

The Influence of Social Media on Mental Well-being: A Comprehensive Review

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Abstract

This article explores the relationship between social media use and mental health, highlighting both its positive and negative effects. While social media can increase access to support and reduce stigma around mental health issues, overuse can lead to mental illnesses such as increased anxiety, depression and disability, particularly from interactions such as social comparison and cyberbullying. Factors such as gender and age play an important role in shaping these experiences. The findings highlight the need for tailored interventions that take into account demographic factors and individual experiences. Recommendations include training to encourage healthy social media use, digital literacy training, and the establishment of supportive online communities. In addition, addressing gaps in legislation and facilitating access to mental health resources are crucial to developing a healthier digital environment. Overall, understanding the interactions between social media and mental health across different demographic groups is critical to developing effective strategies to improve well-being in today's increasingly digital world.

Keywords: Social Media, Mental Health, Genders, Age.

1 Introduction

The advent of social media has profoundly transformed the landscape of communication, creating a digital environment where individuals can connect, share, and interact with unprecedented immediacy and reach. Platforms such as Facebook, Instagram, Twitter, and TikTok have become integral to the fabric of everyday life, shaping how people relate to one another and consume information. While these platforms have facilitated the formation of online communities and provided valuable support networks, they have also raised pressing concerns regarding their impact on mental health. The relationship between social media and mental well-being is multifaceted, intertwining elements from psychology, medicine, and technology, making it a critical area of study in contemporary research.

As social media has evolved, it has been linked both to positive outcomes, such as increased social support and the sharing of mental health resources, and to negative consequences, including rising levels of anxiety, depression, and feelings of inadequacy. For many users, the constant exposure to curated and idealized portrayals of life can lead to harmful self-comparisons, exacerbating feelings of low self-esteem and dissatisfaction. Research indicates that prolonged engagement with social media can lead to significant psychological burdens, particularly as users navigate the complexities of their online identities. In this context, the implications of social media on mental health cannot be overstated; they warrant thorough investigation and understanding.

Demographic factors, notably gender, play a critical role in shaping individual experiences with social media. Studies have shown that men and women engage with social media differently, influenced by societal norms and cultural expectations surrounding emotional expression and vulnerability. For instance, women may experience heightened pressures related to body image, often exacerbated by exposure to unrealistic beauty standards perpetuated on these platforms. Conversely, men may be less likely to seek help or express emotional struggles on social media due to traditional notions of masculinity that discourage vulnerability. Understanding these gender-specific dynamics is essential for developing tailored interventions that can effectively address the unique challenges faced by different user groups.

Furthermore, the technological infrastructure of social media platforms contributes to a culture of constant connectivity that may lead to addiction and other negative mental health outcomes. The addictive nature of social media is often driven by an innate desire for social validation, manifesting in behaviors such as compulsively checking notifications or seeking likes and shares. This cycle can interfere with daily life, disrupt sleep patterns, and increase stress levels, ultimately jeopardizing mental well-being. Additionally, issues such as cyberbullying, misinformation, and privacy concerns further complicate the relationship between social media and mental health, presenting formidable challenges that require comprehensive strategies for mitigation.

In light of these complexities, a holistic approach that integrates insights from education, healthcare, and psychological support is paramount. Education plays a pivotal role in equipping individuals with the digital literacy skills necessary to navigate social media responsibly. Awareness campaigns can help users recognize the signs of unhealthy social media use and promote critical thinking regarding the information consumed online. Furthermore, healthcare professionals are increasingly utilizing social media as a platform for outreach, providing resources and support for individuals grappling with mental health challenges. However, as the therapeutic potential of these platforms grows, so too does the need for careful consideration of their risks.

This paper aims to provide a comprehensive exploration of the implications of social media on mental health, illuminating both the potential benefits and pitfalls while advocating for targeted interventions aimed at fostering healthier online interactions. By examining the interplay between technological advancements and mental well-being, we seek to identify strategies that can mitigate

the adverse effects of social media while enhancing its positive contributions. Through an interdisciplinary lens, we will investigate the nuanced experiences associated with social media use and emphasize the need for collaborative efforts among technology companies, mental health professionals, educators, and policymakers.

Ultimately, understanding the intricate relationship between social media and mental health is crucial for promoting overall well-being in our increasingly digital world. As we delve into the research surrounding this topic, we aim to uncover pathways for healthier online engagement and support the development of a more empathetic and understanding digital environment. By addressing the unique challenges posed by social media and recognizing the diverse experiences of users, we can work toward creating a future where technology enhances, rather than undermines, mental health.

