

SOCIAL MEDIA AND MENTAL HEALTH



Man is a social animal. Lack of connection with our fellow humans can put our mental and emotional health at risk. While virtual interaction on social media does not have the same psychological benefits as direct contact, it can help stay connected and promote well-being in many positive ways. It can also have negative consequences as illustrated below.

1

CYBER-BULLING

Cyberbullying is bullying that takes place online through digital devices. It includes sending, posting or sharing negative, harmful, false or mean content about someone else.

What to do if you are victim?

Save the proofs, get offline and talk to an adult who will guide you.

2

SELF-ABSORPTION

A study conducted by the Washington State university in 2019 concluded that persons who posted lot of selfies are perceived as self-centred and less successful than persons who posted "posie".

Selfies with vanity themes such as reflexion in a mirror are particularly disliked.

3

ISOLATION

A University of Pittsburgh study published in the American Journal of Preventive Medicine in 2017 found strong links between social network use and feelings of social isolation. The study shows that those who use social networks for 121 minutes or more per day are twice as likely to feel isolated compared to those who use them for less than 30 minutes per day.

4

DEPRESSION AND ANXIETY

Another University of Arkansas study of 1,000 U.S. adults between the ages of 18 and 30 found that young adults who spent more than 5 hours a day on social networks were 2.8 times more likely to develop depressive symptoms within six months.

Topic	Social media addiction		
Activity Title	Smartphone addiction: short movie		
Type of resource	Self-Help Resource (SHR)	Type of learning	<i>This activity promotes self-directed learning. It can be used for personal use by the individual.</i>
Duration of Activity (in minutes)	<i>5 minutes for the activity; 10 minutes to answer the self-reflection questions.</i>	Learning Outcome	<i>To raise awareness on smartphone's addiction</i>
Aim of activity	<i>By completing this activity, you will self-reflect on your relationship with your smartphone and the various ways to keep it healthy</i>		
Materials Required for Activity	<i>PC or Smartphone + Internet connection Paper and pen to answer the questions.</i>		
Step-by-step instructions	<p><i>Watch this short movie:</i> https://www.youtube.com/watch?v=QugooaNRnsk&ab_channel=BilalFarooq</p> <p><i>Then, answer the questions listed in the following box.</i></p>		
Self-reflection Questions	<ul style="list-style-type: none"> • <i>What is criticized in this short movie?</i> • <i>How to have a better online behaviour?</i> • <i>Can you make the difference between your online identity and your true self?</i> • <i>Why is it important to be able to disconnect from social media sometimes?</i> • <i>What are the threats described in the short movie?</i> 		



Co-funded by
the European Union

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein." Project Number: 2030-3-IE01-KA205-082880