The Impact of Negative Evaluations on Women's Mental Health on social media

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Abstract. This paper examines the impact of negative online reviews on the psychological well-being of women in the context of social media. Investigating various dimensions of mental health such as positive emotions, body image concerns, anxiety, and depression, this article uncovers the dual nature of social media as both an emotional support platform and a potential source of psychological challenges. This review underscores the multifaceted influences on mental health, encompassing not only emotional reactions but also aspects like self-esteem and anxiety. Findings reveal the crucial role of emotional support from friends and social networks in mitigating negative emotions and psychological stress. Additionally, different usage patterns across social media platforms can affect psychological states, with some platforms eliciting negative evaluations while others lean toward positive interactions. The necessity of developing strategies to promote women's mental health on social media is emphasized, including encouraging positive emotional expression and healthy usage habits. The reliance on self-report data could affect accuracy in previous studies. Future research should incorporate experimental designs and longitudinal methods to establish causal links across various platforms, ages, and cultures, providing a more comprehensive understanding of social media's impact on mental health.

Keywords: Social media, psychological well-being, Negative reviews, Women, Mental health.

1. Introduction

Social media, as an integral component of contemporary society, has evolved into a primary platform for information acquisition, life sharing, and exchange of viewpoints. However, with the proliferation of social media, negative online reviews have garnered extensive attention. These negative evaluations possess the potential to not only directly impact audiences but also give rise to an array of psychological issues, particularly for women. This review aims to delve into the influence of negative online reviews on the psychological well-being of women within the context of social media and to delve deeply into the interplay between emotional support and psychological health challenges.

While research has already explored the impact of social media on individual psychological well-being, there exists a research gap, especially concerning female audiences when confronted with negative online reviews. Past studies have predominantly focused on the positive impacts of social media, lacking an in-depth exploration of psychological health issues stemming from negative evaluations. Thus, it is imperative to conduct a more comprehensive investigation into the psychological well-being of women when facing negative online reviews to bridge the existing research gap.

The primary objective of this article is to examine the influence of negative online reviews on women's psychological well-being and analyze the relationship between emotional support and psychological health. This paper first revisits the dual role of social media as both an emotional support platform and a source of psychological health challenges. This review delves into the relationship between psychological well-being and social media usage. It will explore positive aspects of well-being, like cognitive evaluations and emotional balance. It will discuss how psychological issues manifest due to excessive social media use, such as depression and body image concerns. Statistics of social media usage on platforms like Facebook, Twitter, and Instagram will be presented, highlighting potential positive and negative consequences. The importance of positive well-being education will be discussed, alongside social media's role in fostering community and mental health

awareness. Negative impacts, such as using social media as an unhealthy coping mechanism, will be examined, as is the correlation between usage and distress. Then, factors contributing to social media's psychological impact are explored. Lastly, the paper summarizes the paper findings, discusses their theoretical and practical implications, and outlines prospects for future research.

2. Psychological Well-being Manifestations

Yu shed light on the concept of psychological well-being by emphasizing several positive aspects. These include positive cognitive and emotional evaluations, emotional balance, pleasurable emotional experiences, strong willpower and self-control, as well as active engagement in social and personal development [1]. These characteristics appear beneficial for individuals, aiding not only in adapting to social life but also fostering happiness and personal growth. This prompts a reevaluation of psychological well-being, underscoring the significance of a positive mindset, emotional equilibrium, and social engagement. It indicates that psychological well-being is more than just problem resolution and disease elimination; it entails cultivating positive emotions, self-control, and social skills to lead a more fulfilling and satisfying life. This comprehensive perspective seems better equipped to help individuals maintain psychological equilibrium in the complexities of modern life, rather than merely coping with ailments.

This leads to the consideration of how psychological issues manifest. Ulvi highlighted that psychological health problems predominantly manifest as depression, anxiety, feelings of loneliness, and body image concerns [2]. These issues are linked to excessive social media usage, particularly on platforms like Instagram and Twitter, which might result in self-harm, premature signs of depression, and more. Similarly, excessive use of Facebook could lead to decreased life satisfaction. In essence, this paper not only identifies the expressions of psychological health problems but also elucidates that social media usage can have both positive and negative impacts on psychological well-being.

