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Toward Digital Resilience: Strategies for Promoting Positive Mental Health in the Age of Social Media

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Abstract

The advent of social media may be considered as the most profound modification in communication patterns, particularly among young people. This research elucidates the tie between social media use and the mental health performance of young adults from a public health perspective. The study showed relationship between social media engagement and mental well-being is quite complex. Besides, positive social relationships and social support were found among online communities, analyzing the given research it was shown that this one could stem the negativity. Moreover, research urges the government to enhance public health activities to encourage young people to have good social media habits and they should be digitally resistant. This study takes a holistic approach to the involvement of social media in mental health hack issues with the purpose of developing strategic measures to mitigate the negative aspects and improve well-being in the digital era.

Keywords: Mental health, Social Media, Anxiety, Depression, Digital Age

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Abstract

The advent of social media may be considered as the most profound modification in communication patterns, particularly among young people. This research elucidates the tie between social media use and the mental health performance of young adults from a public health perspective. The study showed relationship between social media engagement and mental well-being is quite complex. Besides, positive social relationships and social support were found among online communities, analyzing the given research it was shown that this one could stem the negativity. Moreover, research urges the government to enhance public health activities to encourage young people to have good social media habits and they should be digitally resistant. This study takes a holistic approach to the involvement of social media in mental health hack issues with the purpose of developing strategic measures to mitigate the negative aspects and improve well-being in the digital era.

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Introduction

Psychological and social well-being include the concept of mental health. It exerts influence on almost every facet of an individual's life and has the capacity to shape our thoughts, emotions, behaviors, stress responses, interpersonal relationships, and decision-making processes (Braghieri et al., 2022). Mental health problems are prevalent and their causes include a spectrum of variables, including biological elements like genes or brain chemistry, as well as life events such as trauma or a past of abuse. As to the

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5),

“Mental health disorders are distinguished by notable disruptions in an individual's cognitive processes, control of emotions, or behavioral patterns, which indicate a malfunction in the psychological, biological, or developmental mechanisms that underlie mental functioning”.

Approximately 20% of people in the United States have a mental health issue, while 10% of young persons undergo a period of severe depression. Furthermore, 25% of Americans indicate that they live



with a mental illness of considerable severity, such as schizophrenia, bipolar disorder, or major depression (Chancellor & De Choudhury, [2020](#)).

Furthermore, it is important to acknowledge that mental health disorders may be influenced and affected by our daily social interactions. Many individuals engage in a significant proportion of their social interactions via various social media platforms, such as Facebook, Twitter, and Instagram, among others, where they allocate a major amount of time. As of December 2019, Facebook had a staggering 2.5 billion monthly active users, while Twitter's monthly active user count was at 330 million. Additionally, Instagram's worldwide active monthly user count exceeded 1 billion as of January 2020 (Stucke, [2022](#)).

The use of social media platforms enables individuals to engage in communication, establish connections, and provide mutual support. Moreover, a considerable proportion of individuals grappling with mental health challenges use social media platforms as a means to identify support networks and provide assistance to others. Social media has the capacity to enhance a sense of community and facilitate the maintenance of ties that would otherwise be difficult to sustain. The acquisition of proper knowledge and advice has the potential to boost mental health outcomes. Conversely, increased utilization of social media platforms might potentially foster a persistent need for interpersonal connection and facilitate the dissemination of negative encounters, so potentially influencing the psychological well-being of users (Skaik & Inkpen, [2020](#)). The available information indicates that increased utilization of social media platforms has the capacity to exacerbate the likelihood of alcohol and substance abuse among adolescents. The adverse effects of heightened social media use are particularly apparent among the younger demographic (Naslund et al., [2020](#)).

Social media encompasses several facets, each of which has its own significance. The lack of clarity around many facets of social media use might lead to a dearth of accuracy in disseminating study findings to the broader populace. One primary factor to consider is the level of user involvement or the duration of time dedicated to the utilization of social media platforms. Previous studies have shown that the assessment of mental well-being just by exposure is inadequate (Wongkoblap et al., [2017](#)). However, it is essential to consider the inclusion of this evidence in light of ongoing public assertions that simple exposure is linked to a decline in psychological well-being. Furthermore, the significance of social media for a person is an additional facet of its use.

Individuals, according to Self Determination Theory, may see social media use as being more closely connected to their fundamental motives compared to casual users (Coyne et al., [2020](#)).

Literature Review

Social Media and Mental Health Issues: Reality or Myth

The impact of social media on mental health is often shown in a straightforward and unequivocal manner. The American Association of Suicidology has acknowledged that social media, in its many manifestations, may have a substantial influence on mental well-being, particularly among young individuals. The Royal Society for Public Health presented empirical results in 2017 based on survey data collected from a substantial cohort of teenagers (Öztürk et al., [2020](#)). The prior research indicates a potential association between the use of social media platforms and the prevalence of mental health problems. Nevertheless, several academics have expressed reservations regarding the fundamental methodology of the research, its contradictory results, and the possible impact of demand characteristics (participants making assumptions about the study hypotheses and reacting accordingly), which could lead to deceptive outcomes (Mendiratta & Mendiratta, [2023](#)).

