Impact of social media on the mental health of youth

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Abstract
Over the last two decades, the quantity, efficiency, and usefulness of social media has sporadically improved. The availability of nutrition nourishes the human mind in the same way that it nourishes the body. As technology advances, more information is readily accessible, allowing for a forum for dialogue between social media and modern-day mental health. Human capital in today's world have become more social virtually but less physically since the advent of the internet and social networking sites. This virtual existence is isolating the present man from his fellow beings, resulting in affluence. health problems. The current generation's younger generation is engaged on social media, which has a strong connection to mental health issues. The current dangerous situation necessitates greater comprehension; recognising the connection between social media and mental health issues is just the beginning. Exploring and comprehending the mechanisms by which social media affects the mental health of today's youth is the next step in illuminating the interactions that exist between these variables of youth the next century. This paper deals with how social media impact the mental health of youth. Though social media has many benefits in Daily lives but we are going to deal how it affects the mental health of young people. This study of the literature looks at the link between the two Outside and inside the classroom, the benefits and drawbacks of adolescent social media use. with the help of Data, graph and survey this paper deals the study of social impact.

Introduction
Humans are social creatures. We need the company of others to thrive in life, and the strength of our connections has a great impact on our mental health and well-being. Establishing social connections with others can relieve stress, anxiety, and depression, improve self-esteem, provide comfort and happiness, prevent loneliness, and even prolong your life. On the other hand, the lack of strong social relationships can pose serious risks to your mental and emotional health.

In today's world, many of us rely on social media platforms like Facebook, Twitter, Snapchat, YouTube, and Instagram to find and connect with each other. Although each has its benefits, it is important to remember that social media can never replace real-world relationships. It requires face-to-face contact with other people to activate hormones, which reduces stress and makes you feel happier, healthier, and more active. The irony is that for a technology designed to bring people closer together, spending too much time on social media can make you feel more alone and isolated, and exacerbate mental health problems like anxiety and depression. If you spend too much time on social media and sadness, dissatisfaction, depression or loneliness is affecting your life, it may be time to review your online habits and find a healthier balance.

According to India's Census 2011, youth (15-24 years) account for **one-fifth (19.1%)** of the country's overall population. By **2020**, India's young population will account for **34.33** percent of the overall population. It has been shown that in Multiple studies, however, have linked heavy social media use to an increased risk of melancholy, anxiety, loneliness, self-harm, and even suicide ideation. Negative emotions such as inadequacy about your life or appearance may be exacerbated by social networking. According to a recent report released on Friday, **Instagram** has emerged as the most popular social media network among Indian young, with **YouTube** garnering the most attention among the pandemic, with 98 percent of those polled installing it on their phones, followed by **Netflix** and **Amazon Prime.**

While Facebook, WhatsApp and many more social platforms are also in use. Teenagers can spend so much time on social media that they start to lose sleep. As a result, sleep deprivation can lead to irritability, poor grades, and overeating, as well as exacerbate existing issues like depression, anxiety, and ADD.

In fact, a British study published in the **Journal of Youth Studies** examined 900 teenagers aged 12 to 15 about their usage of social media and how it affected their sleep. They discovered that one-fifth of the teens nearly always wake up in the middle of the night to check social media.

Communication issues:
While social media is a terrific method to stay in touch with friends and family, it isn't the same as talking to them in person. A teen, for example, cannot see or hear a person's face expressions or voice tone when online. As a result, it is very easy for misunderstandings to occur, especially when people try to be funny or **sarcastic** online.

Many teenagers spend so much time online checking statuses and liking pages that they forget to communicate with the individuals in their immediate vicinity. As a result, when social media takes centre stage in a person's life, friendships and romantic relationships may suffer. As a result, teenagers run the danger of having **shallow** or **unauthentic** relationships.

A word from very well:
Because so much brain development occurs during the adolescent years, it's critical for parents to understand the effects of social media use on their children. As a result, it is critical to establish guidelines for social media use.

It's also crucial for families to talk about how to use social media responsibly and safely on a frequent basis. A teen's online environment becomes much more manageable when families traverse the world of social media together.

Increased mental illness and care for mental health problems among youth in North America has coincided with a steep increase in the use of smartphones and tablets in the last decade.

Children and teenagers use social media.

In **Ontario**, the proportion of adolescents experiencing mild to severe mental illness rose from 24% in 2013, to 34% in 2015, and 39% in 2017,1 with corresponding rises in health-care use. Between 2007 and 2014, inpatient hospital admissions of children and adolescents for mental health reasons increased significantly across Canada, while admissions for other medical conditions decreased by 14%. Admissions increased from **2009** to **2014**.

