"Digital Dilemmas: A Study on Children’s Social Media Habits and its Impact on Children’s Mental Well-being"

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Abstract

In the contemporary digital age, children's engagement with social media has become ubiquitous, raising concerns about its potential influence on their mental well-being. This review paper looked into the relationship between children’s social media use and their mental health. Looking to provide valuable key findings to parents, teachers and future researchers. Some previous studies that are similar where reviewed and had empirical investigation from such studies were used as a justification for the conclusion drawn in this study. This review paper is also focus on the interaction of children’s on social media and its potential benefits and drawbacks. The factors, which affects such as longer hours online engagement, consumption of available contents and addiction to the web entertainments. This research observe the correlation between social media use and indicators of children’s mental well-being focusing on the aspects like Depression, anxiety, low self-esteem and body image dissatisfaction. The study concludes that depression, anxiety, low self-esteem and body image dissatisfaction are the mental health effects of social media use among the children’s and that there is a significant effect of the use of social media for longer hours on the mental wellbeing of the children’s.

Keywords

Social Media, Social Networking Sites, Digital Based Entertainment, Mental Health, Anxiety, Depression, Low Self-Esteem, Body Image Dissatisfaction, Children’s.

1 INTRODUCTION

Social media plays an essential role in each student’s life. In the past few years the venerable social networking sites which was grow as the universal fact (Foregger, 2008). Facebook using juvenile repeatedly manifest additional self-centered move, although youthful Person using facebook have well-built existence appear various mental anguish gesticulation and Individual trouble like misery, nongregarious, Mulish nature, poor eyesight consternation, and so on. (Oneindia, 2011). Previous studies accept using social media immoderately creates unfavourable Effects on physical and mental health and youngsters should conclude that what could be the Negative impact of its increased usage.

Social Media is taking part in different types of online networking; it is a routine movement that inquires about the children and teenagers by upgrading communication, social association, and even specialized skills (Horst H, 2010). Social networking sites offer different day-by-day openings for interfacing with companions, schoolmates, and individuals with common interests. (Ted Eytan 2010). During the most recent 5 years, the quantity of preadolescents and youths utilizing social networking sites has expanded significantly. As per the recent survey, 22% of adolescents sign on to their top choice social networking sites
over 10 times each day, and the greater part of young people sign on to SNS more than once a day. Seventy-five percent of young people presently use phones, and 25% use them for social media, 54% use them for messaging, and 24% use them for instant messaging. Thus, a huge amount of this current age's social and enthusiastic advancement is happening while on the Internet and cell telephones. (Hinduja S, Patchin J, 2010). Recently, a few specialists have related social networking sites with a few mental disorders, which include depression and anxiety. Since social networking sites are a moderately new wonder, numerous inquiries concerning the potential effect on mental health remain unanswered. (Igor Pantic, 2014). Therefore, this paper undergoes the impact of social media use on mental health issues of the student. The objective of the study is to determine the impact of social media use on mental health issues such as depression, anxiety, low self-esteem and body image dissatisfaction of students.

2 LITERATURE REVIEW

2.1 Student Mental Health Issues

Barrense-Dias, et al. (2019) shared that social media is the most exceedingly terrible stage for youth where the younger’s use for cyberbullying and trolling which is a hazard for youngster’s mental health. Williams& Teasdale (2018) studied that the individuals who utilize social media excessively long, they may stick in mental health issue. Oberst, et al. (2017) have characterized the effects of online networking that particularly impacts on youngsters psychological wellness, the overutilization of internet-based life causes emotional wellbeing issues. There is another predator’s gal; conversely, different researchers have given the pessimistic effect of online life, such as World Health Organization, (2017) disclosed that the individuals who have been utilizing internet-based life for quite a while, they have been refreshing from the dangers, it is additionally considered by them about the future issues of a nation. Pater & Mynatt (2017) depicted that social media causes for hostile and unsafe conduct in this manner it is harmful to the emotional well-being of a person, particularly for youngsters. The impact of internet-based life relies upon its use if an individual who utilizes too much social media as well as whatever can be hurt to him.

Parmar (2017) expressed that in 21st -century youth has been investing their energy in various social contraptions, a normal 12-15 hours per day on stimulation media, including, telephones, PCs, workstations, TVs, just as some others gadgets. With the assistance of these gadgets, they use WhatsApp, YouTube, Facebook, Instagram, Twitter and some others. As of 2019 statistics (Felix Richter, 2019), 2.7 billion people used Face book, Instagram, or Messenger each month and more than 2.1 billion people use at least one every day. Among them more than 1 billion who were dynamic clients of Facebook which is the most visited site the utilization of this application the young don't think pretty much all companions, the client’s bio information is accessible there and the obscure companion might be hake their information. Just about 1 billion were dynamic clients of YouTube, over 4 million are WhatsApp dynamic clients, likewise 4 million were perpetual clients of Instagram and above 3 million were dynamic clients of twitter. Similarly, the quantity of online life client has been expanding systematic genuine hazard for youth psychological well-being (Deepa M, Dr.V.Krishna Priya, 2020) [1].

