

How Do Individuals' Social Media Usage Patterns Impact Their Mental Health And Well-Being?

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The Correlation Between Mental Health and Social Media

We currently live in a digital age, and social media has become an important and necessary part of our daily lives. It has transformed the way we connect, communicate, and consume information.

The nature of social media platforms has not only changed the way we interact but has also raised interesting questions about its impact on individual well-being, mainly on the topic of mental health. After the collected data gained from other researchers, it dives into the complex relationship between social media use and mental health, to understand the connection and how they are all related. Others have found that the different types of platforms and gender play a major role in the consumption of social media. By learning to understand the complex and ever-changing, we are figuring out the different things about social media that impact our mental health or that influence our emotional well-being in the digital era.

Different Social Media Platforms

Billions of people use social media each day, from Facebook, and Instagram, to TikTok, and other social media platforms, this has become an essential part of our lives. While social media can be a great tool for interacting with loved ones and learning new things, it can also harm one's mental health and general well-being.

Instagram, a widespread social media tool, has certainly changed how people, particularly young women, perceive themselves and the world around them. An article from Forbes written by Kim Elsesser in 2022 showed that Instagram harms the mental health and well-being of its users. A concerning issue that was found in the study was the significant decline in the user's body image while using these platforms (Elsesser, 2022).

Instagram and its platform are full of content that is well-managed and carved out to match what the viewer wants. These photographs tend to be people who are pushing an idealized vision of beauty that is generally unattainable. For young women who are frequently exposed to these pictures, this develops a dreadful comparison culture that encourages them to see unworthy and not beautiful which then lowers their self-esteem.

Instagram also produces an environment in which people are always looking for approval in the form of likes, comments, and follows. When users pursue approval on social media, it can lead to an unhealthy cycle of validation-seeking behavior, in which the self-worth of people around the world becomes dependent on affirmations online from strangers. This reliance on these people, who are also seeking this validation, can harm one's self-esteem and mental health, causing anxiety and sadness when the expected validation is not granted.

In addition, the platform's algorithms frequently add to users' mental discomfort. The constant flow of highly chosen content customized to individual interests may unintentionally

cause issues, promising unrealistic expectations. This worldview can exclude users from a variety of perspectives and experiences, causing them to make themselves feel worse and turn to self-isolation. Ironically, this creates a further dependence on Instagram to get them out of that rabbit hole. Instagram's social comparison phenomenon cannot be ignored.

According to research, people prefer to compare their own lives and accomplishments to the supposedly perfect lifestyles depicted by others on the app. This constant comparison can lead to feelings of envy, jealousy, and low self-worth, all impair general mental health. Finally, the impact of Instagram on the mental health and well-being of its users is very troubling. The platform's promotion of unattainable beauty standards, the constant need for external validation, and social comparison, all contribute to a toxic environment that can have serious consequences for mental health. Addressing these issues creates an understanding of the platform's influence, paving the way for potential interventions and strategies to mitigate the harmful impact of social media usage on individuals' mental health and overall well-being.

Facebook has unquestionably changed how people interact with the digital world by giving them a platform for sharing information, forming social relationships, and expressing themselves. However, in Facebook's effect on people's mental health and well-being; several components interact to create this effect. Facebook content curation is one of the key factors to take into account. Users frequently share carefully chosen moments and successes from their idealized lives, which can cause social comparison and feelings of inadequacy among people who think their own lives are not as glamorous as others. In addition, the constant barrage of information on Facebook—from news stories to status updates from friends and family—may increase information overload and anxiety.

The platform's algorithm aims to increase user interaction and frequently exposes users to content that stirs strong emotions, such as news articles, political discussions, and social issues. Strong emotional reactions, such as fear, rage, or grief, may result from this exposure, particularly if the information is upsetting or polarizing. An additional worrying aspect of Facebook's influence on mental health is the problem known as "Facebook addiction". This behavior can result from spending too much time on Facebook, reading through the news feed nonstop, and looking for approval from others through likes and comments. This addiction can lead to feelings of loneliness as well as a reduction in real-world contact because excessive social media use can take the place of meaningful in-person conversations.

Facebook has also come under pressure for its part in encouraging online harassment and cyberbullying. Because of the platform's anonymity, some people may feel more comfortable engaging in destructive behavior, which can cause emotional pain and have a detrimental effect on the mental health of those who are targeted, cyberbullying. Users may feel uneasy and experience mental instability as a result of their anxiety about such occurrences. But it's important to recognize that Facebook's negative effects on mental health are not limited to that. In an increasingly globalized world, the site is a critical tool for many users to preserve social relationships. Maintaining social connections with friends and family is essential for promoting mental health because it creates a sense of community and social support.

