

Original Article

Impact of Social Media Usage on Mental Health

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Abstract

This research aims to understand how social media usage affects young adults' psychological well-being. Data were collected through a questionnaire based on a 5-point Likert scale, which was floated through Google Forms. The target population was young adults who use social media, and the sample size was 150 respondents collected via purposive sampling. The questionnaire was distributed through online media like Facebook, WhatsApp, and emails. The questionnaire was found reliable, as the coefficients were greater than 0.60. The overall model was significant, as reflected in the ANOVA table ($F = 6.69$; $\text{sig} < 0.05$). The regression output signifies the adverse impact of social media usage on depression among young adults. The continuous and intense use of social media leads to anxiety and more complications. It is recommended that the use of social media should be limited (up to the extent of essential) to maintain young adults' mental health.

Keywords: Social media, use of social media, depression, mental health, psychological well-being, social networks.

1. INTRODUCTION

Background of Study

Social media is “websites and applications that enable users to create and share content or to participate in social networking.” Numerous studies have identified connections between the two, i.e., the use of social media and depression. Social media is a very important tool for social interaction. Social sites include Facebook, MySpace, Instagram, Snapchat, LinkedIn, Twitter, etc. Since the advent of social media, a significant concern has been raised regarding the effect on the mental well-being of young adults. The continuous and excessive use of social networking sites is significantly linked to the decline in the psychological well-being of the adolescent population. Previous research has shown that the excessive use of these sites has led to depression, anxiety and low self-esteem among young adults. Depression is a phenomenon which leads to severe mental illness, which affects feelings and causes sadness and loneliness among people. The use of social networking sites causes negative feelings such as anxiety and depression. In recent years, there has been a rising number of young adults who reportedly have behavioural issues that are caused by excessive use of smartphones and social media sites.

In this research, we will find out the relationship between social networking and depression indicators in the adolescent/young adult population. It is said that the physical, social and psychological factors have an impact on depression and serious problems caused by social media addiction. This report aims to attain a thorough insight into the effect of social media usage on young adults' psychological well-being. Through this report, we are eager to determine which social media factors impact mental health. Our objective is to explore the effects of social media use on the mental health of young adults.



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How to cite:

Shaikh, N., & Chandio, J. A. (2024). Impact of Social Media Usage on Mental Health. *Siazga Research Journal*, 3(2), 164-175.

<https://doi.org/10.58341/srj.v3i2.83>

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Social media has become a big part of everyone's life in the past decade. People use social media for social interactions. In this research, we are addressing individuals who use social media frequently. Over the past decade, there has been a growing concern regarding the use of social media and the decline in the psychological well-being of young adults. In this study, we would like to conduct conclusive research to determine social media's impact on mental health. The final analysis will assist us in understanding how excessive use of social networking sites affects young people.

Research Question

- Does social media have a negative effect on mental health?

Hypothesis

- Ho: Use of social media has no impact on the mental health of young adults

2. LITERATURE REVIEW

Social networking sites and Facebook, in particular, have grown considerably over the past few years. It has become a salient feature in the lives of young adults. Recent studies indicate that Facebook can have an impact on the psychological and mental well-being of individuals. Young adults use social networking sites in order to stay connected and socialise. However, research indicates that the excessive use of Facebook leads to personality problems and feelings of loneliness and shyness among young adults. High use of Facebook may cause depression and anxiety. It can be inferred from the research that the intensity of Facebook use is not significantly linked to the levels of stress and depression in young adults. However, excessive use of social networking sites can cause a high risk of developing negative emotional states in individuals and, therefore, must be considered. (Labrague, 2014)

Previously, research has been conducted on addiction to social media and the decline in the mental well-being of young adults. The survey indicated a weak link between the use of social media and an increase in depression among young adults. It can be deduced from the research that the use of social media is neither bad nor good for an individual. It does not have much of an impact on the psychological well-being of people who are addicted to social media. On the contrary, social media can positively spread awareness about mental well-being and create online treatments. Despite the weak link between the two (mental health and use of social media), extreme communities are contributing to the psychological well-being of an individual negatively, for example, suicide groups. Internet and social media can be used to promote online mental health care and information provision. (Bell, 2007)

Young adults commonly use social networking sites for professional purposes, which may result in negative feelings in an individual. The research tested depression and anxiety. The study assesses the association between professional social networking sites such as LinkedIn use and depression and anxiety. It was concluded from the study that increased use of LinkedIn can cause high levels of depression and anxiety. Individuals who use SNS are more likely to suffer from depression and low self-esteem. Depression and anxiety were measured using PROMIS, and both positive and negative aspects were tested. The study conducted showed that there are potential reasons why individuals who frequently use these sites may suffer from anxiety as well as depression. (Jacquelynn, et al., 2016)

The use of social networking sites has increased considerably over the past decade. The study assesses the link between an increased use of social media and depression among U.S. adults. Given the expanding predominance of social media and the increase in depression and anxiety, it was evaluated that depression is positively linked with high social media use. They have further revealed that increased use of social networking sites may be associated with declining an individual's mental well-being. The research findings proved that the use of social media can lead to high levels of stress and anxiety among young adults. They stated that there is a linear association between social media use variables and depression. (Lin, et al., 2016)

The study (Caplan, 2006) shows a positive link between the use of the internet and negative consequences like depression, loneliness and low self-esteem. The research findings indicated that excessive internet use can lead to an increase in negative feelings in an individual and a decline in the psychological well-being of young adults. The research results showed that the individual's preference for online over face-to-face interaction can play a crucial role in developing negative feelings. Problematic internet use, therefore, plays an essential role in making individuals feel lonelier and more depressed. The study empirically examined the link between an individual's preference for online social interaction

and psychological well-being. It was deduced from the survey that individuals who are already suffering from depression and anxiety are more likely to indulge in problematic internet use, further resulting in the severity of these symptoms.

(Primack, et al., 2017) states that the increase in multiple use of social media has been associated with depression and anxiety. A large sample across the U.S. has been taken. PatientReported Outcomes Measurement Information Systems (PROMIS) were used to gauge the symptoms of depression and anxiety. It was concluded that the increased usage of more than one social media application has a strong and independent association with depression and anxiety among people. If we talk about the results, we come to know that people who use more than 7 social media applications have higher chances of increased levels of anxiety and depression than people using less than 2 platforms.

According to (Doğan & Buyukyilmaz, 2017) the rapid increase in internet and mobile devices has drastically changed communication and information sharing. This paper looks to determine the impact on individuals' physiological states by classifying them using different types of social media. The perceived stress scale was used to find the stress, and the perceived anxiety scale was used for anxiety. Data was collected from university students, which concluded that the use of social media and time spent on it has increased stress and anxiety in students. Furthermore, it also says that it varies by different social network types.

(Best, Manktelow , & Taylor, 2014)stated that much debate exists on the topic of increased use of social networking sites and a decline in individual mental health. The study tested the link between both beneficial and harmful effects of online communication on adolescents. It was revealed that the use of social media can have both positive and negative effects on young adults. It was further deduced from the research that using social media for interaction can cause improved self-esteem, safe identity experimentation and increased opportunity for self-disclosure. However, the adverse effects of social media use are an increase in depression, social isolation, cyberbullying and an increase in exposure to harm. The study further revealed a positive link between social media use and the psychological well-being of an individual.

As stated (Krol, 2015), social media use has many effects on adolescents. This effect may have a good or bad impact on the people. It can be said that addiction to social media has people suffering from social anxiety. They both can be associated with each other. Leibowitz's social anxiety scale for children and adolescents is used to gauge, and on the other hand, a social media addiction questionnaire is used. The results of this research show that social anxiety and social media use are not directly related. There is no correlation between these two variables.

(Shensa, et al., 2017)states that having no in-person relationship with social media has led to a decline in the mental health of young adults. Additionally, a close in-person relationship with social media doesn't have a positive relationship with depressive symptoms. This study suggests that having no face-to-face relationships with individuals on social media is linked to high levels of depression among young adults and vice versa. Individuals having FTF relationships with social media contacts supposedly show fewer depressive symptoms. It was further deduced from the study that having social media contacts that an individual knows in person is beneficial to one's mental health, and individuals who have social media contacts that they do not know in person may have more negative feelings towards themselves resulting in elevation of depression and lower self-esteem. It was concluded from the study that college students are more likely to suffer from negative feelings as they use social media more frequently.

