



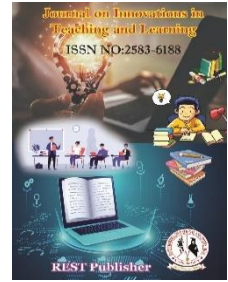
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Impact of Social Media On the Teenagers Mental Health- A Study with Special Reference to Metropolitan Cities

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Abstract. *This research paper looks at the multifaceted effects of social media on teenage mental health, reviewing findings from previous studies. Both the beneficial and detrimental effects are discussed, including connectivity and cyberbullying, and the research examines the linkage between excessive usage of social media and greater mental health issues. The paper presents the susceptibility of teenagers at this stage of growth and emphasizes that interventions should help foster healthy behaviors online.*

Keywords: *Yield strength, Ultimate tensile strength, Hardness, J4.*

1. INTRODUCTION

Mental wellness involves acknowledging strengths, coping with challenges, and helping others. Social networking as a buffer has quantity and quality of interaction connected to well-being. Yet "displaced behavior theory" says that too much social media substitutes for face-to-face interaction, a protective buffer against mental disorder.

Research attributes the constant usage of social networking sites (e.g., Facebook) to enhanced depression, anxiety, and stress levels, primarily in teens, a developmental high-risk stage. Social media helps users connect with others and express themselves but also supports disparaging comments and cyberbullying targeting looks, abilities, etc., creating anxiety, depression, social exclusion, and suicidal thoughts.

Core Drivers of Teen Social Media Usage:

- Relating to other people
- Anxiety of missing out (FOMO)
- Social pressures and expectations
- Hyper-connectivity with technology
- Stress, anxiety, depression, or boredom

Social media platforms are clickbait-laden and available 24/7, triggering dopamine responses and possible psychological addiction.

Current Levels of Teen Social Media Use: About 95% of teens aged 13-17 use social media. More than one-third use it "almost continually." Nearly 40% of kids aged 8-12 use social media (in spite of age requirements). Teenagers who spend more than three hours a day on social media are twice as likely to suffer from poor mental health. The 8th and 10th graders use an average of 3.5 hours per day.

How Social Media Impacts Teens: Social media has positive and negative effects. Excessive use that is associated with:

- Poor sleep
- Low self-esteem
- Negative body image
- Eating disorder symptoms
- Cyberbullying
- Avoiding face-to-face contact
- Overindulgence in self-blaming
- Increased depression, anxiety, stress, or loneliness
- Inability to concentrate at school or work
- Negative self-management and self-reflection
- Spreading rumors or sharing too much
- Exposure to internet predators
- Certain content and interactions are linked to self-injury and death

These occur more frequently in girls and teens with pre-existing mental illness disorders. Nearly 2 out of 3 teens are "often" or "sometimes" exposed to hate content. Cyberbullying exacerbates depression. Teenage girls and sexual minority youth are more likely to be cyberbullied and web harassed.

Adolescence Is a Vulnerable Phase: Adolescent brain development renders adolescents more susceptible to social media problems. Adolescence encompasses physiological changes, autonomy, identity development, and relationship building, which demand particular care while using social media.

Risk Factors: Social media time is a risk factor. A 2022 survey of 13-17-year-olds reported that 35% use at least one of five social media platforms (YouTube, TikTok, Facebook, Instagram, and Snapchat) more than a few times per day.

Impact Variation: Social media doesn't impact all teens equally. More teens report its effect has been mostly positive (32%) than negative (9%), but most (59%) report a neutral impact.

Content Matters: "Stress posting" (posting when upset or angry) and posting personal pictures or stories can lead to bullying, harassment, or blackmail.

Regional Perspectives:

Delhi: Mental illness connotations vary by age and education. Youth are impacted by education, industrialization, and urbanization, requiring realistic education.

Chennai: Social media revolutionizes communication but has adverse effects such as cyberbullying, privacy issues, and spreading of misinformation. Widespread networking may have harmful lifestyle trends.

