

Unravelling the Dark Side: The Negative Impact of Social Media on Mental Health and Society

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Abstract- The Social media's ubiquitous impact on contemporary life has unquestionably changed communication, connection, and information sharing, but underlying its glitzy exterior is a more sinister reality with significant ramifications for both societal well-being and personal mental well-being. This abstract examines how social media negatively impacts mental health, emphasizing problems like body dysmorphia, loneliness, anxiety, and depression that have become more prevalent as virtual platforms have grown in popularity. Feelings of inadequacy and loneliness are made worse by the continual push to produce idealized versions of oneself and the addictive nature of social media. Emotional well-being is further undermined by the culture of comparison, cyberbullying, and reality distortion promoted by algorithm-driven material. At the societal level, an over dependence on social media has led to a disintegration of interpersonal relationships, promoting divisiveness, echo chambers, and the dissemination of false information. Two of the main signs of this digital age are the decline in in-person interactions and people's shortening attention spans. This abstract examines how social media is eroding the basis of genuine relationships and shared societal ideals while also enabling virtual interactions.

Index Terms- cyberbullying, anxiety, depression, isolation, addiction, misinformation

I. INTRODUCTION

In the digital age, social media has become a vital part of everyday life, changing how people interact, communicate, and get information. With over 4 billion active users worldwide, social media platforms like Facebook, Instagram, Twitter, and TikTok have revolutionized global connectedness, but they have also brought about a number of negative effects on people's mental health and the general well-being of society. As social media continues to permeate daily life, an increasing amount of research has expressed concerns about its negative consequences, particularly on mental health. Excessive use of social media has been linked in studies to a variety of mental health issues, particularly in younger individuals, including body dysmorphia, depression, and anxiety. Social media now permeates every aspect of modern life, impacting communication, connection, and interaction. Despite offering previously unheard-of opportunities for networking, knowledge sharing, and self-expression, these platforms have numerous drawbacks. Social media has a darker side that has serious implications for both the general well-being of society and the mental health of its users. The extensive use of social media platforms like Facebook, Instagram, and TikTok has been linked to an increase in anxiety, hopelessness, loneliness, and body image issues, especially among younger people. Social media's addictive properties and the constant desire to project idealized images

of oneself exacerbate feelings of social isolation and inadequacy.

II. SOCIAL MEDIA AND SOCIETY

As we all know that 63.7 percent population in worldwide use social media. Social media have some positive effects upon the society but social media also consist some negative effect which become the reason of disbalance and disturbance in the society. It start changing the objective of the society and its unity between people. Due to the social media society is undergoing through the peer pressure . Know it is the reason of increasing of unhealthy life style among the society and which is special follows by the young ones who get influence easily. Many people of the society specially Minors who are below the age of 18 years were attracted and distracted toward the unhealthy purmotion of the social media. It become the most common reason of the distraction from the education .It also spread fake news, miss representation, miss communication among the society. People commits pulblycity stunts in social media only to get focus toward them , vives , comments, followers/subscribers etc without concerning that which act they did can put their life in danger .Social media is addiction and society become addicted to the social media due to which youth get distract from their goals. People are focuses in show- off and unhealthy influence . Due to the social media platforms people get influence from such thing

which can later on become the reason of problems in their life .It start disturbing the mental life. It become the source of time waste. Sharing such information's on social media platforms which should be kept personal can directly led to privcy concerns . People share there all information on social media platforms themselves which is directly infringement of there privy by themselves later on which led to many serious crime like theft , kidnaping, attempt to murder , murder and suicide etc against them due to sharing that information to every one on social media platforms.

There is no restriction upon the vulgar language and abusive language which were use by people openly on social media platforms which is directly and specially is a disrespect of women's and the other person for whom such words were use.

There should be some strict restriction upon such usage , because minors were attracted easly toward such things and get distrube. Government should impose some restriction on the use of social media age wise because the minors (below 18 years) were start addicted toward such platfoms in the age of there mental and physical development.

There are more negative effects of social media on society which were given below.-

- **Mental Health-** Anxiety and depression can result from social media use. Bullying online issues with sleeps and focus separation ideation.
- **Misinformation-** Without fact- checking its simple to spread misleading information on social media.
- **Addiction-** Scrolling through feeds, monitoring notifications , and replying to media can take up hours.
- **Superficial Relationship-** Rather than fostering interactions in person , social media can foster superficial ones.
- **Cultural Influence-** World news, local events , family and teen health concerns , and culinary and fashion trend can all be influenced through social media . Social networking can have a detrimental effects on one's perception of one's body.
- **Identity Confusion-** Identity confusion may result from using social media .

III. MENTAL HEALTH AND SOCIAL MEDIA

1. MixedEmotion

Social networking pay negative infulence on the minds of human beings. When people watch mixed emotion reels they start feeling stressed and depress because of that reel which consist emotions which pay direct negative Impact on the mind of human. It increase the concept of peer pressure the human minds who used to see social media platforms.

2. Filter become a Pressure

Some of Social media platforms have filter which can apply on face of any person to show them beautiful and people used to use that filters which is indirect slowly make that people addicted to use those filters to see young and beautiful , this is kind of pressure on mind of any person to use such things to form their respect upon any other .

3. Trolling and Hatred

People use to troll other person on social media platforms on the basis of their religion, gender , economical status ,past events , relationships etc which pay a dangrious impact on the mind and personal life of that person who is getting such trolling and hate. People spread hate through such platforms which make someone mentally unstable . Social media use, particularly among teens and young adults, can increase feelings of anxiety and depression.