According to the research, it is examined that nowadays, the new technology of smartphones and social media networking has affected a lot of teenagers, especially students. Not only for students, it has also affected the family atmosphere in many homes as all the members spend time using the internet rather than with family. Various things are discussed in this research related to social media and mental health, like sleep problems, relationship effects and behaviours of young adults. It has mainly targeted youngsters; for example, they get into negative things, such as sexting and sharing more personal information which should not be shared. (O'Keeffe & Pearson, 2011)

(Elhai, Vasquez, Lustgarten, Levine, & Hall, 2017)stated that the existence of depression and anxiety symptoms are related to problematic smartphone use. The research assesses whether boredom leads to increased use of smartphones and, in turn, increases depression and anxiety in individuals. Research indicated a positive link between boredom, increased use of smartphones and depression and anxiety symptoms. The research results predicted a link between boredom and levels of problematic smartphone

use but not usage frequency. Research supports an association between the two. However, the research did not find support for boredom propensity relating to the number of times social media was used. Boredom can lead to adverse effects on an individual's mind as it can fuel attentional problems and lead to a negative mood state. It could be further concluded from the research that college-going students are likely to engage in problematic smartphone use out of boredom, and it can further increase the severity of depression and anxiety symptoms.

In a study by (Bessière, Kiesler, Kraut, & Boneva, 2008) they figured out how the use of the internet has an impact on depression by using the standard measure. Most respondents use the internet for interacting with people and enjoyment. The level of depression is related to social support. People who have more social support have greater levels of depression. Different choices of internet and resources have different results on people's mental health.

In today's world of innovation, the Internet plays a fundamental part in understudy life. Understudies utilise the web office for various purposes, i.e., correspondence, planning, obtaining information, excitement, etc. In this research, we tried to determine the effect of social systems on the understudy's physical and mental health. We likewise find how social systems affect the academics of understudies. Finally, we talk about how adolescents got traded off by their individual and private information. At last, we made sense that the exorbitant utilisation of social systems adversely impacts the understudies' physical and mental health. Social Networking Platforms positively affect their academics. Various understudies have been pestered, and their information has been abused because of the absence of learning terms regarding security and privacy. (Khalid, 2017)

There is a drastic change in people's life which was caused by social networking sites, which may be the reason for depression and other self-esteem problems among the users. Many researchers have different findings. It is very unclear whether social media has an impact on mental disorders and other behavioural issues. (Pantic, 2014)

This study shows the relationship between social media sites and their effects on students' studies and habits. This research shows that approximately 50% of students spend four hours daily on smartphones and computers using social networking sites. They mostly use their phones and computers to watch videos and movies, text, listen to music and interact with the world through social media. They become so addicted to smartphones that it negatively affects their grades, habits, and socialisation. They do not have time to read books and newspapers as they spend most of their time using social media. They also get unfit because they do not do any physical exercise or outdoor activities. Research has shown that students spend three and a half hours using social sites, so they don't have time to study science and social courses. This research concludes that most people spend their precious time on social media. (Gok, 2016)

Since Facebook has become an essential part of as there are around 1.73 billion users, it is crucial to realise the difference between the time spent and the psychological effects that come with it. Since the term "Facebook depression" has become famous among researchers, there have been many research that vary from one another. The result of this research indicated a negative correlation between Facebook users and depression. Out of the three individual differences variables, only neuroticism had a link with time spent on Facebook. Research related to social media and depression is still in its infancy. We still have not been able to experience the complete effect of social media in the long run; therefore, it would be premature to conclude that social media has a direct link with depression. (Chow & Wan, 2017)

(Dhir, Yossatarn, Kaur, & Chen, 2018) stated that high use of social media has led to high social media fatigue, which results in anxiety and depression problems. Social networking sites have considerably increased over the past two decades, largely contributing to the presence of pessimistic feelings in young individuals. Young adults who are experiencing social media fatigue are likely to show susceptible psychological well-being as well as a decline in their mental health. It was concluded from the research that compulsive use of social networking sites and the presence of social media fatigue have a positive relationship. Social media itself has brought many good to people. It is a platform that can be easily used for social interactions. However, the negative impact of excessive use of social media can still not be avoided. The study demonstrated that compulsive use of social media had triggered social media fatigue in young adults, which has further led to the worsening of negative feelings in an adolescent population (i.e., depression)