Suicide is also the second most common cause of death among Canadian teenagers. According to a recent review of survey results, Suicidal ideation, attempts, and no suicidal self-injury were found to be 8.1 percent, 4.3 percent, and 8.8 percent in adolescents aged 14 to 17, respectively, over a 12-month period, with all rates being higher in **females**. In the United States, administrative statistics indicate that hospitalizations for suicidal ideation or attempts among children and adolescents nearly doubled between 2008 and 2015, with adolescent girls experiencing the greatest rise. Self-poisoning rates among 10- to 18-year-olds in the **United States,** which had been declining since the turn of the century, have risen dramatically. Self-poisoning rates among 10- to 18-year-olds, which had declined

in the US since the turn of the century, increased substantially from **2011** to **2018**, primarily Among girls. Surveys of high school students in the US have shown A similar pattern for self-reported symptoms of depression, major Depressive episodes and suicidality over the last **2 decades.** At the same time, social media use has increased markedly. In The US, the proportion of young people between the ages of 13 And 17 years who have a smartphone has reached 89%, more Than doubling over a 6-year period; moreover, **70% of teenagers** Use social media multiple times per day, up from a third of teens in 2012.

Because of the arm's length aspect of social media interactions, negative commenting is both easier and more common than in-person interactions with peers. A survey conducted in **Ontario** Even after controlling for a variety of possible confounders, a study of middle- and high-school students found that those who had witnessed cyberbullying had substantially higher chances of suicidal ideation, intentions, and attempts.

People's lives have been explicitly enabled by social networking platforms such as Facebook, **Instagram**, and **Twitter** in the twenty-first century. They do, however, have a different hand. Social media addiction has now reached a point where it is having a detrimental impact on the minds of all people who are addicted to the virtual world.

Literature Review

Including social networking sites such as Facebook, Twitter, and Myspace, online games, virtual worlds such as Second Life, Sims, YouTube, and blogs, and so on These modern-day websites are rapidly expanding and serving as easy-to-access hubs for communication and entertainment.

The next century "Forms of electronic communication (as Web sites for social networking and microblogging) in which users build online communities to exchange information, ideas, personal messages, and other content (as videos)," according to Merriam-Webster (2014). Social networking virtual networks such as Facebook, Twitter, and others have greatly improved the virtual world over the last decade by promoting user interaction.to share their emotions, thoughts, personal details, photos, and videos in an unprecedented manner. Furthermore, consumers of social media have quickly embraced online social networking as a means of communication. As demonstrated by the growing number of daily users, it has become an indispensable part of daily life. In reality, as of August 27, 2015, Facebook had an estimated 1 billion active users. It means that one in every seven people on the planet used Facebook to keep in touch with friends and family on a single day (posted by Mark Zuckerberg on Thursday, August 27, 2015).

Stress and social media:

In today's world, social media addiction is at an all-time high; once anyone joins, it's impossible to stop using it. Positive feedback is provided by comments and likes. Increasing the difficulty of putting a stop to it. Certain people make comparisons between their lives and the flawless lives of their mates. According to Dick (2013), people who use free social networking platforms (Facebook and Twitter) stay in touch with friends and read useful material, but they also lose a lot of discretion and privacy. Anxiety is one of the most common mental health issues in today's world. People are concerned about the number of likes and feedback on their uploaded photos and videos. In today's world, almost no one is immune to the effects of social media. According to The Hearty Soul (2016), the more time you spend on social media, the better.

The more down you are, the less effective social networking apps like Facebook and Twitter are in helping students stay focused and stress-free. Socialization, improved contact, learning opportunities, and access to health information are some of the beneficial effects of social media on adolescent mental health, according to Kaur & Bashir (2015).

Depression, online harassment, cyberbullying, sexting, fatigue, stress, emotional suppression, and intellectual decline are some of the negative aspects. In today's world, nearly every Individuals ranging in age from 11 to 93 are linked to social media. Young adults, according to a study conducted

by Strickland (2014), are the most involved consumers of social media and are disproportionately at risk of developing mental health issues. According to Park, Song, and Lee (2014), social media applications such as Facebook are positively correlated with acculturative stress among college students. Similarly, Kaur and Bhat (2016) conducted a thorough study into the impact of stress on student mental health and concluded that stress has a detrimental impact on student mental health. As a result, we can, Conclusion: Heavy use of social media may have a negative impact on young people's mental health.

Depression and Social Media:
It is evident from the aforementioned literature that social networking is the primary agent that not only exacerbates but also nourishes mental health issues. Excessive use of social media may contribute to depression. The outcome is tragic, starting with anxiety and progressing to depression. Depression and time spent on Facebook by teenagers are positively associated, according to (Pantic et al., 2012). Rosen et al., (2013) confirmed these results, revealing that people who spent the majority of their time online and doing image maintenance on social networking sites had signs of severe depression. They also say that different types of social interaction, such as gaming and speaking, reduce the risk of depression.