Dangerous online life use was emphatically and freely connected with expanded depression side effects (Shensa et al. 2017). Thronicroft, et al. (2016) given supposition that online networking is significant for youngsters' lives since it has incredible connection to people groups emotional wellbeing, however then again some speculative portrayal thought of it as, is extraordinary hazard and perilous for human's psychological wellness, also youth utilizes social networking sites for digital harassing, similar to ridicule others, mimics, and so on as result others lose their confidence, self-assurance. It has small positive effects of online networking among young generation.Miller, et al. (2016) portrayed that internet based life changes the method for correspondence, socialization additionally it keeps companionship. While its advantages to turning into the development bunch part however opposite side it has a few dangers being investing their energy in society that is perilous for their emotional health. Len-Ríos, et al. (2016) have said that social media frequently use for long-range interpersonal communication bookkeeping that is not a kidding hazard for youth for adolescents
since ordinary utilization of person to person communication bookkeeping can impact emotional wellness of the adolescents (Deepa M, Dr.V.Krishna Priya, 2020) [1].

Patel, et al. (2016.) pointed out that online networking is creating a problem like uneasiness, sorrow, and dietary issues. Besides, the utilization of social media has been turning out to be a progressively troublesome issue for younger is since more invests their energy looking over however social media applications and they don't get anything as result it is a huge danger of youngster’s mental health. It is commonly discovered that unnecessary utilization of SNS can prompt elevated misery, uneasiness, pain, depression, and disappointment with life, in this manner falling apart psychological well-being (Woods and Scott, 2016), SM use was altogether connected with expanded depression (Lin et al; 2016). Despite what might be expected of past explanation Townsend, et al. (2016) thought about that social media becomes a hindrance in vis-à-vis meeting and individuals typically live alone when they converse with others as result it become their propensity that is an indication of stress, sadness, and self-deduction (Deepa M, Dr.V.Krishna Priya, 2020) [1].

2.2 Students Social Media Use

GermannMolz and Paris, (2015) described that the adolescent checks out online life in light because the cutting edge innovation engages them, also they contribute their aptitudes to their companions additionally they contact with family, thusly it makes their psychological wellness more grounded (Deepa M, Dr.V.Krishna Priya, 2020) [1].

Gipson, et al. (2015) portrayed that an immaturity period youth's psychological well-being and feeling prosperity, yet they have an absence of data, further requested that how state they are solid or how to keep this condition. Zhang, et al. (2015) correspondence and social association might be encouraged by social media life. Creeks (2015) showed that the youths who utilize increasingly social media generally fall into difficulty and regularly they are troubled and exhausted. Amedie (2015) expressed that social media become the reason anxiety and depression for young people, when the clients consider other to be as upbeat and more offices then they feel sad as it is become mental issue for youngsters. Like shrewd Clarke, Kuosmanen, and Barry (2015) portrayed that social media builds the feeling of young people (Deepa M, Dr.V.Krishna Priya, 2020) [1].

Jelenchick et al ;( 2013) states that there is no verification of interrelationship among SNS and clinical depression. Jelenchick investigated the connection between social networking use and depression in young people. As per their exploration, depression can't be without a doubt related to the person to social networking media utilization among American adolescents. Mustafa Koc (2013) inferred that uncommon compulsion and uneasiness certainly gauge Facebook habit. As per Gabre and Kumar (2012), facebook prompts increment in feelings of anxiety and lost control of things among undergraduates. Depression is a critical hazard factor for an exceptionally common cardiovascular issue and substantially affects suicide occurrence. Likewise, this issue is one of the primary reasons for the powerlessness to work and in this way influences the financial circumstance of the individual, his family, just as the general public all in all (Lépine et al. 2011). Computer use and television viewing have also been linked to anxiety and/or depressive symptoms (de Wit et al. 2011).Depression and sentiment of loneliness may cause due to Facebook among understudies (O'Dell 2011) [1].