Mumbai: Overuse of the Internet by youth may result in neglecting studies, activities, and creativity. Interpersonal relationships are damaged, leading to alienation and anxiety. Internet misuse may result in mental disease.

2. REVIEW OF LITERATURE

1.The Impact of Social Media On the Mental Health of Adolescents and Young Adults: A Systematic Review halaf AM, Alubied AA, Rifaey AA

Social media promotes connectivity and creativity but also cyberbullying, unhealthy comparisons, and sleep disturbance. Adolescents exposed to offensive content are vulnerable to depression and anxiety. Social media can be useful for adolescents, but effective risk management is essential.

2.Impact of Social Media On Social Life of Teenagers in India: A Case Study

Dr. Vijay Singh

Indian teenagers spend more than six hours every day on social media, most of the time resulting in addiction, bad mental health, and less social contact. Although it facilitates communication, excessive use deteriorates well-being. Parents and teachers must channel responsible use.

3.Social Media Usage: Positive and Negative Effects on the Life Style of Indian Youth

Monica Munjial Singh, Mohammad Amiri, Sherry Sabbarwal

Social media enhances communication but leads to addiction, anxiety, and physical problems. Overuse decreases academic concentration and social interaction. Parental awareness programs and monitoring are advised.

4.Social media and impact on mental health

Ms.Simarjeet Kaur, Dr.Kamaljeet Kaur, Ms.Aprajita, Mr.Rohan Verma, Mr. Pangkaj

The teenage years are a vulnerable age, and overuse of social media can cause aggression, sleep deprivation, and social isolation. While the internet is useful, uncontrolled usage impacts negatively on well-being.

5. Social media and adolescent mental health: the good, the bad and the ugly

Michelle O'Reilly

Social media facilitates peer contact and self-expression but also body dissatisfaction, cyberbullying, and stress. Health professionals need to take into consideration the influence of social media, promote open discussions, and offer advice.

3. RESEARCH METHODOLOGY

This study is based on primary data. In Primary data we had circulated a structured questionnaire and then the data was collected by making a google form and circulated online. The total number of respondents were 100 within the age group of 13 to 19 years and the area of study is Bangalore.

Statement of Problem

- Increase in Psychological Disorders: Increased levels of anxiety, depression, low self-esteem, and suicidal ideation associated with social media consumption.
- Cyberbullying & Peer Pressure: Increased contact with online bullying, victimization, and adverse peer influence.
- Negative Social Comparison: Unrealistic representation leads to self-esteem problems and body image issues.
- Sleep Disturbance: Midnight use of social media disturbs sleep, which impacts mental and physical health.
- Exposure to Harmful Content: Risk of being exposed to self-harm, suicide, and risk-behavior-promoting content.
- Inconsistent Research Outcomes: Research presents conflicting outcomes, leaving ambiguity regarding social media's net effect.
- Limited Knowledge of Influencing Factors: Greater research on personality, parental, and cultural influences.
- No Policy Guidelines: Critical need for evidence-based approaches to inform parents, educators, and policymakers. Growing Rates of Psychological Disorders in Teenagers:

Most studies have indicated that rates of anxiety, depression, low self-esteem, and suicidal ideation among teenagers have gone up as a result of their greater usage of social media.

Statement of Limitation:

- Lack of Long-Term Studies: Most research is cross-sectional, requiring longitudinal studies to track long-term mental health effects.
- Questionable Validity of Self-Reports: Research is based on self-reported information, which can be inaccurate or biased.
- Varied Usage Patterns: Social media behavior is not uniform, and thus the "one-size-fits-all" strategy fails to comprehend its effect.
- Emphasis on Negatives: Studies tend to emphasize depression and anxiety and disregard positives such as social support and identity formation.
- Changing Digital Environment: Ongoing revolutions in social networking sites render it challenging to measure long-term impact precisely.