Loneliness and social media:
The use of social media is rapidly increasing, especially among young adults. Surprisingly, despite greater interconnectivity, today's young generation is more alone. Compared to other categories, and also social media use is rapidly growing, especially among young adults. Surprisingly, amid greater interconnectedness, today's youth are more isolated. In comparison to other groups, it is also the loneliest (Pittman & Reich 2016). One of the most common feelings is loneliness. Since it is so closely related to serious health problems, today's virtual society's top concerns are: (Biovin, Hymen, & Bukowski, 1995; Patterson & Veenstra, 2010). Loneliness is a daunting emotion to overcome. The social life of a person is described as the difference between their ideal level of social contacts and their actual level of social contacts. Despite having both social media applications and a mobile device, Loneliest ever (Pittman & Reich 2016). Loneliness is one of the most common feelings. Since it is intimately linked to serious health issues, the top worries of today's virtual society are: (Biovin, Hymen, & Bukowski, 1995; Patterson & Veenstra, 2010). Loneliness can be a difficult thing to deal with. As a difference between an individual's ideal level of social contacts and their actual level of social contacts the social life of an individual. Despite getting both social media apps and the infrastructure to operate these applications, 60 percent of young adults aged 18 to 34 confessed to isolation, according to the Mental Health Foundation of the United Kingdom. In contrast, researchers Deters and Mehl (2012) discovered that people who use less social networking have higher levels of shyness and depression, are less socially active, and have a loneliness problem. Decreases as a result of increased status updating.

Research Methodology
This research is descriptive research. Descriptive research methodology is a kind of research methodology which is used to depict or determine status, population, issue, phenomenon, and attitude and behaviour.
Survey Method: This method involves the direct interaction with the subjects through collecting the data by surveys and interviews. This kind of survey can be conducted online as well as offline and that is the reason it is a go-to option for descriptive research method that has a large sample size. And for the purpose of having an inclusive end result of the survey, the questionnaire must have a good mix of open-ended and close-ended questions.

Sample Size

Population for the survey was the citizen of Greater Noida and Noida, UP who are the users of electronic and social media. For this survey a sample of 70 people.

The sample comprised of students from business, history, mass communication, etc and people from different professions. But the sample as mentioned is restricted to a certain geographical area and is also small in number.

Sampling Technique

The core population was chosen with the use of convenient sampling like the users of social media was chosen by the simple random sampling approach. The survey was carried out on the sample with the easily accessible and available to indulge the various constraints and limits like finance and time. Sampling can be utilized to come up with a conclusion or generalization with the data in hand and in ration to the already existing theory.

Social media: as a necessary part of youth life

Many people's lives are now dominated by social media. According to one survey, half of children aged eight to seventeen have social networking accounts such as Facebook, Instagram, and others. People of all ages and professions use social networking sites as a form of contact, not just young people. According to a recent reality, social media is an integral part of every forum. In our day-to-day lives, social media plays a significant role. When it is posted on social media, it has a wide variety of effects on people.

The most wonderful thing about our lives is staying in touch with our loved ones, and social media has had a positive impact on this. Instant messaging, videos, status updates, image-sharing, and video-sharing are only a few of the main elements that contribute to social media's recognition.

In this age of social alienation and disconnection, social media can be a lifeline for staying in contact with friends, family, and the rest of the world. However, be aware of how it makes you feel. Take action to minimise your participation on social media if it exacerbates your tension, anxiety, or confusion. Before believing—or forwarding—any rumour, always search credible news outlets. Using social media has been a replacement for a lot of the offline social contact. Even if you're out with friends, you sometimes feel the urge to continuously check social media, often motivated by feelings that others might be having more fun than you.

Digital innovations have become an inextricable part of the lives of today's youth. Many children are exposed to screens from an early age, with children under the age of two in the United States spending an average of two hours a day in front of a television.

Using screen media for an average of 42 minutes a day. Most teenagers are completely absorbed in a world of smartphones, computers, and social media by the time they enter adolescence. According to recent nationally representative figures, 95% of teenagers aged 13 to 18 have access to a smartphone and 88 percent have access to a desktop or laptop computer at home. In 2018, 45 percent of US teenagers said they were online "almost continuously," up from 24 percent just three years before.

In recent years, the technological landscape has increasingly changed, with social media now playing a central role in the lives of young people. Both major new and old jobs have been generated as a result of social media.

The research looked at the use of social media by 300 young people aged 18 to 25. In a group environment, background data sheets and a Social Media Exploration Sheet were distributed. The age of initiation in the age group of 12 to 18 years was discovered to be 37.2 percent Facebook users for 12 years, 54.0 WhatsApp users for 16 years, and 38.3 percent Instagram users for 18 years. For Facebook, WhatsApp, and Instagram, the maximum time spent was 120 minutes and the minimum time spent was 25 minutes. Females were more likely to use social media. In addition, 40% said they used social media to reveal their identity.

Academic and everyday life tasks were found to be disrupted as a result of social media use (99.7 percent). 62.3 percent said social media helped them communicate with others, and 75% said they used it to exchange information, videos, photographs, and information.

