



A SYSTEMATIC REVIEW ON THE WIDE SPREADING SOCIAL MEDIA USE AND CONSEQUENCES OF SOCIAL MEDIA: MENTAL HEALTH PERSPECTIVE

*Mesfin Balgu

Department of Psychology, Wolaita Sodo University, Ethiopia

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*Corresponding author:

Mesfin Balgu

ABSTRACT

Social media is a web based technology that connects a large number of families, friends, clients and other large number of virtual communities to share and exchange what they have without any fear and interference to their intimate partners or groups. The purpose of this review is in order to clearly indicate the effects of social media use on human psychological wellbeing and mental health. Reviewing a number of articles has been done to show the pitfalls of social media and other technology on human wellbeing. As literatures revealed that over relying on social media as a form of social interaction has impact on human wellbeing, particularly, it has a widespread impact on psychological wellbeing and mental health. The collection of papers reveals that social media use has expose persons to feel loneliness, anxiety, depression and even sometimes to expose to suicide and emotional agitation. Moreover, studies reveal that social media use leads one to lose their self-esteem, confidence and draw weak self-image. Using time properly and time utilization on social media and other technology will save unnecessary exposer and cost in human health and increase once approach to improve life style.

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INTRODUCTION

Social Media has been defined as websites which allow profile creation and visibility of relationships between users (Boyd and Ellison, 2008); web-based applications which provide functionality for sharing, relationships, group, conversation and profiles (Kietzmann *et al.*, 2011, as cited in Wolf and his colleagues, 2015). And Social media has been referred to as "social media sites" (Diga and Kelleher, 2009), or a set of information technologies which facilitate interactions and networking (Muqaddas, Soomro, and Ahmad, 2017). However, there appears to be a broad agreement that Web 2.0 technologies played a significant role in the development and adoption of social media (as cited in Wolf and his colleagues, 2015). A high number of social media platform, for example Snapchat, Facebook, Instagram, Linked and Twitter can affect all three negative emotional states examined, depression anxiety and stress (Wolf and his colleagues, 2015). A social media is an online platform which people use to build social networks or social relations with other people who share similar personal or career interests, activities, backgrounds or real-life connections. The impact of social networks on young people is significant (as cited in Akram and Kumar, 2017).

The World Health Organization, WHO (2004), defines mental health as a matter of well-being by which people understand their own capacity, can meet with the challenges of everyday life, can work adequately and contribute effectively to their society. It is indispensable part of the health and predictor of psychological well-being of a person (WHO, 2004). According to the Mental Health Foundation, friendship is a crucial element in protecting our mental health. Both the quantity and quality of social relationships affect mental health, health behavior, physical health, and mortality risk (Umberson and Montez, 2010, as cited in WHO, 2004).

Social Medias: Social Interaction Perspective

Social isolation of otherwise healthy, well-functioning individuals results in psychological and physical disintegration, and even death. Adults who are more socially connected are healthier and live longer than their more isolated peers (Umberson and Montez, 2010 as cited in Strickland, 2014). On the other hand, social isolation and negative social interactions are associated with depression and suicide (Strickland, 2014). Adults with no friends are the worst off psychologically. There is significant health costs associated with social isolation

(Economic and Social Research Council, 2013, as cited in Strickland, 2014). Social isolation has long been known as a key trigger for mental illness, while supportive relationships with friends, family and neighbors are beneficial to the mental health of individuals and the population. Other forms of social interaction such as volunteering are also known to boost wellbeing. People with supportive friends and family generally have better mental and physical health than those who lack these networks (as cited in Strickland, 2014). Friendship is a vital component in protecting our mental health (Mental Health Foundation). According to Umber son and Montez, (2010), quality and quantity of social relationships affect health behavior, physical health, mental health and mortality risk (as cited in A medie, 2015). On contrary depression are associated with negative social interactions and social isolation (Schuster *et al.*, 1990; Chou *et al.*, 2011) and suicide (Holma *et al.*, 2010). Reich *et al.*, (2010) inveterate, that social support is related with better mental health. A social relationship plays a pivotal role in boosting mental health (as cited in Hughes, 2018).

Social Media Use: Anxiety and Emotional Challenges

In present world Anxiety is one of the fundamental mental health problems. People fret about the likes and comments of their uploaded pictures and videos. In the present era hardly any person is immune in context of social media. Some teens experience anxiety from social media that has to do with the fear of missing out, which makes the teens try to respond and check all of their friend's post and messages constantly. The fear of missing out can also start to affect an adolescent's self-esteem and disturb an adolescent's sleep, which can lead to poor sleep quality, anxiety, and even depression (Filucci, 2016, as cited in Bryant, Aaron, 2018). Social media can definitely exacerbate the issues revolving around social development. Teenagers are using social media constantly and remaining in contact at all times, and adolescents can face peer victimization and rejection (Bryant and Aaron, 2018). Study on 113 students who completed a questionnaire indicates that cyber-ostracism had a strong effect on belonging, self-esteem, and meaningful existence. They also found that cyber-ostracism had a strong effect on mood. The second study looked at a link between social media use and well-being, and found that cyber-ostracism on social media negatively affected emotional well-being (i.e feeling anxious, aggression, joyfulness and self-agitation) (Siddiqui and Singh, 2016).

