SOCIAL MEDIA USE ON MENTAL HEALTH AMONG ADOLESCENTS

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ABSTRACT

Social media platforms (e.g., Facebook, Instagram, or Twitter) have become increasingly popular among adolescents. This systematic review examines the research on the association between active social media usage and common mental health outcomes (anxiety, depression, and fear of missing out) in adolescents. Therefore, using the world's biggest abstract and citation database for peer-reviewed literature, Scopus was reviewed for empirical studies that looked into this connection among adolescents. Empirical research methodology has included synthesis of local and international experience, comparative evaluation, a scientific experimentation gained through observation, and qualitative assessment of the research materials. As result, a significant association between social media and negative mental health were found. Overall, the link between social media and emotional disorder (anxiety, depression and fear of missing out) has given the public

health implications at risk and demands more inquiry to indicate the intensity and invariance of the outcomes.

Keywords: Social Media; Depression; Anxiety; Fear of Missing Out; Adolescent

INTRODUCTION

Social media is a computer-based technology that allows people to share their ideas, opinion, and information through virtual networks and communities. Social media is an internet based platform that allows people to share content such as personal information, documents, films, and images quickly and electronically. Users interact with social media using web based software or applications on a computer tablet, or smartphone. Despite all of that, social media is also linked with mental health issues among adolescents. Mental illnesses are psychological issues or health problems defined by emotional, thinking, and/or behavior malfunction, causing suffering and/or decreased functionality (Abir, 2017). It refers to the wide range of conditions which affect your mood, thinking and behavior. Mental health issues are now broadly discussed as people nowadays are more open minded and aware of the negative effects that might happen to a person that suffers from various concerns. Some mental illnesses include depression, anxiety disorders, schizophrenia and bipolar disorder. Adolescence is a vulnerable developmental stage of depression, and youth people with mental health issues are more likely to experience poor mental health through their lifetimes (Kelly, 2018).

The main factor that contributes to adolescent mental illnesses is social media usage. Social media use in emerging and developing countries continues to expand (Pew, 2018), and these platforms have become a fundamental part of everyday life worldwide (Sultan, 2021). While social networking services (SNS) (e.g., Facebook, Instagram, or Twitter) are used by a large percentage of the world's population, widespread access to social media has a negative impact on both people and society overall (Wang, 2011). Moreover, the character of adolescents' online interactions and browsing behavior has been linked to adverse impacts of social media on temperament (Lee, 2015), implying that exposure to specific online dangers may be harmful to teenagers' developmental maturation (Burk, 2014).

Evidence is accumulating that there is a correlation between teenage social media use and adolescent well-being, particularly mental health (Pantic, 2012). Which means, the causes and consequences of social media engagement might well be linked to one's psychological health. Considering adolescence is a time when people are more at risk to generate depression, anxiety, and fear of missing out (FoMO) influenced by social media, it is essential to comprehend in what way this online platform use is connected to these problems. Therefore, the current study experimentally justifies a research paradigm in researching the consequence of social media usage in adolescents with mental health issues in these three scopes which is depression, anxiety, and fear of missing out.

RESEARCH QUESTION AND OBJECTIVE

The research question that will be investigated is 'how social media usage affects adolescents' mental health'. There are three research objectives that we want to emphasize in this paper. The first one is to develop a research framework regarding social media utilization that focuses on mental health issues which are depression, anxiety and fear of missing out (FoMO) especially among adolescents. Secondly, to study the importance of comprehending these negative mental health issues which are depression, anxiety and fear of missing out on adolescent well being. Lastly, giving several suggestions which societies can take part to prevent these issues from worsening. Based on the research presented, it has shown a huge amount of evidence that supports the negative impacts of social media on mental health being in adolescents and thus, it is crucial to highlight this issue to be the main concern that needs to take action. Social media usage in adolescents should be surveyed and guarded as prevention damaging effects on their mental health.

