

SOCIAL MEDIA USAGE AND DEPRESSION IN CHILDREN

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Abstract

Platforms for social media such as Facebook, Twitter, and Instagram are becoming an integral part of the social lives of practically everyone, particularly members of the younger generations. These Internet-based services, which have become a vital part of children's and adolescents' personal and social lives, were around when children and adolescents were growing up. However, as indicated by the findings of a number of research, psychological and mental issues can occasionally be linked to inappropriate usage of social media. The major objective of this study is to present a summary of the cognitive, psychological, and social effects that are associated with problematic usage of social media sites during the developmental phases, which range from the ages of 10 to 19. The review places a particular emphasis on depressive disorders, anxiety disorders, eating disorders, and neurodevelopmental disorders. It also covers information relating to genetic and neurological difficulties, as well as the consequences in therapeutic treatment and potential future approaches from the perspective of other disciplines. Even while the scientific community has made considerable strides in improving our understanding of how social media affects the lives of teens, there is still a need for more study that takes into account both biological and environmental aspects in order to properly unravel how these diseases come about.

Keywords: social media, Facebook, Instagram, Twitter, depression.

INTRODUCTION

In the global digital world that we live in, social connections are interwoven across the external environment that we actively participate in and the life that we digitally share on social media platforms. The term "social media" refers to a category of Internet- and mobile-based apps that enable users to not only develop and share their own user-generated content but also receive and exchange information. It is possible to communicate with real-life friends after creating a virtual profile, as well as meet new people from all over the world, connect with one's favourite celebrities, and keep both online and offline connections alive and well. Since 2004, there has been a dramatic increase in the number of people using social media platforms thanks to the proliferation of devices that can connect to the Internet at any time and from virtually any location. The user has the ability to select, from among a vast array of apps, the communication platform that, taking into account the characteristics of the material being shared, is the most appropriate. For instance, Facebook places a greater emphasis on real-life friends and family, and it actively encourages users to communicate with one another through the use of features such as the ability to share photos, videos, and status updates and to join interest-based groups.

Communication on social networking sites such as Twitter, commonly referred to as "microblogs," tends to be succinct and to the point. Other programmes, such as Instagram and Snapchat, allow users to not only share photos and videos with one another but also like, comment on, and repost material that they find particularly interesting. displays the popularity of the most prominent social networks, ordered by the total number of active users around the globe (data retrieved from ourworldindata.org). The use of social media platforms is widespread across a variety of age groups and cultures; however, for children and teenagers in particular, online communication represents "a window into the secret world of adolescent peer culture, even as it offers young people a new screen for the projection of adolescent developmental issues" Although social media has a lot of potential benefits, such as making it easier to express one's personality and staying in touch with a group of friends, some studies have shown that there is also a risk of undesirable outcomes associated with using it too often.

In recent years, the fields of psychology and mental health have been increasingly interested in problems such as online social interaction, the blurring of borders between offline and virtual environments, and the idea of digitalization. Because the term "problematic social media use" is frequently confused with a description of addictive behaviour related to general Internet services, which has been included in the 5th edition of the Diagnostic and Statistical Manual of mental disorders, researchers in the field are attempting to find a consensual definition of the concept of "problematic social media use." According to a biopsychosocial framework, problematic use of social media is associated with a series of alterations that can have an effect on biological functions (such as the regulation of neurotransmitters and the circadian rhythm), cognitive, psychological, and affective mechanisms (such as attention, salience, mood fluctuation, and anxiety), and aspects related to the social sphere (such as social desirability, popularity, and conflicts), which can lead to a reduction in the individual's perceived quality of life.

Objects

1. The study social media platforms usage and depression in children
2. The study has become topics of great interest in psychology and mental health fields

The responses of other users of an online social network can have an impact on an individual's sense of self-worth and, more broadly, their overall well-being. A teenager's performance in school, their ability to manage their time effectively, their tendency to procrastinate, and the quality of sleep they get can all be negatively impacted by problematic usage. In extreme circumstances, unfavourable consequences may occur, which, if allowed to persist for an extended period of time, have the potential to become quite significant and bring about the additional risk of developing mental conditions.