For many young people today, social media has become an integral part of their lives. Most people use social media without considering the impact it has on their lives, whether positive or negative. Is it possible that we as a community are becoming more concerned with our **Facebook** "mates" than with the people we communicate with on a regular basis? What are the long-term implications of today's social media usage? There are many benefits of using **social media** sites like Facebook, Twitter, LinkedIn, Pinterest, Google+, Tumblr, Instagram, gaming sites, and blogs, but there are also many risks. We must delve deep into this subject and do extensive analysis in order to make the best decisions.

Social media and youth

Social networking exploded in popularity after the advent of blogging.

Adolescents' exposure to social media sites like **Facebook, WhatsApp, and Twitter** has skyrocketed in recent years. The use of social media made it very easy to communicate with others, encouraging user-generated content and interactions. Social media is a platform for people to share their different points of view on life, as well as their views, stats, videos, and other content. People of all ages are drawn to social networking, which is one of the key indicators of the technology era, while the virtual world extends beyond real life through the applications it provides. Young people, in particular, are very interested in social media, which is an extension of the Internet.

According to the "**Digital in 2019**" global social media study, there has been a global growth in social media use since January 2018 (9 percent), with 3.484 billion social media users worldwide in 2019. The most popular online platforms among teenagers are YouTube, Instagram, and Snapchat, and Indian teenagers are becoming increasingly reliant on them. According to a recent Pew Research Center survey, **95% of teenagers** have access to a smartphone, and 45% claim they are online "almost constantly." Today, about half of American teenagers aged 13 to 17 use Facebook, which is significantly lower than the use of **YouTube, Instagram, or Snapchat.**

The increased use of **social networking** has had an effect on youth culture and interpersonal communication. It helped bring friends and family together for those who live in different parts of the world, with low additional costs of communication, exchanging knowledge, expressing opinions, and keeping each other up to date on what was going on in their lives. **Social media** has also been shown to promote business promotion and interpersonal contact, as well as providing a forum for individuals to express themselves, according to studies. The majority of respondents, on the other hand, accepted that social media use interferes with their everyday activities, academic success, sleep patterns, and mental health problems. In relation to the aforementioned variables, one study found a strong negative correlation between real-life bonding capital and self-esteem, as well as a positive correlation between online bonding and interpersonal conflict.

26.7 percent of people with social media addiction claim they have sleep problems 2-3 days a week. When compared to participants who do not have an underlying addiction to social media, those with an underlying addiction rate the severity of their most recent sleeping problem as high or extremely high.

Facebook was the most popular platform among social media users (38.9%), while WhatsApp was the most popular platform among non-addicts (41.2 percent).

Further investigating the differences between Government and private college students, they discovered that social media addicts in Government and Private colleges used Internet **Gaming (31%)** and **Facebook (57.3%),** respectively. The prevalence of social media addiction was 36.9% among consumers, with private and government Pus sharing the same percentage. Eye pressure (38.4 percent), rage (25.5 percent), and sleep disruption were the most common health issues reported (26.1

percent). Over one-third of the participants had social media addiction, with the rest having moderate addiction. Mailing and browsing the internet are two of the most popular reasons for using the internet in the **Web 2.0 era (Web technologies in 90s).** Social networking websites are becoming increasingly popular among Indian youth. Addiction was seen in 70.7 percent of the participants, and it was more prevalent in those aged 17 and up. The most common sites used by the 388 users were WhatsApp (used by 277 (82 percent) of the sample), **Facebook (used by 254 (75.1%),** and Instagram (used by 114 users representing 33.7 percent of the study sample). Smartphones were the most common way of accessing social media sites, followed by home desktop/laptop computers.

Users of social media sites believe that their online profiles provide accurate information about them. In the previous month, social networking had a negative impact on their academic success by interfering with their ability to research or complete assignments; they were late in handing in an assignment. In the current study, the connection between SNS addiction and the gender of the subject is not as strong, with **males (71.6 percent)** outnumbering **females (69.7 percent). The** trend of social networking use and its effects in order to decide whether or not anyone is addicted to social networking. The author also discussed the advantages of social networking sites in terms of culture growth, self-identity, relationship development, and the acquisition of social, communication, and technological skills. Lack of privacy, vulnerability to violence, frequent browsing, social disadvantages such as weak social skills, emotional trauma, addictive behaviour, **depression, anxiety, and loneliness**, and misinformation were all listed as negative aspects.

45.5 percent of respondents have used social media sites for more than a year, 34.5 percent have used social media sites for 6-12 months, and 20% have used social media sites for less than 6 months. The study also revealed that respondents aged 15 to 25 years old use social media more than those of other age groups. 52.5 percent of respondents said they are addicted to social networking sites, while 47.5 percent said they are not addicted to social media sites. The first social media site was ranked as **'WhatsApp,' and the second was 'Facebook.'** Heavy users of social networking sites, with 80 percent using one or more (the most common being Facebook) and more than half logging in at least once a day. Males were significantly more likely than females to post self-promotional pictures or comments (involving sex or alcohol) on their profiles, while females were significantly more likely to post romantic or "cute" pictures and/or facts. Significant differences in the degree of addiction were observed for gender (in favour of male), education (bachelor course), monthly income (low income), social status (unmarried), and hours of regular use (4 hours or more) among students (N = 416) .