Objectives:

- Impact on Mental Health: Discuss the connection between social media usage and anxiety, depression, low self-esteem, and suicidal ideation among adolescents.
- Risk Factors: Discuss behaviors such as social comparison, cyberbullying, and access to injurious content, as well as demographic factors.
- Protective Factors: Discuss beneficial social media experiences that foster mental health.
- Sleep Disruption: Discuss how late-night social media use impacts sleep quality and mental health.

- Parental and Educational Interventions: Test the efficacy of digital literacy, parental controls, and screen time limits.
 - Policy Recommendations: Create guidelines for policymakers, educators, and parents to encourage safe social media use.
 - Well-being: Assess social media's contribution to adolescent social and psychological well-being and recommend national policy enhancements.
- Evaluation of the Impact Effects on Mental Health:

Assessing the correlation of social media use and some manifestations of mental disorder among teenagers such as anxiety, depression, poor self-esteem, and suicidal ideation. Approximate the extent to which social media contributes and enhances these disorders of mental wellbeing.

Data Analysis:

- Demographics: 74% are 19-20 years old, 14% are 16-18 years old, and 12% are 13-15 years old.
- Social Media Usage: 32% check accounts more than 20 times a day, 52% spend 1-3 hours a day, and 10% spend more than 6 hours.
- Emotional Impact: 44% feel emotionally impacted sometimes, 40% feel FOMO sometimes, and 38% feel depressed sometimes.
- Cyberbullying & Self-Esteem: 60% never experienced cyberbullying, 46% report that their self-esteem is not affected, and 52% compare themselves with others sometimes.
- Anxiety & Isolation: 42% experience a little more anxiety, 46% occasionally feel left out, and 40% occasionally feel isolated.
- Sleep & Productivity: 34% indicate social media has a slight impact on sleep, 54% never wake up at night to look at their phones, and 42% believe their productivity is affected.
- Primary Reasons for Use: 56% use social media for entertainment, 50% use it to stay informed, and 38% use it for relief from boredom.
- Engagement & Influence: 58% never feel coerced to post content, 52% sometimes get influenced by opinions, and 52% never participate in viral challenges.
- Career & Learning: 38% sometimes use social media for professional networking, 34% hardly use it as a learning resource, and 34% never post academic accomplishments.
- Community & Validation: 52% say social media aids in connecting with similar individuals, 40% think it's somewhat significant in friendships, and 36% hardly ever look for validation.

Suggestions:

- Influence on Mental Well-being: Conduct mixed-method research on social media usage, specifically anxiety, depression, and suicidal behavior. Encourage longitudinal research for greater understanding.
- Risk Factors: Offer digital literacy classes in cyberbullying and social comparison. Use AI-based content moderation to filter out dangerous content.
- Preventive Strategies: Teach adolescents safe use of social media, promote access to educational content, and establish supportive online groups.
- Sleep Disturbances: Implement school awareness campaigns on screen time impacts, create apps to restrict notifications, and minimize screen use at night.
- Parenting & Education Interventions: Organize parent workshops on social media monitoring through collaborative supervision instead of control.
- Policy Recommendations: Support stricter content moderation and work with policymakers to develop balanced digital policies for adolescents.
- Teen Well-being: Incorporate social media consciousness into schooling, collaborate with psychologists and application developers to encourage healthy online cultures.

4. CONCLUSION

The impact of social media on the mental health of adolescents is becoming a significant concern, especially in urban areas where online interactions are prevalent. While social media provides various benefits, such as connectivity, self-expression, and access to information, excessive use has been linked to serious psychological issues, including anxiety, depression, sleep disturbances, and low self-esteem.

Current research highlights the complex relationship between social media usage and youth mental health. It reveals that, on one hand, social media serves as a valuable tool for learning and social interaction. On the other hand, it exposes teenagers to risks such as cyberbullying, unrealistic comparisons, and addictive behaviours. To address these challenges, effective interventions at individual, family, and policy levels are essential. In the future, digital literacy promotion, healthy screen use habits, and policies that protect mental health can contribute to a balanced strategy for social media use. Through raising awareness and responsible use, we can optimize the advantages of social media while reducing its adverse impacts on the younger generation.

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