In this study, the students in their older adolescents were made to complete an online survey and were

asked questions anonymously. The online survey also contained a PHQ questionnaire, which was also included in the questionnaire. More than 70% of the social media users are adolescents. Therefore, the main focus was on adolescents and how they are affected by social media. The result of the study revealed a negative relation between the factors of clinical depression and social networking use. (Jelenchick, Eickhoff, & Moreno, 2014)

According to Alsaif (2016), nowadays, the majority of people, especially young students, use social media. The number of social networking sites is increasing every day. In this study, the effects of social media platforms are investigated. Academic performance, behaviour, and health issues are discussed as variables. All of the above-mentioned variables impact the students while using social media.

Narrative contextual investigation proves that constant use of social networking websites might be a psychological problem. In any case, contemporary logical literature that tends to the addictive characteristics of social networks on the Internet is rare. As does low uprightness and high narcissism. Negative corresponds to SNS utilisation incorporating the reduction, in actuality. This social media has been made so addictive to youngsters and teenagers that their relationships are affected so much that they get broken. (Kuss & Griffiths, 2011)

Depression is a big issue among university students. Several studies have shown depression to increase by 10-25 per cent in different cultures. Most of these students have Facebook accounts, and each student spends 1 hour per day on average. Considering these things, there was a research design which was integrated to identify the link between depression and the usage of Facebook. An online survey was conducted by 135 students in an Australian university. The results of this study stated that approximately twenty-five per cent of respondents in this research were at a risk of being in depression. (Skues, Banagan, & Wise, 2014)

A recent study has focused on whether people with lower well-being are more vulnerable to the impact of social media, how Twitter and Facebook differ in their impact on an individual, and what structural factors in each platform would explain the difference between them. The study has shown that social media has more impact on people with a low sense of well-being and are more prone to unfavorable effects through social media. It also showed that Twitter had a lesser effect on people's envy and jealousy than Facebook. It also showed that Twitter is different from Facebook because there are more public figures on Twitter than on Facebook. (Panger, 2014).

In a study by (Woods & Scott, 2016) social media has become a huge part of adolescents' lives. 90% of adolescents use social media during the day and night. The research indicates a positive relationship between the usage of social media and an adolescent's well-being. In this research, 467 secondary school students in Scotland were 11-15 years old. The study stated that almost all participants used social media, and 35% were poor sleepers. Almost half of them were found to be anxious, and one quarter were said to have depressing feelings, according to the HADS cut-off score.

The importance of social media platforms has increased a lot among people, especially adolescents. Adolescents are influenced by the charm of social networking to share their information with the world and find it interesting to interact and chat. Now, it is essential to know what their impacts on them are. The survey was conducted on a very large amount of randomly selected people. The results show that people who have continuous and frequent use of social media platforms have an unpleasant effect on mental as well as physical welfare. Indirectly it also has an impact on adolescents' depression levels. (Einarsdóttir, 2015)

There is a very increased chance of having mental health issues in young adults who use social networking sites regularly. Various things are discussed in this research related to social media and mental health, like sleep problems, relationship effects and behaviours of young adults. The theory discussed shows that there is a link between social media usage and mental health. (Strickland, 2014)

This research examines how social media usage among students has rapidly increased in a few years and negatively affected academic performance in institutions. This research also found that students spend almost three hours daily on social networking sites. Smartphone students primarily use the internet rather than reading books and course subjects. They use their phones for messaging and playing. Students should be encouraged to use the internet for their research and gain knowledge, and their time should not be wasted on social media. They also share their photos and private things on social sites (Facebook and Twitter). This study also reveals that the most frequent Facebook user student gets lower grades than non-facebook users because non-Facebook users spend approximately 11 hours studying.

