The Investigation of Relationship Between Social Media Use and Mental Health

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Abstract. One of the topics of contemporary study is the effect of social networks on teenagers. Researchers have not made much progress in this kind of research. With the widespread use of social media, the impact experienced by teenage users has become increasingly significant. Teenagers' mental health is impacted, which makes them less eager to connect effectively with family and friends and causes them to spend the majority of their time on social networks nearly every day. The connection between internet users and teens is the subject of this article's study. This study used a questionnaire with random responses from teens of various ages as its research approach. Then the data after the teenagers answered the questionnaire were analyzed. Obvious results can be obtained from this. Social media can harm teenagers' psychology and quality of life. In both charts, it can be observed that the older teenagers get, the more addicted they are to social media. And will do whatever it takes to complete the amount of social media usage every day. Parents and friends ignore it for the sake of activity on social media. These bad behaviors may stem from their sense of boredom and disappointment in real life, so they try to seek psychological satisfaction and escapism through social media. This mental shift can lead to further worsening of the problem.

Keywords: Enter key words or phrases in alphabetical order, separated by commas.

1. Introduction

In contemporary society, individuals maintain a profound attachment to electronic gadgets. Even newborn babies need to avoid crying by watching short videos and playing games. Young people almost have mobile phones in their hands, whether they are eating or walking, they are all focused on dealing with electronic devices. This trend extends to teenagers as well, but the prevalence of social media has given rise to certain challenges. Some inappropriate people secretly hurt those innocent people in some secret software, which has caused life-long damage to the victim's mind, and even led to the emergence of psychological problems [1]. In addition, a large number of people struggle with a social media addiction that is destructive to their quality of life and psychological wellness. As a result, the situation has had an effect on people's general quality of life and psychological health [2].

Numerous individuals hold a strong conviction regarding the potential peril of excessive social media consumption among the youth. However, attempts to control their use of social media can exacerbate teens' emotions, leading them to behave inappropriately. This psychological negative feeling may trigger their impulsive behavior. These obsessions also make teens more likely to be drawn into comparisons with others and may suffer from cyberbullying [3]. Indeed, this situation may lead them to prefer to immerse themselves in the virtual world, while ignoring the importance of real life. Over an extended duration, this phenomenon could give rise to deleterious consequences for their psychological well-being and cognitive proficiencies. Thus, it prompts the inquiry: does the utilization of social media indeed engender such detrimental ramifications? It becomes prudent to consider whether a judicious approach should be adopted concerning the extent to which exposed the progeny to social media platforms.

This research investigation attempts to thoroughly examine the impact of online communities on adolescents based on the psychology of numerous teens. Researchers have looked into whether using social media might make adolescents feel down or unsatisfied with life, and whether this down mood may encourage them to use online network more often, leading to additional issues and harm [4].

The research focuses on teenagers' social media usage behavior and psychological circumstances in order to inspire adolescents to utilize social media more sensibly in order to enhance their mental health and quality of life. Furthermore, to reveal the impact that social media may have on mental health, research can facilitate in guiding adolescents' behavior and attitudes when using social media, thereby reducing the risk of potential psychological harm.

In this study, the data related to a questionnaire collected from the published literature was used to conduct a sample survey of adolescents in an anonymous form. First, the relationships between adolescents and various variables are presented through programmed tables. Then, in the school class, teenagers were invited to fill in their own information voluntarily, ensuring the anonymity of the survey [5]. Ultimately, a wealth of data was collected, which the researchers analyzed in detail, exploring outcomes and associations across different scenarios. This method offers excellent support for determining the effects of online platforms on teenagers by enabling researchers to get insight into components of adolescent social media use and psychological wellness.

2. Health and Emotional Well-Being In Relation to Medical Usage

The China Social Science Research Center of Peking University, which offers abundant and priceless data resources for the area of social science in China, is in charge of this significant research endeavor [6]. The study used Chinese youths from the countryside aged 10 to 19 as its research subjects, and used longitudinal panel data in 2018 and 2020 for in-depth analysis [6]. The data collected at these two time points enabled the research to closely monitor the evolution and transformations experienced by adolescents throughout this duration. This comprehensive approach allowed for a deeper understanding of various aspects, including living conditions, educational background, cognitive behavior, and mental well-being among adolescents in rural China [6]. These data are of great value for revealing the development trend of adolescents and formulating related policies. A sizable sample size of 3,694 active respondents made for a research with a strong foundation thanks to the survey. 1,338 of them were between the ages of 10 and 12; 1,275 were between the ages of 13 and 15; and 1,081 were beyond a young age of 16 [6]. This allowed the factors of different ages to be fully considered, and most of the participants were women, which added dimension to the study. A core focus of the research covers teens' mobile and internet use, including the impact of smartphones on their daily lives and how they interact in the digital world. In addition, research sheds light on adolescents' learning and knowledge acquisition pathways. Through these multi-dimensional data, a more comprehensive understanding of the life and growth of adolescents in rural China can be obtained, providing a strong basis for future policy formulation.

A similar research used 231 individuals and a questionnaire questionnaire at a university in southern India. Consistent with the aforementioned studies, the majority of respondents in this survey were also women [5]. The study subjects were all over the age of 18, including 138 undergraduates and 93 postgraduates. Of these students, 24 members of combined couples and 204 members of traditional families [5]. The demographics of the two studies were somewhat similar, and both included participants of different age groups and student types. This helps individuals compare findings across different contexts.