Due to the fact that the Internet and social media are relatively new phenomena, it is more probable that the effects of problematic or excessive usage may harm individuals throughout more vulnerable time periods, such as childhood and adolescence. According to the findings of a survey that was carried out in the, 45% of the teens who were questioned claimed that they are virtually always online. This finding was consistent across gender, ethnicity, family income, and parental level of education. In light of the fact that people are constantly exposed to the virtual world, it is very necessary to have an understanding of the effect that online social interactions have on the mental health of developmental phases as well as the functioning of interpersonal relationships. When compared to other recent reviews, ours aims to give a more in-depth

examination not only of the influence of social media in general but also of the correlations between individual platforms and psychopathology. This is the case since our review focuses on the latter aspect. We think it's vital to address this subject since it's important to differentiate between the various social media platforms given that each of them has certain characteristics that are unique to them and that influence the preferences of youthful users.

In addition, the use of social media is frequently included in the more general category of internet usage, despite the primary social connotation that is used to characterise and classify the many kinds of sites that fall under this category. Furthermore, the included articles were discussed according to specific disorders that can develop during childhood and adolescence. These disorders included not only depressive and anxious disorders, which are the most explored disorders, but also addictive behaviours towards substances and eating disorders (EDs), as both begin to develop during adolescence. This was done because both of these conditions begin to emerge during this time period. Because of the increased flexibility of the central nervous system, the various biological changes, and the construction of psychological processes that drive social behaviours, developmental stages are, in fact, more sensitive to environmental insults.

This is due to the fact that developmental stages include the production of social behaviours. As opposed to having a more broad conversation about social media, one of the primary goals of this study is to give information relating to social media services that are more specifically aimed at certain audiences. This is because each platform has its own unique characteristics. In point of fact, we continue to maintain the belief that the multifarious expression of many psychological difficulties may be communicated in a different manner through the various modes of communication, such as written word, video, or still images.

We will also provide an overview about the neuroscientific and gene-by-environment contribution to the interplay between problematic social media usage (PSMU) and the development of psychiatric disorders in adolescence. This is because social behaviour and the risk for psychiatric disorders is related to the activity of certain brain regions and biological features, and because we are addressing the outcomes of PSMU from the perspective of a biopsychosocial approach.

RESEARCH METHODOLOGY

When performing a systematic literature review, the review utilised the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) approach. After searching via four different scientific electronic databases, a total of 42 publications were located for qualitative analysis. We searched the databases PubMed Central, PubMed, PsycInfo, and Scopus for papers on mental illnesses in young people that are associated with social media use. We also searched the Association for Computing Machinery Digital Library and the Institute of Electrical and Electronics Engineers Xplore Digital Library for relevant research articles in the proceedings of conferences that were focused on the role of social media in explaining psychological issues in the developmental age. This is because this topic encompasses multiple fields, such as computer science and information and communication technologies.

By combining a variety of keywords and Boolean operators, we conducted a comparative analysis of the published research from 2006 all the way to the end of July 2014. The combination of phrases and Boolean operators, such as "social media" and "social media use," resulted in the creation of a database. We conducted an additional search on the same databases using terms that described the specific issues we intended to

address in this review. These terms were as follows: ("YouTube" OR "WeChat" OR "TikTok" OR "Reddit" OR "Pinterest" OR "Facebook" OR "Instagram" OR "Twitter" OR "Tumblr" OR "MySpace" OR "Whatsapp") AND ("psychiatric disorder" OR "mental health" OR "

Eligibility Criteria

To be considered for inclusion, studies had to satisfy the following methodological requirements: they had to be published in journals or the proceedings of conferences that were still active as of the end of July 2013, they had to be written in English, and they had to meet the following methodological requirements:

1. participants: children and adolescents up to the age of 19 who had a profile on at least one of the most popular social media platforms (Facebook, YouTube, WhatsApp, WeChat, Instagram, Twitter, TikTok, Tumblr, Reddit, Pinterest, Snapchat, MySpace, or Q-Zone); we chose to consider the age of 19 as the upper limit of adolescence in accordance with the definition that is provided by the World Health Organisation.
2. treatments, including examination of psychiatric illnesses in the developing ages (including depressive symptoms, anxiety and associated concerns, eating disorders and body dissatisfaction, neurodevelopmental disorders, and drug usage or abuse);
3. comparison: it is not applicable because we only considered research that were based on samples of people who use social media;
4. results: the degrees of psychological well-being or the diagnosis of mental diseases were taken into consideration as the results;
5. study design: we considered studies incorporating quantitative ways to obtain empirical data and qualitative designs

DATA ANALYSIS

Please go to for information on the criteria used in the selection process for the articles that are featured. Only the studies that came about as a direct result of the literature review will be discussed in this section. Table 1 contains a listing of all of the papers that were considered for the evaluation, along with the primary pieces of information. Calculations of the effect sizes for each research were either made with the use of an effect size or completed manually. We provided the range of values for effect sizes (using Cohen's d) as the number of variables that were analysed in the study increased. According to the Diagnostic and Statistical Manual of Mental Disorders (DSM), disorders will be explored under distinct macro-categories. Other pertinent subjects, such as the participation of neurological correlates and changes in those correlates, as well as the impact of genetics, will also be covered. After screening the articles based on their titles and abstracts, 1,394 were put up for further consideration, and any duplicate papers were eliminated. It is important to point out that 839 publications were eliminated after being evaluated for eligibility in accordance with the exclusion criteria. As a result, the review only contained 44 studies.