There were 23 subjects identified as internet addicts, with ratings ranging from 80 to 100. There were 15 (6.1 percent) males and 8 (3.3 percent) females among the 23 (9.5 percent) internet addicts found in the sample. Sex, device ownership (preferring desktop and laptop over mobile), intent of internet use (social networking and gaming rather than educational), and psychological symptoms such as depression were all found to be major differences between the two groups

1.3 percent (2 percent males & 0.6 percent females) of internet users were addicted; 4.1 percent (5 percent males & 3.1 percent females) of cell phone users were addicted; and 3.5 percent of social networking site users were addicted. For **internet and Facebook addictions**, statistically significant variations were found in relation to family status. It was more common in singles and unmarried people, and it was less common in joint families. Shopping, sex, smartphone, phone, and Facebook addiction all have a negative association with the number of years married. Physical (eye strain) and psychological distress (lack of sleep, irritability, and restlessness) were both present as morbidities: 6.8% had a mobile phone addiction, 4.2 percent had an **internet addiction**, and 3 percent had a social networking addiction. 3.3 percent wanted to change their internet activities, and 4.2 percent wanted to cut down on their mobile phone expenses.

A review of the literature reveals that young adults' use of social media has risen dramatically in recent years. It is essential to determine the trend of social media usage among youths and to educate

users about how to use technology safely. These findings may have implications for research, user understanding, and the use of social media as a tool for encouraging healthier behaviours.

The following are signs that social media is having a negative impact on your mental health:
Spending more time on social media than with friends in real life. Many of the offline social interactions have been replaced by using social media. Even when you're out with friends, you feel compelled to scan **social media** on a regular basis, always motivated by the fear that others are having more fun than you.
On social media, making **negative comparisons** to others. You have a poor sense of self-worth or a negative body image. You may also have disordered eating habits.
Being the victim of **cyberbullying**. Alternatively, you might be concerned that you have no influence of what others say about you online.
Distractions at school or at work. You're under pressure to post new content about yourself on a regular basis, to receive **feedback** or likes on your posts, and to respond to friends' posts quickly and enthusiastically.
There isn't enough time in the day for **self-reflection**. You spend every spare moment on social media, leaving little or no time to focus on who you are, what you think, or why you behave the way you do—the things that help you develop as an individual.
Risking one's safety in order to earn likes, comments, or constructive feedback on social media. You engage in risky pranks, post humiliating material, cyberbully others, or use your phone while driving or in other potentially hazardous circumstances.
I'm having trouble sleeping. Do you scan **social media** late at night, early in the morning, or even when you wake up in the middle of the night? Phones and other gadgets emit light that can interrupt your sleep, which can have a negative effect on your mental health.
Anxiety or depression symptoms are getting worse. Instead of helping to relieve negative emotions and improve your mood, social media makes you feel more nervous, depressed, or lonely.

Expert views on social media usage which makes life digital:
A number of these experts wrote on both sides of the issue, pointing out some of the ways that digital life can be both beneficial and harmful. Following are some examples of mixed-response anecdotes:
James M. Hinton:
Having grown up in the pre-internet period, my childhood was spent in a significant monoculture," author **James M. Hinton** said. All was supposed to subscribe to a single collection of mutual principles and beliefs. This generated a significant sense of alienation and even oppression for me as someone who did not fit into that collection of shared standards (and only grew further apart from them as I grew older). The emergence of **internet technology** – especially the ability to connect instantly and inexpensively with people all over the world – has given me access to like-minded people who have helped me feel less alone. This makes it sound like my response should have been that these developments have made a significant difference in my well-being and will continue to do so. However, the same developments that have provided these resources have subjected me to even more of the surrounding culture's general animosity toward people like me. Rather than being isolated by a tiny, local population, I now have the impression that a significant portion of the world's establishment and orthodox belief systems are strongly opposed to my positions. To take it a step further, I might equate it to being deported to the **Warsaw Ghetto.** Finally, I'm surrounded by a huge group of people like myself, but I'm terrified of what's waiting just outside the fence to come crashing down and wipe us out."
People's lives are better when they can stop being dominated by technology and being forced into destructive addictions to it.

-FRANK KAUFMANN

"Technology enhances the lives of people who can escape being consumed by it and driven into crippling addictions to it," **said Frank Kaufmann**, a scholar, educator, innovator, and activist based in North America. Technology helps me to develop and benefit from loving relationships with friends and family who are now able to be near despite their geographical distance. Unfortunately, it keeps addicts from developing and benefiting from the most beautiful forms of encounters, such as being in the physical and personal presence of another."

Eric Royer:

"Digital technology has radically reshaped higher education, to the point that lectures are being replaced with online courses and knowledge is readily accessible at the click of a fingertip," said **Eric Royer**, a professor based in **North America.** This means that information is no longer restricted to the '**Ivory Tower;'** however, I am concerned about the impact of the internet on actual learning and a passion for education. Training has become a commodity as a result of modern technology, and students see it as a means to an end."