O'Keeffe, Clarke-Pearson, and Council on Communications and Media (2011) build up the expression "Facebook Depression" recently characterized, was an interrelationship between youthful experience a lot of time via web-based networking media destinations and creating wretchedness side effects. As indicated by Moreno et al (2011a) Facebook articulations may propose the presence of depression side effects client is associated with at the base types of depression. Depression is one of the most continuous mental disposition issues in both created and low-pay nations. Significant melancholy influences around 16% of the all-inclusive community at least multiple times during their lives (Lee et al 2010) [2].
Depression was the most generally detailed disease (Burnsed, 2010) as an all-inclusive mental issue in the understudy populace. Depression is an enthusiastic condition of distress, edginess, and disturbance that cut off the part of life and it can bring about suicide if isn't dealt with (McCall, 2007). While one of the significant worries for SNS addiction is that it could impede clients' wellbeing, the current writing on this point is deficient and has a few holes. In the first place, the proof of the pessimistic outcomes of SNS habit on close to home wellbeing is narrative and discrete. Until this point, there is no efficient examination of the pessimistic effect of SNS on close to home wellbeing, including mental health, yet besides to social and physical wellbeing (World Health Organization (WHO), 2006). More understudies are influencing by depression and the repeat of understudies taking treatment for misery manifestations (Voelker, 2003). The psychological conduct model additionally recommends that innovation compulsion can fortify clients' current maladaptive insights including depression, anxiety, and low confidence (Davis, 2001) (Deepa M, Dr. V. Krishna Priya, 2020) [3].

Social media is one of the newest and most popular internet services that has caused the significant progress in the social systems of different countries in the recent years [4, 5]. The use of internet has become popular among people in such a way that its use has become inevitable and has made life difficult for those who use it excessively [6]. Social media has attracted the attention of millions of users around the world owing to the possibility of fast communication, access to large amount of information, and its widespread dissemination [7]. Platforms like facebook, WhatsApp, Instagram, twitter and TikTok are the most popular social media that have attractive and diverse spaces for online communication among users, especially the young generation [8, 9].

According to the data reportal October 2023 global overview, we can see that social media growth has continued to increase more than of the world now uses social (61.4%) 4.95 billion people around the world now uses social media, 76 million new users have come online within the last quarters [10].

As per the latest report, October 2023 says that market leader facebook was the first social network to surpass one billion registered accounts and currently sits at more than three billion monthly active users. Meta platform owns four of the biggest social media platforms, all with over one billion monthly active users each as facebook stands core platform, WhatsApp, facebook messenger, and Instagram [11].

The use of social media has increased significantly in all the age groups due to the origin of the COVID-19 pandemic. It affected the younger people, especially students, due to education and other purposes. Because of the sudden onset of the COVID-19 pandemic, educational institutions and learners had to accept E-learning as the only sustainable education option. The rapid migration to E-learning has brought the several challenges that can have both positive and negative challenges [12].

3 PROPOSED FRAMEWORK

The proposed framework discusses about the usage of social media by the children’s and how it affects the mental health of them as shown in the below figure. This framework says that what are the mental health issues may affect the children’s if they use social media for longer hours. The right hand side of the framework displays the independent variables associated with children’s mental health issues, which discuss mainly four dimensions like depression, anxiety, low self-esteem and body image dissatisfaction. On the other hand, side is dependent variable, which discuss about the usage of social media by the children’s.
3.1.1 Student Mental issues

Mental health is defined as a state of well-being in which people understand their abilities, solve everyday life problems, work well, and make a significant contribution to the lives of their communities. There is debated presently going on regarding the benefits and negative impacts of social media on mental health. Social networking is a crucial element in protecting our mental health. Both the quantity and quality of social relationships affect mental health, health behaviour, physical health, and mortality risk. The Displaced Behavior Theory may help explain why social media shows a connection with mental health. According to the theory, people who spend more time in sedentary behaviors such as social media use have less time for face-to-face social interaction, both of which have been proven to be protective against mental disorders. On the other hand, social theories found how social media use affects mental health by influencing how people view, maintain, and interact with their social network. A number of studies have been conducted on the impacts of social media, and it has been indicated that the prolonged use of social media platforms such as Facebook may be related to negative signs and symptoms of depression, anxiety, and stress. Furthermore, social media can create a lot of pressure to create the stereotype that others want to see and being as popular as others [13].

4. Conclusion

This research paper concludes that: mental health issues like depression, anxiety, low self-esteem and body image dissatisfaction are the psychological effects of social media use among children’s. The importance of these findings cannot be overstated, requesting educators, parents and policy makers to address the complications caused by the social media use for longer hours. It is essential that proactive dimensions need to be taken for a healthier digital environment, ensuring the mental wellbeing of children’s is saved in an era dominated by the endless of social media.
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