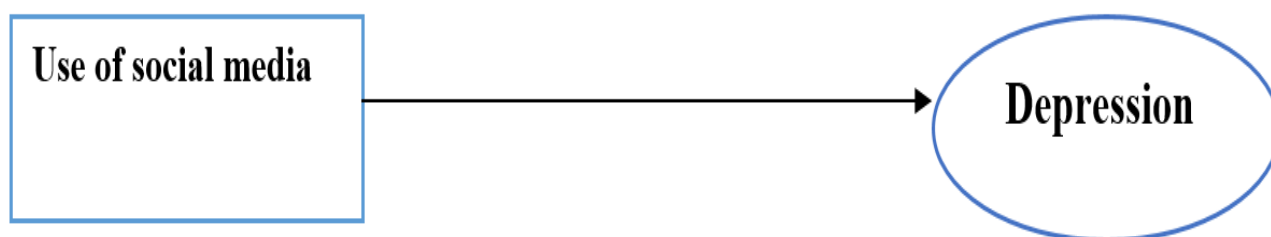
(Acheaw & Larson, 2015)

This research indicates that social media usage has also affected millennials (born between 1980 and 2000). Due to so much use of social sites, we cannot often communicate face-to-face. Social media also plays a negative role in distracting us from our studies by making us become involved in Facebook, YouTube, etc. One of the factors that has most affected millennials is cyberbullying, which is writing wounded messages about other students. It is also revealed that the use of social media and sites can also affect depression and stress. It is concluded that we should not use social networking sites too much, as it can affect us negatively. (Kavitha & Bhuvaneswari, 2016)

Depression is normal and habitually undiscovered among undergrads. Social media platforms are prominent among undergrads and can incorporate depression references. The reason for this investigation was to assess undergrads' Facebook revelations that were found to have DSM policy for a depression side effect or (MDE). Undergrads usually show side effects related to depression on Facebook. Our discoveries recommend that the individuals who get online fortification from their companions will probably talk about their depressive manifestations freely on SM. Given the recurrence of depression indication shown on open profiles, social media platforms could be a creative road for fighting shame encompassing emotional wellness conditions or for distinguishing understudies in danger of depression. (Moreno, et al., 2011)

The inspiration driving this examination is to perceive the adverse effects of social framework goals. The authority scattered 152 examinations to understudies of the picked school to investigate and consider the adverse effects. Electronic correspondence is fulfilling; however, how does such mechanical redirection influence academic execution? From the perspective of online networking stages, no matter how you look at the choices made by school understudies, there is an eagerness to learn about the relationship between Facebook and academic execution. It says there is a repeat of usage, bolster in activities and the time killed in preparation for the next class, remembering the true objective to know whether Facebook impacts the execution of understudies. Moreover, the impact of social framework sites on academic execution further raised another genuine concern: well-being. Today, social framework areas are running the future and are transporters of understudies. This paper examined the association between social framework goals and wellbeing hazards. Considering everything, the paper gives a sweeping examination of Facebook's law and security. It exhibits how Facebook customers associate with the site, while they do not know or misconceive the peril included and how their assurance perseveres. (Abdulahi, Samadi, & Gharlegghi, 2014).

Conceptual Framework



3. METHODOLOGY

Data and Variables

The survey was uploaded online via Google Forms, and the link was shared via Facebook, WhatsApp, and Emails to target a larger audience. The questionnaire covers relevant areas related to the time spent on social media and depression to establish a relationship. The study has two variables: the use of social media, which is an independent variable, and Depression, which is a dependent variable, and gauging mental health.

Inclusion Criteria

A couple of inclusion criteria are considered: young adults, ages 18 to 35, and those actively using social media.

Sample and Sampling Technique

The sampling technique used is non-probability purposive sampling. The questionnaires were shared online and floated among young adults who are active social media users. At the confidence level of 95% and 8% margin of error, the required sample size is 150.

Statistical Technique

In order to conduct this study, a descriptive and inferential analysis was applied to the data collected. The descriptive analysis includes a demographic profile, which has frequency distributions, reliability analysis, and descriptive statistics. The inferential analysis includes a correlation and regression analysis to identify the impact of the use of social media on depression.

4. RESULTS AND DISCUSSION

Descriptive Analysis

Demographic Profile

Demography	Subgroup	%
Age	18-24	76.6
	25-35	23.4
Gender	Male	32.7
	Female	67.3
Occupation	Student	75.2
	Employee	12.8
	Housewife	12.7

University students aged 18 to 35 were considered for the survey; this group is further bifurcated into 18 to 24 and 25 to 35, with the first one consisting of 77 per cent of the respondents. Moreover, 67 per cent were recorded as females. Furthermore, 75 per cent of the respondents were students.

