

Review On the Impact of social media

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Abstract. Social media platforms like Instagram, Twitter, and TikTok have become indispensable components of everyday life, significantly changing how people engage, communicate, and obtain information. Although these platforms give users unmatched access to a wide range of viewpoints and experiences, they also present serious psychological difficulties. Positive and negative aspects of social media's impact on mental health have been discussed extensively. Social media can encourage self-expression, creativity, and the development of communities, but it can also exacerbate problems like addiction, anxiety, and social comparison. Constantly being exposed to idealised lives and photos on social media can worsen feelings of inadequacy and have detrimental emotional effects. Gaining a better knowledge of how social media use affects mental health is essential to maximising social media's benefits and reducing its negative impacts. This essay makes the case for a fair strategy that takes into account both the possible advantages and psychological hazards of social media use.

Keywords: social media; mental health; well-being.

1. Introduction

Social media's introduction has completely changed how individuals interact, communicate, and use information. Social media sites like Instagram, Twitter, and TikTok have ingrained themselves into everyday life by providing users with previously unheard-of access to a wide range of viewpoints and experiences. But there are important psychological ramifications to this technological wonder. Social media's effects on mental health have become a hotly debated topic, with both advantages and disadvantages being emphasized. Social media presents problems like encouraging comparison, anxiety, and even addiction, even while it also provides chances for self-expression and community development [1,2]. In order to maximize social media's positive effects while minimizing its negative ones, the author contends in this essay that a sophisticated knowledge of how social media usage affects mental health is necessary.

2. Key Concept

Teenagers are at a key point in their emotional, psychological, and social development, making them more vulnerable to the pressures and impacts of online platforms. Social media use is strongly ingrained in their everyday lives, with sites such as Instagram, TikTok, and Snapchat serving as main channels for communication, self-expression, and social validation [3]. Teenagers are also more likely to participate in social comparison as they work to establish their identities and achieve acceptability within peer groups. This propensity can be magnified on social media, where people are continually exposed to idealized and often false images of peers, celebrities, and influencers. Such exposure has a negative influence on self-esteem, body image, and overall mental health, potentially leading to anxiety, sadness, or eating disorders [2]. Furthermore, this age group is especially susceptible to cyberbullying and online harassment, which can have long-term psychological consequences [4].

According to studies, kids who experience online harassment are more likely to develop signs of anxiety, social disengagement, and even suicide thinking [3]. This study focuses on teenagers to better understand the complex interaction between social media use and mental health effects. By focusing on this population, the initiative hopes to determine patterns of use, specific issues they confront, and coping techniques they adopt. The findings can assist parents, educators, and legislators in developing

programs that promote better social media behaviors and establish a supportive online environment for youth, allowing them to navigate these platforms without jeopardizing their mental health.

Teenagers are especially prone to the impacts of social media on anxiety because of their stage of psychological development and the pressures associated with puberty. The combination of their growing need for social acceptability, identity construction, and more exposure to internet interactions frequently provides fertile ground for anxiety to flourish [1].

Social comparison, which is exacerbated by social media, is one of the most major causes of anxiety among teenagers. Instagram and TikTok are popular platforms for sharing highly curated and romanticized content about other people's accomplishments, lives, and physical beauty. This exposure frequently causes teenagers to compare their lives to these supposedly perfect images, fueling feelings of inadequacy and self-doubt [5]. The constant pressure to meet these high standards can exacerbate anxiety, especially among those who are predisposed to self-criticism or perfectionism [6].

Social media fosters a persistent fear of missing out, as teens witness their peers participating in activities, events, or trends from which they may feel excluded. This worry might cause increased anxiety about social membership and approval [3]. Teens may feel compelled to stay online longer, even if it means sacrificing sleep or mental health, in order to avoid being left out.

Teens are also more likely to face cyberbullying and online harassment, both of which can exacerbate anxiety. Anonymity online frequently emboldens bullies, and kids who are subjected to such behavior may face increased stress, fear, and feelings of isolation [4]. Similarly, the pressure to conform to societal norms, trends, or challenges on online platforms can cause anxiety about being judged or rejected.

The addictive aspect of social media sites, which are intended to keep users engaged, might worsen teenagers' anxiety. Notifications, likes, and comments form a reward system that encourages continuous checking, which can lead to stress when teenagers feel a lack of involvement or recognition online [3].

In conclusion, adolescent constraints, such as a developing sense of self, increased susceptibility to peer validation, and limited coping skills, exacerbate the anxiety-inducing impacts of social media. To address this issue, promote digital literacy, encourage offline social interactions, and raise self-awareness regarding the controlled nature of online content.

