Mental Health and Social Media: Reviewing Recent Research on Students with Psychiatric Issues

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Abstract – This article highlights the growing trend of psychological problems with excessive use of social media among students. In the last five years or so, a lot of research has been carried out to examine the effect that social media have on our mental health – particularly among our teenagers and young adults. There has been some research on how social media may cause disorders as students with anxiety, depression, and stress. The present chapter summarises the results of these studies. The role of social media on body image, self-esteem and social comparison is also examined in this paper. The paper also references hospital statistics that reveal the rising occurrence of psychiatric incidents among students when they engage in excessive use of social media. Primary studies, themes and trends are examined, with a focus on both the barriers and potential interventions to reducing this psychopathology.

Keywords: Social Media, Mental Health, Students, Anxiety and Depression, Cyberbullying

1. INTRODUCTION

Social media are a usual portion of daily life for students. They live on places like Instagram, Facebook, snapchat, Instagram reel, like and Twitter to connect with friends, express themselves and keep up with the news. Social media has many advantages like creating communities, giving expression to individuals and providing entertainment. But a growing concern about its effect on the mental well-being of students has fueled discussions around the country.

Social media could be good for you and your studies keeping connected; However, research shows that students spend so much time on it they are at risk of depression, stress etc. There may be a pressure to always present ourselves, and others, an online frame of filtered perfection. That could lead to us viewing ourselves harshly compared with the manufactured lives of our peers. This contrast tends to bring in feelings of unworthiness, loneliness and discontentment.

It is due in large part, to the fear of missing out (FOMO). There's often this sense of being left out if you're not doing the same things or trends you see on Instagram, which can make those feelings of isolation worse. Additionally, the effect of cyber bullying is a great concern. Unlike school-based bullying, the 24/7 nature of cyberbullying exposes students to harassment even when they are not in school. The fact that bullies are shielded by anonymity on social media means it's easier for them to prey on others, and the stats prove disheartening: Children who endure these conditions risk being entered into a "negative cycle of anxiety, depression," and even thoughts of lethality.

Though there's nothing inherently wrong the use of social media, students' over-reliance on it can be a problem. Study discovered that excessive use of social media, especially when it's passive or negative interactions, can contribute to mental health problems. There is a tight rope that students need to walk in terms of using social media positively and maintaining their mental health. Social Media will last, but its excessive use among students leads to severe mental health problems. Educating young people about positive uses of social media, building digital skills and encouraging time offline are essential to mitigating these risks.

2. SCOPE AND OBJECTIVES:

This study seeks to determine whether mental illness and social media time spent by students for the commencement or agitation of an already existing mental problem. Social media and mental health (anxiety, depression), negative body image, exposure to cases of cyberbullying would also be assessed. The review will include published research and grey literature over the last five years to ensure a comprehensive view of the subject. Moreover, hospital records will be reviewed to examine the rate of psychiatric incidents suffered by students after social media use.

3. THE REVIEW'S MAIN GOAL:

Examine the Relationship between Social Media Usage and Psychiatric Disorders

Study the impact on students' mental health with respect to time spent in social media, and emphasis on anxiety, depression, body image dissatisfaction as well as cyberbullying (include sampling methodology information here).

3.1 Review of Recent Research

Review research studies published in the past five years to explore social media and its influences on students' mental well-being. This is comprised of peer-reviewed and non-peer reviewed material.

3.2 Discuss the potential effects of social media on anxiety and hopelessness.

To explore the impact of social networking on students' mental health, relevant research should be studied in articles published within five years. This is a mixed-bag of peer-reviewed and non-peer-review articles.

3.3 Effects on body image and self-esteem

Perhaps you should look into the effects of seeing pictures of perfect bodies kids don't have on platforms like Instagram and how this affects body image, self-esteem, and mental health among vulnerable students

3.4 Cyberbullying and Its Psychological Impact

Discuss how use of social media relates to cyberbullying, and how exposure to being bullied online can lead to significant Problems with mental health in students.

3.5 Hospital Data and Psychiatric Incidents

Search hospital data and case reports to determine how frequently kids are hospitalized with psychiatric distress (including an anxiety attack, major depression or a stress-related condition) after using social media.

3.6 Propose Interventions

What are some likely interventions for reducing harmful psychological correlates of social media? This might involve tactics such as digital detox programs, building a culture of healthy use of social media and encouraging face-to-face interaction.

3.7 Suggest Future Research Directions

Identify gaps in the literature and suggest future directions regarding long-term effects of social media pertaining to mental health, type of platform used, and preventive strategies for students.

3.8 Roadmap:

The first section of the review sets out the central themes presented in the literature on social media and mental health. The body of the review will then be divided into sections targeting areas that are related such as anxiety, depression, body image concerns and cyberbullying. In each section selected results of recent research will be presented, identifying trends and discrepancies in the literature. Finally, we will consider hospital data and mental health interventions studies as well, then conclusions and indications for further research.

4. REVIEW OF LITERATURE: SOCIAL MEDIA USE AND STUDENTS MENTAL HEALTH (2019-25)

There are several researches conducted on the relationship between social media use and mental health problems among students. According to Twenge et al. (2017), high spending time on social networking sites like Instagram and Facebook could result more sadness and anxiety, especially in younger individuals. According to Kross et al. (2018), passive Facebook use, including reading posts without 'liking' or commenting on them, could result in a decrease in happiness and an increase in loneliness. These findings indicate that chronically using SNS may lead to emotional maladjustment, especially for those with an elevated risk of being a student.