Additionally, Facebook groups and communities provide spaces for like-minded individuals to share experiences and seek advice, offering valuable emotional support and a sense of friendship. In conclusion, there are a variety of beneficial and bad effects of Facebook on mental health. Although social media can help people connect and build support systems, it also presents problems with online harassment, addiction, social comparison, and information overload.

TikTok's creative short-form videos and wide range of content have drawn millions of users, transforming the platform into an international craze in recent years. On the site, users can create, share, and discover a wide variety of videos, from creative lip-syncing performances to interesting and entertaining videos on several topics. TikTok encourages self-expression and creativity and creates a sense of community for its users.

Nevertheless, TikTok's effects on mental health and well-being should not be disregarded despite its engaging appeal. The ability of TikTok to promote emotions of self-worth and validation is one of the main ways the platform has an impact on mental health. On their videos, users frequently get likes, comments, and shares. This can provide them with a sense of social approval and increase their self-esteem. Happiness and general well-being can be improved by receiving positive feedback, which also fosters a sense of community among TikTok users.

However, if the desired level of involvement is not attained, the persistent demand for approval that results from the pursuit of validation in the form of likes and followers may have a detrimental effect on one's self-esteem. Furthermore, the addictive qualities of TikTok may exacerbate problems with productivity and time management, which may have an impact on users' mental health. The algorithm on the platform is meant to keep people interested, which encourages prolonged scrolling and content consumption. Overuse of screens can cause stress, interfere with sleep cycles, and exacerbate restless sensations. Constant access to information can also result in sensory overload, which in some cases can make users anxious.

Additionally, viewers may be exposed to upsetting or triggering content due to TikTok's diverse content. Although the platform offers a venue for artistic expression, it also contains potentially offensive or harmful content. Such information might cause emotional distress, worry, or feelings of inadequacy in sensitive people. In addition, users may be influenced to compare themselves to others to fit in with TikTok challenges and trends, which could have a bad impact on their self-perception and body image. False beauty standards are frequently produced by filters, effects, and editing tools, which in turn create false expectations about looks. This comparison can contribute to feelings of inadequacy and lower self-esteem, impacting mental health negatively. While TikTok offers a platform for creativity, self-expression, and social connection, its usage patterns can significantly impact individuals' mental health and well-being. Striking a balance between enjoying the platform's content and mindful use is essential to mitigate the potential adverse effects on mental health.

In conclusion, different social media platforms have different effects on people's mental health and well-being, and each presents its potential and difficulties. Instagram's visually focused layout has been linked to problems with self-esteem, body image, and social comparison. Constantly being exposed to carefully chosen and frequently romanticized depictions of other people's lives can cause poor self-worth and feelings of inadequacy, which can have a detrimental effect on mental health.

As one of the first and most popular social media sites, Facebook has been connected to issues like jealousy, social isolation, and cyberbullying. Because of the platform's emphasis on social relationships, users' psychological well-being may be impacted by excessive comparison and jealousy. Lastly, TikTok encourages self-expression and a sense of community with its exciting and creative content. But because of its addictive qualities and the pressure to follow trends, it can cause problems with time management, unrealistic beauty standards, and validation seeking, all of which harm mental health. When we consider the effects of Facebook, Instagram, and TikTok, it is clear that encouraging positive social media usage patterns is crucial.

The Impact Social Media Has On Women's Mental Health

In today's environment, social media is filled with everybody's day-to-day activities. Due to this, it causes a huge strain on people's mental health, especially women. It has been researched that children ages 0–8 years old spend around 2 hours a day on YouTube and children 9 and up get around 5 hours daily on other social media platforms. With the large engagement online, we women begin to compare ourselves to the perfect images and videos we see online. Yet the worst part about the comparison that we fail to understand is that so much of it is false and fake. Being online and scrolling all day leads to a spiral in the human brain, leading to stress and aspects of depression. With women's mental health we learn that due to their brain's wiring, women report a much higher level of empathy and emotional understanding than men. Passing through social media platforms feels like a harmless part of our life but the way it slowly changes a human's thinking development is fast and real.

With social media being as popular as it is today, insecurity holds a huge part in a woman's mental health and how it can make one feel. Online thousands of pictures and videos come up of other women who have the perfect edited curves, gorgeous soft and no textured skin, beautiful straight white teeth, and of course the aesthetically “put together lifestyle.” When falling into the black hole of videos and images of these people, women tend to analyze and look at all the things they have and we do not. The hardest part for a woman to understand is the fact that it is not real and it is not normal. Because of a false reality online, a woman's mental state becomes destroyed by the anxiety and trauma they face.

