HOW SOCIAL MEDIA PLAYS AN IMPORTANT PART IN OUR MENTAL HEALTH

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In the times of pandemic, people need to follow social distancing and sometimes isolate themselves. Social media is now used to communicate with family and friends that you cannot have close contact. People rely on social media platforms such as Facebook, Twitter, Instagram, You tube and many more to connect with their socials.

Most people use social media to connect and stay up-to-date with family and friends around the world. They can also find new friends and communities that shares similar interests. In social media, people can also seek and emotional support and find outlet for their own talent, creativity and self-expressions. Through social media we can also discover useful knowledge and information.

Though social media is supposed to make us closer to one another, some people feel lonely and isolated after spending excessive time in social media. Through deeper studies have found a big connection between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts.

People are affected by what they see in social media and get insecure with what they look like. They also have anxiety and fear of missing out which tends to make them check their phones every minute to check for the latest updates which sometimes lead to sleepless nights and prioritize social media above everything else.

High usage of social media increases feelings of loneliness and even increase the risk of depression and anxiety. Social media platforms can be hotspots for spreading
hurtful rumors, lies, and abuse. Many people have been experiencing cyberbullying that can lead to emotional scars and trauma.

Social media sometimes lead people to self-absorption. People share countless selfies and tend to rant everything in social media and make people create unhealthy habits and self-centeredness and distance themselves from real-life connections.

Social media has a share of good and bad effects on our mental health. That is why it is important for us to have a limit in using social media. Remember that social media is meant to keep us together not drive us further away from others.

References:

www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health