Some SLLU concepts are also related to SM perception, such as the filtrate (Valenzuela, 2013) or social roles (RQ2sa), the use of hyper personal communication in relationships that are sustained over time and intimacy, especially between couples (McKenna & Bargh, 1998), and self-disclosure profiles on SNS (Costa et al., 2017) as well as preference of closeness as small -cues interactions according with proxemics concept; these dimensions should be observed more deeply over a continuous exchange.

Social media sites (particularly Instagram) have been criticised for the dissemination of idealised depictions of beauty that lead to increased body dissatisfaction among students. Fardouly et al. (2020) identified a significant association between body-inclusive comparisons on social media and lower self-esteem and lower body satisfaction in college students. In addition, exposure to heavily edited images and content showcasing "ideal" bodies is also associated with eating disorders and related psychological problems in young people (Tiggemann & Slater, 2021).

These findings imply that students' self-esteem is closely connected with these social media images, which can have negative effects on their mental health.

4.1 Consequences of Cyberbullying on Psychiatric Problems:

The drawbacks of social media Cyberbullying, a common problem effecting all walks of student's life today; has been causing worries to children's mental health so high and it is one of the most worrying effects. Kowalski et al. and Greydanus et al. (2019) note that cyberbullying victims are more likely to experience depression, anxiety, and suicide ideation. The mask that the computer screen or mobile device offers has made it easier for bullies to further terrorize students. Prevalence of cyberbullying is especially concerning as adolescents are heavy users of social media.

4.2 Hospital Information on Psychiatric Conditions and Social Media:

Data from hospitals have shown a dramatic increase in students seeking mental health care. The past 5 years have witnessed a 30% rise in admissions for mental health problems among students, many of which can be directly traced back to social media use (National Institute of Mental Health, 2021). Anxiety and depression are often mentioned in hospital reports, with many of the students who require

treatment having experienced stress related to social media, such as cyberbullying, body image issues, or social comparison.

4.3 Interventions and Recommendations to Decrease Mental Health Risks:

Several studies recommended solutions to address social media's mental health effects on pupils. Drouin et al. (2020) digital detox programs should also be offered to students and can be incorporated as part of such suggestions on a regular basis through school curriculum to break in-between heavy usage from social media to reduce stress and have greater positive mental health. Furthermore, Smith et al. (2019) to address the negative psychological impact of such findings is to educate for digital literacy and teach students how to responsibly use social media. Promoting a sense of self-awareness and encouraging healthy online behaviors are considered important in the mitigation of the psychiatric complains experienced by students.

Study/Author	Methodology	Key Findings	Gaps
Fardouly et al. (2020)	College students, cross-sectional survey	Social media body-comparison is associated with lower self-esteem and body dissatisfaction.	More studies examining how certain platforms (like TikTok) influence users' perceptions of their own bodies.
Tiggemann & Slater (2021)	Young adults, temporal patterns.	Disordered eating and mental health are associated with exposure to manipulated images.	It is unclear what the overall impact of these platforms will be on self-perception over time.
Kowalski et al. (2019)	Data collection will be via student interviews and questionnaires.	Increased levels of sadness, anxiety and suicidal thoughts result from cyberbullying on social media.	Little research specifically focused on the effects of being a victim on one's mental health.
Greydanus et al. (2019)	Case report and hospital records analysis	Cyberbullying victims are more likely to develop mental health problems.	Lack of comparative studies on how cyberbullying differs across various social media platforms.
National Institute of Mental Health (2021)	Examination of patients admitted to hospitals.	Social media usage is linked to a 30% increase in the number of students admitted for mental health issues.	There is a dearth of evidence linking certain platforms to particular mental health issues.
Drouin et al. (2020)	Literature review and program development	Digital detox programs may reduce the psychological impact of social media.	Need for further studies on the efficacy of digital detox programs in different school contexts.
Smith et al. (2019)	Quasi-experimental intervention study	Digital literacy lessons counter the psychological harm caused by social media.	More research on best practices for delivering digital literacy education.

5. CONCLUSION:

Summary of Findings:
This article discusses the significant presence of social media on mental health in students including anxiety, depression, body image vulnerability and cyberbullying. The results of the literature review indicate a correlation between students' use of social media to their stress and mental health symptoms. The increase in mental health-related admissions is further supported by hospital data, and social media is a major driver of these increases."

6. SIGNIFICANCE:

The review highlights the need to know who social media affects the psychology of students, as it is a growing problem that has broader public health consequences. It also highlights the importance of interventions targeting these issues prior to development of more severe psychiatric disorders.

7. FUTURE DIRECTIONS:

Further studies need to explore the effects of spending time on social media in the long term on mental health and efficacy of digital detox programmes. Furthermore, further research should investigate the unique effect of using diverse social media applications on students and the parental control and educational programs in attenuating this effect. The creation of targeted interventions — such as school programs focused on mental health education and digital literacy — may be essential to helping students successfully manage social media.

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