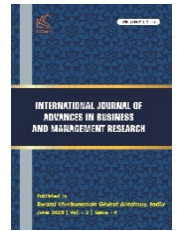# THE IMPACT OF SOCIAL MEDIA ON STUDENTS' MENTAL AND OVERALL WELLBEING

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Original Article

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Abstract

This paper's goal was to examine how social media affects undergraduates' mental health and general well-being. Social media's pervasive usage in the contemporary digital era has fundamentally changed how individuals interact with one another. Although social media facilitates information exchange and social relationships, there are increasing concerns regarding its detrimental effects on mental health. The study examines previous research and literature and offers a thorough analysis based on various research findings, professional judgements, and long-term investigations. It begins by outlining social media's diverse applications and impacts. The impact of social media on fostering emotional experiences, self-esteem, and interpersonal interactions is then examined. This study examines social media's influence on mental health, both good and bad. Increased social support, community development, and opportunities to learn about mental health are all positive features. On the other hand, drawbacks include the possibility of addiction, excessive social comparison, and cyberbullying. Four questions were used to gather data, and a modified Likert scale was used for analysis to identify the social media sites that are most influencing students' lives.

Keywords: Consumption Patterns; Cyberbullying; Mental Health; Psychological Effects; Social Media; Wellbeing

Introduction

Social media's recent explosion has entirely changed how people communicate and how information moves through society. Analysing the effects of digital media on mental health and well-being is now essential since these platforms continue to affect many aspects of our lives. For students in demanding training and orderly settings like military academies, this effect is particularly significant. This study, "The Impact of Social Media on Students' Mental Health and Well-being," examines the relationship between social media use and mental health. The continuous discussion over the psychological effects of social media served as the impetus for this investigation. These platforms offer chances for self-expression, communication, and information sharing, but they also bring up difficult psychological reactions. Students enrolled in military schools are getting ready for demanding coursework and leadership positions in the future. Understanding the relationship between their usage of social media and mental health is essential. This article's introduction describes the goal and importance of the research and situates it within a larger theoretical framework for comprehending how digital technologies affect mental health. Additionally, by addressing the dearth of thorough empirical research in this field, the study seeks to bring a fresh perspective to the body of existing literature. The study is considered an intellectual trip that examines the complicated relationship between students' usage of social media and mental health, which could offer crucial guidance for future scholars and policymakers [1].

In the current digital generation, social media has become a popular communication tool. Social relationships, information sharing, and human engagement have all taken on a new dimension thanks to platforms like Facebook,

Instagram, TikTok, Twitter, etc. On these platforms, users can connect with others from around the world and also develop their identities. Social media's worldwide connectedness has not only made it easier for ideas and information to flow, but it has also been crucial in shaping public opinion and raising social consciousness. But there are psychological repercussions as well. Social media is influencing our sense of self, self-worth, and mental health by obfuscating the distinction between the actual and virtual worlds. This study examines social media's multifaceted effects from the viewpoints of psychology, technology, and society. Existing research has demonstrated the significant influence that digital platforms are having on our social experiences, mental worlds, and lifestyles.

The complicated relationship between mental health and general well-being has drawn attention from scholars and social thinkers in the modern period. Understanding the intricate and reciprocal effects that regulate these two notions has become especially important as our society deals with the many difficulties of modernity [2]. The fundamental concepts and traits of mental health and well-being are presented in this introduction, together with an analysis of their place in psychological, social, and cultural contexts. According to constructivism, mental health is a condition in which a person's cognitive, emotional, and psychological functioning are in harmony, allowing them to manage stress, work efficiently, and build meaningful connections. It refers to both the presence of pleasant mental states and the absence of mental diseases. Given the theoretical underpinnings of psychology and psychiatry, the idea of mental health has changed over time. It now stresses mental development and the constructive realisation of human potential, deviating from the old deficit paradigm. This shift in perspective emphasises holistic well-being, with a focus on mental toughness, personal growth, and creating a purposeful existence. However, despite its intimate link to mental health conditions, well-being is a more comprehensive notion that encompasses many facets of human life. It encompasses cerebral clarity, social interactions, physical functioning, and existential fulfilment. Its multidisciplinary significance is demonstrated by the fact that this broad definition of well-being is represented in several academic fields, including psychology, sociology, economics, and philosophy [3]. The development of these two ideas is intimately related to how contemporary society is evolving nowadays. Rapid technological advancement, shifting social and cultural conventions, and the worldwide dissemination of information have all changed how people view, interact with, and move through their surroundings. To analyse mental health and well-being in this setting, one must understand the intricate interactions between a person's inner structure, social structure, and cultural milieu. The various facets of mental health and well-being will also be thoroughly examined in the section that follows. The nature of mental disorders, psychosocial causes, mental resilience, and successful intervention techniques will all be examined. This theoretical and practical investigation will enhance our scholarly knowledge and pave the way for advancement towards the greater social objective of a balanced and healthy mental life [4, 5]. Affect people's mental health. This study will examine several factors that can influence feelings of anxiety, despair, loneliness, self-esteem, and life satisfaction, including excessive use, comparative behaviour, cyberbullying, and the effects of regularly showcasing role models [6]. The study aims to ascertain the causative basis of this association while also examining how variables such as age, gender, personality traits, and coping mechanisms may mitigate or intensify this effect. This study will use a mixed-methods research design that incorporates both qualitative interviews and quantitative surveys to provide information-rich recommendations for social media designers, legislators, and mental health professionals on how to encourage positive online conduct and safeguard users' mental health. All in all, this study will contribute to the development of a more complex, comprehensive, and nuanced view of the relationship between social media and mental health.