The use of social media has been a subject of increasing concern among people, as shown by a study conducted in 2011 by the American Academy of Pediatrics (AAP). This research suggested the possibility of Facebook Depression. In the population of teenagers who exhibit excessive use of social media platforms. However, the research generated significant debate since it revealed that the AAP mostly relied on erroneous news narratives rather than credible sources to support its claims. A scholarly researcher, whose research was featured in a media article and upon which AAP had placed trust, specifically denied the proposition that her work could be used to support assertions of a Facebook Depression. Therefore, widespread apprehensions over the amplification of research results by advocacy groups have distorted the overall viewpoint (Öztürk et al., [2020](#)).

Social Media Impact on Mental Health

Psychological well-being is defined as a state of ideal mental and emotional health, in which people possess a comprehensive understanding of their capacities, adeptly navigate everyday obstacles, achieve high levels of performance, and actively contribute to the improvement of their communities. Presently, there exists a continuous debate over the merits and

demerits of social media in relation to mental well-being (Beyari, [2023](#)). The use of social networking platforms is of utmost importance in preserving our psychological well. The effects of social connections on mental well-being, health-related behaviors, physical well-being, and the likelihood of death are contingent upon the quantity and caliber of these interpersonal bonds. The Displaced Behaviours Theory offers potential insights into the relationship between the utilization of social media platforms and mental well-being (Garg, [2023](#)).

According to the concept, persons who partake in sedentary behaviors such as using social media platforms have diminished chances for face-to-face social interaction, both of which have been shown to provide safeguards against mental disorders. In contrast, scholarly investigations have focused on the effects of social media use on mental well-being, particularly with regard to its impact on people's cognitive processes, adherence to social norms, and interpersonal dynamics within their social circles (McClellan et al., [2017](#)). A multitude of studies have been conducted to investigate the impacts of social media, uncovering a probable correlation between prolonged use of social media platforms, such as Facebook, and the emergence of negative signs and symptoms of depression, anxiety, and stress. Furthermore, it is worth noting that social media platforms may have considerable influence in compelling individuals to adhere to societal norms and pursue popularity on par with their peers (Lee et al., [2022](#)).

Interplay of Social Media and Mental Health Issues

In addition to statistical data, social media primarily revolves around fostering human connections. It surpasses geographical limitations, enabling you to establish connections with acquaintances, relatives, coworkers, and even unfamiliar individuals who possess similar interests. It offers a platform for people to express themselves, allowing them to exhibit their creativity, discuss their interests, and connect with others who value their distinct viewpoints. Social media relies heavily on engagement. The engagement of users via comments, likes, shares, and discussions is what infuses vitality into one's content. Social media platforms facilitate active interaction with one's target audience, cultivate a communal atmosphere, and establish significant interpersonal connections. Social media provides an exceptional platform for engagement and connection, whether you are a company aiming to connect with

consumers or an individual sharing your life's journey (Hassan et al., [2022](#)).

Social Media a Double Edge Sword

However, the prolonged use of social media by individuals experiencing social isolation might yield both advantageous and detrimental outcomes, possibly affecting their psychological welfare due to prolonged exposure to an excessive volume of information and misinformation. Based on available research, social media platforms are considered to be an innovative method of communication that has promise in mitigating the aforementioned negative consequences of isolation. This phenomenon is accomplished via the facilitation of people's ability to transcend unpleasant emotions, manifest their preferred personality traits, and cultivate a notion of recovering a sense of agency (She et al., [2023](#)). The promise of social media platforms to mitigate feelings of anxiety and unhappiness lies in their ability to provide useful information on the current pandemic. Numerous studies have shown that persons who fall into categories such as youth, social engagement, or heightened susceptibility to infection, including college students and frontline healthcare professionals, encounter a disproportionate prevalence of mental health disorders on a worldwide scale. The aforementioned concerns include heightened levels of anxiety and despair. It is crucial to prioritize the implementation of appropriate treatments in these particular groups. It is essential to recognize the possible hazards associated with the excessive or problematic use of social media, notwithstanding the shown facilitation of social inclusion among adolescents and young adults via digital platforms (Shannon et al., [2022](#)).

Methodology

Social media has a dominant role in changing the scenery and the manners of human interactions, communication, and the spread of information. Thus, there is a high association between emerging depression and anxiety with mental health, especially among people at young ages

By employing qualitative research, the design, of the study led to the in-depth exploration and understanding of the users' experiences, views, and behaviors on social media. This type of methodology was ideal for investigating and describing the multitude of psychological associations between social media platforms and their psychological consequences in terms of mental health. The study population involved users of five famous social networking sites such as Facebook, Instagram,

WhatsApp, WeChat, and YouTube as well. Through these platforms, which video-streaming or social media services, for example, have collectively put at the service of billions of users across the globe, the study sought to have representation from a wide spectrum of experiences, genders, backgrounds, and creative expressions

Data collection was a process that involved a variety of techniques to triangulate the findings and to circumvent the potential coverage gap of the topic. Primarily, participants' communication and behavior over and on social network sites were noted and observed. Furthermore, a literature review was performed in-depth to comprehend the past information and to define the abandoned study gaps in the literature. Information on the worldwide dimension of performance indices and social networking sites was studied so there could be data on broader patterns in social media usage. Data Analysis of the research was done by thematic analysis. Thematic analysis in this research centered on detecting what lies behind the data, the various interpretations people get, and the practical implications for the participants of this research.

