

SOCIAL MEDIA

The definition of "social media" is broad and constantly evolving. The term generally refers to interactive technologies and digital channels that facilitate the creation and sharing of information, ideas, thoughts, interests, and other forms of expression through virtual communities and networks. Social Media allows individuals to keep in touch with loved ones all around the world, keeping individuals up to date with the latest news, helping law enforcement catch criminals, and even helping teenagers adjust and increase their self-esteem.



Concerns of Social Media

- Multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts.
- Social media may promote negative experiences such as: inadequacy about your life or appearance.
- Continuous use of social media via electronic gadgets can tend to cause eye problems, posture problem, neck pain, back pain, reduced physical activity.
- Distribution of poor-quality information, damage to professional image, breaches of privacy, violation of personal-professional boundaries, and licensing or legal issues.
- Adolescents exhibit a limited capacity for self-regulation and an increased risk of susceptibility to peer pressure and experimentation.
- Traditional bullying and cyberbullying are associated with increased anxiety, depression, and low self-esteem in adolescents. Bullying also has been associated with other physical health effects, including stomach aches, sleep problems, headaches, tension, bed-wetting, fatigue, and poor appetite.
- Internet addiction has a similar pathology to other addictions, which result in interpersonal, family and social problems. In adolescents, internet addiction has been linked to depression, self-injurious behaviors, sleep disturbances, increased alcohol and tobacco use and obesity. Additionally, studies have found microstructural changes in the brains of adolescents with internet addiction, including a decrease in gray matter volume and alterations in neurotransmitters.

How does it affect our health mentally, psychologically, & physically?

- **Online vs Reality:** Social media itself is not the problem. It is the way people use it in place of actual communication and in-person socializing. "Friends" on social media may not actually be friends, and may even be strangers.
- **Increased usage:** The more time spent on social media can lead to cyberbullying, social anxiety, depression, and exposure to content that is not age appropriate.
- **Social Media is addicting:** When you're playing a game or accomplishing a task, you seek to do it as well as you can. Once you succeed, your brain will give you a dose of dopamine and other happiness hormones, making you happy. The same mechanism functions when you post a picture on social medias. Once you see all the notifications for likes and positive comments popping up on your screen, you'll subconsciously register it as a reward. But that's not all, social media is full of mood-modifying experiences.



- **Fear of Missing Out:** FOMO has become a common theme, and often leads to continual checking of social media sites. The idea that you might miss out on something if you're not online can affect your mental health.
- **Self-image issues:** Social media sites provide tools that allow people to earn others' approval for their appearance and the possibility to compare themselves to others. It can be associated with body image concerns. The "selfieholics" and people who spend most of their time posting and scrolling are the ones most vulnerable to this. In fact, most college girls who use Facebook at least five times a day are likely to link their self-worth to their looks. That doesn't mean that the main problem is social media; it only provides a medium for it, which further elevates the problem. It also promotes the same sort of behavior to others.



- Children who overuse technology may be more likely to experience issues, including: low academic performance, lack of attention, low creativity, delays in language development, delays in social and emotional development, physical inactivity and obesity, poor sleep quality, social issues, such as social incompatibility and anxiety, aggressive behaviors



- Social media and mobile devices may lead to psychological: isolation, depression and anxiety and physical issues, such as eyestrain (screen time, screen glare, screen brightness, viewing too close or too far away, poor sitting posture, underlying vision issues) and difficulty focusing on important tasks.
- The way many people use mobile devices and computers may also contribute to incorrect posture. Over time, this may lead to musculoskeletal issues.
- The overuse of technology may have a more significant impact on developing children and teenagers.

Let's create healthful patterns in daily habits to engage other than electronic media & avoid overuse.