2 Related Work

The topic “Social Media and Mental Health” is covered by some areas such as psychology, medicine and technology. Social media is one of the biggest inventions of our world and it was invented thanks to technological developments. On the other hand, the problems caused by social media can be some mental illnesses or physical problems. What connects the issue of social media and mental health with health and psychology is that problems caused by social media are usually corrected by doctors and psychiatrists with both medication and treatments. They find the problem, decide on how they can solve it and treat with medical or psychological supplements.

2.1 Technology

Technology affects social media and mental health in various ways. On one hand, technology has made social media platforms more accessible, leading to increased usage and dependence. This can have both positive and negative effects on mental health.

On the positive side, social media can provide a sense of community and support, allowing individuals to connect with others who share similar experiences or interests. It can also be a source of valuable information and resources related to mental health issues.

However, technology also enables constant connectivity, leading to potential negative impacts on mental well-being. Excessive use of social media can contribute to feelings of isolation, anxiety, depression, and low self-esteem as individuals compare their lives to others’ curated online personas. Additionally, the addictive nature of technology can interfere with sleep patterns and exacerbate stress levels.

Moreover, the spread of misinformation or cyberbullying through social media platforms can further contribute to negative mental health outcomes for some users.

Overall, while technology has enhanced the reach and capabilities of social media platforms in many positive ways, it is important to recognize its potential impact on mental health. It is crucial for individuals to be mindful of their digital consumption habits and for society as a whole to prioritize the development of healthier online environments.

2.2 Education

Education is interconnected with social media and mental health, as it can provide individuals with the necessary digital literacy to navigate social media platforms critically, recognize misinformation, and protect their privacy. Educational programs can also raise awareness about the potential risks of excessive social media use and cyberbullying, while promoting positive mental health practices related to digital habits. Additionally, educational institutions can offer support services such as counseling to address mental health concerns related to social media use. Ultimately, education plays a vital role in equipping individuals with the tools needed to manage their social media usage in a way that supports their mental well-being.

2.3 Health and Medicine

The medicine and health sector is closely connected with social media and mental health in several ways. Social media platforms are used by healthcare professionals to disseminate important health information, raise awareness about mental health issues, and provide support for individuals struggling with mental health concerns. Additionally, social media serves as a platform for healthcare organizations to promote mental wellness resources, offer telemedicine services, and connect individuals with mental health professionals. On the other hand, excessive use of social media has been linked to negative impacts on mental health such as increased feelings of anxiety, depression, and loneliness. Therefore, the medical community plays an important role in educating the public about responsible social media usage and addressing the potential negative effects on mental well-being through research, advocacy efforts, and offering evidence-based interventions.

2.4 Psychology

Psychologists are recognizing social media's potential for mental health outreach and support. While it can provide accessible resources and reduce stigma, excessive use has been linked to negative mental health outcomes such as anxiety and depression. To address these concerns, some professionals are using social media to provide therapy services and promote healthy behaviors. They aim to create safe spaces where individuals can seek guidance from licensed professionals or connect with supportive communities. By leveraging the positive aspects of social media, such as reaching those who may not seek help otherwise, while

mitigating the negative impact through promoting healthy behaviors, psychologists hope to enhance mental wellness in online spaces. As research in this area continues to evolve, it is important for both users and providers to remain mindful of their online habits while harnessing the benefits that social media can offer in supporting overall well-being.

3 Background

The intersection of social media and mental health has emerged as a prominent area of academic inquiry in recent years, driven by the rapid proliferation of digital communication platforms and their pervasive influence on contemporary life. As social media becomes an increasingly integral part of modern society, scholars from various fields—including psychology, sociology, communications, and public health—have sought to understand its complexities and implications for mental well-being. The vast reach of platforms such as Facebook, Instagram, Twitter, and TikTok has revolutionized how people communicate, share experiences, and seek information, raising important questions about the potential benefits and harms associated with their use.

3.1 Theoretical Frameworks

Several theoretical frameworks provide a lens through which to analyze the relationship between social media use and mental health. Social Comparison Theory posits that individuals evaluate their own worth by comparing themselves to others. In the context of social media, users are often exposed to carefully curated representations of peers' lives, which can lead to negative self-assessments, increased feelings of inadequacy, and a distorted sense of reality. This effect can be particularly pronounced among adolescents and young adults, who are in critical stages of identity formation.