Depressive Symptoms and Mood Disorders

Depression is a common mood condition that is characterised by persistent feelings of melancholy, a loss of interest in things that a person normally loves, as well as a difficulty to do everyday tasks. Interpersonal models of depression in developmental ages emphasise the cyclical links between social experiences and

depressed symptoms. With reference to childhood and adolescence, interpersonal models of depression in developmental ages emphasise these correlations. Because of the potential for the impact of one's peer interactions to have an effect on both a person's identity and their psychological make-up, new patterns in the interpersonal environment, which involve encounters that are more articulated, frequent, and unsupervised, may constitute an additional layer of complexity.

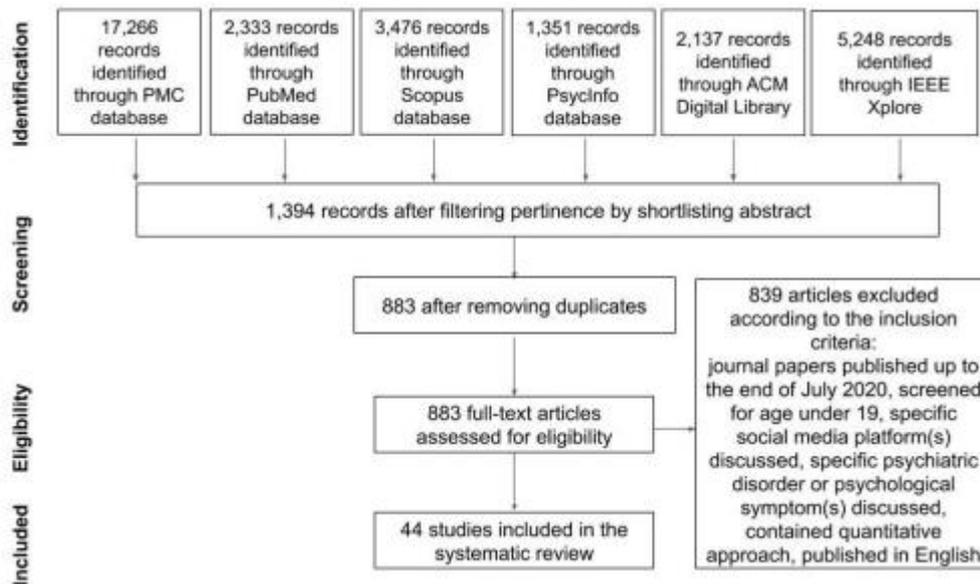


Figure 1 | Flow Chart Of Procedural Articles Shortlisting According To The Preferred Reporting Items For Systematic Reviews And Meta-Analyses (PRISMA) Guidelines.

well-being It is crucial to investigate to what degree usage of social media is directly connected to this, given rates of depression and internalising symptoms have grown among young people over the past decade. Additionally, it is important to understand how these two factors interact with one another.

Social Comparison and Negative Affect

Beginning in childhood, when assessments are more likely to be skewed, especially in a favourable way, and continuing throughout adolescence, when the higher development of cognitive skills permits the formation of more realistic evaluations, social comparison is a process that plays a significant role in the development of a person's identity. People, especially teens, are particularly susceptible to having their self-perception and quality of life impacted as a direct result of engaging in social comparison, which can lead to either a good or a negative self-evaluation. Evidence found in the scientific literature shows that the relationship between PSMU and depressive symptoms may be mediated by social comparisons with the lives of others as they seem on their surface, which can result in feelings of inferiority and worthlessness in the individual. As a direct result of this, those who engage in negative social comparisons are more inclined to look for comfort through offline input. Comparison with others has a strong influence on one's sense of self-worth, which in turn acts as a moderator in the processing of social comparisons since it resents the effect that individual cognitive appraisals have on it. As a direct result of this, having a poor level of self-esteem might be a danger factor when drawing comparisons with the achievements of other people. When compared to boys, these findings tend to be more visible in girls, suggesting that inherent aspects of female identity formation might

constitute a susceptibility for a more pessimistic self-appraisal, particularly when comparing or evaluating one's physical attributes or beauty. In addition, it is possible for online parasocial interactions to reinforce inaccurate impressions as a result of the filtered and selected character of the information that is given, particularly when analysing the profiles of individuals who do not belong to a close or offline network. This is because the information that is transmitted is subject to filtering and selection.