Barry Chudakov:

"As a researcher with colleagues in the communications field, I hear a recurrent discussion about the modern world realities of 'Me, Inc.,' made possible by pervasive digital technology," wrote **Barry Chudakov**, founder and principal of Sertain Research and Streamfuzion Corp. The good news is that idea creation, innovation, programming, publishing, and musical performance are no longer in the hands of apathetic gatekeepers – greybeard editors from various industries who determined which voices and talents were worthy. However, there is another side to this coin."

"In many ways, **digital technology** has eroded apprenticeship and competence. Anyone with a tool (a digital camera or tablet, editing tools, and some programming knowledge) can now claim to be an expert and create an app or a reputation. Older communicators can marvel at how newer digital technology allows for fresh ideas, inventive approaches, and direct communication rather than staged or canned presentations. In the 'Here Comes All' era of digital tool mayhem, on the other hand, simply getting the tool is readily equated with knowledge. Many see this as a breakdown in 'guild experience' – mastering a craft that takes years of mentorship and trial and error, resulting in lower levels of **excellence** and quirkiness." Many people see this as a breakdown in '**wise counsel'** – practising a craft that required years of mentorship and trial and error, resulting in lower expectations of excellence and efficiency. Sometimes, there are no expectations at all. When there are no genuine experts, anyone may present themselves as one.

Richard Jones:

"**prior to 2010,** I used physical newspapers, watched scheduled entertainment, used a voice phone that could also send messages, and navigated using a map," wrote **Richard Jones**, an investor based in Europe. Waiting for Windows to start up used to irritate me. When I ask a voice assistant to play music, adjust the heating, read me books, adjust the lighting, show directions, and choose the route to drive anywhere in 2018, I expect instant service. I have a constantly updated email subscription list, many newspapers on my devices, no longer use physical diaries on my tablets or other display devices, and my handwriting has deteriorated as a result of my lack of use." I can almost easily move between devices, and I plan to be able to continue wherever I am and use the best screen physically available locally thanks to the cloud. I physically and mentally sense a deluge of knowledge that I must navigate through, and while I have some faith in my ability to remain on top of it in comparison to my peers, I sense that youngsters are more at ease with some of it and are more perplexed as to where to concentrate. I assume this is due to the networked existence of **hyperlinks'** constant split-second choices and discarded or simultaneous deep-dive leads.

**Data Analysis & Interpretation**

Data used in research originally obtained through the direct efforts of the researcher through surveys, interviews and direct observations. Data that has been collected from firsthand experience is known as primary data. Primary data is the data that has not been previously published. Stratified random sample technique is planned to collect the data. To collect the primary data a questionnaire was prepared and primary data was collected through questionnaire method. The questionnaire was distributed to student to obtain information. This helped in the direct interaction with the respondents. The questionnaire consists of close handed questions and open-ended question.

Use social media
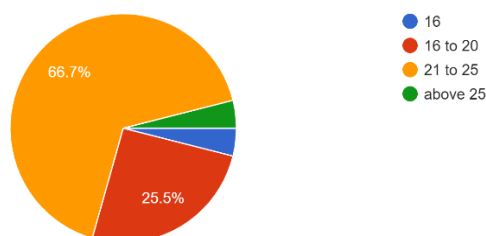
Out of total 51 responses there are 50 (98%) people are those who uses social media only 1(2%) are the one who didn't use social media;

Times of use social media
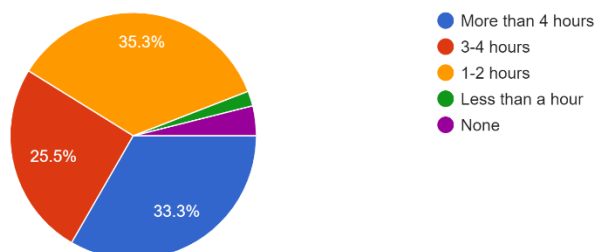
Out of 51 people there are 35.3% (18) people who uses social media 1-2 hours and there are 33.3% (17) people who uses social media more than 4 hours in a day. And 25.5% (13) people who uses between 3-4 hour and there are only 2% (1) people who uses less than 1 hour.

Think it is healthy to spend that much time online
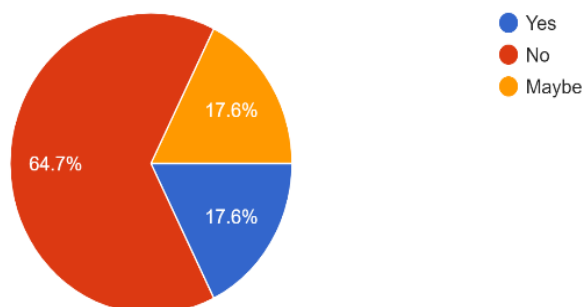
Out of total 51 there are 64.7% (33) people think its healthy to spend the amount of time they spent on social media. There are 17.6% (9) people who think its not healthy to spent that much time on social media and same amount of people who are not sure about whether it's healthy or not.