The negative impacts run from a comparison of self-esteem, cyberbullying, the fears of missing out (FOMO), and of course digital addiction. All of these dismissive parts of being online as a woman in the 21st century make it hard to be the person you truly are. Women hold

a strong sensitivity while thinking of body image and beauty social standards while also viewing the influencer who gets plastic surgery and procedures to look “perfect.”

While social media does give its ability to reach out to people, stay connected, and in some cases support others, it also deteriorates the heart and mind of the female gender and how they view a real and normal life and image of themselves. Information from the economic committee states, “The researchers found that teens who spent greater amounts of time on smartphones were more likely than those who spent less time on smartphones to experience mental health problems, and adolescents who spent more time on electronic communication and less time on non-screen activities had lower well-being. Ultimately, teens who spent the least amount of time on social media were happiest.”

Social media on all platforms can easily misinterpret a person. For example, an influence on TikTok who posts videos of their “daily lifestyle routine” posts healthy snacks, perfectly clean home, everyday workout experiences, expensive skincare, and of course happy smiles, when in their mind they are producing and posing a life that is not even their reality. Their stress is still there, their mental health is present, and their life is not perfect, but what the fans view is a perfectly put-together human who does not post the real struggles because then it takes away from their content. This is a great example of the non-reality life that tricks others and ruins their self-esteem to make them think they don't have it figured out.

To improve these issues, it's recommended to take a 3-5 day social media break or even lower your screen time to an hour a day. By doing so your mental image inside and outside makes you so much stronger and gives an understanding that it is all false. Women face a lot of struggles while growing up, especially with how the world is wired today. Mental health and the comparisons are so real and all females need to step back and appreciate what they do have and that working for improvement should not be a bad thing but more of a positive aspect for putting yourself in a healthier direction. Change is good, but only if you do it for yourself and not to be somebody else you viewed on screen.

The Impact Social Media Has On Men's Mental Health

Social media has significantly influenced the way humans interact, share information, and connect with others. Not only that, but it has integrated itself into basically every aspect of our everyday lives. While social networking platforms have many advantages, they also have certain concerns, particularly for mental health. With that being an issue, extensive research has been done to determine if social media impacts us as much as we believe it might. Results have shown and focused mainly on women and the impacts it has on them, but what about men?

Men have been vulnerable to the negative effects that the use of social media has on their mental health. With the information that has presented itself, the effects of social media use by men have been shown to impact their mental health greatly, if not even more than women.

One of the biggest topics that has been found in research is the importance of acknowledging the mental health of men and how social media impacts this. One main goal researchers have is to determine why there is a lack of knowledge on mental health, specifically with men, and how more extensive research could change this outcome.

As we all may know, men's mental health has remained undertheorized for the past several years. While the importance of social media has begun to rise and improve, we still know so little about the reasoning for this concern. Men use social media for the same reasons women do. Whether it's to create a social connection or be used for educational/informational purposes, social media should be a place for that to happen without your self-esteem being jeopardized. It was found that "... men use social media heavily but less often than women. In business industries, men are more aggressive and like to use social media for researching their competition and growing their networks" (Digital Branding Institute).

When it comes to men wanting to create new social media connections, some men can differentiate between their social media connections with both men and women, this becomes a difficult thing. Large numbers of men have experienced difficulties in finding a support system or making connections with other men on these platforms. While some men desire to be independent and they continue to reject the need for more social support, this has been shown to cause several mental issues whether that is low self-esteem or increasing the amount of insecurity they have for themselves.

In other cases, men who have established large amounts of support networks could actively look for different forms of support. This is something that doesn't have as much attraction to the topic, but it has been studied and proven that when men do create these social connections it has a major impact on their mental health. Men are also human beings and need connections from other humans, when they can create these from any social media platform, there is a visible spike in the charts.

For example, there was a study of a middle-aged man with depression. It was reported that he described his feelings as sadness, distress, and loneliness. He had impactful connections with his family, yet his relationships outside of that were slim. Another example that was found was an older man who has had social media for plenty of years, he was able to download the apps once they became popular and reconnect with old friends from his past. When asked about his feelings, he stated that he was content, thrilled, and excited to wake up every day.

With this being found, it showed that men who are not as connected with social media don't necessarily know how to talk about their feelings or they feel embarrassed which therefore makes the research on this topic more difficult. With that all being said, does social media negatively impact men's mental health?

These simple but impactful studies have drawn attention to the significance of how difficult it is for some men who have experienced either large or small amounts of social media, to gain

and lack a social connection. While there are so many pros to changing with the times and improving as these social media platforms improve, they have so many underlying aspects that haven't been able to be studied.

Social media has impacted the world as we know it. Both men and women are at stake for impacting their mental health, whether this is for the positive or negative, social media plays a major role in our brains.