Ethical considerations were of the utmost importance in relation to research that focused on users, especially in subjects that may provoke mental risks such as mental health issues. Thus, the aim of this research was to apply a qualitative design and interpretive research philosophy investigating mental health problems due to social media use among young people. Through the engagement of social media users across multiple platforms, research, and acting in accordance with ethical principles the study achieved that being: to provide insights into this multilayered and fast-spreading health issue.

Findings and Results

The emergence of social media platforms has had a profound impact on the way teenagers navigate these crucial shifts in modern society. The emergence of social media has resulted in notable shifts in communication and interaction, resulting in profound impacts on interpersonal connections and self-representation. The emergence of the digital age has led to a notable rise in the use of platforms that enable instantaneous sharing, interaction, and networking. Adolescents now possess a potent array of resources to express their ideas, form relationships with their

peers, and explore the intricacies of their environment.

Gist View of Negative Influence of Social Media on Mental Health

Social media platforms have become essential components of teenagers' lives, having a substantial influence on their self-image, social connections, and mental health.

Cyberbullying and its Impacts

The prevalence of cyberbullying in the era of digital technology has become a notable and worrisome issue for the psychological well-being of young people. This section provides an analysis of the many manifestations of cyberbullying, its widespread occurrence, and the significant psychological ramifications it imposes on teenagers.

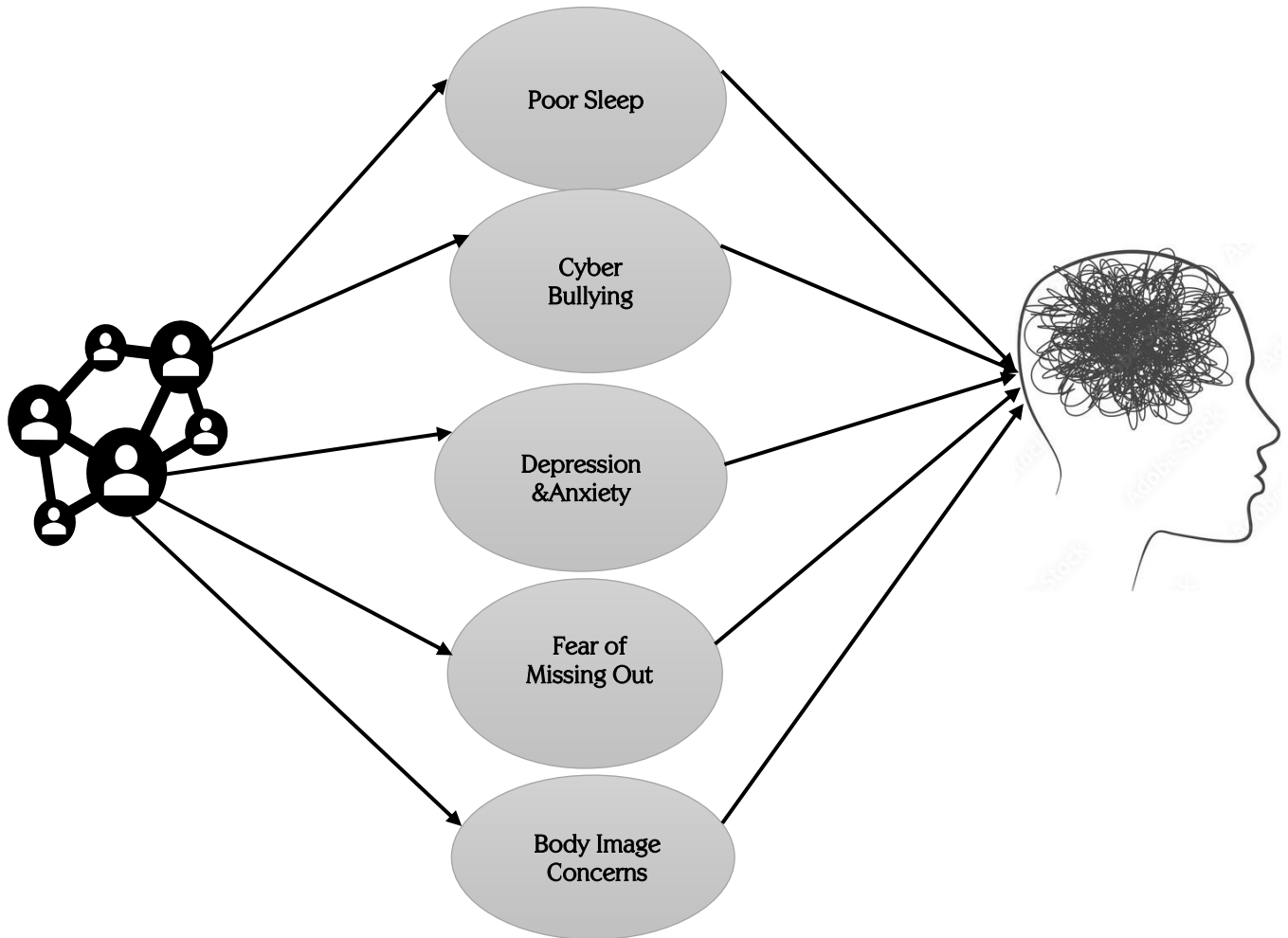
This discussion around the many kinds of cyberbullying that are prevalent, how they cause serious psychological harm to adolescents, and why it is so common in teenagers' lives. The traumas caused by cyberbullying are enormous and go from being short-lived to being very long-lasting. What one usually sees is that those who have become the victims of cyberbullying vividly have more of the stress, concern, and depression. The incessant invasion of the public with such nasty words and messages will put victims of online bullying in a tough situation of having no place to hide from the misery, even in their homes. The psychological hurt might manifest into a physical health state where they may not have restful nights, consciousness in eating, and might even have psychosomatic effects. In addition, those who only witness cyberbullying are also vulnerable to emotional consequences; they can experience feelings like remorse, hopelessness, and an eerie sensation with merely the fact that their classmates suffer from cyberbullying