Reliability Statistics

Reliability Statistics			
	Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
Depression	.653	.656	8
Use of social media	.900	.900	10

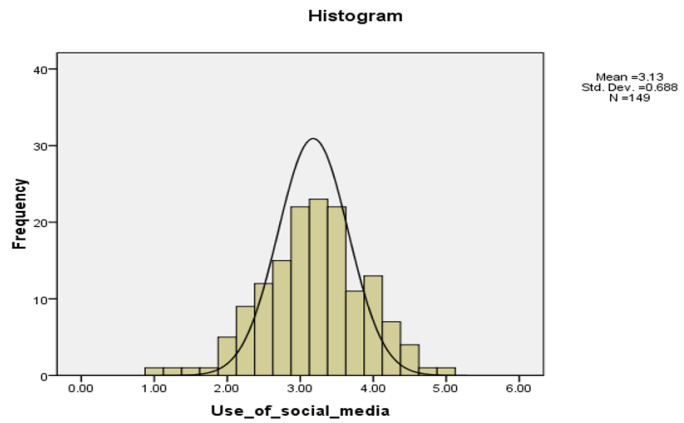
The data gathered from the questionnaire was analysed using a statistical package. Cronbach's alpha test was applied to test the reliability of the variables. Reliability statistics are based on inter-item correlation, which indicates the internal consistency of the questionnaire. It has a cut-off value of 0.6. Here, both the values are greater than 0.6. Therefore, the variables have internal consistency and are reliable.

Descriptive Statistics

Descriptive Statistics							
	N	Mean	Std. Deviation	Skewness		Kurtosis	
	Statistic	Statistics	Statistic	Statistic	Std. Error	Statistic	Std. Error
Depression	149	2.69	.96559	.257	.199	-.742	.395
Use_of_social_media	149	3.13	.68754	-.172	.199	.330	.395
Valid N (listwise)	148						

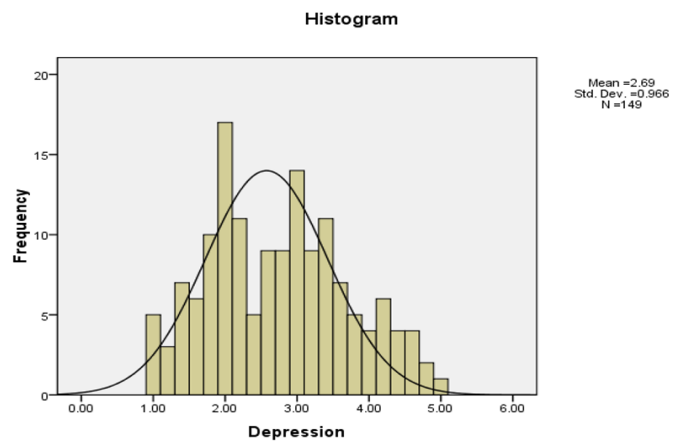
The descriptive statistics show that the average scores of depression and social media use are 2.69 and 3.13, respectively, on the 5-point Likert scale, with a standard deviation of less than one. Moreover, skewness and kurtosis are close to zero, indicating that the data is normally distributed.

There is a slight negative skewness, with a few fractions adding to the mesokurtic curve for "use of social media", which shows an approximately normal distribution.



Slight negative skewed and approaching mesokurtic

A slightly positive skewness with the kurtosis approaching the mesokurtic curve for "depression" shows an approximately normal distribution.



Slight positive skewed and approaching mesokurtic

Inferential Analysis

Correlation

	Use_of_social_media	Depression
Use_of_social_media	Pearson Correlation	1
	Sig. (2-tailed)	.011
	N	149
Depression	Pearson Correlation	.209*
	Sig. (2-tailed)	.011
	N	148

*. Correlation is significant at the 0.05 level (2-tailed).

Correlation is computed as the first formal investigation of a relationship between two variables. Here, the results show a 20.9 per cent positive interdependence between social media use and depression, which is significant at a 5 per cent level of significance, as (sig value 0.011 < benchmark 0.05).

Regression

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.209a	.044	.037	.94836

a. Predictors: (Constant), Use_of_social_media

The value of correlation (R) is 0.209, indicating a 20.9 per cent interdependence between social media usage and depression. The coefficient of determination (R Square) is 4.4 per cent, which shows the goodness of fit of the model, i.e., the explained variations in the model. The adjusted R square (3.7%) is less and closer to the R square.