LITERATURE REVIEW

Depression Among Adolescents

Over the last decade, depression among adolescents has become more widespread. During this time, the use of social media has also increased. Whether or not social media is a cause of depression is a question that is difficult to answer. The World Health Organization (2017) considers it a contributor to worldwide disability. Lost opportunities for depression detection and treatment can therefore be costly, both in terms of personal and national well being. As a result, Instagram might have a negative impact on teenagers since people constantly post images of themselves in order to appear more attractive and privileged. People who can't afford the lifestyle may suffer from low self-esteem and depression as a result of this. At the time being, a search by using hashtag #depressed on Instagram yielded more than 12.96 million matches (McCosker, 2021). Instagram has experimented with numerous ways for restricting access to posts, such as showing only a restricted number of top posts rather than all recent posts, as it has with many other topics perceived to be troublesome for the social media company. According to Solon (2018), this could be in response to the platform's high amount of public scrutiny in recent years questioning its influence on young people.

According to McCosker (2021) the discourse aims to address the methodological issues that underpinned present and future research, as well as to build our framework for inclusive hashtag behaviours. This method gives a detailed account of hashtag activities for #depressed. Other than that, the impact is those who follow a large number of strangers have negative associations with happiness whereas those who follow a small number of strangers have good correlations with happiness (Lup, 2015). When adolscents lack the ability to regulate unpleasant emotions associated with stressful experiences, they may turn to social media to distract themselves and avoid uncomfortable sensations. However, this leads to negative mode modification, which is harmful. Hence, adolescents who are unable

to effectively read emotional cues may have unsatisfactory interactions with others, which may prolong low mood, and as a result, intensify depressive symptomatology (Davis, (2019). Moreover, according to Kuss (2017), depressed teenagers also prefer online connections and utilise social media sites to deal with everybody's problems, thereby increasing Problematic Social Media Use (PSMU).

The Impact Of Social Media Towards The Anxiety Among Adolescents

Mental health problems such as depression, anxiety, and fear of missing out (FOMO) are on the increase, in part due to the prevalence of anxiety disorders on social media. From a worldwide perspective, social media assists adolescents in developing communication, social, and other skills, as well as allowing them to express their views and ideas. There are, of course, many downsides to technology as well adolescents' anxiety issues are being worsened by their overuse of social media, especially on sites like Facebook and Twitter. Approximately one-third of persons suffer from anxiety problems at some time in their life. One in five Americans suffers from an anxiety problem, and women are twice as likely as men to be diagnosed with it. In addition, there are a number of illnesses that share a severe or pathological anxiety as the fundamental mood or emotional tone disruption. Anxiety disorders are marked by an increase in heart rate, perspiration, muscle tenseness, concern, easy fatigue, poor memory or attention, sleeplessness, irritability, compulsive behaviours, dissociation, and physical symptoms (Zender. R, 2009). Anxiety, despair, loneliness, and other mental illnesses can all be exacerbated by excessive use of social media. Negative emotions like inadequacy in life and self-appointment may be exacerbated by social networking.

According to the study S Jiang (2020), they found that frequent Instagram use was linked to a higher level of social comparison, as social media allows users to construct personal profiles and expose them to information about other people's lives. Social comparisons, according to the results of their poll, raise social anxiety. Furthermore, a study that analysed population survey data collected from Icelandic adolescents about the prevalence of social media use and investigated the relationship between both active and passive social media use with self-reported symptoms of anxiety and depressive mood states discovered that their participants frequently experienced each symptom, including nervousness, hand shaking, and fear of speaking in front of others (IE Thorisdottir, 2019).

The indirect consequences of depression, anxiety, and stress on Tiktok use have also been studied. Both anxiety and stress were negatively associated with visuospatial working memory in P.Sha (2021) study, but they were not linked to verbal working memory, despite the fact that there was a strong correlation between the two. However, according to O Baltaci (2019), there was a favourable correlation between students' social media addiction and their social anxiety and loneliness levels. This study disagreed with S Jiang (2020), who claimed that social media addiction had a negative impact on self-esteem and self-aptitude, which can lead to anxiety problems. This current study also reveals that persons with a higher proclivity for social comparison should be cautious while using social media and avoid often comparing abilities and opinions with others. To summarise, social

media use among adolescents might lead to mental health issues such as anxiety disorders.

The Links Between Fear Of Missing Out (FoMO) And Social Media

Social media platforms are deeply embedded in the lives of many adolescents and are seen as key avenues for establishing and maintaining social ties (Shapiro, 2013). Within that regard, experts (Chiou, 2013) believe that people are growing increasingly reliant on social media to meet their primary needs. In this case, adolescents begin to feel the sense of belonging which requires them to keep up to date with the latest trends on social media in order to not be left out. Fear of missing out (FoMO) is described as the fear or anxiety of being disengaged, absent, or missing an experience that others (e.g., peers, friends, relatives) may get or enjoy (Przybylski et al., 2013). This condition mainly occurs due to the increasing use of social media where people nowadays utilise it as a platform to share, connect, and check on the status of pals regardless of location or time, which enhances the likelihood and influence of social media involvement. Experts believe that people suffering from FoMO are obsessed with psychological impulses to be connected, affiliated, and familiar with individuals surrounding them (Beyens, 2016).