The factor was the average daily time spent by participants using cellphone Internet. The poll also addresses the particulars of using the Internet for four different purposes: online learning, shopping on the web, social networking, and entertainment [5]. Participants were asked to answer yes or no to understand the purpose and impact of their mobile phone use on their lives [5].

Table 1 outlines the key attributes of the entire sample and provides a concise overview of participants' internet usage duration and content based on various age categories. The study encompassed a total of 3,694 participants, with the majority of young individuals limiting their computer usage to less than one hour [6]. Among the age group of 13 to 15, the highest percentage, at 21.25%, reported internet usage between one and two hours [6]. This is not the most. Among the 2 to 5 hours of using social media, there are as many as 297 young people over the age of 16,

accounting for 27.47%. Among the 5 to 10 hours and more than 10 hours, young people older than 16 are still the most [6]. A large number of people over the age of 16 like to use social media for learning, and the probability of answering yes is 59.67% [6]. And this group of people also like online shopping. Unlike 10 to 12 year olds who are very resistant to this activity. Not surprisingly, those over the age of 16 are also the most socialized and entertained. This also makes them have a huge dependence on the Internet.

Table 1. Characteristics of Internet use among the participants

Empty Cell	**Total sample (n = 3694)**		**The age of 10–12 (n = 1338)**		**The age of 13–15 (n = 1275)**		**The age of ≥16 (n = 1081)**	
	Sample	**%**	**n**	**%**	**n**	**%**	**n**	**%**
Internet use time								
<1 h	2061	55.79	991	74.07	661	51.84	409	37.84
1–2 h	685	18.54	212	15.84	271	21.25	202	18.69
2–5 h	643	17.41	104	7.77	242	18.98	297	27.47
5–10 h	253	6.85	26	1.94	86	6.75	141	13.04
>10 h	52	1.41	5	0.37	15	1.18	32	2.96
Things people do on the internet								
Study on the Internet								
Yes	1641	44.42	380	28.40	616	48.31	645	59.67
No	2053	55.58	958	71.60	659	51.69	436	40.33
Buy someting on the Internet								
Yes	1068	28.91	79	5.90	384	30.12	605	55.97
No	2626	71.09	1259	94.10	891	69.88	476	44.03
Chat on the Internet								
Yes	2183	59.10	419	31.32	837	65.65	927	85.75
No	1511	40.90	919	68.68	438	34.35	154	14.25
Online entertainment								
Yes	2298	62.21	548	40.96	865	67.84	885	81.87
No	1396	37.79	790	59.04	410	32.16	196	18.13

The average and standard deviation for each campaign is displayed in Table 2. The average value of blog reading is the lowest, only 55.87, but its standard deviation is also relatively small, that is, there is not much difference in the blog reading time of each person [5]. Contacting familiar friends or family had the highest mean value, suggesting that this activity has a large positive impact on young people's quality of life [5].

Table 2. Social media usage activity data

	Mean	N	Std Deviation
1. Internet Shopping	60.11	9	26.662
2. Web Learning	64.95	43	20.443
3. Online Chats	67.27	80	21.534
4. Video Calls	70.4	10	23.387
5. Blog Writing	62	4	23.381
6. Blog Reading	55.87	8	14.116
7. Watching Videos	62.53	47	25.898
8. Posting videos/Vlogs	69.17	6	28.743
9. Gaming	71.5	2	34.648
10. Other	60.23	22	23.013
Total	64.66	231	22.622

The information shown above shows that teenagers older that 16 have a higher probability to be impacted by social media, and may be more likely to be addicted to the virtual world [6]. The way they feel may suffer as a result of this illness. Social media offers a seemingly perfect world, but it's often over-edited and screened and doesn't necessarily reflect real life. Excessive immersion in virtual worlds among young individuals can potentially lead to a diminished interest in real-life experiences, resulting in feelings of depression and anxiety [7-10]. Over time, these depressive moods can intensify, eroding one's confidence and optimism about life. They may feel that their performance on social media is not good enough compared to others, leading to self-doubt and negativity. This can lead to social isolation, where they interact more with the virtual world instead of connecting with real friends and family [5].

3. Suggestion

Therefore, based on this data, some recommendations can be obtained. First of all, young people should try to reduce their social media usage time, especially when the virtual world starts to take over their real life. They can set time limits and ensure a balance between social media and real life. Second, young people are advised to build closer ties with family and friends. Interacting with loved ones and friends can improve quality of life, reduce depression, and increase well-being. Real human connections are more valuable than virtual likes and comments. Finally, it is crucial for young individuals to recognize that the virtual world on social media is not a true reflection of real life. They should cultivate an appreciation for the genuine beauty in real-life experiences, embrace their own imperfections, and place genuine value on authentic connections with family and friends. This realization should be at the forefront of their mindset. These behaviors can help them better adapt to reality, improve their quality of life, and reduce the stress of depression.

4. Conclusion

Excessive use of social media among teenagers significantly impacts their emotional well-being and daily lives. This overuse can lead to stress, diminished self-esteem, and dependency, adversely affecting their relationships and self-image, necessitating increased attention and guidance. In contemporary society, there is generally tolerance toward teenagers' mobile phone usage, but the mental health challenges resulting from it often go unnoticed. This trend poses a serious threat to their well-being. It is imperative to allocate more attention and resources to prevent such issues.

Many individuals fail to accurately comprehend the goals and psychological needs of teenagers on social media, resulting in misunderstandings and alienation that deeply affect teenagers' mental health. Therefore, it is crucial to foster greater empathy and understanding towards teenagers. It can be expected that more people will become attuned to the needs of teenagers and extend their care and support to this demographic.

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