The primary goal of this study is to thoroughly investigate and evaluate the complex and diverse relationship between social media use and its effects on mental health and overall well-being. The goal of the study is to offer insightful information about how students' use of various social media platforms affects their emotional and mental health. The review will consider both the positive and negative effects of social media on mental health, as well as other relevant factors. The psychological processes that underlie mental health conditions like anxiety, depression, and loneliness brought on by problematic or excessive use will be examined. It will also examine how self-esteem and general psychological health are affected by the type and content of online interactions, as well as how a person views their online identities. The features of various social media platforms, user behaviour, demographic contexts, and cultural variations will all be considered in this study's thorough research. To provide data-based and contextual insights, the study will combine quantitative and qualitative methodologies, such as surveys, interviews, and content analysis of online interactions. The study will also look at how personality traits, social support, and other moderating factors might affect the association between mental health and social media use. In addition to advancing scholarly understanding, this research will offer useful recommendations for people, mental health practitioners, and legislators. This research will contribute to the development of solutions that encourage conscious and healthy use of the digital world by explicitly distinguishing the aspects of social media engagement that either support or impede mental health conditions. The primary goal of this study, "The impact of social media on students' mental and overall wellbeing," is to gain a greater understanding of the complicated relationship between social media use and mental health in the digital age, as

well as to address a current and significant social issue. Understanding social media's possible effects on mental health is crucial nowadays due to its pervasive usage and natural incorporation into our daily lives. These platforms' widespread use has drastically changed how people view themselves, their social communication styles, and their sense of self. Nonetheless, scholars continue to be curious and engage in social discourse regarding the effects of these changes on mental health there. By examining the various impacts of social media, particularly its potential connections to psychological issues such as excessive use, loneliness, anxiety, and depression, this study aims to contribute to the existing body of knowledge. It will also examine how social comparisons, and structured online personas can exacerbate issues with body image and self-esteem. This study attempts to give a sensitive and thorough understanding of both the positive and negative impacts of social media participation by combining quantitative data gathering and qualitative data analysis. The results of this study may have important implications for people, mental health practitioners, and legislators since they can help provide evidence-based recommendations for promoting positive online conduct in the digital era and practical methods to lessen adverse effects. All in all, this study will significantly advance the current scholarly and social discussion about social media usage in moderation and its profound effects on mental health.

Literature Review

Teenagers face various risks and challenges when using social media nowadays, although it offers them many benefits, like improved connectivity, entertainment alternatives, and access to educational resources. One's overall well-being and mental health are severely harmed by exposure to dangerous information, and cyberbullying in particular. Numerous studies have demonstrated that the ease of online anonymity frequently promotes violent behaviours, like bullying and trolling, because of the offenders' lack of concern for the repercussions of their acts [7]. Acts like insults, rumours, and public humiliations via digital media are made possible by this unreliability. Teens who are victims are therefore more likely to suffer from social isolation, stress, and worry [8] Research indicates that, although many teenagers are aware of the negative impacts of cyberbullying, many also believe that it is typical conduct to overlook or put up with, which regrettably makes this kind of online harassment socially acceptable [9]. Teens who experience cyberbullying have talked about feeling depressed, confused, and alone; many of them experience emotional pain, and in certain situations, they even consider suicide [10]. Adolescent sensitivity like this makes matters more difficult. Additionally, [11] demonstrated that a large number of teenagers feel more alone and powerless since they are unsure of where to turn for assistance. However, [12] discovered that a large number of young people who participate in cyberbullying do so deliberately to damage the confidence and self-worth of others and that this propensity is motivated by feelings of jealousy, anger, or self-loathing. Adolescents also experience subtle forms of social exclusion, such as being excluded from group chats, not answering messages, etc., or not being asked to activities, which can aggravate feelings of rejection and loneliness. These forms of social exclusion occur alongside overt bullying. According to a study by [13], Teenagers who had active online buddies felt safer and more connected. Those who were isolated, on the other hand, felt more intimidated by society.