3. Social Media Usage Landscape

Ulvi pointed out that as of December 2019, Facebook reported 2.5 billion monthly active users, Twitter reported 330 million monthly active users, and as of January 2020, Instagram had over 1 billion monthly active users worldwide [2]. This implies that a majority of individuals engage in social interactions on social media platforms, spending a significant amount of time on popular sites like Facebook, Twitter, and Instagram. Given this trend driven by mass demand, individuals experiencing psychological health issues as mentioned earlier may turn to social media for assistance. If accurate guidance can be obtained, it could potentially ameliorate their psychological health disorders. Conversely, excessive social media usage might result in negative consequences, exacerbating users' psychological health issues further.

Choukas-Bradley pointed out that in terms of social media usage, self-presentation and interaction among adolescent girls may lead to excessive preoccupation with their appearance [3]. This includes editing selfies and posting content related to physical appearance. The presence of social media allows adolescent girls to present themselves to others at any time, thereby increasing the focus on their appearance. Choukas-Bradley suggests that self-presentation and social interaction among adolescent girls on social media are related to traditional self-objectification and dissatisfaction metrics [3]. Simultaneously, frequent editing and posting of selfies may lead to negative body image and emotions, particularly when edited photos fail to meet societal appearance standards.

4. Psychological Well-being

4.1. The Significance of Positive Psychological Well-being

Education plays a crucial role in cultivating holistic individual development through positive psychological well-being. This not only fosters emotional and psychological health but also propels student success in education. Meng's research utilizes methods like comprehensive literature review, comparative analysis, and historical research to explore positive psychological well-being education's methods and significance [4]. The article employs comprehensive literature review to summarize research on positive psychological well-being education. Comparative analysis contrasts it with traditional approaches, emphasizing innovation. Historical research shows how traditional Chinese culture integrates into this education. Emphasizing positive psychological well-being's importance, the article uses positive psychology to highlight factors like positive emotions, optimism, and self-esteem. Positive psychological well-being education shapes a positive cultural atmosphere by focusing on all students. Methods like multiple intelligences and psychological scenarios promote comprehensive development. Chinese cultural concepts like "self-improvement," "harmony," "balance," and "good nature" support a unique education system. These methods illustrate the significance while highlighting differences. Positive psychological qualities like optimism, love, and courage is key to individual growth. This education enhances well-being, optimism, and prevents psychological issues. It shifts clinical psychology's focus, fostering positive development. The author effectively links positive qualities, well-being, and prevention using their approach.

4.2. Positive Impacts of Social Media On Psychological Well-being

Social media positively affects psychological well-being by providing social support and fostering community, reducing loneliness, and enhancing connection. It serves as a tool for predicting and monitoring mental health issues through language pattern analysis. Moreover, it spreads awareness about psychological well-being, combating stigma and allowing safe expression. Ulvi conducted a comprehensive study through systematic review and literature synthesis. Collecting diverse studies from databases, Ulvi analyzed 20 studies after careful selection [2]. Meta-analysis and synthesis methods integrated results, gaining a holistic view. They categorized and analyzed factors like platforms and sample sizes, using Egger tests and funnel plots to ensure credibility [2]. Social media, especially Facebook and Twitter, promotes well-being by connecting, supporting, and sharing psychological health knowledge. Different platform uses have varying well-being effects. Sharing experiences eases loneliness, offers emotional support, and builds connections. Users access mental health professionals, enhancing coping skills and awareness. Social media's information-sharing encourages positive attitudes and identifies mental health issues early, aiding intervention. In conclusion, social media benefits psychological well-being through support, resource acquisition, awareness, expression, and early intervention [2].

Social media's positive impact on psychological well-being is prominently manifested in its provision of powerful tools for professional women, aiding networking and advocating for workplace equality [5]. It offers opportunities for female entrepreneurs to promote their businesses and projects. It creates exclusive support groups for women, facilitating the handling of gender-related issues. Moreover, it generates positive body image content, contributing to enhancing women's self-image awareness. By consciously utilizing these positive factors, women can effectively promote their psychological well-being. In Jason Crosby's article, according to the provided content, the author follows these steps to draw the conclusion of social media's positive impact on women's psychological well-being [5]. Firstly, the author introduces the usage pattern of social media, highlighting that women usually possess a larger social presence and network, laying the foundation for subsequent arguments. Then, using specific examples and case studies, the author showcases the positive effects of social media in professional fields, entrepreneurship, female support communities, and promoting positive body image [5]. Finally, the author synthesizes the findings, concluding that this trend provides significant opportunities for women under the positive influence of social media.

