Social Media and Mental Health

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Social Media and Mental Health

As of 2019, there were over 3.5 billion social media users globally, and this figure still increases by 9% each year. It is impossible to deny that social media has become an important part of many people's lives. There are various positive effects linked with the platforms, including better connectivity. However, addiction to social media platforms, the increased comparisons between individuals, and the fear of missing out have increased depression and sadness.

Social media addiction has become rampant, which has negatively influenced the lives of many individuals in society. Checking and scrolling through the different social media platforms has become increasingly popular over time, leading to excessive and compulsive use. This behavioral addiction is characterized by being overly concerned with social media and the uncontrollable urge to log into the site. This impairs life in other important areas hence mental health issues. The uncontrolled use is linked to multiple interpersonal problems, including ignoring life relationships, work, and school responsibilities, which may precursor undesirable moods (Sadagheyani & Tatari, 2020).

The comparison factors easily make people feel isolated, thus leading to mental health. Many social media users often fall into the trap of equating themselves to others as they scroll through their feeds and judge how they measure up. Research often breeds envy, low self confidence and depression, and our ability to trust others. This is especially detrimental since most of the information presented on the internet is inaccurate. According to Bashir & Bhat (2017), increased social media use is, in most cases, a projection of low self –esteem which could lead to harm.

The fear of missing out (FOMO) derived from social media is also a negative contributor to mental health. This is the increased feeling and perception of others living better lives and having better experiences than you. It leads to a deep sense of envy and affects people's self-esteem, and social media sites highly exacerbate the problem. This could also lead to stress and depression, affecting mental health.

In conclusion, social media is a great contributor to society's mental health issues. This is especially true within the young population, who are the main users. Continuous use is linked to increased addiction, comparison between individuals, and lastly, the fear of missing out, negatively affecting one's mental health. People must monitor their use of these platforms to avert such problems.

References

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