In contrast, Uses and Gratifications Theory suggests that individuals engage with media to fulfill specific emotional or psychological needs, such as the desire for social connection, validation, or information. While social media can facilitate meaningful connections and provide emotional support, it can also exacerbate feelings of isolation, anxiety, and inadequacy when interactions become superficial or competitive. Additionally, Cultivation Theory posits that long-term exposure to media content can shape users' perceptions of reality. Continued engagement with idealized representations of life on social media may, therefore, lead individuals to normalize unrealistic expectations about their own lives and relationships.

3.2 Empirical Evidence

Empirical research has produced mixed findings regarding the effects of social media on mental health. Numerous studies have highlighted a correlation between high social media use and increased levels of anxiety, depression, and lone-

liness. For instance, a meta-analysis by Primack et al. (2017) found that higher social media engagement was associated with perceived social isolation, suggesting that the amount of time spent on these platforms does not necessarily translate into positive interpersonal connections. Other research indicates that the nature of social media interactions—whether positive or negative—significantly affects users’ psychological outcomes. Positive interactions, characterized by supportive comments or meaningful exchanges, can enhance users’ well-being, while negative experiences, such as cyberbullying, harassment, and toxic comparison, can contribute to mental distress.

3.3 Demographic Variations

Demographic factors—including age, gender, socio-economic status, and cultural background—significantly influence how individuals experience social media and its effects on mental health. Research indicates that adolescents and young adults are particularly vulnerable to the adverse effects of social media due to developmental factors, including the ongoing formation of their identities and social networks. The desire for peer acceptance and validation can drive behaviors that heighten anxiety and depression.

Gender differences also play a crucial role in shaping experiences and outcomes. Studies have shown that women are often more impacted by body image concerns exacerbated by social media exposure, leading to increased risks of eating disorders and depression. Conversely, men may face pressures related to emotional expression and adherence to traditional masculinity norms, affecting their mental well-being in different ways. These demographic variations underscore the need for tailored interventions that consider the unique challenges faced by diverse user groups.

3.4 The Role of Technology

The design and functionality of social media platforms further complicate the relationship between social media use and mental health. Features such as likes, comments, shares, and followers create a framework for social validation, where user engagement is often quantified in terms of popularity. This can lead to compulsive behaviors, such as excessive checking of notifications and posting, contributing to feelings of anxiety and dissatisfaction. The phenomenon of FOMO (Fear of Missing Out) is also prevalent, with users feeling pressured to stay constantly connected to avoid missing social events, trends, or information. Such compulsive engagement can disrupt sleep patterns, affect overall mental health, and lead to a cycle of dependency on social media for validation and comfort.

3.5 Interventions and Future Directions

Given the complexities surrounding social media’s impact on mental health, a multifaceted and interdisciplinary approach is necessary. Educational initiatives

aimed at promoting digital literacy can empower users to engage with social media mindfully, encouraging critical thinking about content consumption and sharing. Mental health professionals are increasingly utilizing these platforms for outreach and support, yet they must navigate the inherent risks involved, providing resources and strategies to help users build resilience against negative experiences.

Future research should continue to explore the nuanced effects of social media, with a focus on longitudinal studies that can capture the evolving nature of user experiences and mental health outcomes over time. Investigating diverse populations, including marginalized groups, will further enrich our understanding of how social media impacts various demographics differently. Collaborations between researchers, mental health practitioners, policymakers, and social media companies can help inform evidence-based interventions and promote healthier online environments.

3.6 Conclusion

The academic exploration of social media and mental health is an evolving field that demands ongoing attention and rigorous inquiry. As technology continues to advance and the landscape of social media shifts, understanding the implications of social media use for mental well-being becomes increasingly crucial. By integrating insights from various disciplines.

3.7 Social Media factors that contribute to mental illnesses

The steps of mental illnesses caused by social media can vary for each individual, but some potential factors to consider may include:

3.7.1 Exposure to idealized images

Constant exposure to highly curated and idealized images on social media platforms may lead individuals to compare themselves unfavorably, potentially contributing to feelings of inadequacy, low self-esteem, and body image issues.

