



Negative Psychological Impact of Social Media on Youth

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ABSTRACT

Social media has made a significant role in the life of every human but the most affected and vulnerable to it is youth. As most of the time of youth has been taken up by the internet as they seem to be glued to the internet. No one can suggest time limit to them as internet is more common usage among youth. The value of anything can be considered by the purposes it serves. Social media has a vital role in the society but its negative impact on the youth cannot be denied. Excessive use of internet leads to psychological disorders among them which further affect their physical development, sexuality and identity. The use of internet and social media has isolated youth and had great impact on their nerves and brought a drastic change in the lifestyle of youth both positive and negative. In this paper we will be discussing the negative physiological impact of social media on youth. Spending more than half of the day on the social media is surely causing effect on them. Global Web Index published a report in 2018 stated that average youth spends average three hours on social media each day, according to them spending more than three hours per day leads to high risk of psychological problems.



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INTRODUCTION

Social media plays an empowering role in the society as it empowers anyone with unrestricted flow of knowledge that anyone can add in their knowledge bank, we cannot deny the role of social media that is impacting our society, culture and overall world. It helps people exchange their thoughts, ideas, raise awareness about any cause seek help and guidance, connect with different people around the globe. Social media has helped people

from repressive countries to raise voice in a democratic manner. It has enabled students of common interest to work and collaborate with groups with same ideas and thoughts, which further enhances creativity with wide range of commentators which include issues such as economy, politics, health etc.

It allows to connect with friends and family around the globe irrespective of different countries, cultures which benefited many people, but it also has negative impact on our lives as it leads to isolation as we have been replacing the physical and emotional support to virtual connection. It has affected us in such a way that despite of individual thinking we join any group and post our queries on that group without thinking of the consequences. Social media has turned the generation into the most anti-social as we prefer texting and online conversations.

Hence the main objective of this paper is to represent such researches conducted by scholars in different environment that portrays the negative impact of social media which leads to psychological problems among the youth.

Following are the Anxiety Disorders Symptoms of Social Media: -

- Checking social media by stopping in the middle of any conversation.
- Using social media for about more than six hours.
- Not speaking truth about spending time on social media.
- Isolation from family and other friends.
- Unable to cut back usage of social media.
- Feeling terrible when not able to check up social media.
- Immense desire to post on social media.

SOCIAL MEDIA AND PSYCHOLOGICAL ISSUES

Depression

Different researches proposed a new terminology “Facebook Depression” defined as the depression developed among individuals when they spend an excessive amount of time on social media websites which further begin to develop symptoms of depression. Although staying connected with friends is an important part of social life but the constant engagement with the social world triggers depression among people which further leads to self-isolation which leads to self-abuse practices, aggressive behaviours and self-destruction.

The depression is not only due to Facebook, but any other social media application and websites can lead to depression among the youth.

Professor Dr. Joanne Davila and Lisa Starr and other researchers from Brook University conducted a research with the help of teenage girls that proved a link between depression, the research revealed that the excessive use of social media leads to higher risk of depression and anxiety that proved among the users. Year later they re-validated the same group for signs of depression and anxiety and the findings proved that the users who discussed their problems with other users or friends faces higher levels of depression than those who do not. Dr. Davilla stated that texting, messaging and social networking led adolescents to be more anxious which lead to depression as social media is deliberately making youth vulnerable to anxious and depressed.

Social media is becoming the primary channel for youth to vent their problems when they post their problems, they receive both negative and positive comments. Anything shared

online cannot be taken back as it can be found elsewhere on the internet or taken as screen shot by other leading further into depression and anxiety for the sender.

Other study conducted by Dr. Mark Becker from University of Michigan State reported 70% depressive symptoms increase while 42% in social anxiety.

Stress

Despite of depression and anxiety social media is also a source of stress for its users. The survey conducted on 7000 mothers reveals that 42% using the photo sharing app suffers from stress as being regularly alert for new messages leads to chronic stress which further leads to anxiety and stress. Another way of causing stress among users is being unrealistic to achieve perfection on the social networking websites which causes the stress hormone to release cortisol which further lead to damage the gut by opening doors to immune inflammatory in the brain and body.

Another cause of depression and stress is due to the illusion of happiness on virtual connections which is due to when we see other posting happy posts and photos. According to Steven Strogatz *“it can be exhilarating at least at first, to connect with long -lost friends”*. He further stated that most of the time users spend more time in maintaining the relationship with people whom they really don't care.

Catfishing

Another aspect is Catfishing, the term is described as fake profiles and identity on social media befriending strangers on social media due to this people focus more on social media than on maintaining real life relationship, due to this most of the time the person spend more time on social media than with the family member or loved one. A documentary film based on Catfish shows the illusion of social media connections. According to Auzeen Saedi a Ph. D scholar *“the near anonymity of online interactions made impossible things in the real world, possible in the virtual one”*

Restlessness

On the other hand, excessive use of social media and its obsession is causing the risk of OCD. This is due to urge of opening social media accounts in short intervals leads to the feeling of restlessness among youth as they thought they would miss something important.

Distraction

Social media has become the distraction from everything for youth as they spend more time on the networking sites and less time on any productive activity. Most of the time in school and during lectures students are seeing serving on net rather than focus on their studies.

Anti-Social Behaviour

Due to the use and highly addiction to social media the youth has distanced themselves from real life socializing, there behaviour turns to be anti -social because they find happiness in likes, comments and followers on their social media profile.

Narcissism

Excessive self-admiration and desire to be centre of attraction leads to narcissism. But this is not much concerned for others as hunger for attention is normal in the sight of social media.

Normalizing Violence

The more we read and hear about violence we consider it normal as when we something daily or frequently we consider it normal. Considering violence normal or neutral is affecting youth. No one can guarantee the content posted on social media is authentic or fake. As most of the time misleading or false information is circulating on the media which leads to develop an unclear opinion on any issue.

Provocative Content

Community standards have been set by social media networking but still one cannot get rid of offensive or violent content. Many times, the youth are motivated to recourse violence by political parties through provoking posts as this cause anger and frustration among youth.

CONCLUSION

Researches cannot prove the positive or negative impact of social media on youth however; it can highlight the aspects that have negative affect on the youth. Parents need to monitor their child as we all are busy in our issues and daily life chores still need to take time out to look after the activities of our children. Raising a child in today's world is difficult because we cannot monitor our child 24/7 but still its our duty to let them know good and bad aspects of the society and live a life in right direction. Proper attention to children is very essential before it's too late.

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