

Social Media and Depression

Social media has been impacting the recent generations in many different ways. Whether that be positively or negatively the impacts are worldwide. As technology continues to evolve so will social media and with that evolution comes many new benefits and harm. This means that we will need to continue to evolve with the changing media. With this evolution depression seems to be at the forefront of these issues.

HARMFUL EFFECTS OF SOCIAL MEDIA

The harmful effects that modern-day technology has on mental health are failing memory and emotional instability.

Failing memory can be caused when someone multitasks, which makes it more challenging to filter irrelevant information.

Apps can cause emotional instability and the need to feel validated, which can cause sleep deprivation, codependence, and lack of alone time.

APPS FOR MENTAL HEALTH



- Talkspace
- BetterHelp
- Larkr
- ReGain
- TeenCounseling

BENEFITS OF SOCIAL MEDIA

- The ability to communicate with people from all over the world
- The instant ability to talk to your friends and family
- Allows you to stay in touch with people you care about or look up to

COGNITIVE IMPACT OF TECHNOLOGY

- The need for constant attention and rewards.
- Echo chamber - People who only “preach to the choir” build up a mindset that they are always right.
- The loss of our deep thinking ability, we always need instant results and or gratification.

ONLINE DATING BENEFITS

- Dating apps can help those who suffer from social-anxiety connect with a lot more people similar to them.
- Some of the algorithms can help narrow down the people you see based on their interests.
- Gives hope of finding love when they cannot find it in person.

ONLINE DATING HARM

- Online dating sites can cause an increase in anxiety and compulsion to respond to every match as well as lowering self-esteem.
- You never really know who your talking to a Catfishing
- Poor mental health with no matches, loss of self worth, you might not think you are good enough.

ONLINE DATING SITES

Dating sites are online platforms that introduce people to each other and allow them to decide whether or not they want to date. Some Examples are Tinder, Zoosk, FarmersOnly, and eharmony.