Simultaneously, the author points out that women have a larger social circle and followers on social media platforms, implying that they spend more time engaging with other users and content on these platforms [5]. Supporting this stance with evidence, the author notes that social media provides a platform for professional women to build networks and advocate for equality, offers entrepreneurs opportunities to promote their projects, facilitates women-only support groups to address gender-specific issues, and grants access to positive body image content. Thus, social media's positive influence in the realm of women is noteworthy [5]. However, avoiding negative impacts necessitates emotional awareness to better handle the influence of social media. Therefore, by analyzing social media usage, discussing its positive impacts, referencing case studies, and summarizing comprehensive results, the author concludes that social media indeed exerts a positive influence on women's professional development, entrepreneurship, female support communities, and positive body image aspects [5].

4.3. Negative Impacts on Psychological Well-being

The negative impacts of social media on women's psychological well-being are primarily manifested in young women potentially using it as an unhealthy coping mechanism for anxiety. Instagram might exacerbate body image issues among women, and social media usage has been associated with an increase in social isolation among women. Jason Crosby, while highlighting the positive impact of social media on women's psychological well-being in the previous sections, also underscores a range of negative effects, particularly those related to body image and social isolation. The article delves into the negative impact of social media on women's psychological well-being by analyzing women's interactions and time allocation on social media platforms. This includes young women resorting to social applications as unhealthy coping mechanisms for anxiety, the possibility of Instagram intensifying body image concerns, and the correlation between social media usage and feelings of social isolation. Through an in-depth analysis of these effects, the author concludes that despite the potential positive effects that social media might bring in certain aspects, young women might utilize social applications as unhealthy coping mechanisms for anxiety [5]. Instagram could potentially exacerbate body image issues among women, and there is an association between social media usage and feelings of social isolation. Therefore, the negative impact of social media on women's psychological well-being appears to be more significant, overshadowing its potential positive effects in certain situations [5].

While the preceding text did indeed highlight the potential positive impact of social media use on mental health, it also underscored the need to pay heed to certain adverse effects, particularly within platforms like Instagram, where excessive engagement with social media may exacerbate body image concerns and instances of self-harm, particularly among young individuals. Moreover, the engagement in social media use exceeding two hours has been correlated with psychological distress, anxiety, depression, fear of missing out, and sleep-related issues [2]. The potential negative repercussions of social media on mental health were examined by Ulvi. Employing a systematic literature review approach, the article delved into an extensive analysis of the detrimental effects of social media on mental well-being. To initiate this process, the article conducted searches across various databases such as Google Scholar and PubMed, aiming to amass research literature pertinent to the interplay between social media and mental health. In terms of analytical methodology, the article's initial categorization of different social media platforms, such as Facebook, Twitter, and Instagram, was followed by the grouping of research outcomes based on distinct platforms, sample sizes, publication years, and other factors. By employing statistical analysis techniques, the article effectively amalgamated and compared these outcomes, thereby unveiling overarching trends concerning the adverse effects. Moreover, the article directed special attention towards the influence of social media use on mental health during the COVID-19 pandemic, particularly in cases where specific social media platforms were not specified. Through the research of the above methods, Ulvi arrived at the conclusion that social media use may lead to negative impacts including body image issues, self-harm behaviors, psychological distress, anxiety, and depression [2]. This approach

enabled the article to holistically comprehend the negative implications of social media on mental health across various dimensions [2]. In summary, the article employed a multifaceted approach to comprehensively explore the impact of social media on mental health, discussing potential negative ramifications. By referencing empirical research and expert viewpoints, the author demonstrated the intricate effects of social media on shaping individual mental well-being. Moreover, the article highlighted the detrimental influences of social media, encompassing issues related to body image, self-harm behaviors, psychological distress, anxiety, and depression, particularly evident within the younger demographic [2].