Body Image Concerns and Social Media

The social media platforms having taken center stage have contained within themselves a new era of visual landmarks, thus resulting in the body image perception of youth being largely affected. This section focuses on the emergence of an unhealthy relationship between social media images and new distortion of body images among teenagers and young adults.

Figure 1

The theoretical framework of the negative influence of Social media on Mental Health



Visual techniques such as selective photo-cropping as well as the use of filters that promote an unrealistic or even a wholly idealized body ideal are highly common on social media platforms. Adolescents look at dogma messages of well-deduced bodies, flawless skin, and clean-cut appearance that only promote one specific type of attractiveness dictated by a limited set of values. An individual unable to distance themselves from the constant reminders of these standards could create an environment in which young adolescents will internalize these unrealizable standards, consequently leading to increased body dissatisfaction and a distorted perception of oneself. The study specializes precisely in the significance of harmful pictures of beauty that are exhibited by social media and the negative effects these produce on adolescents' self-view and mental health. Further one study figuratively showed this phenomenon, and reported that the encounter of slim and idealized bodies on social media platforms was linked to increased body dissatisfaction, and a tendency

towards self-starvation and toxic dietary choices, respectively.

Fear of Missing Out (FOMO)

The new and trending popularity of social media has provoked a special phenomenon which is commonly known as Fear of Missing Out (FOMO), among people globally. This ability, being a key factor, often results in academic underachievement and high levels of apprehension in teens. This deliberates on FOMO (Fear of Missing Out) which is a complex phenomenon that affects well-being and how one can get relief from its impact will also be covered. FOMO being caused by numerous updates and postings on social media platforms, which set an example for other users, their activities, experiences, and social interactions, is mostly a symptom of the insatiable social media user.

An additional cause of intense anxiety during puberty is the fact of being left out of the activities and life experiences that already can be seen in action by

the rest of the teenagers. Teenager can feel unheard and separate from society due to continuous visuals of media that exemplify social posts, trips, and adventurous moments with their friends. A test study was carried out in China to measure the relationship between cyber intimidation, non-suicidal self-injury, depression, and sense of school connection in adolescents. The research outcome showed that there was a strong association between online victimization and non-suicidal self-injury, in which sadness plays a fundamental role. Therefore, the impact of cyber-victimization can explain why people may engage in self-harming behaviors. Besides, it was highlighted that the described correlation presented itself more as being the case for the youth who reported that they are less school-bound. This work head, though, enlightens the causes of FOMO (fear of missing out) and consequently in life satisfaction among youths and mood changes.

Addictive Nature of Social Media: Scientific Evidence

The intrinsic reinforcing aspect of social media is evident. The utilization of this substance elicits activation of the brain's reward center via the production of dopamine, a neurotransmitter that is linked to good emotions and pleasurable events such as sexual activity, eating, and social interaction. Platforms have been deliberately designed to elicit addictive behaviors and have been associated with the emergence of anxiety, sadness, and even physiological ailments.

According to the findings of the Pew Research Centre, a significant majority of adults (69%) and teens (81%) in the United States engage with social media

sites. The use of social media by a substantial segment of the population increases their vulnerability to anxiety, despair, or sickness. In situations when the outcome is ambiguous, there exists an increased likelihood of the behavior being repeated.

“Consider a slot machine: if game participants were aware that they would never get any monetary rewards from playing the game, they would refrain from participating”.

