

Social Media Leading to Loneliness and Depression

"FOMO"

"FOMO refers to Fear of Missing Out. FOMO in social media causes people to constantly check and recheck their social network feeds to avoid missing anything. People also check their feeds because getting a "like" and other experiences on social media releases dopamine into the brain. People get this "feel-good" chemical naturally through exercise and is also released with recreational drugs and gambling." Studies have shown that the constant stream of retweets, likes and shares from these sites affect the brain's reward area to trigger the same chemical reaction as other drugs, such as cocaine," according to the Addiction Center.

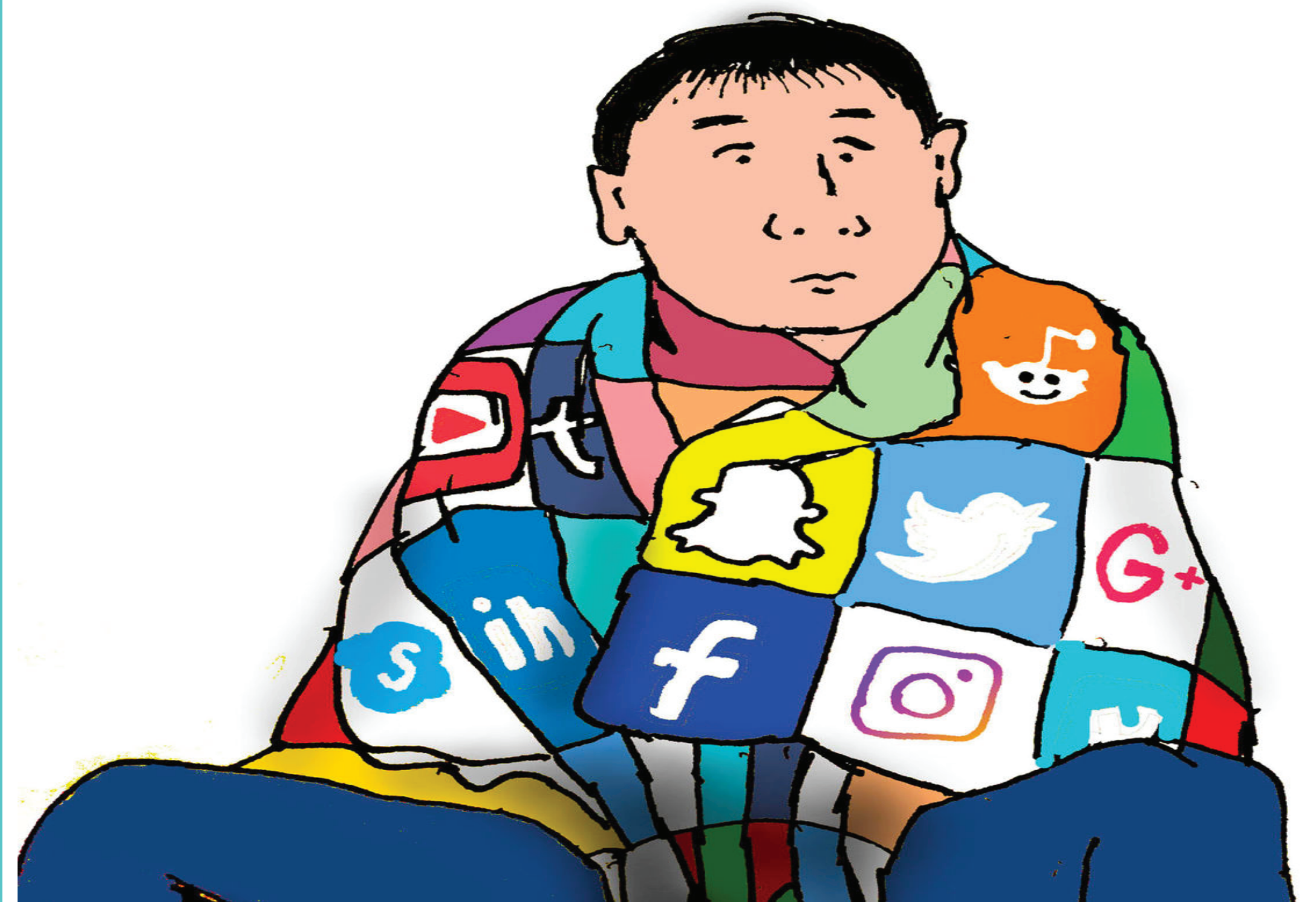


Social Media Depression

"A 2015 survey of 736 college students found that Facebook triggers feelings of envy and that envy leads to symptoms of depression. A 2019 study from the United Kingdom found that people who checked Facebook late at night lost sleep and were more likely to feel depressed and unhappy."

Loneliness

"The stress of college can weigh heavily on students who lack a social network to help them battle negative thoughts. According to a 2017 survey of nearly 48,000 college students, some 64% said they had felt "very lonely" in the previous 12 months. If engaging in social media does not leave you with warm feelings, dial down usage."



Sources

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