

How Social Media Creates an Impact in our Mental, Physical Health and Culture – Portrayal of Social Mobile Media Culture Technology in India

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Abstract

Recent years, we are living in the era of Social Mobile Media Culture Technology. Reality is the industrial revolution affects the social life of individuals. Social media addicted all kinds of people. Debate between the mental health and the social media means, the irrespective of age group and gender group of people affected not only the mental health but also the physical health. Social media innovations are having two sides positive and negative like two sides of coin and the same time we have do research on what are all the causes to give negative impact on the social media and our culture. This paper is discussing the both positive and negative impacts of the health issues and culture issues by using the social media. Social media gives stress, depression, loneliness etc and how to overcome from that and maintain our health properly.

Keywords: Social Media, Metal Health, Physical Health, Stress, Addiction, Curb.

1. Introduction

The irregularity made by the intemperate utilization of online networking is an incredible worry for guardians, specialists and society in regard to the emotional wellness of people. A standout amongst the most widely recognized exercises of present age is inordinate utilization of online networking sites. Web-based social networking can be considered as those sites which permits collaboration through web 2.0 and 3.0 destinations including application like Facebook, Twitter, MySpace, internet gaming, virtual universes like Second Life, Sims, YouTube, Blogs et cetera. These destinations of present period are developing exponentially and go about as simple accessible entrances for correspondence and excitement for more youthful age.

Merriam-Webster (2014) characterized web-based social networking as, "types of electronic correspondence (as Web locales for interpersonal interaction and miniaturized scale blogging) through which clients make online groups to share data, thoughts, individual messages, and other substance (as videos)." Virtual stages of web-based social networking like Facebook, Twitter and so on fundamentally improved the virtual condition from past decade by encouraging clients to exchange their emotions, thoughts, individual data, pictures and recordings to an unprecedented extent. Further, web-based social networking clients have rapidly received online social correspondence as a basic piece of everyday life, as prove by the expanding figure of day by day clients. Truth be told, Facebook alone revealed an expected 1 billion dynamic clients in 27 August 2015. It implies one out of seven individuals on earth utilized Facebook in a solitary day to remain associated with their loved ones (posted by Mark Zuckerberg on Thursday, August 27, 2015). Thus

web-based social networking lays significant impact on various parts of present computerized life separated from online correspondence, from promoting to legislative issues to instruction to wellbeing to essential human association. In a significant number of these regions, web-based social networking presents clear advantages; in any case, web-based social networking wonder is generally new, number of observational investigations assessed the general impact of customary utilization of online networking on the prosperity and psychological wellness of its clients. This absence of comprehension is prevalently a grave worry with regards to display more youthful age, as adolescents and youthful grown-ups invests their great measure of energy in online socialization and thus are conceivably encountering a more serious danger of negative impacts. Various research examines group association between utilization of online networking and its unwanted results like increment in nervousness, stress, sadness and forlornness. The expanded use of web-based social networking by more youthful age raises cautions with respect to its unfavourable impact.

2. Mental Stress Based on Social Media Culture

In show time fixation of online networking is staggeringly expanded, once an individual gets on, it is hard to cease from its utilization. Remarks and likes about as encouraging feedback and making it harder to stop it. Certain individuals contrast their lives and the flawless existences of their companions. Dick (2013) detailed with the utilization of free interpersonal interaction administrations (Facebook and Twitter) individuals stay associated with companions and read profitable substance yet in the meantime lose a considerable measure of caution and security. In this world anxiety is one of the crucial psychological wellness issues. Individuals worry about the preferences and remarks of their transferred pictures and recordings. In the present period strong any individual is insusceptible in setting of online networking. The Hearty Soul (2016) affirms that more drawn out time you spend via web-based networking media more you are discouraged. Use of person to person communication applications like Facebook and Twitter is less useful to understudies in staying more engaged and less pushed. Kaur and Bashir (2015) investigated both positive and negative impacts of web-based social networking on emotional wellness of young people, constructive outcomes incorporate socialization, improved correspondence, learning openings and access to wellbeing data. While negative perspectives incorporate despondency, online badgering, digital bullying, sexting, weariness, push, concealment of enthusiastic and decrease of scholarly capacity. In display world, relatively every person from age of 11-93 is associated with the online networking. As indicated by an examination directed by Strickland (2014) youthful grown-ups are the most dynamic clients of online networking and dominantly are in danger of creating emotional well-being issue at a high rate of concern. Another investigation directed by Park, Song and Lee (2014) demonstrated that Social media application like Facebook is decidedly connected with acculturative worry of understudies. So also, Kaur and Bhat (2016) made a broad examination of weight on psychological well-being of understudies and propose that pressure can adversely influence on emotional well-being of understudies. In this manner we can presume that over the top utilization of online networking can influence on psychological wellness of the more youthful age.