The negative impact of social media on mental health is mainly manifested in visibility anxiety, appearance-focused attention, and difficulty in emotional regulation. Young women displaying their psychological issues on social media may lead to anxiety and stress, while excessive focus on appearance-related content can trigger self-evaluation anxiety. Additionally, social media can exacerbate emotional distress and complicate emotion regulation. Hendry, through in-depth interviews and observations of the behavior and experiences of four young women on social media, unveiled the details of these adverse effects. Firstly, the paper discovered that young women experience visibility anxiety and burden on social media. They worry that sharing their mental issues will attract attention and judgment, thus they limit their visibility when selecting content to share, avoiding excessive exposure [6]. They alleviate anxiety and pressure by choosing specific platforms, tagging or untagging content, and controlling the visibility of their faces, bodies, and names. Secondly, following appearance-related accounts on social media yields negative consequences. These young women, while watching and following such content, are prone to self-evaluation anxiety. They compare themselves to seemingly perfect body images, leading to decreased self-esteem and unhealthy self-evaluation emotions. This excessive focus on appearance not only affects their self-esteem but may also exacerbate mental health problems [6]. Finally, the use of social media can also result in difficulties in emotional regulation. Despite seeking support and connections on platforms, they often reject others' care and support, fearing that it may add to their burdens and hinder emotional regulation. They prefer to manage and control their emotional issues themselves, not wishing to draw attention to their mental problems. This difficulty in emotion regulation may lead to more anxiety and pressure on social media. In conclusion, by conducting an in-depth review of young women's experiences on social media, Hendry revealed the adverse effects of social media on mental health. The detrimental impact of social media usage on mental health, particularly among young women, cannot be ignored [6]. However, these effects are not absolute but rather results that may occur in specific contexts. Understanding these negative effects contributes to a more comprehensive understanding of the influence of social media on mental health, guiding young people to use social media platforms reasonably and healthily. In today's era of widespread social media use, these findings emphasize the importance of recognizing the potential excessive impact of negative influences on mental health and taking appropriate intervention measures to ensure that social media usage does not adversely affect the mental well-being of young individuals.

With the rapid development of social media, it has exerted negative impacts on the psychological well-being of adolescent girls by shaping idealized notions of appearance, emphasizing appearance validation, and intensifying self-appearance awareness, thereby exacerbating their concerns about body image, depressive symptoms, and disordered eating habits [3]. Choukas-Bradley, through the integration of developmental psychology, clinical psychology, social psychology, and media studies' theoretical perspectives and empirical research, establishes a developmental-social-cultural framework to elucidate the adverse effects of social media on the psychological well-being of adolescent girls. The framework highlights that the characteristics of social media, such as idealized images of peers and quantifiable feedback, intersect with factors in adolescent development, such as the salience of peer relationships, and the sociocultural gender socialization process, such as the excessive societal emphasis on female appearance. This convergence gives rise to an "ideal storm" of body image concern among adolescent girls, subsequently impacting their psychological well-being. Furthermore, the article further supports this notion through empirical research, indicating that

social media may increase body image concern among adolescent girls through two primary processes: firstly, by intensifying their focus on others' appearance, including exposure to idealized images of peers, celebrities, and social media influencers, as well as quantifiable measures of validation; secondly, by augmenting their self-focus on appearance, including self-appearance awareness through appearance-related social media content, exposure to idealized self-images, the encouragement of an excessive importance of appearance, and peer approval of photos/videos. These processes collectively contribute to body image concern among adolescent girls, which may subsequently impact their depressive symptoms and disordered eating behaviors. In conclusion, by integrating the developmental-social-cultural framework and empirical research, this article arrives at the conclusion that the characteristics of social media intertwine with factors in the development of adolescent girls and sociocultural backgrounds, thus intensifying their body image concerns [3]. These concerns further impact their psychological well-being, potentially leading to increased depressive symptoms and disordered eating behaviors [3]. Therefore, comprehending the negative effects of social media on psychological well-being, particularly within the adolescent girls' demographic, aids in guiding future research and intervention measures to mitigate these impacts and promote the overall health of adolescent girls.