Recent research has connected FoMO to a variety of undesirable psychological and physiological states, including high rates of alcohol use and hazardous behaviour (Riordan, 2015), depression, and other emotional and physical difficulties (Baker, 2016). Moreover, according to Guilia (2021), FoMO may not only be an essential mechanism explaining the extensive usage of social media, but it may also be a significant antecedent to degraded control over such medium. It appears that through obsessive social media use, FoMO causes social media exhaustion. People who suffer from FoMO are more inclined to frequently check social media thus when the frequency of such usage rises, individuals are more susceptible to acquire an excessive usage habit, such as compulsivity (Przybylski, 2013). Moreover, being isolated from peer interactions and being ignored by peers is distressing for adolescents and causes emotions of stress (Beyens, 2016). As a result, feelings of exclusion from socialisation may be quite stressful for adolescents.

In addition, according to a study by Abdullah J (2021) found that individuals who are suffering a lack of social demands as a result of FoMO are more prone to boost their human value by releasing personal information on social media in order to develop larger online networks. Similar in other research, as a result of the pleasurable benefits and enjoyment individuals obtain from engaging in self-disclosure actions, their FoMO will foster their addiction to social media. Therefore, suicidal thoughts or behaviour might arise from over disclosure of personal information on social media in severe circumstances. For instance, many social media influencers in Arab countries have overly opened themselves on media platforms, and have begun to have a negative impact on their psychological functioning and well-being (Abdullah J, 2021). In other cases, there will be a crime that stems from this excessive share of personal data. Identity theft, sexual harassment, cyberstalking, and economic or criminal exploitation are all potential long-term threats of self-disclosure of social media (Sina, 2020). Consequently, we

hypothesis that FoMO is the result of excessive and uncontrolled use of social media.

RESEARCH METHODOLOGY

For methodological approaches, we used the Scopus search engine, which was pre-populated with keywords and citations that were relevant to our topic, to look for relevant publications on our subject matter. Every piece of research that we seek for is evaluated against the criteria that we have established for the demands of our topic.

As part of our research, we eliminated other mental health conditions (for example, eating disorders, psychopathic disorders, trauma-related disorders) in order to concentrate on three characteristics that potentially have a favourable relationship with social media. The research that involves the opposite of social media was also excluded from the study (e.g music, movies, etc). All of the journals are fully extracted from full-text journals. For the purpose of summarising the information on the link of social media with three variables of mental health disorders (e.g. depression, fear of missing out (FoMO), and anxiety), we used the researchers' opinions to determine the link between social media and those three variables.

FINDINGS AND DISCUSSIONS

The fundamental purpose of this research is to have a better understanding of the implications of this issue. Social media and mental health have a positive link towards one another based on each journal that has been chosen. Mental health issues on social media, such as depression, anxiety, and the fear of missing out, have caused some people to suffer in their lives, causing them to be afraid to meet new people, isolate themselves, and even commit suicide. Firstly, the huge number of strangers that teenagers followed on Instagram, together with more regular Instagram use, were shown to be associated with increased depress symptoms in the study participants. Furthermore, Instagram usage, as well as Facebook use, may stimulate negative comparison behaviors, which may lead to young people's mental health. Aside from the issue of strangers, one of the factors that contribute to anxiety, the most frequent mental disorder, is the act of comparing oneself to others. Users on Instagram are prone to comparing themselves to others in each post, which can lead to overthinking and feelings of insecurity.

Others, on the other hand, are prepared to face risks such as debt, plastic surgery, and other procedures in order to appear flawless and gorgeous on social media in order to look like the celebrities who are renowned on Instagram, for example. This can result in despair, and as a result of these adverse effects, some people express a desire to end their lives by suicide. As we can see, many of these challenges develop as a result of being impacted by the world of social media, ranging from adolescent pregnancy to poverty to old age and everything in between. Youth in the twenty-first century are living in an entirely new time period, in which they strive for popularity on social media. The consequences of such desire include an array of problems that have a negative effect on their mental health. Based on

this, we may conclude that excessive usage of social media has a strong influence on our psychological well-being.