## Social media platform do you use most often
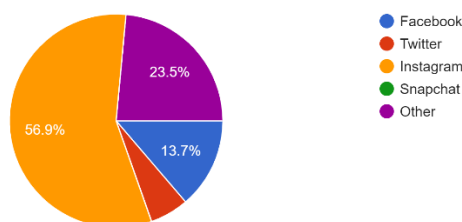
Out of 51 people 56.9% (29) people are using Instagram most and there are 13.7% (7) people are using Facebook and 5.9% (3) people are using Twitter and almost 23.5% (12) people are the one who uses some other social networking site.

Social media negatively affects mental health in young people
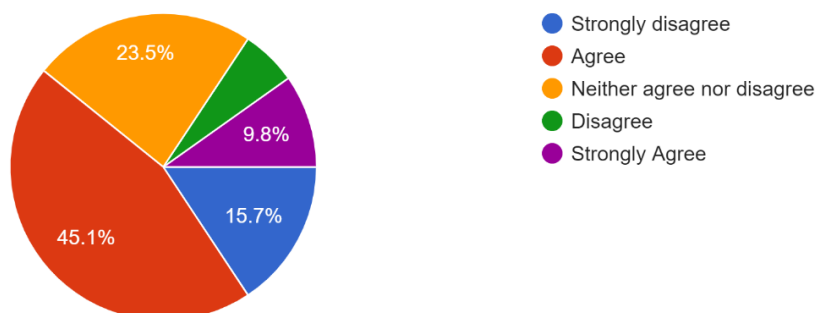
Out of 51 people 45.1% (23) people agreed with the fact that social media negatively affect mental health of young people.15.7% (8) people are the one who strongly disagree that social media affects mental health and 9.8% (5) people are the one who strongly agreed with that social media has affect on mental health   and almost 23.5% (12) people are the one who are neither agree or disagree. And 5.9% (3) are the one who disagree that social media negatively affects mental health in young people.

Influential is social media in your life
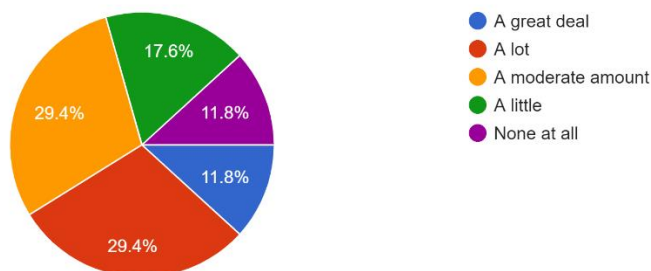
Out of 51 people 29.4% (15) people are the one who think social media has lot influence in their life and 19.4% (15) people are the one who think its moderate amount of influential in their life. 17.6%

(9) people are the one who think a little influential and 11.8%(6) people think that it's a great deal and same 11.8%(9) are the one think it's not at all influential in their life.

The future of social media will be detrimental to mental health of young people
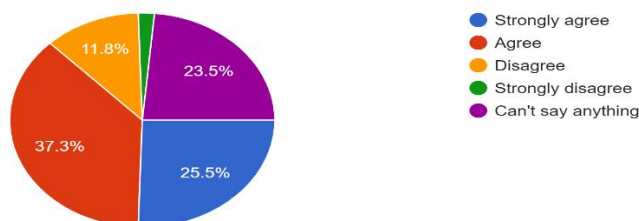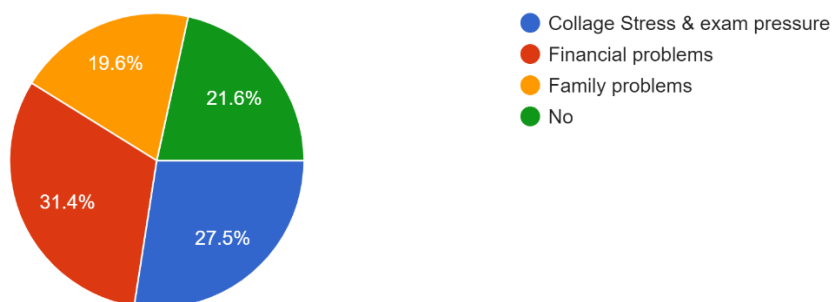

Out of 51 people 37.3% (19) people are the one who think the future of social media will be detrimental to mental health of young people and 25.5% (13) people are the one who strongly agree that future of social media will be detrimental to mental health of young people. 23.5% (12) people are the one who choose to not say anything on this and 11.8% (6) people disagree with that and 2% (1) are the one who strongly disagree with that.