The Impact That Cyberbullying Has On Kids, Teens, and Adults

According to News Medical, "Bullying is deliberate and unprovoked aggressive behavior that is actioned repeatedly, usually by someone in a position of power over the victim, be it physical, social, or psychological, to cause harm. Cyberbullying specifies this action when performed via electronic devices, over the internet, or by texting and calling."

It is commonly found in children and teens, and also adults. The rates of cyberbullying occurring in each of these categories are the same. Social media sites that permit unrestricted comments can quickly turn into extremely frightening places for victims of cyberbullying. Here, threats, hostile, demoralizing, or offensive remarks or messages, as well as altered images or videos, can be shared without the victim's knowledge or consent and shared before the victim has a chance to react. (News Medical)

Since many cyberbullies also engage in traditional bullying, their lack of empathy is likely to be more pronounced in the absence of face-to-face engagement and a prompt reaction to their aggressiveness. According to News Medical, "Ybarra and Mitchell (2004) reported that of those who cyberbullied, 39% dropped out of school, 37% showed delinquent behavior, 32% engaged in frequent substance abuse, and 16% were severely depressed. Other studies suggest that depression rates are lower amongst cyberbullies than traditional bullies, though, as mentioned, the two groups often strongly overlap." (News Medical)

According to Cammbridge, "Schenk and Fremouw found that college student victims of cyberbullying scored higher than matched controls on measures of depression, anxiety, phobic anxiety, and paranoia. Studies of school-age cyber victims indicate heightened risk of depression, Reference Perren, Dooley, Shaw and Cross, Reference Grading, Strohmeier and Spiel, Reference Juvonen and Gross of psychosomatic symptoms such as headaches, abdominal pain and sleeplessness Reference Sourander, Brunstein, Ikomen, Lindroos, Luntamo and Koskelainen and of behavioral difficulties including alcohol consumption"(Cambridge)

To give students the essential skills they will need to comprehend the complexity of the world of technology and become aware of both its risks and rewards, many schools now offer e-safety and "netiquette" classes. Methods include setting up panic buttons that cyber victims can use in case they feel threatened or prohibiting bullying behavior on the internet. (Cambridge)

Is there a difference between women and men? According to demographic data, female students are more likely than male students to experience depression as a result of cyberbullying, and they may also be more involved as both offenders and victims. According to a study by Beckman et al. (2009), females are slightly more likely than boys to be cyberbullied. (News Medical)

According to the National Library of Medicine, “While young adults (18–25 years) experienced the highest levels of cyberbullying during both time frames (lifetime and past month), the prevalence of cyberbullying was lower among older age cohorts, with the lowest rate among the 66+ age group. Reports of cyberbullying slightly varied among men and women, with women overall reporting slightly greater levels of having ever experienced cyberbullying than men.”

When thinking about Genders we often don’t think about people who are transgender. According to Cyberbullying.org, “When looking at the two major genders and their experiences being bullied, we found that 23.7% of girls and 21.9% of boys between the ages of 13 and 17 report being cyberbullied while 35.4% of transgender teens reported being cyberbullied.”

Going one step further with narrowing down demographics, Let’s talk about race. Out of white, African American, Hispanic, multiracial, and other age range 13–17. The top two victimized races are, multi-racial (29.1%) and white (25.8%). The top two offending races are other (8.3)% and multiracial (6.2). (cyberbullying.org)

Parents play a role in cyberbullying prevention, for example: not giving their children the internet until a certain age or monitoring what their children are watching and seeing on electronics. These are very good tactics to help prevent cyberbullying. But what happens when kids are dealing with it and their parents don’t know? Do they talk to their parents? Or do they keep it from them? According to Cambridge, “90% of the victims did not tell their parents about their experiences and 50% of them justified it with ‘I need to learn to deal with it myself.’”(Cambridge)

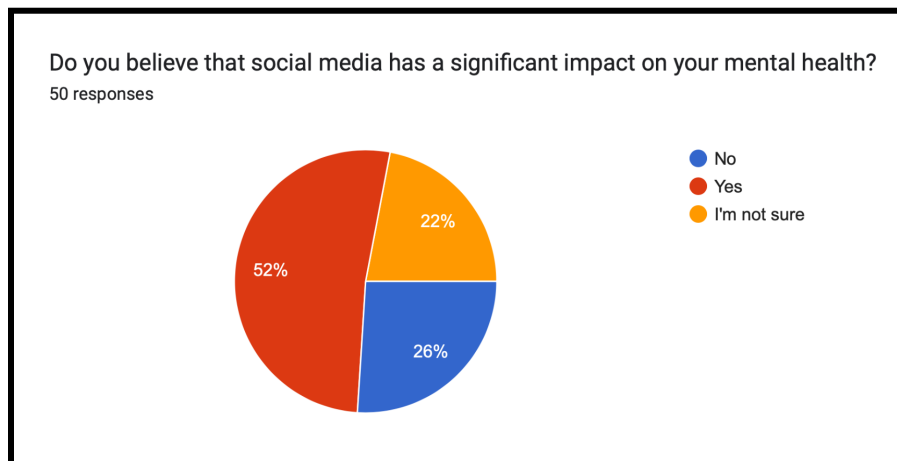
Hypothesis And Research Questions:

Social Media Causes A Higher Spike In Depression And Anxiety

With the previous knowledge of social media and the effect that it has on everyone's overall mental health, we think that it does cause a higher spike in not only depression but also anxiety. These two mental health issues are very common these days and we believe that it has a very strong correlation to social media. Social media is something that has become so prominent in today's day and age. Researchers all around the world are looking at whether or not social media has a direct relationship to issues such as depression and anxiety. On top of that, everyone has a different experience with social media and the problems that it causes are different for everyone.

In this research, we wanted to know if some of the most basic mental health issues had a significant correlation to social media. With the constant flow of information that several different social media platforms have to offer, if it is something that we are not informed or involved with constantly, it may tend to leave us feeling lonely or even make us feel inadequate. We also believe that while social media could negatively impact the mental and even physical health of this generation, we acknowledge that it is important to change with the times and follow social norms. Understanding the different dynamics that are at play with social media and mental health is important to determine if they are affecting each other.

With that being said, in our research, we have found that social media and mental health DO have a correlation and are related in one way or another.



With our research that was done via survey, the majority of the people stated that they have experienced mental health issues that they believe relate to social media. For example, two students stated "It makes me feel like I have to look a certain way and question how I look" as

well as “It caused damage to my well-being. Social media is fake and it’s sad how much we let it affect us.” This comes to show that students across the board are experiencing negative impacts that social media has on them.

A shocking thing that was found from the student survey, was when a student's response to the question was, “Social media is the worst thing that has happened to me. I have been recently diagnosed with anxiety and depression and I know it's caused by social media.” This shows that students are experiencing a decline in their mental health and while they are the ones using these different platforms, they still believe that they have identified the issue.

While the majority of the answers leaned towards the correlation between social media and mental health, there were still students who disagreed with that statement. Out of 50 responses, 6 students stated that social media has not impacted their mental health and they believe that it doesn't correlate. One student stated, “I try not to let the media and internet control my emotions, so I’m good” This has come to show that some students have been trying to not let social media impact them in negative ways despite the hardships.

The final piece of information that was found was that three of the fifty students stated that they believe social media has positively impacted them. Some of the students explained that it helps them stay entertained as well as connected with others. One student in particular explained that “it has affected me in both good and bad ways, but it has taught me to love myself no matter how others look or act.” We found this statement to be very important because it not only shows that students are paying attention to their mental health but also focusing on the positives they can receive from it.

While we learned a lot of information about how social media correlates to mental health, the most important piece of information we gathered from this was that all of the students who answered the survey had different responses to the question. Due to it being a short response, we learned that the majority of the students felt that social media negatively impacts their mental health therefore leading to a spike in depression and anxiety. While it is hard to categorize this information, we have found that many are on the same page.

The Use of Extensive Social Media Leads To Decreasing Grades (GPA)

We believe that excessive use of social media will lead to decreasing grades. Today kids and teens spend hours and hours on their phones or computers scrolling on social media instead of working on school work. Not having enough time for students to study for tests and quizzes will negatively affect the grades they receive. Also, choosing to scroll instead of spending time to complete homework or projects will affect the grades they will receive. If students don't take the time to make good grades then it will drop their overall grade.

A student’s GPA is the deciding factor for their future success, it determines what college they are going to, and what scholarships they can get. That then leads to what their future job will

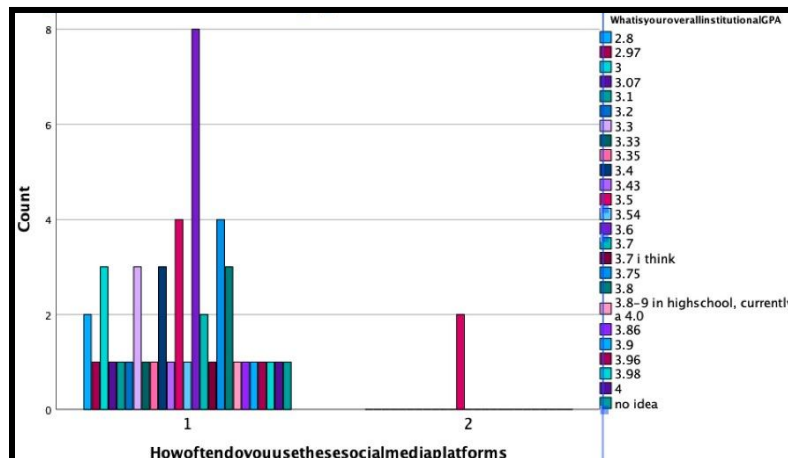
be and their quality of life, if students can't get scholarships then they will have student loan debt that they will later be paying off. Who would have thought that something so simple could have this big of an effect on a person's life?