3. Social Media & Anxiety

Anxiety is a mental health problem that causes persistent emotions of worry, dread, or unease, which are frequently accompanied by physical symptoms such as elevated heart rate, sweating, and restlessness. While anxiety can be a natural, even adaptive, response to stress, it becomes a severe problem when it is chronic or excessive, interfering with daily activities. In today's hyperconnected society, social media has played a big role in molding people's mental health, notably by leading to increased anxiety. Social media services such as Instagram, Facebook, and TikTok are intended to promote connection and self-expression. They have, however, become venues of unrelenting comparison, with users continuously exposed to idealized depictions of others' lives. This social comparison, exacerbated by the visual and interactive character of these platforms, is a major cause for social media's tremendous impact on anxiety [7].

According to social comparison theory, humans have an inbuilt desire to appraise themselves by comparing their experiences to those of others. Social media, with its emphasis on tailored content, intensifies this trend in unprecedented ways. Users frequently publish carefully chosen aspects of their lives, such as vacations, accomplishments, or milestones, presenting a picture of perfection. Others who see these idealized representations may feel inadequate or doubt themselves. For example, a person looking on Instagram may notice a peer's post about a nice vacation and feel insecure about their inability to afford such experiences. This comparison is frequently unfair, as it contrasts one person's behind-the-scenes challenges with another's meticulously produced highlights. However, the

emotional impact is genuine, as studies reveal a clear link between social media use and increased emotions of inadequacy, envy, and anxiety.

The 24/7 availability of social media exacerbates the problem. Unlike traditional media, which has a restricted reach and timetable, social media is constantly available, allowing consumers to interact with it at any time of day. This constant availability might lead to excessive screen use, especially during sensitive times like late at night. For example, someone lying up at 2 a.m. may scroll through their feed and come across articles that make them feel lonely, unproductive, or failed. These late-night comparisons can start a vicious cycle of anxiety, affecting sleep habits and leading to general mental health decline. Furthermore, the addictive nature of social media—engineered by algorithms designed to keep users engaged—means that people may find it difficult to disengage, even if they are aware of the negative consequences.

Another element that links social media to anxiety is the urge to project a specific image online. Many users feel obliged to display an idealized version of themselves, whether by manipulating photos, curating descriptions, or highlighting accomplishments. The strain to "keep up appearances" can be psychologically draining and cause anxiety. For example, a young professional. For example, a young professional may feel driven to write about their professional achievements in order to appear competent and productive, even if they are struggling behind the scenes. The urge to present a flawless existence can cause emotions of imposter syndrome, as people dread being exposed as less successful or happy than their online persona portrays. This discrepancy between one's real and digital selves might lead to increased worry and self-doubt.

The problem is especially acute among adolescents and young adults, who are the most active users of social media and are at a developmental stage in which identity and self-esteem are particularly vulnerable. Adolescents frequently rely on peer validation to shape their self-esteem, and social media offers a quantitative measure of approval in the form of likes, comments, and shares. For example, a teen may submit a photo and eagerly await affirmation in the form of likes. If the response does not meet their expectations, they may experience feelings of rejection or worthlessness. This persistent demand for acceptance might cause users to become overly reliant on external validation, weakening their ability to establish intrinsic self-esteem.

In addition to increasing comparison, social media can increase anxiety by spreading unrealistic beauty standards. Instagram and TikTok are highly visual platforms, with users constantly exposed to photographs of people who appear to be flawless. Many of these photographs are manipulated or filtered, resulting in unrealistic beauty standards. Repeated exposure to unrealistic norms can have a deleterious impact on body image, especially among young women. According to research, increased social media usage is linked to increased body dissatisfaction and appearance-based anxiety because users compare themselves to altered photos and feel inadequate in comparison. This issue is exacerbated by trends and challenges that place an emphasis on physical beauty, reinforcing the notion that one's worth is determined by how they look.

While social media has a major detrimental impact on anxiety, it is vital to understand that these platforms are not intrinsically evil. In fact, social media may foster a sense of community and support, especially for people coping with mental health issues. Online forums, mental health advocacy pages, and peer support groups provide opportunities for users to share their stories, find information, and connect with others who understand their challenges. For example, someone suffering from anxiety may join a Facebook support group or follow mental health advocates on Instagram, finding comfort in knowing they are not alone. However, these beneficial qualities are frequently overwhelmed by the negative impacts of comparison and pressure, particularly when users are not careful of their interaction with social media.

Several measures can be used to reduce the anxiety-causing effects of social media. One way is to practice mindful usage, in which users restrict their screen time and deliberately reflect on how their social media interactions make them feel. For example, a person may choose to unfollow accounts that elicit negative feelings or establish specified times of day to view their feed. Another useful technique is to increase digital literacy, especially among adolescents and young people. Teaching

users to identify the curated nature of social media and the presence of controlled content might help them approach these platforms critically, lowering the risk of detrimental comparisons. Finally, cultivating an authenticity culture on social media, in which users feel comfortable discussing both their accomplishments and challenges, can result in a more balanced and helpful online community.

