

“Social Media Affects Mental Health in Young People”

Can you imagine life without social media? Me neither. Instagram, Twitter, and Facebook are so rooted in our everyday lives that we can hardly recall living without them. Although they can be used to benefit, it's beyond any doubt that social media pose a serious threat to young people's mental health. As reported by Yale Medicine, a research study of American teens between 12 and 15 years revealed a two-fold risk of depression and anxiety in teens who used social media for over 3 hours daily. Firstly, this happens due to the fear of missing out (FOMO). Not being on social media and not seeing posts from events you weren't part of creates feelings of being excluded and causes anxiety. On top of that, the growth of cyberbullying, especially among teens, can create a negative image of oneself and cause depression. The same can happen due to a lack of social response, such as likes, comments, and subscribers on your publications. Together, FOMO, the feeling of being excluded, and cyberbullying can put too much pressure on young people's minds. Consequently, disproportionate use of social media can indeed negatively affect their mental health.