Teenagers are also frequently regarded as having privacy concerns. Teenagers frequently worry that someone might disclose their images or information without their permission; according to [14], the permanence of internet content makes it very difficult to remove once submitted, adding to this unease. Additionally, some participants claimed that impersonators had hijacked their accounts and harmed them, which made them feel insecure and afraid [15].

Lastly, even though many teenagers may not have deliberately looked for explicit or self-destructive posts, they have been exposed to material that has further weakened their mental health [10, 15, 16]. For people who already struggle with mental health issues, this content can be especially crippling. Numerous others claimed that these visions kept coming back to them and that they interfered with their sleep [17].

Young people now face new emotional issues as a result of social media's dynamic and ever-evolving environment. Many teenagers have complained that they can't help but get sucked into this constant barrage of information, which makes them more anxious and stressed [18]. Social media site algorithms sometimes prefer information that elicits unpleasant emotions or emotional arousal, which results in the same item appearing again, although users may easily ignore unwanted news in conventional media. Additionally, teens use a behaviour known as "stress posting" to express their negative feelings and tensions on the internet. According to [19, 20], young people may publish emotionally charged content when they are feeling very excited, frustrated, or psychologically unstable. More disagreement might adversely affect relationships in real life, not just online [21].

Young people have many chances to engage, express themselves, and learn through social media, but there are also some serious risks. Emotional ties, exposure to dangerous information, privacy violations, social isolation, and

cyberbullying have all negatively impacted adolescents' mental health. Suicidal thoughts, anxiety, and loneliness can result from these conditions, too. To effectively address these issues and create a safe online environment for youth, it is critical to enhance digital understanding, establish more support systems, and implement cautious regulation.

Methodology

Research Design

The current study represents a quantitative research approach supported by descriptive statistical analysis to assess the effect of social media on the general well-being and mental health of students in Bangladesh. The study was cross-sectional in nature because the data was collected over a predefined time.

Data Collection

A structured survey of 223 students from 11 Bangladeshi universities was used to gather primary data. The main objectives of the questionnaire in this paper were to gather students' opinions on various topics related to the effects of social media on mental health, such as stress, mental pressure, cyberbullying, and the need for prediction on social platforms. A closeted questionnaire was created to measure the level of agreement or experience with various characteristics using a 5-point Likert scale, where 1 shows us "not at all", 2 shows us also "a little", 3 shows us "moderate", 4 shows "a lot" and 5 shows "extreme". Due to technological limitations, the survey was administered online via Google Forms, which allowed for a wider geographic reach and reduced administrative costs [22, 23].

Sampling Strategy and Sample Size

Undergraduate and graduate students enrolled in 11 universities in Bangladesh were the target audience for the survey. A convenience sample strategy was employed, which was based on the students' willingness and availability to engage in the interview [24, 25]. In there, a total of 223 students with valid replies were harvested, exceeding the sample size mandatory for qualitative analysis of statistics for the paper.

Data analysis methods

To find patterns and central tendencies in the students' responses, the gathered data was examined using modal analysis and descriptive statistics. Specifically, the mode was calculated for each survey question to determine the most frequently selected response category, allowing researchers to analyse the predominant perceptions among the respondents [26, 27].

The following formula was used to compute the mode for grouped data:

Mode: $Li + \frac{f1 - f0}{2f1 - f0 - f2} \times i$

where:
- Li = lower limit of the modal class.
- f1 = number of occurrences (frequency) of the modal class.
- f0 = frequency of the class immediately preceding the modal class.
- f2 = frequency of the class immediately following the modal class.
- i = width or length of the class, i.e., the distance between the values of the two classes.

Research Procedure

The research was operated in three stages. First, demographic data and general usage patterns were analysed to establish respondents' contexts. Second, they used descriptive statistics and modal calculations to evaluate students' perceptions of the impact of social media. Finally, they discussed the results to underscore the importance of social media's impact on students' mental and overall well-being. Microsoft Excel was used to make the data for illustrative statistical analysis of the final findings in there, guaranteeing precise prevalence, percentage, and mode calculations also [28, 29, 30].

