

Depression and Social Media

STUDENTS AND SOCIAL MEDIA DEPRESSION

MENTAL HEALTH AROUND SOCIAL PLATFORMS

How does Social Media cause depression in students?

Students can get depression from social media through an effect called FOMO



What is FOMO?

FOMO stands for "Fear of Missing Out". Most students starting in middle school have several accounts on social media. They all want to be accepted by their peers, and don't want to be the only person who doesn't have an account or a cell phone.

What are examples?

"we might be occupied with worrying why we weren't invited to a party we're seeing on Instagram" "we're prioritizing social interactions that aren't as emotionally rewarding and can actually make us feel more isolated."

How is it prevented?

An example of this would be from a study that was done at the University of Pennsylvania. 143 students were assigned to 2 groups. 1 group was allowed to use social media, and the other was only allowed to use it for 30 min. The group that had limited use of social media had better mental health outcomes.



Does mental health around social media affect us?

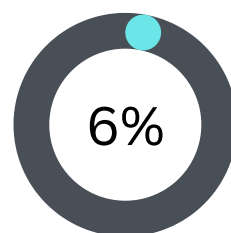
Social media platforms affects mental health through the prescient pressure of setting trends.



What social platforms affect us?

Instagram recently started to suppress "likes" to avoid hurt feelings involved with popularity surrounding how many "likes" received.

A 2018 Lancet Psychiatry study of 91,005 people



likelier to have major depressive disorder and rated their happiness level



9% lower than those with better sleep hygiene did.

How is it prevented?



allows you to see how much time is consumed on the site.



This allowing yourself to be focused on real-world activities.