ANOVA ^b						
	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	6.017	1	6.017	6.690	.011 ^a
	Residual	131.311	146	.899		
	Total	137.328	147			
a. Predictors: (Constant), Use_of_social_media						
b. Dependent Variable: Depression						

ANOVA table shows the model's overall significance and the R square's significance. As the table shows, $F = 6.6017$ ($F > 4$), followed by the significance value of 0.011 ($\text{sig} < 0.05$), directs that the use of social media and depression have a significant relationship. Moreover, it also shows that the value of R square (goodness of fit) is significant.

Coefficients ^a					
Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	t
1	(Constant)	1.765	.364		4.854
	Use_of_social_media	.293	.113	.209	2.586
a. Dependent Variable: Depression					

The coefficient table shows that the use of social media has a positive and significant impact on depression. The t-value is 2.586 ($t > 2$), followed by the significance value of 0.011 ($\text{sig} < 0.05$), which indicates a significant relationship. Moreover, a one-unit increase in the use of social media brings a 0.293-unit increase in depression.

Hypothesis Assessment Summary

Statement	Sig Value	Decision
Use of social media has no impact on the mental health of young adults	0.011	Reject

Discussion

Based on the results of our study, we reject the null hypothesis, i.e. social media has no impact on our mental health. Our analysis shows that people agree with the fact that social media has deteriorated their mental health. As (Dhir, Yossatorn, Kaur, & Chen, 2018) stated, high use of social media has led to high social media fatigue, which results in anxiety and depression problems. Around 76.6% of our respondents are from the age group of 18-24; they agreed that they use social media at the higher end. According to (Gok, 2016), 50% of the respondents spend 4 hours daily on these social networking sites. This excessive use of social media has negatively impacted their grades, socialisation and habits. They do not read books and newspapers and do not do any physical activity. We can say that this is why young people are very lethargic these days; they do not want to do anything.

The results of this investigation are precisely in alignment with Naz et al. (2022), who concluded that there is an adverse impact of social media usage on depression. In other studies, it was found that there is a relationship between symptoms of anxiety and symptoms of depression. Also, there is a relationship between feeling anxious and being more seriously active on social networking sites than in real life. (Deogade et al., 2017; Primack et al., 2017; Shensa et al., 2018).

5. CONCLUSION, LIMITATIONS AND RECOMMENDATION

Conclusion

Much research has shown how social media affects people negatively. This research has used those theories and enhanced the understanding of how social media adversely affects people. The results show that there is a negative effect of social media website usage on the mental health of people, leading to depression and anxiety. People compare themselves with others, making them dissatisfied with themselves and their lives. Also, relationships with friends and family are affected by this. Due to the excessive use of social media, people tend to use their phones in social gatherings and neglect the people they are with; relationships are affected by this.

If used in a positive way, social media has some positive impacts. People get to learn new and different things. It updates them about their surroundings and what is happening in the world. So, we can conclude

that there should be know-how amongst people that social media affects them negatively and that they should not use it excessively. They should know how to make a positive use of it.

Limitation

- This research and review was done briefly and limited and counted resources.
- We could not direct colossal-scale research, which would have produced better results and made them more general.
- This research can be applied to people with a broader geographical scope as all respondents of this study belong to Karachi.

Recommendation

In this modern era, there is a rapid increase in internet and social media usage among people, and it has become a compulsory part of every person's life. According to the study, young people are spending most of their time on social media, due to which they become victims of depression, anxiety and mental ill health.

According to (Gok, 2016), 50% of the students spend 4 hours daily on these social networking sites. Instead of wasting time, youngsters should subscribe to and participate in strong, instructive and educational communities and provide insight into occasions or territories that intrigue them. Utilise these virtual neighbourhoods to help feel associated and to search for articles, research and assets you may use to enhance your life offline.

There is no telling what glossy new stage is on the horizon or what effect it will have. However, one thing is sure: social media is digging in for the long haul and is a life changer. The next time you utilise it to watch, share, comment, and engage, beware of how it affects your time and mental health. It depends upon you – and conceivable – to maintain a strategic distance from social media's entanglements and utilise it to improve your prosperity and joy.

Competing Interests

The authors did not declare any competing interest.

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