental health and the risk of mortality. Social support can prevent the hopelessness is stated by number of empirical studies. A social relationship plays a vital role in boosting up the mental health. With the social support of the relatives and friends, the mental health problems decreases (Bashir and Bhat, 2017).

Literature Review

As According to **Holleran 2010**, depression has a high prevalence among the college students and the results or findings coming through this paper gives the idea that the social networking sites can be considered as cost effective and clinically relevant tool for the purpose of detecting depression.

Amato et al 2012 has reviewed about the internet and social networks which are increasingly important in our daily life for both adults and adolescents who maintains a relationship that is virtual with others interest of sharing. The cyberbullying and Cyber ostracism can become problematic for adolescents and the individuals who are sensitive that negatively affected by the social networking.

Best, Manktelow and Taylor 2014 works regarding the impact of online social technologies on the mental health of young generation. This papers aims to review and synthesize the r5ecent empirical research that identifies both the harmful and the beneficial effects of online communication and technology related to social media among young people. This review concludes that the further research is required to promote the care of mental health and supports to the younger generation.

Strickland 2014, has explored the existence of relationship between use of social media and the mental health in the young population of adults. As young adults are the most active users of social media and have deteriorated mental health have a high risk for the mental health developmental issues. In this paper, various theories are discussed that includes the impact of sedentary lifestyles on mental health, sleep interruption because of the exposure of blue light , effect of social media on romantic relationships and on platonic relationships.

Donnelly and Kuss 2016 illustrated the increased use of social networking sites that may have a deteriorating effect on mental state of an individual. The increased SNS use has found to be result in the development of new kind of behavioral addiction, this paper concludes that the use of Instagram is related mainly to the addiction of SNS.

Frith 2017, have studied the digital lives of children and young people and have stated that more research is required on the positive and negative impacts of social media on mental health of young people.

Weinstein 2018 has discussed about the positive and negative influences on adolescents that is affecting the wellbeing of an individual. In this paper, the in depth interviews were scheduled and selected for the maximum variation reveals that experiences can be organized on the basis of four dimensions which are Relational interactions, self-expressions, exploration and distress.

Conclusion

This researcher investigated the extensive related literature relation to the social media and some of the related factors to mental health. The relation that exists between the social media usage and depravement of mental health determines the topic importance. In younger generations, the use of social media have dangerous effects for the younger generation because of the problems that are related to the mental health which get produced during the younger period and can act as an epidemic for any individual through their life. All this literature findings highlights that is a relationship that exists between the social networking sites and depression. Further research is required to demonstrate a causal relationship present between these variables, and this paper provides a basis for the further investigation, prevention and approaches of intervention.



References:

Amato, G D, et al. "Social Networks: A New Source of Psychological Stress or a Way to Enhance Self-Esteem? Negative and Positive Implications in Bronchial Asthma." *J Investig Allergol Clin Immunol*, vol. 22, no. 6, pp. 402–405.

Arad, Ayala, et al. "The Impact of Facebook on Social Comparison and Happiness: Evidence from a Natural Experiment." *SSRN Electronic Journal*, 2017, doi:10.2139/ssrn.2916158.

Best, P, et al. "Online Communication, Social Media and Adolescent Wellbeing: A Systematic Narrative Review." Queen's University Belfast, 2014, pp. 1–35., pure.qub.ac.uk/portal/files/120352496/Final_Online_Communication_Social_Media_and_Adolescent_Wellbeing.pdf.

Donnelly, Ella. "Depression among Users of Social Networking Sites (SNSs): The Role of SNS Addiction and Increased Usage." *Journal of Addiction and Preventive Medicine*, vol. 02, no. 01, 2017, doi:10.19104/japm.2016.107.

Frith, Emily. "Social Media and Children's Mental Health: a Review of the Evidence." Education Policy Institute, June 2017, pp. 1–30., epi.org.uk/wp-content/uploads/2018/01/Social-Media_Mental-Health_EPI-Report.pdf.

Holleran , Shannon E. "the early detection of depression from social networking sites ." the university of arizona, 2010, pp. 2–87., repository.arizona.edu/bitstream/handle/10150/196085/azu_etd_10847_sip1_m.pdf?sequence=1.

Simoncic, Teague E. "Facebook Depression Revisited: The Absence of an Association between Facebook Use and Depressive Symptoms." University of Michigan, 2012, deepblue.lib.umich.edu/bitstream/handle/2027.42/91787/teagues.pdf;jsessionid=54D9C4840A222BE3BC872759526DD306?sequence=1.

STRICKLAND, AMELIA C. "exploring the effects of social media use on the mental health of young adults." University of Central Florida, 2014, pp. 1–59., etd.fcla.edu/CF/CFH0004704/Strickland_Amelia_C_1412_BA.pdf.

The Social Media See-Saw: Positive and Negative Influences on Adolescents' Affective Well-Being." *Philosophy of the Social Sciences*, journals.sagepub.com/doi/abs/10.1177/1461444818755634.