We found that an extensive amount of time spent on social media does lead to decreasing grades in school. In our chart, we have a bar graph comparing how often people use social media to what their GPA is. In our survey we had 5 options, no.1 is several times a day, no.2 is once a day, no.3 is few times a week, no.4 is rarely, no.5 is never. Every person who filled out the survey put no.1 (several times a day) except for one person who put no.2 (once a day). Out of all of the people who chose several times a day the majority had a 3.5 GPA or lower. Meaning that most people who use social media several times a day make their GPA decrease. There was an exception of two people who had a 4.0.

We believe that if the time students spend on social media could be used studying or doing homework the students' GPAs would increase. We can see that the person who is on social media once a day has a higher GPA than most of the students who are on social media several times a day. Therefore proving our point that if the students took the time to study instead of social media would increase their GPA.

Our hypothesis was right, based on our research from our survey, excessive social media leads to decreasing grades.

Chart Image:



The More Time Spent on Social Media, The Lower One's Self-Esteem Is

With what we know about social media and the power it has, it is known that all platforms have some form of effect on users. As females who use all social media, Instagram through YouTube, we can all agree that self-esteem can easily be decreased just by being active online. Men and Women both react to how many views they get, and how many likes, keep track of their following records and most importantly compare themselves to other users. Social media

is known to have a false outlook on some people's lives which can have some people have doubts about the way they are living their lives. Another contribution to lower self-esteem is the addiction our phones alone bring us. Being online can cause an ongoing spiral of scrolling on and on, keeping you in a virtual world as most of it shows the uncertainties of life.

While working on our research, we thought that the most popular social media were Instagram, Snapchat, and TikTok. With these top three socials, we would have concluded most of our results showing these platforms being used several times a day, along with the primary reason being used, for staying connected with friends. We also figured that many students have taken a break from social media at least once in their lives and that the result of doing so increased their self-esteem. We think social media does have a heavy effect on people's mental health due to their high engagement in it and that it does and can affect students' GPA rates.

It has been shown to us that students with a higher involvement in social media have lower self-esteem in their personal and academic lives.

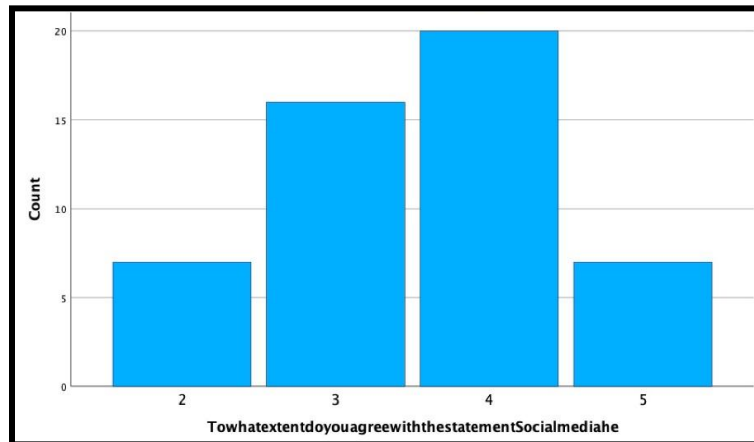
Aside from what we think would happen, our research proved to us the ranking of how students think social media has affected them personally, one through five.

(1 = not at all, 5 = a large amount)

To begin, only one ranked their self-esteem as a rank of one is not at all, proving to us that at least everyone who took our survey had an effect. The highest rank and main majority of the students who took our survey showed a 4 which is on the larger side of self-esteem being affected due to social media. Right under that, there was about a 10% decrease (from the four ranks) that ranked a 3 which is the middle of the data. This showed us that it does affect them, but not completely. With the next two rankings, there was possibly a 30% drop with a tie between the 2 and 5 ranks. These are both held on the less affecting side and the more affecting side.

In conclusion, our hypothesis and our factual data lined up between what we thought would happen and the real and raw data from the students. With that being said, our thoughts were on the right track and we were able to prove our research and ideas from the survey that the individual students were given that self-esteem does affect those who are on social media platforms.