Results and Discussion

Data Analysis

This survey was conducted to get feedback from 11 university students on their social media experience. The response rate to each question will determine the current situation and its implications in the context of Bangladesh. Most of the respondents they also strongly agree on The Impact of social media on Mental Health and Well-Being on Students.

Q No.	(Not at all) 1	(A little) 2	(Moderate) 3	(A lot) 4	(Extreme) 5
Q1	30	27	59	60	47
Q2	29	47	60	57	30
Q3	34	44	70	46	28
Q4	52	43	43	49	36

Q1: Do you think social media platforms should take steps to protect the mental health of their users?

Class Intervals (i)	Frequency (f)
1	30
2	27
3	59
4	60
5	47

Mode: $Li + \frac{f1 - f0}{2f1 - f0 - f2} \times i$

$$= 4 + \frac{60 - 59}{2 \times 60 - 59 - 47} \times 1$$

$$= 4.071$$

Q2: Have you ever experienced any anxiety or stress due to your use of social media?

Class Intervals (i)	Frequency (f)
1	29
2	47
3	60
4	57
5	30

Mode: $Li + \frac{f1 - f0}{2f1 - f0 - f2} \times i$

$$= 3 + \frac{60 - 47}{2 \times 60 - 47 - 57} \times 1$$

$$= 3.812$$

Q3: Do you have any social media features or uses that you find particularly detrimental to your mental well-being?

Class Intervals (i)	Frequency (f)
1	34
2	44
3	70
4	46
5	28

Mode: $Li + \dfrac{f1 - f0}{2f1 - f0 - f2} \times i$

$$= 3 + \dfrac{70 - 44}{2 \times 70 - 44 - 46} \times 1$$

$$= 3.52$$

Q4: Have you ever experienced cyberbullying or negative comments on social media?

Class Intervals (i)	Frequency (f)
1	52
2	43
3	43
4	49
5	36

Mode: $Li + \dfrac{f1 - f0}{2f1 - f0 - f2} \times i$

$$= 1 + \dfrac{53 - 0}{2 \times 53 - 0 - 43} \times 1$$

$$= 1.841$$

Summary of Findings

The analysis of responses from 223 students across 11 universities in Bangladesh reveals the notable impact of social media on students' mental and overall well-being there. The modal analysis operated for each key question offers details about the prevailing perceptions and experiences among the respondents also in there.

Firstly, the highest mode (4.07) was recorded for the question, "Do you think social media platforms should take steps to protect the mental health of their users?" This indicates that most students strongly believe protective measures are

necessary on social media platforms. This highlights a growing concern among students about the mental health challenges posed by social media and their expectation for intervention from platform providers.

Secondly, the mode for "Have you ever experienced any anxiety or stress due to your use of social media?" was 3.81, suggesting that a significant proportion of students have moderately to highly experienced anxiety or stress linked to their social media activities. This finding highlights the mental burden that social media can impose, which may also affect students' academic and personal lives.

Thirdly, the mode of 3.52 for "Do you have any social media features or uses that you find particularly detrimental to your mental well-being?" indicates that students moderately agree that certain aspects of social media, such as negative comparisons, excessive notifications, or algorithm-driven content, may harm their mental health.

Lastly, a lower mode of 1.84 was recorded for "Have you ever experienced cyberbullying or negative comments on social media?" showing that while cyberbullying is present, fewer students report it as a direct personal experience compared to other mental health impacts.

These results suggest that while direct negative relations like cyberbullying are less frequently encountered, broader psychological effects of social media, such as stress and anxiety, are conventional among university students. This underscores the importance of implementing strategies to foster healthier social media use and also to protect students' mental well-being.

Social media platforms should take steps to protect the mental health of their users.
Social media platforms should take steps to protect the mental health of their users, too. When asked whether social media should take action to protect users' mental health, 223 students responded, with 13.5% saying "Not at all", 12.1% saying "A little", 26.5% saying "Moderate", 26.9% saying "A lot", and 21.1% saying "Extreme". The majority of students expressed concern about the effects of social media on mental health and believed that platforms should take action (refer to Figure 1).