Feeding, Eating Disorders, and Body Dissatisfaction

During the period of time known as adolescence, both physical growth and the formation of an individual's identity take place. Additionally, during this time period, adolescents get a heightened awareness of the body, both their own and that of their contemporaries. One of the most widespread behaviours among young people is uploading images to social networking sites, particularly self-portraits (also known as "selfies"). Body image dissatisfaction, which is defined as "the discrepancy between identification of one's own figure (actual) and the figure chosen as the desirable self-image," or alterations in nutrition habits, even to the point of the development of eating disorders could be the result of either massively exposing oneself to images of bodies or being exposed to a large number of images of bodies. Body image dissatisfaction mediates the association between PSMU and internalising symptoms differentially in males and females, with the latter displaying a higher indirect impact. This is in reference to Instagram.

Evidence from a research that involved Singaporean females demonstrated that selfie practise on Instagram (browsing and editing) and body esteem are mediated by appearance comparison operated by peers' groups with a negative correlation. On the other hand, publishing self images and body esteem are directly connected with one another. Tiggemann and her colleagues researched social media exposure and body image issues in girls. They found that time spent on the online platform was substantially connected to body surveillance and the ideal of a slim body shape. The research focused specifically on Facebook. According to the findings of a study conducted on a representative sample of Canadian adolescents, an increased frequency and duration of use of social media services is connected with body dissatisfaction, namely a tendency to view oneself as overweight in both males and females. Recent findings from a study conducted by Fardouly and colleagues indicate that making more frequent appearance comparisons with others on social media and considering them to be more attractive than oneself is negatively correlated with feelings of satisfaction with one's own body image and positively linked with eating-related disorders in both male and female adolescents. The findings of a study conducted on a population of Italian teenagers shed light on the significant role that appearance control beliefs and the ability to exercise control over one's body image in photographs play. These factors have the potential to serve as predictors of problematic social media use and adverse mental health consequences. The findings suggest that there is a bigger risk for females to acquire a negative picture of their own bodies than there is for boys. This threat may be exacerbated by information that is intentionally deceptive or malicious and that may be discovered on social media platforms.

Safety Measures Adopted by Social Media Sites

At first, the various platforms disclaimed any responsibility for the actions of their individual users while they were online. However, in recent years, there has been an increasing incidence of cyberbullying, which has led to the introduction of numerous measures aimed at both children and their parents. This has resulted in an increased significance of this issue. For instance, in 2013, Facebook introduced a safety part on its website. This area provides information on rules, tools to boost profile protection, as well as appropriate

resources and contacts to reach in the event of cyber abuse (see the Facebook Safety page for more details). Similarly, in 2015, Twitter launched a safety centre for parents and teenagers, which includes instructions for safer navigation and usage of the site. In addition, they established the Twitter Trust and Safety Council, which collaborates with a number of other organisations and institutions in order to guide users to the proper service in the event that they are subjected to abuse (for more information, see Twitter Safety Partner). In the case of Instagram, which Facebook has acquired since 2012, the site has a community rules area as well as another one in which parents can get additional information regarding the accessibility and exposure of their children by other users.

In addition, there is a form that can be used to report content related to self-injury, hate comments, content that is abusive or inappropriate, and profiles belonging to minors younger than 13 years old, which is the minimum age required to have a profile (for more information, check the page for the Instagram Privacy and Safety Centre). On YouTube, the same membership requirements apply; however, videos uploaded by other users can be seen by anybody, even if you do not have a profile on the site. Because of this, it is feasible for parents to place limitations on their children's usage of the internet in order to protect them from potentially harmful or inappropriate content. In addition, in addition to the regulations of the site, there is also supplied content that is educational about potentially hazardous behaviours such as self-injury, suicide, harassment, and cyberbullying (see YouTube Community Guidelines). There are no statistics available at this time about how effective these preventative strategies are expected to be. In general, users of the most prominent online platforms have been made aware of specific services for the prevention of suicide by being provided with connections to websites, suicide prevention hotlines, and information about how to recognise the warning signs of suicidal ideation. Web communities with a focus on preventing suicide have been established, providing its members with the chance to share their own direct or indirect experience in a manner that is anonymous and to assist each other without being constrained by the bounds of physical space.