Chart Image:



Social Media Helps People Feel More Connected To Others

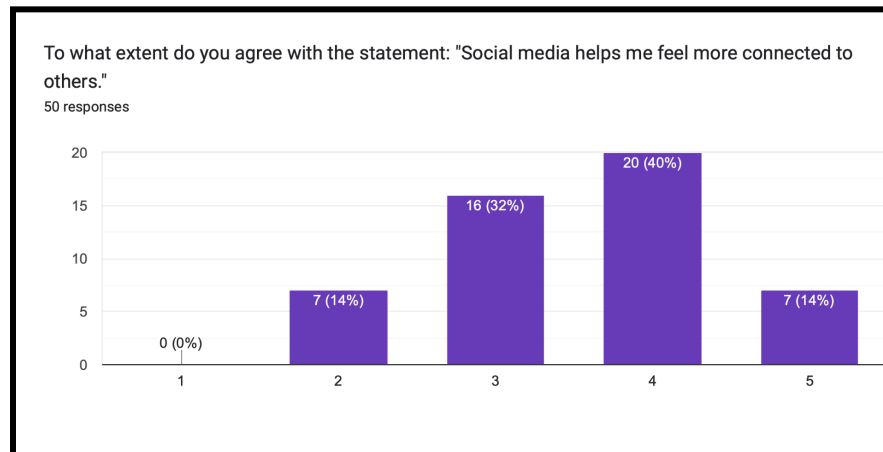
With the knowledge we know, social media indeed helps people feel more connected to others. Social media has proven for years to connect people and stay in touch. As our group has multiple platforms of social media, we attest to the fact that we feel more connected when we are on these apps. From high school friends, childhood friends who moved away, family members overseas, long-distance boyfriends, or our parents' friends. These are all reasons for people we feel more connected with through having social media to stay connected as we are all living different lives.

We think that most students would vote higher on feeling like Social Media helping us feel more connected to others. This Generation specifically has grown up on phones so with that, we have become reliant on using it to communicate and social media.

Moving forward, now that we have stated what we think would happen, let's now focus on our research that our group concluded on this question. Our research showed us the ranking of how students think social media helps people feel connected with others, one through five.

(1 = not at all, 5 = a large amount)

Chart Image:



The graph shows that 14% of respondents strongly agree, 40% of respondents agree, and 32% somewhat agree with the statement "Social media helps me feel more connected to others." This means that a total of 86% of respondents agree to some extent that social media helps them feel more connected to others. It's very interesting how 0% strongly disagree and only 14% somewhat disagree.

The survey results suggest that a majority of people believe that social media helps them feel more connected to others. This is likely because social media platforms allow people to stay in touch with friends and family who live far away, as well as to connect with people who share their interests. Social media can also be a source of support and community for people who feel isolated or alone.

This finding is consistent with the hypothesis that social media helps people feel more connected to others. The research suggests that social media can play a positive role in people's lives by helping them feel more connected to others.

Discussion

After much research, exploring the crossing between social media online and mental health it reveals complicated relationships and connections. With the high engagement that is held in our digital age, it becomes more evident each day the diverse intentions that social media brings out in people each day. From gender to which social apps are being used, it collects larger data on how the time spent can affect the mental health of humans. By diving into the provided research, we can gain a wider understanding of the complex dynamics that are heavily at play. By doing this research we can be further aware of how socials can change human interactions and The overall mental health of these users. Social media is an extensive group of platforms that we believe has a direct correlation to mental health. These are the reviews of the different topics we have discussed. Breaking them down more while also relating them to one another creates more areas for understanding.

These are the results from the research that we have found.

Conclusion of Social Media Platforms and Connection To Others

Our research into the effects of different social media platforms on personal well-being highlights the groundbreaking possibilities of social media to foster connectivity. First, we focused on what content each of these platforms produced. These platforms are essential tools for community development and communication in the digital era, enabling people to connect with people all over the world and overcome geographical barriers. Our research, gathered from extensive surveys, confirms the beneficial effects of social media on users' sense of community.

Examining various social media platforms, such as Facebook, Instagram, and TikTok, reveals advantages and drawbacks that are specific to each. Every site has its unique dynamics, such as Facebook's potential for jealousy and online abuse, Instagram's body image issues and social comparisons, and TikTok's unique combination of creativity and validation-seeking. It's essential to understand these details if you want to develop a healthy and positive connection with social media.

Furthermore, even in the face of difficulties, social media is essential for promoting connection. It is an effective technique that fosters a sense of community and belonging by making people feel more connected. Social media fills the void left by physical distance, particularly in an era when it's common for people to live apart from friends, family, and bigger social networks. These platforms' ability to foster a sense of belonging and support can be beneficial to people's mental health.