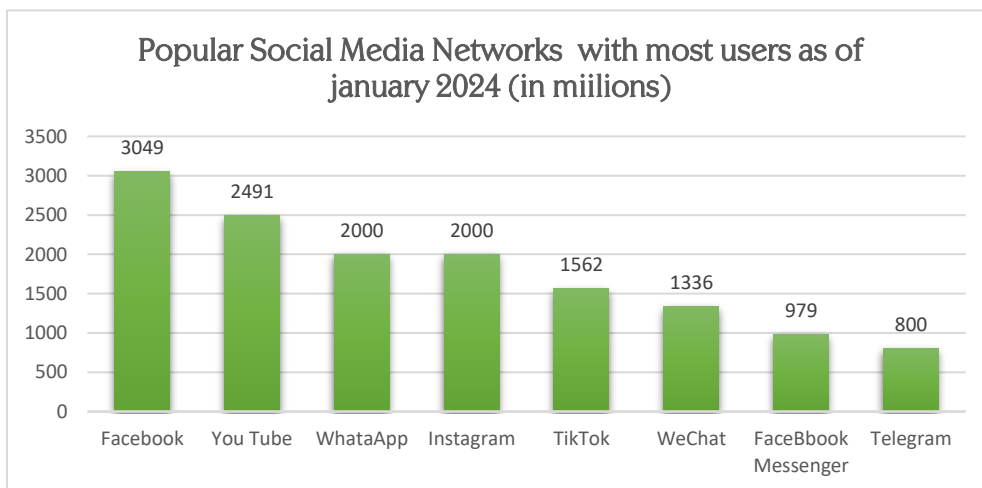
The concept of a prospective future incentive motivates the machines to remain operational. Similarly, this applies to social networking platforms. The number of likes a photo will get, the individuals who will 'like' the picture and the timing of the picture's likes are unknown. The presence of an uncertain conclusion and the potential for a desired outcome may effectively maintain user engagement with websites.

Filtered Reality of Social Media

The process of selecting and curating social media postings often results in the formation of a filtered and idealized representation of reality. The disparity between individuals' online and real existence might potentially engender sentiments of inadequacy, as well as lead to the development of anxiety and despair. The widespread use of social media has contributed to the capacity to engage in self-comparisons with others. This may result in heightened anxiety and diminished self-assurance. When we engage in self-comparisons on social media, we often evaluate ourselves by comparing ourselves to the content of others who are engaged in enjoyable activities and sharing the most captivating photographs from those often idealized moments.

Table 1

Source World Health Organization



The overutilization of social media platforms, particularly before sleep, has the potential to disturb the sleep habits of students. Insufficient sleep may result in heightened stress levels and a deterioration in general mental well-being. Continuous involvement with social media platforms has the potential to result in inadequate time management skills or even addiction, hence exerting an influence on academic achievement and general welfare.

Vague Booking as a Kind of "cry for help"

Past evidence suggests that ruminating is a sign of psychopathology, but authenticity is considered a positive characteristic. In light of this, one area of research that has received little attention is the concept of vague booking. Vague booking refers to the practice of sharing content on social media platforms that lacks precise and unambiguous details but is carefully designed to attract and engage readers. (e.g., "Sometimes I just feel like...I dunno, sigh..."). Vague booking may be seen as a kind of "cry for help" since it aims to provoke reactions of worry from others.

Vague booking may be seen as a manifestation of introspection and a deficiency in authentic self-representation, stemming from the imprecision and potential manipulation of such statements. The utilization of ambiguous booking has the potential to serve as a preventive measure for those who may be experiencing mental health difficulties in the context of social media engagement. The existing body of research on the impact of social media on mental

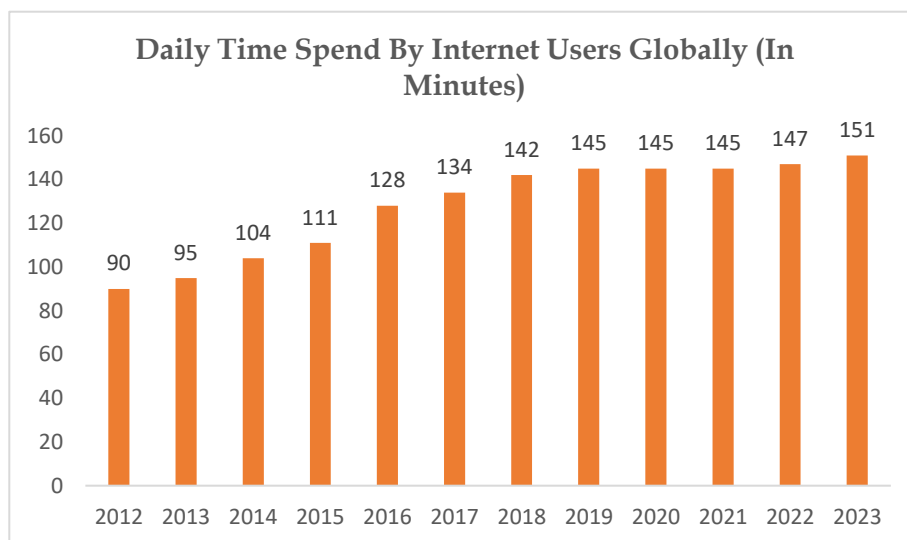
health has revealed many significant characteristics that have a role in promoting psychological well-being via the facilitation of pleasant online social relationships. However, it is crucial to augment public consciousness about the possible risks associated with excessive use, since it might potentially have detrimental impacts on mental health and everyday functioning. There is no consensus, whether positive or negative, about the influence of social media on people. However, by providing education on social media literacy, we can enhance people's chances of achieving fair, safe, and meaningful experiences on these platforms.