3.7.2 Cyberbullying

Cyberbullying refers to the use of digital communication tools, such as social media, to harass, threaten, or intimidate others. It can take the form of mean messages, spreading rumors online, or sharing embarrassing photos without consent. This type of bullying can have serious psychological and emotional effects on its victims.

3.7.3 Fear of missing out (FOMO)

Fear of Missing Out (FOMO) is the anxiety or apprehension people experience when they believe others are experiencing rewarding events, relationships, or

activities from which they are absent. This fear is often triggered by social media, as people compare their own lives to the curated and often idealized versions of others's lives online.

3.7.4 Addiction

Social media addiction is excessive and compulsive use of platforms, leading to negative impacts on daily life. It causes reduced productivity, disrupted sleep, anxiety, and strained relationships. Factors include FOMO and the instant gratification of likes. Managing it involves setting usage boundaries and prioritizing real-life interactions over virtual ones.

3.7.5 Sleep disturbances

Excessive use of social media, especially before bedtime, can disrupt sleep patterns which in turn could impact mental health.

4 Detection of Mental Illnesses

4.1 Why Detection of Mental Illnesses is Important?

The detection of mental illnesses is crucial for several reasons. First, early detection allows for timely intervention and treatment, which can significantly improve outcomes for individuals with mental health conditions. It also helps reduce the stigma associated with mental illness by promoting understanding and empathy. Additionally, effective detection can help prevent the worsening of symptoms and potentially reduce the risk of harm to oneself or others.

Natural Language Processing (NLP) is a branch of artificial intelligence that focuses on the interaction between computers and human language. It enables computers to understand, interpret, and generate human language in a valuable way. NLP involves several tasks such as natural language understanding (NLU), natural language generation (NLG), named entity recognition (NER), sentiment analysis, text summarization, and language translation.

Machine Learning (ML) is a subset of artificial intelligence that provides systems with the ability to learn from data patterns without being explicitly programmed. ML algorithms can analyze large amounts of data to identify patterns or anomalies that may not be apparent to human analysts.

When it comes to mental health care, NLP and ML play an important role in assisting healthcare professionals in detecting mental illnesses through various means:

4.2 Sentiment Analysis:

Sentiment analysis is a natural language processing (NLP) technique that involves analyzing and categorizing the emotions, opinions, and attitudes expressed in text data. It uses machine learning algorithms to determine whether

the sentiment conveyed is positive, negative, or neutral. This helps businesses understand customer feedback, social media posts, and other textual content.

4.3 Chatbots

Chatbots can detect mental illnesses by analyzing language and responses in conversations, using sentiment analysis and natural language processing to identify signs of depression, anxiety, or suicidal thoughts. Through text-based interactions, chatbots monitor for distress signals, provide real-time support and resources, or alert professionals if intervention is needed. They can also ask targeted questions to assess mental well-being and analyze responses using machine learning algorithms. While not a substitute for professional diagnosis, chatbots offer early intervention and support for individuals experiencing mental health challenges.

4.4 Electronic Health Records

NLP technology helps extract relevant information from patients' electronic health records including clinical notes and assessments by identifying indicators related to potential mental health disorders.

4.5 Predictive Analytics

ML algorithms trained on historical patient data can aid in predicting potential risks for developing certain mental illnesses based on demographic information, medical history, genetic factors, etc.

Overall, combining NLP with ML technologies offers significant potential for improving early detection strategies which are essential for better management of individual cases as well as providing essential insights into population-level trends related to various types of psychiatric conditions.

5 Studies on Average Social Media Usage

Research has shown that social media usage is influenced by demographic factors such as age and gender. Studies have revealed that younger individuals tend to use social media for socializing, sharing personal experiences, and connecting with peers. They spend a significant amount of time engaging in these activities to construct their digital identities and develop their social skills. In contrast, older users often use social media for different purposes, such as staying connected with family members or seeking information from online communities. Gender also plays a role in determining how people utilize social media platforms, with variations observed in the types of content shared and the frequency of engagement. Understanding these demographic influences is crucial for designing inclusive and effective social media platforms that cater to the diverse needs and preferences of users across different age groups and genders.

5.1 Average Time Spent On Social Media

A study which involved 381 undergraduate students from a large Southeastern University, primarily Caucasian and with an average age of 19. Participants were recruited through the Psychology 101 subject pool website or as volunteers via a Facebook event invitation. The survey assessed demographic information and mediated communication use using a 26-item questionnaire covering technology usage frequency and preferences on a 7-point scale.