Specifically, in relation to risks to mental wellbeing, participants described three ways in which social media was 'dangerous'. First, they argued that social media use directly causes stress, depression, low self-esteem and suicidal ideation. Second, they reported that social media exposes people to bullying and trolling, and thereby negatively impacts on mental health. Third social media was constructed as addictive (Akram and Kumar, 2017). Posting about feelings and venting on social media predicted low mood and self-esteem and high paranoia, whilst posting about daily activities predicted increases in positive affect and self-esteem and viewing social media newsfeeds predicted reductions in negative affect and paranoia. Perceptions of low social rank when using social media predicted low mood and self-esteem and high paranoia. The impact of social media use did not differ between participants with and without psychosis; although, experiencing psychosis moderated the relationship between venting and negative affect. Social media use

frequency was lower in people with psychosis (Berry, Emsley, Lobban, and Bucci, 2018). In contrast, other studies indicate that social media platforms provide opportunities for socially anxious people to meet unsatisfied needs, resolving an often significant deficit of 'offline' relationships. Social media may also give socially anxious young people the opportunity to engage in conversation with more confident language, something they might find difficult offline. In their analysis, Toma and Hancock (2013) found that Face book profiles help satisfy individuals' need for self-worth and self-integrity (as cited in Bashir1 and Ahmad, 2017). Kraut *et al.* (1998) and Shaw and Gant (2002) also gave evidence for an inverse association between Internet use and depression, suggesting that possibly more social forms of Internet use like chatting and gaming reduce the risk of depression (Bashir and Ahmad, 2017). In a special case, Rosen (2013) found that for people with high levels of narcissism, high levels of Face book activity were associated with lower levels of depression.

Social Media Addiction and Human Self

A variety of studies have posited that social media use is strongly associated with negative self-esteem and self-image. One of the most prominent root causes of this association has been the advent of image-manipulation techniques and photo-sharing based platforms such as Instagram and Snapchat (Education Policy Institute, 2017, as cited in Wolf, Sims, and Yang, 2015). In particular, the notion of the 'idealised' body image has been shown to have detrimental impacts on self-esteem. This is most notable in young women, to the extent that as many as 9 in 10 teenage girls say that they are unhappy with their body (Wolf, Sims and Yang, 2015). The major findings suggest that approximately 88% people engage in making social comparisons on Face book and out of the 98% of the comparisons are upward social comparisons. Further this research proves there that there is a strong relationship between social media and self-esteem. Increase in social media usage causes the self-esteem of individuals to decrease. One hour spent on Face book daily results in a 5.574 decrease in the self-esteem score of an individual (Muqaddas, Soomro, and Ahmad, 2017).

Social Media: Victimization of Depression and Loneliness

Depression is one of the inadvertent consequences of excessive social media usage. For clarity, Face book depression is not just limited to Face book, but also refers to the impact of other social networking sites causing psychological problems. A new study has found that Individuals, who engage in social media, gaming, texting, cell phones, etc., are more likely to have depression and anxiety. The study conducted by in Michigan State University, found a 70% increase in self-reported depressive symptoms among the group using social media and a 42% increase in social anxiety. Another side effect of social media leading to depression is the experience of false intimacy. Primarily because social media promotes putting up a facade that highlights all the fun, excitement and success we seem to enjoy but tells very little about where we are struggling in our day to day life on a deeper level (Amedie, 2015). In (Pantic *et al.*, 2012) it is revealed that depression and time spent on Face book by adolescents is positively correlated. Rosen *et al.*, (2013), mirrored these findings and revealed that symptoms of major depression has been found among the individuals who spent most of their time in online

activities and performing image management on social networking sites. Similarly (Lou *et al.*, 2012) asserted that students who use Face book intensely reports enhanced loneliness (as cited in Berryman, Ferguson. and Negy, 2017). In contrary evidence of inverse relation between depression and internet usage has been reported by the Chukwuere, and Onyebukwa (2017). Loneliness is one of the prime concerns of present virtual society, as it is intimately related to serious health problems (Patterson and Veenstra, 2010; Biovin, Hymen and Bukowski, 1995, as cited in Chukwuere and Chukwuere, 2017).). Studies have identified that substituting social media activity for other forms of social interaction can increase the risk of loneliness, particularly among heavy users of social media (as cited in (Chukwuere and Chukwuere, 2017).

Conclusion

It is obvious that social media has positive and negative impacts on the daily and long life conditions of individual and society. Unwise social media use and time budgeting is a means to expose a large number of individuals, particularly young generations, to psychological and mental health disorders. Majority of users gave less attention to the negative effects of social media rather heavily relying on the positive consequences. Social media addiction has to be compared with drug and substance abuse because social media addiction too aggravating mental health problems among the productive portion of generations. However, there is strong research counter argument on the negative consequences of social media use on human mental health and psychological wellbeing. Late to exploring solution to the wide speeding disorder will damage the global security and wellness.

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