Think social media platforms are doing enough to tackle the issue of mental health? (e.g.: Instagram removing likes from pictures etc.)
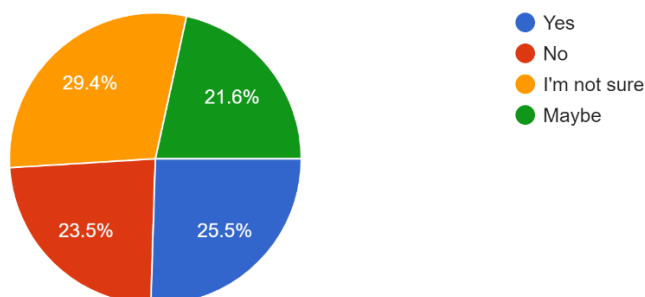

Out of 51 people 29.4% (15) people are not sure that social media platforms are enough to tackle issue of mental health and 25.5% (13) peoples agreed that social media platforms are doing enough to tackle mental health issue and 23.5% (12) said that it is not doing enough to tackle the issue and 21.6% (11) are the one who think maybe social media platforms are doing enough to tackle issue of mental health.

Think any of the following also contribute to mental health problems in young people

Out of 51 people 31.4% (16) people think that financial problems contribute to mental health problem in young people, 27.5% (14) are the one who thinks that collage stress & exam stress also contribute to mental health problems in young people and 21.6% (11) believes that it doesn't contribute to mental health related issues and 19.6% (10) people thinks family problems also contribute to mental health related problems in young people.

Think social media leads depression, anxiety and mood swings
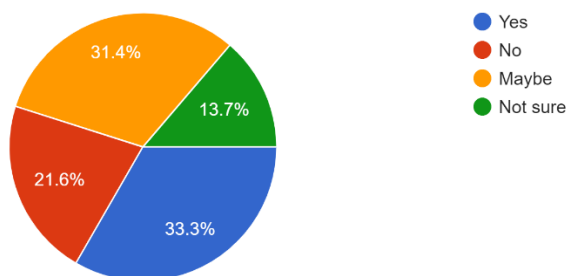

In This analysis out of 51 people 33.3% (17) people thinks that social media leads towards depression, anxiety and mood swings and 31.4% (16) people thinks that maybe social leads toward depression, anxiety and mood swings and 21.6% (11) people didn't agree with that & 13.7% (7) people are not sure about this.

Attempts to cutting back on social media usages
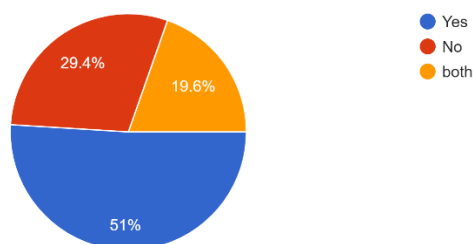
Out of 51 people 51% (26) people attempts of cutting back on social media usages and 29.4% (15) people didn't tried of cutting back of social media usages and 19.6% (10) who both tried or not.

Aware about that social media is addiction
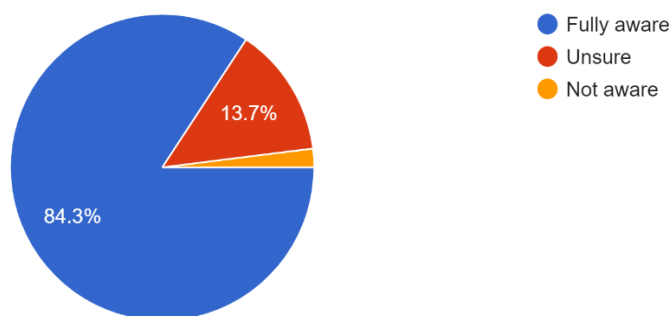
Out of 51 people 84.3% (43) people fully aware that social media is addiction and 13.7% (7) are usure about that and 2% (1) are not aware about that social media is addiction.

Conclusion

Finally, it has been established that social networking has both positive and negative effects on our youth. The education curriculum should also be updated to include social media studies as one of its disciplines, so that students are aware of the importance of being cautious when using social media. Social networking has provided young people with a means of contact that is linked to a variety of advantages. This involves the creation of a large social network that expands opportunities and cultural knowledge. However, young people must exercise caution when using different sites in order to avoid being victims of cybercriminals. Social media has become so entrenched in our culture that it is almost difficult for people to take you seriously if you are not on at least one social media site. Young and old, rich and poor, everybody is on social media. When it comes to online socialising, everybody is still in a whirlwind. Even the business world has jumped on board, and businesses are very involved online, sharing updates and responding to customer inquiries. There are several social media platforms to choose from, including Facebook, Twitter, Snapchat, and Instagram. If social media continues to grow in popularity around the world, there have been mixed reactions to the networks and how they affect youth. So, how does social media influence young people?

Another important question based on our findings would be to ask participants whether they would try to reduce their use of social media. We didn't ask the interviewees if they wanted to reduce their use of social media and their phone in general, but they all said they wanted to. It would be important to see if having awareness of both positive and negative effects would provide good insight into how addicted our generation is. To stay with the phone addiction theme, we should dig further into why people use those apps and how certain apps make them feel.

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