The results indicated significant gender differences in technology use and preferences. Women were found to be more frequent users of mediated technology and displayed a greater preference for mediated communication compared to men. Specifically, women preferred text messaging, social networking, and video chat more than men did. Additionally, they reported more frequent use of phone calls, text messaging, social networking, and video calls. Women also spent more time video chatting than men did. However other items such as email usage did not show significant differences between genders.

It is noteworthy that there was no significant difference between participants recruited through Facebook or the subject pool, indicating that regardless of background, young adults from this age group tend to have similar technological usage patterns.

These findings suggest that within this particular sample group at the university, women tend to engage more in certain forms of digital communication compared to men. This observation aligns with previous research indicating that young women are often heavier users of social media platforms and messaging apps compared to young men.

In conclusion, this study provides valuable insights into gender-specific patterns of mediated communication use among undergraduate students at the university level. Such findings can be instrumental for understanding how different groups utilize technology for communication purposes and may have implications for designing targeted interventions or strategies aimed at promoting effective digital communications among college students.

5.2 The Impact of Ages on Social Media Usage

The research discussed in the article sheds light on the significant influence of individual characteristics on online behavior and communication within social networking sites (SNS). It demonstrates that various factors such as gender, age, cultural background, and technology experience play pivotal roles in shaping how users interact within online environments.

One key finding is that teenagers often utilize SNS platforms primarily for socializing with peers and constructing their digital identities. This demographic tends to heavily engage in activities such as sharing personal experiences, photos, and connecting with friends. These interactions are crucial for their development of social skills, self-expression, and establishing a sense of belonging within their peer groups.

Conversely, older individuals tend to utilize SNS for different purposes. For

many older users, these platforms offer increased opportunities for social interaction and access to information from online communities. They use SNS to connect with family members or old friends who may be geographically distant while also engaging in discussions on topics of interest or seeking out support networks.

Inclusive design principles are highlighted as being essential in ensuring that digital environments cater to the specific needs of diverse user demographics. Designers must consider these varying requirements when creating SNS interfaces and experiences to ensure that they are accessible and beneficial for all users.

Importantly, researchers emphasize the importance of recognizing the unique needs of older individuals when designing digital platforms. Taking this approach ensures that older users can actively participate in online communities without encountering unnecessary barriers due to age-related challenges or limitations.

Overall, understanding the diverse user population is instrumental in informing inclusive design practices that aim to create accessible and worthwhile experiences within online social settings. By considering the specific needs of different demographics when developing SNS platforms, designers can enhance user satisfaction and foster an environment where all individuals can engage meaningfully within digital spaces.

6 Challenges of Social Media and Mental Health

Mental illnesses caused by social media are one of the most challenging problem nowadays. Basically, social media provides platforms that enable people from various places to communicate. As a result of this communication, a lot of different ideas show up and with different ideas, some problems show up too. Also, social media platforms are always up to date and allow new people to use social media every day. Different problems continue to emerge with updated members. These problems, which change every day, make it difficult for psychologists and other experts on the subject to produce solutions. The issues I have listed below are the most common and most difficult issues that experts have encountered on this subject so far.

6.1 Pervasiveness

Social media is deeply integrated into modern life, with many people spending significant amounts of time on these platforms. The constant exposure to social media can have a profound impact on mental health.

6.2 Amplified negative emotions

Social media can amplify negative emotions such as jealousy, fear of missing out (FOMO), and self-comparison, leading to increased feelings of inadequacy and

stress.

6.3 Cyberbullying and harassment

Social media provides a platform for cyberbullying and online harassment, which can seriously affect the mental well-being of individuals.

6.4 Misinformation

Misleading or false information about mental health issues on social media can perpetuate stigma and prevent individuals from seeking proper help or treatment.

6.5 Addiction potential

The addictive nature of social media usage can lead to excessive screen time, impacting sleep patterns and overall well-being.

6.6 Privacy concerns

Users may experience anxiety about privacy breaches or the misuse of personal information on social media platforms, affecting their sense of security and trust in these platforms.

6.7 Lack of regulation

Despite efforts by social media companies to address harmful content, there remains a lack of consistent regulation in place to protect users' mental health effectively.

Given these complexities, addressing the impact of social media on mental health requires comprehensive strategies that involve collaboration between technology companies, mental health professionals, policymakers, educators, parents/guardians as well as support networks for affected individuals.