Society must no longer remain mute in the face of this crisis, rather, it must undertake a campaign that does not normalise the situation, because the crisis has the potential to damage future generations. People must become members of society in order to avoid the normalisation of social media's impact on adolescents' mental health, which is a result of recent technical developments. During this century, society's mentality should keep pace with technical advancements, avoid becoming too conventional, and strive to be more open-minded. In this circumstance, not only the community, but also organizations must take action in order to resolve the situation. As a result of our irrationality, more people are suffering. After extensive research, it has been proven that social media has a negative impact on adolescent mental health. So, based on the research, there are a few suggestions that have been found. So, to prevent this from occurring, the government should engage with any organizations who are interested in developing a campaign or other measures that will prevent this from occurring and will normalize the situation. Also, an NGO can hold advocacy actions to redress inequalities caused by social structures that intentionally or unintentionally obstruct the rights of individuals with mental illnesses. World Health Organization advocacy is a way of raising awareness about the importance of mental health issues and ensuring that they are on government agendas. Its goal is to ensure that people with mental diseases have access to the legal rights and freedoms, as well as to provide avenues for recourse in the event of inequitable policies and procedures. Such as, the government should work with any organizations interested in developing a campaign or other measures to prevent this from happening in the future and not to normalize the situation. An NGO can also hold advocacy actions to address inequalities caused by social structures that obstruct the rights of people with mental illnesses, whether intentionally or unintentionally.

Next, be considerate of others by sharing positive content on social media and tagging them in positive comments. People may contact another person to express their admiration or gratitude for something they saw or read on their social media page. If people are reacting negatively to your message, consider whether you need to reword it or have an in-person conversation instead. Anyone who witnesses or is the victim of bullying or abuse should immediately report it by blocking and reporting it on social media. Our words have an impact when we speak. Each of us has the ability to be kind and make someone else's day better. So better speak out than keep it inside. Other than that, Use online resources to raise awareness about the importance of good mental health and well-being. A wide range of excellent online resources and material can support all aspects of healthy lifestyle choices. People of all ages and interests will be able to find something to suit their needs, whether it's a relaxing app or a platform that keeps them connected and supportive of one another. Students can use a wide range of online learning tools to help them develop new cognitive and creative skills, such as sketching or yoga, as well as online exercise programs to stay fit and relaxed. To avoid doom scrolling, think about how social media and internet information might influence our emotional and behavioral responses. So, if people use social media properly and share good things,

people will be able to have a positive impact as well, so stop spreading negative information on social media.

CONCLUSION

To summarize the study, according to the primary goal of this research, the significance of this issue was clearly demonstrated in the majority of studies. Despite all of the hype surrounding social media, studies have found that it can increase the risk of mental issues, which is primarily explained by this research. Today's debate is not about why social media is good, but about how and why people use it. If used excessively and without good supervision, social media use can have a negative impact on anxiety, depression, and fear of missing out (FOMO), especially in adolescents. According to research, making comparisons between one's own life and the lives of others makes anxiety and depression worse. They continue to question their possessions in light of what they see on social media. In reality, the things and perfect lives depicted on social media are not real. Then, based on all of the research, it appears that when adolescents use social media primarily for connections and relationships, their fear of missing out (FOMO) increases. This could be due to a fear of not being able to get along with others and participate in society. Furthermore, having a small number of quality friends was associated with a higher risk of depression than having a large network of social friends. The truth is that having a large number of friends causes us to have a strong desire for many things, which causes some adolescents to experience high levels of stress because they are unable to achieve their goals.

The same as with any tool or medium, the intentions of the user will define the ethics of social media use. Excessive social media use can be harmful if not done with caution. Using it with the right intention and reason will provide the adolescents with numerous benefits that can help them improve their soft skills. Adolescents must shift their focus away from negative news and useless content in order to develop positive feelings when using social media rather than feeling restless and anxious. Finally, using social media for learning and earning a living was extremely beneficial in terms of rejecting the negative aspects of comparing oneself to others. Comparing, like peer pressure, can undermine an adolescent's self-esteem and sense of self-worth if the emphasis is not on developing our skills and lives. To change things, we must see social media as we want them to be rather than as they are.

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