4. Lacking the Leisure to Consider Oneself

Your whole spare time is consumed by social media, leaving little to no time for reflection on your identity, values, and driving forces—the things that contribute to your personal growth.

5. Committing dangerous acts to to receive positive feedback, shares, or likes - You use your phone while driving or in other risky situations, upload embarrassing content, engage in cyberbullying, or pull harmful practical jokes. Panks were practice to get views and like on their content and that pranks can be harmful . Some pranks become the reasion of the end of someone's life or negative mental effect on someone's mind or body .

6. Experiencing Issues with Sleep

Do you check social media right before bed, right after waking up, or even right before bed at night before sleep? We are addicted to watch social media platform which also effect our sleep as well . Some time people struggle to have a healthy sleep because of unnessacry and too much using to phones at night which make our hormones miss balance. Late on we not able to focus upon over any kind of work.

IV. SOCIAL MEDIA AND INDIA RELATIONS

Social media now plays a big role in Indian politics, society, and culture: About 462 million Indians, or 32.2% of percentage of the nation's total population that used social media regularly as of early 2024. On average, users use social media for 2.4 hours every day. Facebook is the second most popular social networking platform in India, after WhatsApp.

Social media is paying its effect on the Indian population due to which people start following the other culture accept there Indian culture , this is because of that unhealthy influence on

population of Indian which they getting from the social media platform about other culture.

People of India start giving more preference to the western cloth and food as well accept their most healthy Indian food . India is known by its Powerfull culture , food , language , Behaviour ., multiple religions , Democracy and kindness etc but social media is fucusing on permoting western culture every were this is happening because people get influence by this things from social media platforms and doing brainwash of peoples from there culture. Indians starts attracted toward the western food which is not much healthy as compare to the Indian food and due to this they start facing several health issues.

Indian government want to pass any bill to control the side effects of the social media upon the Indian population . Government want to ban such social media platforms who want to permoe any other culture in india. Government specially want to prohibit children from using social media who are younger than 18 (Minors) strictly by give permission to use social media by any person of above age of 18 by dectacting there age by any ID like Aadhar Card .

Banned and Restricted Social Media Platforms in World Wide

- First country who banned Social networking for kids younger than sixteen in Australia.
- During Covid- 19 India banned most famous social media platform name as Tik- Tok from India because it was a chines app giving benefit to the China most and the youth become addicted to use it.
- Iran, North Korea, Myanmar, Russia ,China ,Brazil Turkmenistan, and Uganda have all banned Facebook as of 2024. In China, the government regulates internet material and prohibits, removes, or limits whatever it deems to be anti-state.
- After Instagram removed posts from individuals expressing sympathy for Hamas leader Ismail Haniyeh's passing in 2024, Turkey stopped the app.
- North Korean social media .
- In North Korea, social media sites are outright prohibited, and internet access is severely restricted.

How to Stop the Control on Social Media Upon Society and Mental Well-Being (Solution)

Although social networking has revolutionized communication, there is no denying its negative effect on society and mental health. The negative aspects of these platforms need to be addressed, since they can propagate false information, encourage worry and sadness, and promote unattainable beauty standards. Here is a comprehensive way to lessen the negative effects:

Instruction on Digital Literacy

Educating people about social media's harmful consequences is one of the best strategies to counteract them. Knowledge of digital should be included in the curriculum at schools, colleges, along with communities to how to critically evaluate internet information, identify fake news, and understand the psychological implications of excessive use. This enables users to use social media with resilience and knowledge.

Tighter Control and Responsibility for Platforms

Governments ought to make tech companies more responsible for pushing harmful information by enforcing stricter laws. Social media companies should be forced to update their algorithms to put users' welfare first. For instance, presenting pleasant, encouraging, and informative content instead of stuff that encourages comparison or evokes negative feelings. To lessen the detrimental effects on society, stricter laws against hate speech, misinformation, and cyberbullying are also necessary.

Encourage the Support of Mental Health

Social media businesses should put in place mechanisms that make mental health resources, such hotlines or self-help choices, easily accessible to users. Furthermore, allowing users to establish time limits or take breaks from their feeds may help users feel less overwhelmed.

Using Social Media with Awareness

People need to use social media with greater awareness. The detrimental psychological consequences can be lessened by establishing limits, such as limiting screen time, curating feeds, and carefully choosing when and why to use social media. Prioritizing in-person relationships over virtual ones will also improve social well-being.

Promote Positivity and Authenticity

Celebrities, content producers, and social media influencers should use their platforms to advocate for self- love, honesty, and mental health awareness. The demands of comparison and perfectionism can be lessened by moving toward authentic, uncensored information that highlights mental health issues and the value of self- care.

V. CONCLUSION

Social media unquestionably has serious detrimental adverse impacts on the general well-being of society and the mental health of individuals,, despite providing unmatched connectivity and knowledge exchange. It is impossible to overlook the negative aspects of these platforms, which range from escalating polarization and disinformation to exacerbating anxiety, despair, and body image problems. Recognizing and addressing these negative effects is essential as we continue to incorporate digital environments into our daily lives. The ultimate objective is to establish a healthy

relationship with social media, one in which it is a source of empowerment, information, and connection rather than harm. We can uncover the negative aspects and restore social media as a platform that encourages mental health and constructive social change by cultivating a culture of honesty, compassion, and responsibility.

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