*More
Social
less
Media*



20/20/20



**Take a 20
second break**



**Every 20
Minutes**

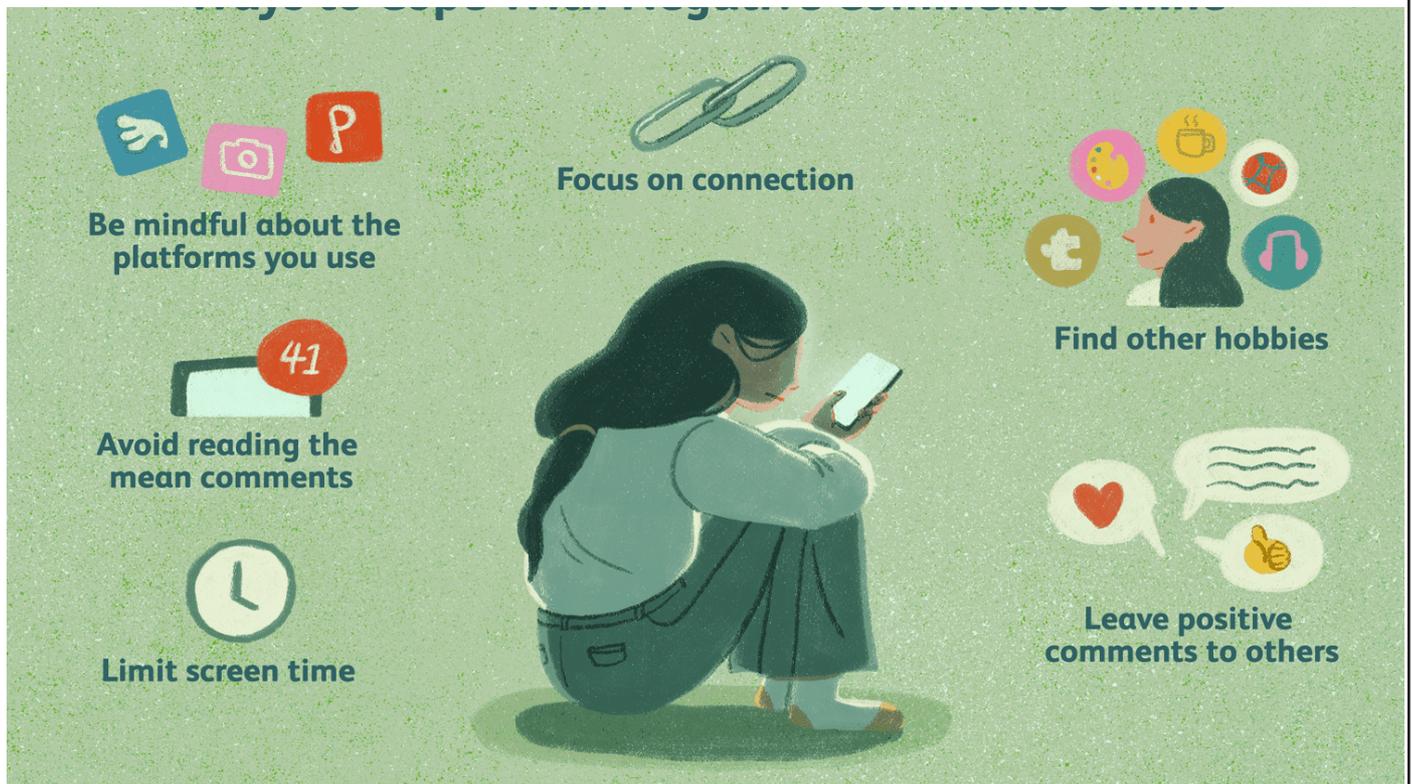


**Look at
Something
20 feet away**



What can be done?

- □ Set boundaries the right way.
- □ Have conversations.
- □ Take time to actively engage other than electronic media.
- □ Know about privacy.
- □ Finding ways to take breaks from sedentary technologies may help promote a more active lifestyle.
- □ To avoid the potential impact of blue light on the brain, people can stop using electronic devices that emit blue light in the hour or two before bedtime.



References:

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