Finally, anxiety and social media are inextricably linked, with platforms serving as a magnifying glass for comparison, self-doubt, and pressure. While social media can help people connect and express themselves, it also fosters unreasonable expectations and constant comparisons. Individuals can navigate the digital world more thoughtfully and maintain their mental well-being by understanding the mechanisms through which social media promotes anxiety and using measures to promote better involvement.

4. Social Media & Well-Being

Well-being is a multifaceted notion that includes physical, mental, and emotional health, as well as a sense of purpose and personal fulfillment. It is a state in which people feel balanced, resilient, and capable of flourishing in both their personal and communal lives. In today's digital age, the concept of well-being is more important than ever, as social media influences how individuals view themselves, engage with others, and experience the world [8,9]. Social media platforms enable connection, self-expression, and access to knowledge, all of which can improve well-being. However, these same platforms present problems that can prevent people from obtaining and maintaining healthy well-being. Understanding the relationship between social media and well-being is crucial for effectively addressing its consequences.

One of the most important areas of well-being affected by social media is mental health, which is inextricably linked to an individual's feeling of self-worth and emotional resiliency. Social media creates circumstances in which users are constantly exposed to idealized depictions of other people's lives, resulting in a phenomenon known as "upward comparison" [5]. This form of comparison, in which people regard themselves as inferior to those they see online, can lead to feelings of inadequacy and low self-esteem. For example, seeing peers write about career accomplishments, love milestones, or lavish vacations might set false standards of success and happiness, making users feel as if they are falling short in their own lives. These unfavorable comparisons harm mental health by causing prolonged tension, anxiety, and depressed symptoms.

Another aspect influencing well-being is the pressure to adhere to societal standards and expectations fostered by social media. Many users feel driven to rigorously curate their online presence, highlighting only the most polished and appealing aspects of their lives. The ongoing desire to maintain an idealized digital identity can be emotionally draining, resulting in a separation between one's real and virtual selves. For example, a person may feel compelled to modify their images, publish accomplishments, or participate in trending challenges in order to obtain validation in the form of likes, comments, and shares. This reliance on external validation can damage core self-worth and leave people feeling rejected or inadequate when their posts do not receive the attention they desire.

Social media use has an impact on physical well-being, often indirectly but significantly. Excessive screen usage can interfere with good behaviors such as sleep, exercise, and in-person social contacts. For example, those who spend hours scrolling through their feeds late at night may have interrupted sleep patterns, which are important for overall health. Furthermore, the sedentary nature of prolonged social media use may limit possibilities for physical activity, resulting in a deterioration in physical health. This neglect of basic self-care habits has a negative influence on mental and emotional well-being, creating a difficult-to-break loop.

Despite its limitations, social media is not necessarily harmful to well-being; it is how people interact with these platforms that determines their influence. Social media can improve well-being by promoting a sense of community and facilitating access to materials that support personal development [8]. For example, networks such as Twitter and LinkedIn enable users to network

professionally, whereas Instagram and TikTok give creative outlets for self-expression. Similarly, support groups and mental health advocacy pages can help users feel less isolated while also providing useful information for stress and anxiety management. These positive features show social media's potential to be a force for good when utilized responsibly.

To address the problems that impede well-being, individuals must use measures that foster a healthier connection with social media. Setting screen time restrictions, curating one's feed to include uplifting and inspiring information, and intentionally engaging with platforms can all help users mitigate the negative effects. Encourage open talks about the controlled nature of social media and promote authenticity to alleviate the temptation to meet unrealistic standards. Furthermore, incorporating offline activities such as exercise, hobbies, and in-person interactions can help to maintain a sense of balance and promote overall well-being.

Finally, social media has a significant impact on well-being since it presents both opportunities and obstacles. While these platforms can connect, inspire, and inform, they also promote negative comparisons, emotional pressures, and unhealthy habits that are detrimental to one's well-being. Individuals can navigate these digital arenas in ways that benefit rather than harm their overall health and happiness by raising awareness and encouraging mindful interaction with social media [10].

5. Conclusion

In summary, social media's impact on mental health is a complicated, multidimensional problem that needs serious thought. These platforms offer great chances for communication, self-expression, and information access, but they also have serious drawbacks, such as encouraging irrational comparisons, causing anxiety, and aiding in the development of addiction. Social media's dual nature necessitates a well-rounded strategy that promotes mindful use and places a high priority on mental health. Individuals can embrace the wonderful potential of these platforms while reducing their negative consequences by promoting digital literacy and encouraging users to establish healthy limits. In the end, it is people's duty as a society and as individuals to traverse the digital terrain mindfully and purposefully, making sure that social media is a tool for empowerment rather than a source of harm.

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