Digital Age of Vulnerability

Adolescents who begin utilizing social media at an early age have a more significant influence on their mental well-being. This phenomenon holds particularly true for ladies. Teenage boys often exhibit physical violence, whilst girls prefer to manifest anger via relational means such as rejecting others and making nasty remarks. Social media increases the likelihood of such detrimental connections. Furthermore, social media not only offers young individuals a platform to access and reflect upon their past experiences, but it also introduces a warped perspective on both appearances and reality. Social media platforms such as Facebook, Instagram, and Snapchat contribute to the proliferation of unrealistic and filtered images, particularly during a period of physical transformation among teenagers.

Graph 2

Source National Institute of Health Sciences



Historically, adolescents were exposed to periodicals that included manipulated images of models. Currently, these photographs may be accessed with a simple thumb-scroll. Apps offering airbrushing, teeth whitening, and other filters are readily accessible and user-friendly. Perfect appearance is not exclusive to superstars; it applies to everyone.

Even adults are susceptible. Plastic surgeons have seen an increase in patient demands in recent years, namely from those seeking to replicate the appearance of their filtered Snapchat and Instagram images.

“In June 2018, a New York Times story highlights the experiences of a recently married couple who faced the possibility of separation after their honeymoon. The rationale for this is that the woman dedicated a greater amount of time to vacation preparation and sharing self-portraits than spending time with her spouse”.

Adolescents have challenges in distinguishing between reality and falsehood when confronted with a digital filter, which adversely affects their physical and mental well-being. Middle school poses significant challenges for pupils due to the many developmental changes they experience. During puberty, individuals are responsible for forming their identity when their frontal lobes are not completely mature and they have limited impulse control. All of this occurs as their relationships with peers gain greater significance.

Positive Impacts of Social Media

Although social media platforms are often associated with negative connotations, they might potentially have a beneficial impact on the management of mental health issues among teenagers. This provides an overview of the potential benefits derived from social networks by concurrently probing into the impact created through online support groups as well as activities undertaken in campaigns to raise the level of mental health awareness.

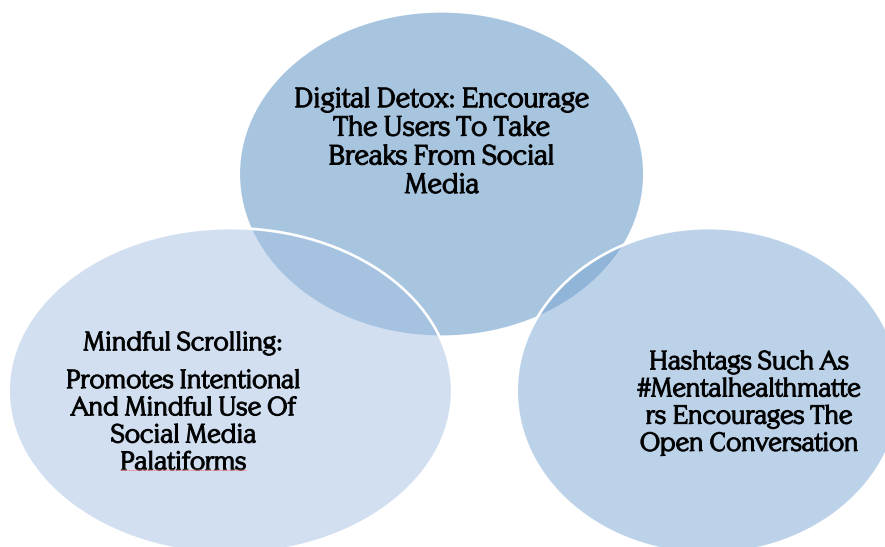
Virtual Refugees for Adolescents

The virtual community represents the safe haven where teenagers who go through mental health problems find support on the internet. This serves as a digital sphere, building a community that promotes such public discussions among individuals who have the freedom to publicly air their feelings relating to their challenges without fear of criticism. The study investigated the role of social media in informing citizens about the extent of mental health-related issues and the creation of solidarity groups facilitated by the Internet.

In addition, the usefulness of online peer assistance in ameliorating the depression situations of teenagers has also been shown. This type of support often becomes their safe haven for teens to seek advice and approval. Besides, since anonymously speaking inside online communities develops a secure environment for teens who are normally not willing to share personal information in a real face-to-face interaction, they feel a little bit more comfortable expressing themselves online.

Figure 2

Controlling measures for effective utilization of social media



This study is designed to demonstrate whether depression is caused by childhood traumas or not and to find emotional intelligence and online social anxiety as possible moderators. Among youth bullying online is in main focus. According to the findings of this study, a strong relationship between childhood trauma and cyberbullying, on the one hand, and emotional intelligence and online social anxiety, on the other hand, has been identified as a factor that can help mitigate this phenomenon.