Social Media and Youth Mental Health

The usage of social media among young people is virtually ubiquitous. Ninety-five percent or more of young people between the ages of 13 and 17 say they use at least one social media platform, and more than a third of these young people say they use social media "almost constantly." ² Despite the fact that the age of 13 is most frequently utilised as the necessary minimum age by social media sites in the United States, approximately 40 percent of youngsters between the ages of 8 and 12 use social media.⁴ In spite of the fact that social media is extremely popular among children and teenagers, comprehensive independent safety studies on the effects of using social media on young people have not yet been carried out. Concerns concerning the effect that social media has on the mental health of young people are growing among researchers, parents and other carers, young people, professionals in the healthcare industry, and other groups.

The current body of evidence suggests that while there may be benefits of social media for some children and adolescents, there are ample indicators that social media can also have a profound risk of harm to the mental health and well-being of children and adolescents. More research is required to fully understand the impact of social media; however, the current body of evidence indicates that while there may be benefits of social media for some children and adolescents, there are also ample indicators that there may be benefits. At this point in time, we do not yet have adequate evidence to decide whether or not children and adolescents can use social media in a sufficiently safe manner. We need to acknowledge the growing body of research

about potential harms, improve our collective understanding of the risks associated with the use of social media, and take immediate action to create safe and healthy digital environments that minimise the risk of harm and protect the mental health and well-being of children and adolescents during crucial stages of development.

The Potential Benefits of Social Media Use Among Children and Adolescents

Some young people may benefit from using social media because it enables them to become part of a supportive community and to interact with others who have similar identities, capabilities, and interests. It is able to give access to significant information as well as a platform for individuals to express themselves. One of the beneficial consequences of using social media for young people is the increased opportunity to make friends, keep in touch with those friends, and build new social relationships. Youths can receive critical social support from these partnerships, which can provide them opportunity to have good interactions with more varied peer groups than are accessible to them offline.

The buffering benefits against stress that online social support from peers may give can be especially essential for young people who are frequently marginalised, including racial, ethnic, sexual, and gender minorities. Online social support from peers may also provide a buffering effect against loneliness. For instance, research has demonstrated that peer connection, identity formation and management, and social support are all made possible via the use of social media, which may be beneficial to the mental health and well-being of lesbian, gay, bisexual, asexual, transgender, queer, and intersex adolescents, as well as other types of young people. Seven out of ten girls of colour who are adolescents claim that they have come across information on social media platforms that is affirming of their identities or positive in nature, which is connected to race. The majority of teenagers indicate that social media makes them feel more accepted (58 percent), like they have people who can assist them through difficult times (67 percent), like they have a place to exhibit their creative side (71 percent), and that they are more connected to what is going on in their friends' life (80 percent). In addition, research shows that mental health treatments based on social media and other digitally-based platforms may also be useful for certain children and adolescents. These programmes encourage children and adolescents to seek assistance and act as a doorway for children and adolescents to begin receiving mental health care.

CONCLUSION

The phenomena of social media has brought about significant shifts in people's lives and the ways in which they interact with others in only a single decade's time. Users of emerging technologies and platforms have access to a broad variety of pastimes, opportunities for recreation, and the ability to engage in conversation with their friends, relatives, or even total strangers. Even if diverse usage patterns are governed by a set of individual characteristics affecting genetics, environment, temperament, and personal requirements, it is evident that people's everyday lives have grown intertwined with online social media. This leads to the requirement, in study domains that are connected to human behaviour, to determine if, how, and to what degree these platforms are affecting the mechanisms in our brains, the interactions between us, and the idea of being happy. Not only do many changes occur with regard to neurological functioning during the developmental stages, such as adolescence and early adulthood, but also in social patterns. This is because young people have a growing chance to test themselves as individuals in more independent social interactions during these phases of development. When it comes to social media, the majority of platforms demand users

to be at least 13 years old in order to have access to the services and to hold a profile on the site. It is difficult to have a clear overview of the sociodemographic information of young users and of different patterns of usage or effects of social media in early adolescence, middle adolescence, and young adulthood because the early adolescence population should not be able to access and be engaged in virtual interactions on such platforms. Despite the fact that this limit can be easily circumvented, it is difficult to have a clear overview of the sociodemographic information of young users.

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