6.8 Societal Expectation

Addressing gender-specific challenges within the context of social media and mental health requires a deep understanding of how societal expectations shape the way men and women seek help and express emotions. These societal norms can significantly impact individuals' experiences with mental health issues related to their use of social media. For women, societal pressures to be nurturing and emotionally expressive may paradoxically inhibit their ability to openly discuss mental health struggles in online spaces. While women may feel more comfortable discussing emotional well-being within their networks, these discussions may also expose them to heightened levels of cyberbullying or judgment, given that emotional vulnerability is often stigmatized in digital communities.

As such, addressing mental health challenges for women on social media necessitates creating safe spaces where they can freely express themselves without fear of repercussion.

Conversely, traditional concepts of masculinity often discourage men from seeking help or expressing vulnerability. Men who internalize these gendered norms might be less likely to share their struggles with mental health issues on social media due to fears of appearing weak or unmanly. Moreover, cultural expectations around stoicism and emotional resilience can lead men to downplay or ignore symptoms related to mental well-being when interacting with digital platforms.

It is important for interventions aimed at supporting individuals dealing with the intersection between social media use and mental health to consider these gender-specific dynamics. Tailoring support mechanisms that account for differing communication styles and coping strategies associated with gender could facilitate more effective assistance for both men and women navigating the complexities of online interactions.

Furthermore, recognizing how intersectional factors such as race, sexual orientation, or socioeconomic status intersect with gender norms in influencing technology usage is crucial. For instance, marginalized individuals within specific demographic groups might encounter additional layers of discrimination online that affect their mental health differently than those who are more privileged within society's frameworks.

By acknowledging these varied experiences brought about by different intersections across genders—and accounting for disparities in needs—strategies aimed at mitigating potential harm from social media usage on users' psychological well-being can become better equipped towards fostering healthier interactions across diverse digital landscapes.

In summary, understanding the distinct ways in which societal expectations influence how men and women seek help for mental health issues related to their use of social media is critical for developing effective interventions tailored towards specific needs based on individual differences shaped by broader sociocultural contexts.

Understanding how individuals interact with different technological devices and platforms and assessing how these interactions affect behavior can provide valuable information for the treatment process. This information can help create tailored approaches and treatments to address concerns that arise in today's diverse digital environments.

7 Future Works

Social media has various effects and these effects easily vary from usage to usage. By providing some solutions, almost all of the problems caused by social media can be solved.

7.1 Education and awareness programs

It is necessary to implement educational initiatives aimed at promoting healthy social media use, including understanding the impact of excessive use on mental health and recognizing signs of negative effects.

7.2 Digital literacy and resilience training

Providing resources and training to help individuals develop digital literacy skills, critical thinking, and flexibility in navigating social media platforms can help prevent problems related to this issue.

7.3 Supportive online communities

To create a more nurturing digital environment, we need to foster supportive, inclusive online communities that encourage empathy, positivity and understanding, while avoiding communities with contrary content that could negatively impact people's health.

7.4 Regulation and policy-making

Establishing regulations or guidelines for responsible content sharing on social media platforms to reduce or prevent harmful comparisons or cyberbullying can be a response to problems encountered when using social media.

7.5 Accessible mental health resources

It is too important to ensure easy access to mental health support services through social media platforms for those who may be experiencing negative effects from their usage.

7.6 Promoting balanced usage

It is important to set a healthy balance between online and offline activities through public awareness campaigns that emphasize the importance of limiting screen time for improved well-being.

7.7 Tailored interventions based on gender differences

Developing gender-specific strategies is important for addressing mental health challenges related to social media use based on individual experiences shaped by broader sociocultural contexts.

By implementing these solutions, we can work towards creating a safer digital space that supports positive mental health outcomes while still allowing individuals to benefit from the many advantages of using social media platforms.

8 Conclusions

Research shows that social media can have both positive and negative effects on mental health. Excessive use may lead to feelings of inadequacy from comparing oneself to others, while it can also provide support during difficult times. Gender influences how individuals interact with social media and experience mental health challenges. Women may face body shaming, while men deal with maintaining a specific image of masculinity or cyberbullying differently. Future research should focus on understanding these gender-specific experiences and developing tailored interventions to promote healthier interactions online. Understanding these distinct experiences across genders will help create more effective strategies for fostering positive mental health in digital environments.

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