Figure 1: Social media platforms should take steps to protect the mental health of their users
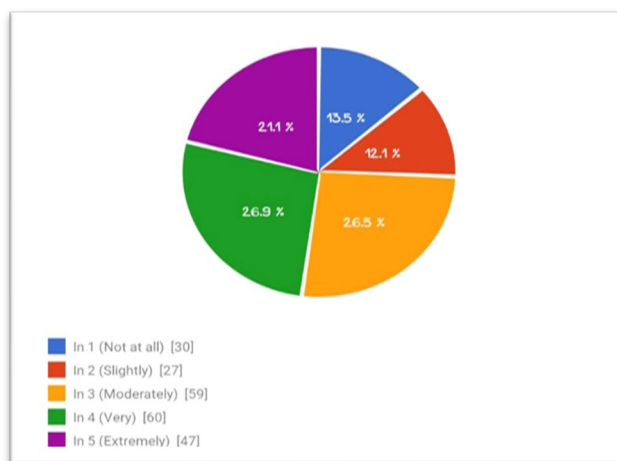
Source: Collected by Author

**Have experienced any anxiety or stress due to your use of social media.**
Have we encountered any anxiety or stress as a result of our usage of social media? When asked if using social media caused them to feel worried or stressed, 223 students responded, with 13% saying, "Not at all", 21.1% saying "A little", 26.9% saying "Moderate", 25.6% saying "A lot", and 13.5% saying "Extreme". This finding proves that a large number of students experience moderate to high levels of stress as a result of using social media (refer to Figure 2).

Figure 2: Have experienced any anxiety or stress due to your use of social media

In 1 (Not at all) [29]
In 2 (Slightly) [47]
In 3 (Moderately) [60]
In 4 (Very) [57]
In 5 (Extremely) [30]
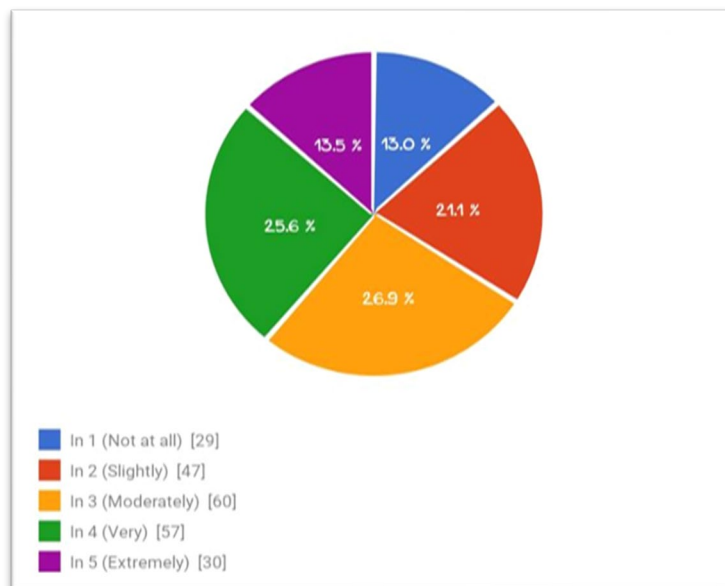
Source: Collected by Author

Social media features or uses that you find particularly detrimental to your mental well-being.
Out of 223 students, 15.3% said "Not at all", 19.8% said "A little", 31.5% said "Moderate", 20.7% said "A lot", and 12.6% said "Extreme" when asked if certain social media features or behaviours harm their mental well-being. The responses indicate that a significant number of students feel moderately to strongly that certain aspects of social media negatively impact their mental well-being (refer to Figure 3).

Figure 3: Social media features or uses that you find particularly detrimental to your mental well-being

In 1 (Not at all) [34]
In 2 (Slightly) [44]
In 3 (Moderately) [70]
In 4 (Very) [46]
In 5 (Extremely) [28]
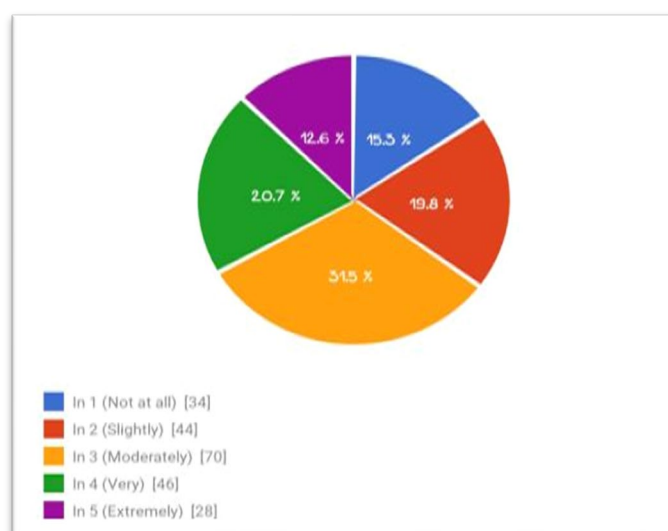
Source: Collected by Author