3. Social Media affecting Mental Health

Of course, all of the above are complex and are often exacerbated by or intertwined with the other indicators. Social media's negative impact occurs mostly as the result of the upward social comparisons we engage in while using it. We tend to make note of the contrasts between a perfectly presented life and our own. Comparisons tend to lower self-esteem, which in turn increases the risk and severity of depressive symptoms, anxiety and a host of other unhealthy feelings and behaviours.

Language in India www.languageinindia.com ISSN 1930-2940 18:3 March 2018

Prof. S. Arunraj and Dr. P. Viduthalai, Editors: Portrayal of Social Issues in Literature and Media

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Though common sense tells us what we're seeing is often "glossed over", unrealistic or exaggerated versions of reality when scrolling through social feeds. Perceived perfection in body type, family composition, idealistic lifestyles and social preference, it's all too easy to feel inadequate about our own physical appearance, intelligence, success, lifestyle and even moral integrity. The true relationship between the use of social media and mental health is a relatively new and complex area of study given the constantly changing technological landscape. While some studies point to the positive aspects and outcomes of our interactions online, a growing base of research seems to reinforce the opposite view. Regardless, the impact social media has on us as individuals, organizations and communities is something that can't – and shouldn't be – ignored.

Low or decreased self-esteem during or after using social media.

- Negatively comparing yourself to others via their social media content.
- Repetitively focusing on your own shortcomings or distress while viewing others' social media feeds.
- Frequently feeling envious of others while engaged with social media.
- Using social media as your prime leisure activity.
- Feeling disconnected from friends and family or not interacting with them in person as often as you normally would.
- Decrease in ability to concentrate.
- Increased or unusual social anxiety when interacting with people offline.
- Feeling a need to share everything you're doing offline on social media.
- Experiencing the negative emotional experience, "FOMO" (Fear of Missing Out) during or after viewing others' online activity.
- Consciously, consistently using social media as a distraction to avoid or suppress unpleasant emotions.
- Irregular or disordered sleeping patterns.
- Increase in fatigue and/or stress during or after using social media.

4. Depression Based on Social Media

From the above literature it is clear social media is the basic agent that not enhances but also nourishes the mental health problems. Excessive use of Social media leads an individual to disastrous results that starts with anxiety and leads to the depression. It is revealed that depression and time spent on Facebook by adolescents is positively correlated. Rosen et al., (2013), mirrored these findings and revealed that symptoms of major depression has been found among the individuals who spent most of their time in online activities and performing image management on social networking sites. Similarly (Lou et al., 2012) asserted that students who use Facebook intensely reports enhanced loneliness. It is also found that social media usage also enhances the psycho-social problems like adjustment & self-esteem (Kalpidou et al., 2011). Research conducted by Davila (2012) reflected severe depression symptoms among younger generation are associated with less positive and more negative social interactions. In contrary evidence of inverse relation between depression and internet usage has been reported by the Kraut et al., (1998) and Shah & Grant (2002), they further suggest that various social forms like gaming & chatting diminish the depression risk.

5. Conclusion

This investigator reviewed and synthesized extensively related literature of social media and some factors of mental health. The relation between usage of social media and depraved mental

health determines the significance of the topic. Social media usage have dangerous effects for younger generation because problems related mental health which gets developed during young period can act as an epidemic for any individual throughout the life. The significance of continual enquiry and examination on this construct can't be overstated. Present literature reflects the deprived association between usage of social media and mental health of younger generation and also demonstrates the significance of present topic. It is clear that adverse effects of social media usage obligate propounded consequences for present generation especially for younger ones. The literature reviewed in various section of present paper elucidates the substantial value of association between social media usage and mental health problems of present era; also, the present paper illuminates the complexity of relationship. Present Paper offers an insight in the complex connection of social media usage and mental health problems of younger generation. These problems can be identified as online harassment, depression, sexting/texting, stress, fatigue, loneliness, decline in intellectual abilities, cyber bullying, emotion suppression and lack of concentration. These all things directly or indirectly effects on mental health of younger generation. Literature summed so far reveals that younger generation operates susceptibly. As a confronting population of the present era, younger generation is experiencing emerging stage of life and is at higher risk of serious mental health problem. To reduce these risks proper steps should be taken like information and counselling sessions can be structured at schools and colleges. A proper awareness movement can be organized to understand the effects of usage of social media on mental health on younger generation. The social networking sites should be constrained to certain age limit. Any social media application that has not positive effect like discrimination, violence and racism, etc. should be dissolved at once completely

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