Mental Health Awareness

Social networking systems could be used as a powerful way to spread the message combatting stigma and mental health issues. Social media is an agent by advocacy groups, associations, and individuals as a proactive move to do away with stigma or social mentality and broadcast mental health information. In addition, mental health conflicts on social media are particularly induced by the sharing of personal parables, voicings, and instructive materials. Young people have the potential to be knowledgeable and resourceful people who can source information about assistance services and develop positive ways of tackling the issues they are going through either from experts or other peers. With a proactive strategy, we can at least have the possibility for the advancement of early intervention methods and normalizing attitudes toward mental health problems.

Supportive Online Community

In order to optimize the advantages of social media in relation to mental well-being, it is essential for teenagers and their advocates to actively participate in the establishment of a nurturing virtual community. Digital citizenship education may be included in educational curricula by educators, therefore equipping students with knowledge pertaining to ethical and responsible conduct in the online realm.

Parents should get instruction on the websites their children access and encourage candid conversations on their internet encounters. Mental health professionals have the potential to use social media platforms as a means of disseminating evidence-based strategies for stress management and seeking assistance. Acknowledging the potential positive impact of social media enables society to establish a digital milieu that fosters the mental well-being of teenagers and promotes mutual assistance.

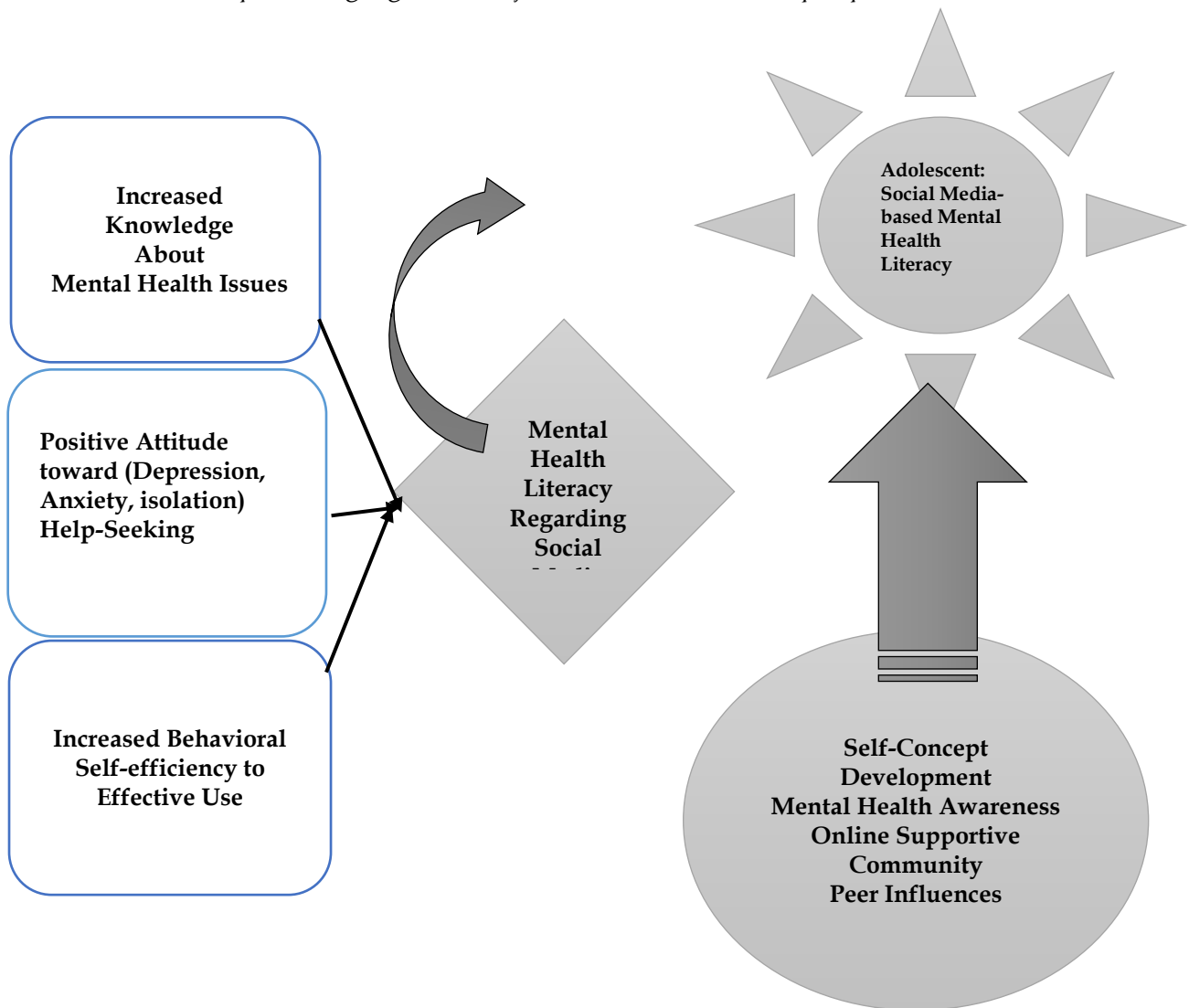
Need for Effective Use of Social Media to Promote Mental Health Awareness

Mental health literacy refers to the acquisition and comprehension of information pertaining to mental health issues, facilitating the identification, treatment, and mitigation of such conditions. There is a significant amount of uncertainty among individuals about mental health information, leading to obstacles in the promotion of mental health awareness.