Experienced cyberbullying or negative comments on social media while using.
In 223 students, 23.3% responded "Not at all", 19.3% said "A little", 19.3% said "Moderate", 22% said "A lot", and 16.1% said "Extreme" when asked if they had experienced cyberbullying or negative comments on social media. The findings suggest that a significant number of students have faced some level of online harassment while using social media (refer to Figure 4).

Figure 4: Experienced cyberbullying or negative comments on social media while using
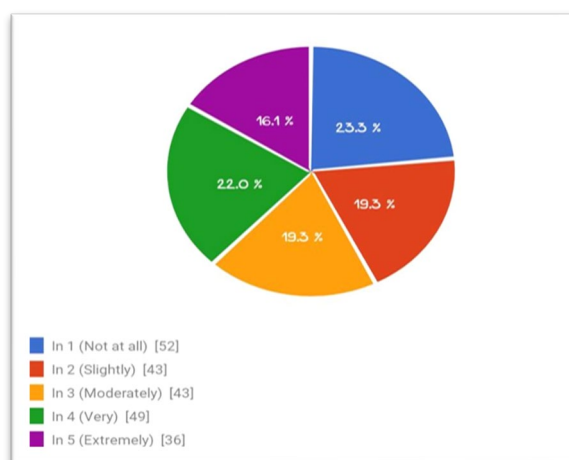
Source: Collected by Author

Discussion

The study administered to 223 students across 11 institutions in Bangladesh offers significant insights into the mental health effects of social media use among university students. The results indicate a substantial relationship between social media use and several mental health issues, including anxiety, stress, and adverse effects on students' general well-being.

The inquiry, "Should social media platforms implement measures to protect users' mental health?" achieved the highest mode (4.07), indicating that the majority of students strongly agree that these platforms need to take action to ensure mental well-being. This aligns with other studies highlighting the increasing apprehension over the detrimental impacts of social media on mental health, especially among young individuals [31]. The desire for precautionary measures from platforms reflects a growing awareness among students about the psychological hazards linked to excessive social media use.

The inquiry, "Have you ever experienced any anxiety or stress due to your use of social media?" produced a mean of 3.81, indicating that a considerable number of students report moderate to high levels of anxiety and stress attributable to social media use. This aligns with current research that has recorded the correlation between social media use and mental health disorders, including anxiety and depression, particularly when social comparison or adverse feedback is present [32]. Mental health challenges may disrupt students' academic achievement and personal well-being, which points to the need for effective solutions.

The poll examined the adverse aspects of social media, yielding a median of 3.52 for the question, "Do you have any social media features or uses that you find particularly detrimental to your mental well-being?" This discovery underscores fears over aspects such as incessant alerts, algorithmically curated information, and the need to adhere to idealised social norms. Ultimately, despite a lower incidence of reported direct encounters of cyberbullying (mode: 1.84), it continues to be a pressing concern for a considerable proportion of respondents, indicating the importance of robust mental health safeguards and understanding within social media contexts.

The findings emphasise the need to mitigate the adverse mental health effects of social media, including anxiety, stress, and detrimental material. As social media platforms advance, it is essential to provide preventive measures and encourage healthy use habits to ensure users' mental well-being [33].

Conclusion

In the context of students, the multifaceted and intricate relationship between social media use and mental health is highlighted by the study, "The Impact of Social Media on Students' Mental Health and Well-Being." According to the report, the majority of students think social media companies have to take proactive measures to safeguard mental health.

In the digital age, social media may undoubtedly be a source of information and pleasant connections, but it can also be a source of loneliness, worry, and anxiety. The study's conclusions allow for the formulation of the following suggestions.

Recommendations

When using social media, students should exercise awareness and restraint. The habit of using these media for brief amounts of time without interfering with other crucial daily chores must be formed. Parents and educators must take action to provide students with helpful guidance and support on their use of social media. More counselling and mental health education initiatives should be offered in schools to encourage students to get help when they need it. All things considered, this study is a valuable contribution to the conversation about how social media affects mental health. More studies on this subject and practical intervention strategies can be implemented in the future to guarantee students' mental health.

Conflict of Interest

The authors declare that they have no conflict of interests.

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