Schweikert conducted a large-scale study analyzing national survey data from over a million adolescents to investigate indicators of psychological well-being, such as self-esteem, life satisfaction, and happiness. The paper found that adolescents who spent more time on smartphones were more likely to experience psychological health issues than those who spent less time, suggesting a potential correlation between social media use and increased psychological health problems among adolescents [7]. Schweikert's research encompassed three large-scale representative surveys from the United States and the United Kingdom. Within these surveys, the association between social media use time and decreased psychological well-being was notably more pronounced among young females than young males. Furthermore, the research indicated that moderate use of digital media could enhance adolescents' happiness, but once usage exceeded one hour, happiness gradually declined [7]. Schweikert also conducted a survey based in the UK, analyzing digital technology usage among adolescents aged 13 to 15. The review revealed a strong link between the time girls spent on social media and symptoms of depression, self-harming behavior, and suicidal tendencies, whereas similar trends were less evident among boys [7].

Bhat also found that issues such as cyberbullying, depression, texting, stress, fatigue, loneliness, cognitive decline, online harassment, emotional suppression, and lack of concentration, among others, directly or indirectly impact the mental health of the younger generation [8]. The widespread use of social media has sparked a range of serious negative effects, particularly pronounced among the younger generation. Excessive social media use has been shown to be closely associated with anxiety, stress, depression, and loneliness, posing threats not only to individual well-being and happiness but also to society at large. Simultaneously, Vinney indicates that social media usage exerts negative effects on women's psychological well-being, leading to increased depressive symptoms, intensified negative body image, lowered self-esteem, heightened social anxiety, self-objectification, and sleep issues. Frequent social media interactions can lead to comparison with others, pressure from the virtual world, and excessive focus on appearance, thus impacting women's emotional states and mental health [9]. These adverse effects underscore the complex influence of social media on women's psyche, blurring the line between reality and the virtual world, emphasizing the need for interventions to enhance women's psychological well-being and self-awareness. Vall-Roqué discovered that during the COVID-19 lockdown, there was a significant increase in the usage frequency of social media platforms such as Instagram, YouTube, TikTok, Twitter, and Facebook. Additionally, the number of women following appearance-centric Instagram accounts also notably rose. This highlights the heightened use of social media due to COVID-19 lockdowns, which, in turn, led to increased focus among women on appearance-related content, potentially impacting their psychological well-being [10].

5. Why does the Use of Social Media Impact Psychological Well-being?

5.1. Self-Esteem and Confidence

Vall-Roqué highlights self-esteem and confidence as among the factors contributing to the psychological impact of social media use. Research indicates a close relationship between the frequency of social media usage and self-esteem as well as body image. The article asserts that young women's performance and feedback mechanisms on social media platforms could influence their self-esteem, associating their self-value with online presentation, consequently affecting their sense of confidence [10]. Additionally, the portrayal of idealized lives and appearance standards on social media platforms easily triggers self-dissatisfaction and appearance-related anxiety, thereby impacting self-esteem and confidence. Thus, the use of social media might generate psychological effects by influencing self-esteem and confidence.

5.2. Emotional Regulation

Gao underscores that the frequent use of social media platforms could impact psychological well-being, partly due to disruptions in emotion regulation [11]. During the pandemic, social media became a primary conduit for information, yet excessive exposure to negative content might induce emotional instability. Negative emotions and anxiety present on social media platforms could potentially propagate through mechanisms of emotional contagion, amplifying emotional burdens. Furthermore, emotional expression and commentary on social media might influence an individual's emotional state, rendering them more susceptible to the influence of others' emotions, thereby triggering emotional oscillations. The frequent use of social media platforms might also result in information anxiety, characterized by emotional unrest due to excessive focus on pandemic-related information. These factors collectively contribute to the potential occurrence of psychological health problems such as depression and anxiety.

Hendry notes that these young women engage in emotional regulation through social media platforms, particularly by watching entertaining videos, browsing humorous content, or creating witty images and videos to alleviate distress, pressure, and judgment [6]. Humor, as a socially acceptable means, enables them to share narratives of pain and discomfort in a humorous manner, thereby creating value and attaining emotional relief. Expressing emotions through humor not only prevents them from being perceived as self-centered but also elicits resonance and potential interaction from others. Within content that fosters emotional identification, they can experience a degree of understanding and recognition from others, thus alleviating their anxiety and distress.