Programs promoting mental health awareness foster the adoption of help-seeking behaviors. Supportive relationships in mental health therapies contribute to the promotion of well-being in individuals. One potential strategy for mitigating the stigma around mental health is the implementation of mental health awareness programs. Increased awareness has a beneficial effect on mental health outcomes. Promoting mental health awareness may foster a favorable perception of mental well-being among individuals. Traditional media, such as newspapers, have access to data that is supported by evidence and comes from trustworthy sources. They play a crucial role in promoting awareness about mental health. Government initiatives, such as national and district mental health programs, are increasingly being used as a means of providing mental health services within the framework of integrated primary care, which represents a frontier in the field of public healthcare.

Figure 3

Resilient Framework for promoting digital literacy based on mental health perspective



Social media has emerged as a prominent platform in which individuals actively engage. It serves as a platform for bonding individuals who have similar interests. Social networking platforms, such as Facebook, provide avenues for comprehending public consciousness and facilitating access to information pertaining to mental health. On average, over 2.1 billion individuals use Facebook, Instagram, WhatsApp, or Messenger on a daily basis

Discussion and Conclusion

The impact of social media on the mental well-being of young individuals remains a topic of contention. The current study examined various aspects of social media usage among young individuals and its association with a range of mental health concerns, such as feelings of isolation, thoughts of self-harm,

reduced ability to empathize, social anxiety, and overall psychological well-being (Zhou et al., 2023). The results of our study suggest that the utilization of social media does not serve as a dependable predictor of mental health concerns, so casting doubt on the notion that social media might precipitate a mental health emergency. The only anomaly seen was an ambiguous reservation, which precisely forecasted sensations of solitude and contemplation of suicide. Individuals with a history of mental health problems may use social media as a method of seeking therapy. Previous research has highlighted certain characteristics of problematic social media use that may possibly result in further problems. The present study presents the notion of ambiguous booking, which may be attributed to prior mental health conditions and has the potential to function as a clear risk indication for such conditions. Perceived

parent/child conflict is found as a key predictor of many mental health disorders, along with other concerns that have been discovered (Dhiman, [2023](#)).

As there is an array of matters to consider, apart from the sentiment of empathy, which could make it harder for people to live in isolation, thus the most probable reason is to establish relationships with other people to get validation for the sense of connection. At the same time, the close embracing of social layers is seen to possess the ability to rescue individuals in extremely difficult situations. Probably most intriguing about it is that of the press, suicide advocates, and policymakers' ongoing concerns about the link between internet time and mental health problems, but no solid research evidence has adequately discussed this link. There is one of the biggest concerns for moral panic on social media use (Garg, [2023](#)).

Different kinds of media such as video games, comic books, and rock music, all of which have been known to be associated with mental health issues. Mentally the internet can make a significant impact on people's lives. This influence may cause health issues for some individuals. From my perspective, it would be more beneficial for the study to involve a deeper consideration of any individual weaknesses rather than solely looking at media for solely discover any social or personal problems. The current research and reports give a clear indication that people who spend more time on various platforms of social media usually experience more sore symptoms of anxiety and depression (Sala et al., [2024](#)).

Despite the fact that the social perspective of social media, in particular as an alternative way of exchanging information between friends during the pandemic, might appear to be highly euphoric according to some researchers, the over-dependency

on social media is still considered to be potentially detrimental to the maintenance of mental health. Nevertheless, more comprehensive experimental studies are needed to figure out the whole influence on people's social media. Social media is a big means of expressing themselves and as such mental health will be affected in a different way than it was before the advent of social media. If one depends too heavily on social media, the social distance may become insufferable, and there may be interferences in academics, sometimes even so, no one may pay attention to their face-to-face interactions (Draženović et al., [2023](#)).

Conclusion

Overall, social media issues which mainly concern the mental health of adolescents are quite complex and tangled. The diverse world of the digital territory shows teens many troubles and dangers like the damage of cyberbullying and body shaming fears, as well as the struggles related to the fear of missing out and addiction. However, we must recognize that the media is not only a misunderstood source but at the same time shows the unparalleled power of dissemination. The platform's applicability is demonstrated in its ability to build a larger spectrum of empowerment, empathy, and comprehension through programs oriented toward making the public aware of mental health problems and creating virtual support communities. The creation of a positive digital environment by young adults can be a mental health booster in the years of the twenty-first century. Consequently, a social element can be established with the help of media literacy promotion, demonstrations of online ethics, and embracing the power of digital technology which involves social connection.

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