Our survey data has shown us that different social media platforms play a major role in making people feel more connected. According to our research, social media is an important instrument for building and maintaining relationships, both local and far. People stated that these platforms make it easier to stay in touch with friends and family regularly, regardless of whether they live far away. Sharing life updates, significant events, and achievements on social media also fosters a feeling of community among users.

Our survey-based research affirms that, when used thoughtfully, social media platforms have the potential to enrich lives by fostering meaningful connections.

Conclusion of Women's Mental Health With Social Media

The influence on Women in social media has drastically been affected through daily lives. The constant exposure to socials, images, and other unrealistic standards has had a heavy

contribution to depression, anxiety, and stress. We know that women hold higher emotions and levels of empathy which causes the effect to be much larger along with media realities. The damaging effects of social media are explicit in various forms, from self-esteem issues and the fear of missing out (FOMO) to cyberbullying and digital addiction. Social media, offering both connectivity and emotional feelings, challenges individuals to navigate who they are and want to be.

The portrayal of online media pulls out one's insecurities and creates cycles of mental well-being. In addition, this paper highlights the differences in the flawless images that are posted for all to see the side of social media where struggles are faced by influencers or any other individual behind the screen. Not only does it distort the perception of people's life, but also adds to the decline overall in mental health.

With other aspects, it's been researched that taking social media breaks or limiting screen time can be great steps to improving mental minds and feelings. Holding self-appreciation and recognition of personal growth drives an individual to hold a positive framework.

In a world that is dominated by social media and screens, women as a whole hold the most harm. Withholding a balance, benefits online is the interaction of people promoting mental wellness and self-acceptance. Our research expresses the effects of social media and the steer towards a healthier state of mind.

Conclusion of Men's Mental Health With Depression & Anxiety

Social media is a very distinct platform with a major impact on human life. This is something that has been extensively studied with noticeable information on women's mental health. However, defining the results that men are also impacted significantly, sometimes more than women, is very important to address.

This research shows the urgent need to address and understand the mental health of men. This mainly relates to the concerns with social media. Despite men using the platform to feel connected to others and for random pieces of information, many other challenges come with it. The examples that were provided in the research, demonstrate the potential effect of social media on men. It shows the relationship between social media use and mental well-being.

As social media continues to change and evolve the people living in the interconnected world, it is very important to recognize the complex dynamics that have been influencing men's mental health. A comprehensive understanding is essential for learning to support the ever-evolving social media platforms.

In comparison between the two articles that were mentioned, “The Impact Of Social Media On Men’s Mental Health” and “Social Media Causes A Higher Spike in Depression and Anxiety,” it is very evident that both have a significant impact on one another. While they both correlate with social media and mental health challenges, they also show the individualized nature of these experiences. The second article highlighted a large spectrum of responses ranging from positive impacts to negative. This diversity in the responses and perspectives shows the complexity of the issue.

The differing responses highlight the need for a comprehensive understanding of the ways social media impacts one’s mental well-being. The question relies on the role that shaping social media has on one’s mental health and whether it is worth it to change it.

Conclusion of Cyberbullying Affects Students’ GPA

All social media platforms have at least one way for someone to get cyberbullied. Cyberbullying is not only in young kids but also found in adults today. College students who have been victims of cyberbullying have shown depression, anxiety, and paranoia as a result. It is good to note that studies have shown that in this day in age more people suffer from depression and anxiety. This is strongly correlated to social media.

According to The National Library of Medicine, “Young adults (18–25 years) experienced the highest levels of cyberbullying.” This is also the same time frame for most high school and college students. From our study kids in this time frame also showed that the majority of students use social media multiple times a day. This makes sense that the peak of cyberbullying is in this age range of 18–25 because those kids are on their phones way more than the average person.

This is a statistic that needs to be addressed by people in higher-up positions, as the generations begin to get social media the cyberbullying age range will widen, and younger people will become negatively affected.

When correlating cyberbullying from social media use and how social media affects student’s grades something sticks out. The amount of people who spend time on social media have a high probability of being cyberbullied. With this being said, those students develop anxiety, paranoia, and depression therefore causing their drive to do well in school to go down. Our survey said that the majority of students who use social media several times a day have lower GPAs than students who use it once a day.

Conclusion

Social media and mental health are related in so many ways. Ranging from cyberbullying to GPA to men’s and women’s studies to their connection to others. Whether these specific issues

are very visible or not it is still happening. Social media has been an evolutionary thing for this world, however, it has still caused numerous problems that are related to one's mental health. Social media is an ever-changing platform and we believe from the extensive research done that many other alternatives could be taken to improve the mental well-being of its users.

With all of that being said, it has been found that social media does have a correlation to mental health and that is proven in the research above.

Works Cited

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