5.3. Frequency of Social Media Usage

Both Vall-Roqué and Gao point out that the frequency of social media usage may impact psychological well-being. This is attributed to the tendency of social media to portray idealized lives and appearance standards, which can lead to comparisons with others, resulting in self-dissatisfaction and appearance-related anxiety [10, 11]. Additionally, the feedback mechanisms on social media platforms drive users to seek social approval, linking their self-worth to their online performance, thereby affecting their self-esteem. Excessive focus on appearance and body image may also lead to body dissatisfaction and a propensity to pursue a slim figure. Overusing social media may also reduce real-life interpersonal interactions, impeding the development of emotional regulation and social skills, consequently leading to social isolation and psychological health issues.

One of the consequences is information overload and anxiety, particularly during the pandemic when social media becomes a primary source of information. Excessive information consumption can lead to feelings of overwhelm and anxiety. Furthermore, misinformation and concerns stemming from social media also pose issues. The spread of rumors on social media platforms can induce panic and worry, affecting individuals' psychological states.

5.4. Attention to Appearance-Related Accounts

Vall-Roqué elucidates that engaging with appearance-related accounts may potentially impact the psychological well-being of social media users, primarily through the interplay of factors such as social comparison, idealized body image, the filter effect, and sustained exposure [10]. This form of attention could trigger self-comparisons, body dissatisfaction, and diminished self-esteem, thus influencing psychological well-being. Choukas-Bradley also underscores the heightened focus on body image and social comparisons. The presentation of idealized body images within social media platforms might lead individuals to feel dissatisfied with their own appearances, augmenting appearance-related anxiety and self-criticism, thereby potentially exacerbating psychological well-being issues [3]. Additionally, comparing oneself with others, particularly on social media, can evoke emotional concerns like envy, self-consciousness, and insecurity, even triggering a sense of "fear of missing out." Users comparing themselves to idealized appearance standards may experience dissatisfaction and inferiority, while the filters and beauty effects prevalent on social media platforms could exacerbate discontentment with their authentic appearances. Moreover, frequent exposure to appearance-related content may engender a continuous preoccupation with appearance and physique, further impacting psychological well-being.

5.5. Visibility Anxiety and Burden

Hendry elucidates that social media usage can affect psychological well-being, particularly evident in the domains of visibility anxiety and burden. The paper reveals that when young women share their faces, bodies, or emotional distress on social media, they often experience anxiety, fearing others' judgments and comments [6]. They avoid sharing mental health concerns to prevent negative evaluations or discrimination. Additionally, the visibility inherent to social media introduces supplementary social pressures, as they must manage their online image and respond to interactions from others. This burden may compound emotional distress, affecting psychological well-being.

6. Summary

This review explored the impact of negative evaluations on women's mental health on social media, revealing key findings for both psychological health research and practical application. The article emphasizes the multifaceted nature of mental health, covering positive emotions, body image issues, anxiety, and depression. This indicates that mental health involves positive experiences as well as challenges. The article thoroughly analyzes the positive and negative effects of social media, identifying it as a platform for support and resources but also a potential exacerbator of psychological problems.

This paper is significant theoretically by expanding mental health studies, highlighting its diverse aspects, and providing fresh insights and approaches for academia. On a practical level, this paper addresses women's mental health issues related to social media and urges broader societal attention. In the era of social media as a primary information source, the paper guides mental health professionals, educators, and parents in supporting women's media use to prevent negative impacts.

Overcoming self-report bias is crucial. Incorporating objective data and mental health indicators would yield a more accurate assessment of social media's impact. In terms of prospects, the article primarily discusses platforms like Instagram and Facebook, potentially neglecting others with unique effects. Expanding the focus to encompass various platforms would enrich the understanding. Given the revealed negative impacts and limitations, future research could explore directions for a more comprehensive understanding. Utilizing diverse samples, longitudinal designs, and investigating the impacts of different platforms would deepen insights. Lastly, employing experimental designs or longitudinal methods could establish causal relationships between social media and mental health, effectively controlling for influencing factors.

In conclusion, this review delves into negative evaluations' impact on women's mental health via social media, unveiling both positive and negative mechanisms. It not only provides a novel

psychological perspective but also practical advice. Through further research and addressing limitations, it enhances understanding and management of social media's effects on women's mental health.

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