THE INFLUENCE OF SOCIAL MEDIA ON MENTAL HEALTH AND WELLNESS

Matmuratova Fauziya,
2nd year Student of the Faculty of Foreign Languages and
Literature of KarSU named after Berdak

Kenesbaev Asadbek,
2nd year Student of the Faculty of Foreign Languages and
Literature of KarSU named after Berdak

Aitbaeva Munira,
2nd year Student of the Faculty of Foreign Languages and
Literature of KarSU named after Berdak

Abstract
This article examines the influence of social media on mental health and well-being. It discusses the potential negative effects such as comparison and self-esteem issues, fear of missing out (FOMO), cyberbullying and harassment, sleep disturbances, and social isolation. The article emphasizes the importance of maintaining a healthy balance between social media use and well-being and suggests strategies for achieving this balance. By understanding the potential pitfalls of excessive social media use, individuals can prioritize their mental health and well-being while still benefiting from virtual connections.

Keywords: Social media, mental health, well-being, comparison, self-esteem, fear of missing out (FOMO), cyberbullying, harassment, sleep disturbances, social isolation

The advent of social media platforms has brought about significant changes in the way we communicate and share information. While these platforms have many advantages, concerns are growing about their impact on mental health and overall well-being. This article explores the connection between social media usage and mental health, emphasizing the potential negative effects such as increased feelings of loneliness, anxiety, depression, and decreased self-confidence. It also discusses strategies for maintaining a healthy balance between social media use and well-being.

E-Conference Series
Open Access | Peer Reviewed | Conference Proceedings

E-CONFERENCE SERIES

Proceedings of International Conference on Modern Science and Scientific Studies
Hosted online from Paris, France.
Date: 19th August, 2023
ISSN: 2835-3730   **Website:** econferenceseries.com

Social media's impact on mental health is primarily seen through constant comparisons to others. Users often present their best moments, leading to feelings of inadequacy and low self-confidence. Seeing others' seemingly perfect lives can create unrealistic expectations and dissatisfaction with one's own life.

Social media platforms are designed to keep users engaged, resulting in a fear of missing out on important events or experiences. This fear can contribute to anxiety and a constant need to stay connected, leading to decreased well-being and increased stress levels.

The anonymity provided by social media platforms can lead to cyberbullying and online harassment. Victims often experience negative psychological effects, including depression, anxiety, and even suicidal thoughts. The constant exposure to negative interactions can significantly impact mental health and overall well-being.

Excessive social media use, particularly before bedtime, can disrupt sleep patterns. The blue light emitted by electronic devices interferes with the production of melatonin, a hormone essential for quality sleep. Poor sleep quality can contribute to mood disorders, decreased cognitive function, and reduced overall well-being.

Ironically, excessive reliance on social media for social interaction can lead to feelings of isolation. Spending excessive time online can reduce face-to-face social interactions, leading to a decrease in social support and a sense of belonging. This isolation can contribute to mental health issues such as depression and anxiety.

While social media platforms have undoubtedly transformed our lives, it is crucial to acknowledge their potential negative impact on mental health and well-being. By understanding the pitfalls associated with excessive social media use, individuals can take proactive steps to maintain a healthy balance. These steps may include setting boundaries for social media use, prioritizing face-to-face interactions, practicing digital detoxes, and seeking professional help when necessary. By prioritizing mental health and well-being over virtual connections, individuals can harness the benefits of social media while safeguarding their overall psychological health.

References

1. Primack, B. A., Shensa, A., Sidani, J. E., Whaite, E. O., Lin, L. Y., Rosen, D., ... & Miller, E. (2017). Social media use and perceived social isolation among young adults in the US.

2. Vannucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults.