

# Influences of Social Media on Mental Health in Teenagers

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**Abstract:** The extensive usage of social media has radically transformed communication habits among teenagers. Though these sites provide avenues for self-expression, peer interaction, and information exchange, they are also linked to a myriad of mental health issues. This paper discusses the two-sided effect of social media on the mental health of teenagers, examining both its positive and negative influences. Grounded in psychological theory and empirical research, the paper discusses how processes such as social comparison, fear of missing out (FOMO), and reduced face-to-face interaction contribute to mental health outcomes. The paper also discusses how negative effects of social media can be mitigated, focusing on digital literacy, media usage patterns, and supportive environments.

**Keywords:** environment, digital, media, patterns, mental

## I. Introduction

Social media has become a reigning presence in the lives of teenagers in recent years. Platforms such as Instagram, Snapchat, TikTok, and WhatsApp allow for real-time communication, creativity, and social interaction. Based on a 2021 report by the Pew Research Center, more than 90% of teens indicate that they use social media every day, with many using it for several hours a day (Pew Research Center, 2021). This shift in digital activity makes it essential to consider its psychological effects. Adolescents are in a formative period marked by identity formation, heightened emotional sensitivity, and peer orientation. Their mental health is particularly susceptible to influences from outside sources such as social media. This article reviews the complex influence of social media on adolescent mental health, considering both positive aspects and adverse effects such as anxiety, depression, body image issues, and sleep disruption.



Figure 1: examples of social media in the word

## Positive Effects of Social Media

The positive effects of social media refer to the beneficial impacts that these platforms have on individuals and society as a whole. This includes enhancing communication by allowing people to connect with friends and family across distances, fostering community by bringing together individuals with shared interests, and raising awareness about important social issues. Social media also serves as a valuable tool for businesses to reach wider audiences and engage directly with customers. Additionally, it encourages creativity and self-expression, while providing access to information and educational resources. Overall, these positive effects highlight how social media can enrich our lives and contribute to meaningful connections and learning.

## Enhanced Social Connectedness

Social media's biggest strength is its ability to connect. Adolescents can maintain relationships across distances, engage in peer support networks, and be part of communities of interest or identity. Such a sense of belongingness can act as a buffer against loneliness and emotional issues (Frison & Eggermont, 2016). Social media, for all the drama and doomscrolling, actually does a solid job at smashing through those annoying barriers like distance and cultural weirdness. For teenagers and young adults (who are basically juggling ten million social circles), apps like Instagram, Snapchat, or Discord are clutch for staying in touch. Doesn't matter if your best friend moved three states away DMs are always open. And, you know, it is not just about sharing memes or lurking on each other's stories. There's a whole thing with support groups. When life throws a curveball (family drama, school

stress, mental health stuff), these online circles can be a lifeline. Sometimes just shooting a message like “hey, anyone else struggling with this?” pulls in a flood of advice or just a bunch of “same, bro” replies that make you feel less like you’re losing it. Real talk, sometimes strangers on the internet get it more than people. Plus, the cool thing is, you can find your people whatever that means for you. Maybe you’re obsessed with K-pop, vintage gaming, or climate activism. There’s a whole squad out there, probably with a group chat or a subreddit ready to welcome you in. For kids who feel like outsiders or just plain invisible in their own town, those online communities can be life-changing. You find people who just get it, and suddenly you’re not so alone. That’s huge.

### Opportunities for Self-Expression

Social media provides adolescents with tools for self-expression and identity formation. Posting ideas, photos, and original material allows for emotional release and reinforces a sense of identity. Marginalized youth may also find validation and empowerment through online communities. Creative outlets on these platforms can lead to improved self-esteem and strong sense of individuality. Moreover, social media platforms often facilitate the sharing of personal stories, which can be incredibly powerful. When individuals share their journeys related to mental health, it not only helps to destigmatize these issues but also inspires others to open up about their own experiences. This storytelling aspect creates a ripple effect, encouraging empathy and understanding within the community. By seeing others navigate their challenges, adolescents may feel less alone in their struggles and more empowered to seek support. Ultimately, these connections foster a culture of openness and resilience, where young people can learn from one another and find hope in shared experiences, reinforcing the idea that it is okay to ask for help.

### Access to Mental Health Resources

Social media platforms often feature content on mental health awareness. Adolescents may receive supportive messages, access crisis services, and engage with mental health campaigns. This exposure can reduce stigma and facilitate help-seeking (American Psychological Association, 2021). Online communities can also provide avenues for discussing mental health challenges, leading to greater awareness and understanding.



Figure 2: displays the impact of social media

### Negative Effects of Social Media

The negative effects of social media refer to the harmful impacts these platforms can have on individuals and society. This includes issues like cyberbullying, which can lead to emotional distress and mental health challenges, as well as the spread of misinformation that can distort public perception and create confusion.

### Increase in Anxiety and Depression.

Research increasingly connects excessive social media use with depression and anxiety symptoms. Twenge and Campbell (2018) found that adolescents with more screen time are more likely to experience emotional distress due to cyberbullying, negative comments, or social rejection. Constant comparisons to idealized photos can affirm feelings of inadequacy and low self-esteem. The growing rates of anxiety and depression are increasingly tied to our heavy reliance on social media platforms. Being constantly bombarded with curated content that often presents idealized versions of life can really take a toll on mental health. This is especially true for young people, who may find themselves grappling with feelings of inadequacy and low self-esteem as they compare their own lives to the seemingly flawless images and lifestyles they see online. Cyberbullying, hurtful comments, and social exclusion are major contributors to emotional turmoil. The online world can easily become a hotbed for these negative experiences, leading to heightened anxiety and depressive symptoms. The anonymity of the internet can give people the courage to act in ways they might not in person, which can cause real harm to others. Research conducted by Twenge and Campbell in 2018 backs up the link between screen time and emotional distress. Their study shows that the more time teens spend glued to screens, the more likely they are to experience anxiety and depression. This really emphasizes the need to be mindful of how we use social media and the potential impact it can have on our mental well-being.

## Cyberbullying

Social media can be a source of cyberbullying—repeated, intentional harm through digital technology. Victims experience heightened depression, anxiety, and suicidal ideation, exacerbated by the online visibility and permanence of harassment (Keles, McCrae, & Grealish, 2020). The anonymity provided by these platforms can embolden bullies, making it pervasive issue. Let's dive deeper into the issue of cyberbullying, breaking it down into three more detailed paragraphs the effects of cyberbullying reach far beyond the immediate pain caused by online attacks. The relentless nature of this harassment, combined with the permanence of what's shared online, creates a never-ending cycle of fear and anxiety for the victims. They often feel cornered, as the bullying follows them across various platforms and devices, leaving them with nowhere to escape. This constant barrage of negativity and threats can chip away at their self-esteem, leading to feelings of isolation and helplessness. One of the most troubling aspects of cyberbullying is how it can magnify existing vulnerabilities. Young people, who are still figuring out their identities and how to cope with challenges, are especially at risk from the harmful effects of online harassment. The pressure to fit in and the fear of being rejected can make it incredibly tough for victims to reach out for help or stand up for themselves. This can create a downward spiral of emotional turmoil, where feelings of inadequacy and self-doubt are only intensified by the bullying. The anonymity that social media provides only makes the situation worse. Bullies, hiding behind fake profiles and usernames, often feel empowered to act in cruel and abusive ways. This lack of accountability can create a sense of freedom for them, allowing them to harass and torment their victims without worrying about facing any consequences. Additionally, this anonymity complicates efforts to identify and hold bullies responsible, making it even harder for victims to find support and justice.

## Body Image Distortion

Adolescents are exposed to edited, idealized images on social media, particularly on visually driven sites. These portrayals can lead to body dissatisfaction, eating disorders, and negative self-image, predominantly in teenage girls (Frison & Eggermont, 2016). The trend of "Snapchat dysmorphia" highlights how digital photo editing distorts beauty standards, contributing to unrealistic expectations. Social media platforms are filled with heavily edited and curated images that push unrealistic beauty standards. These pictures, often enhanced with filters and photo editing, create a warped view of what's deemed "normal" or "attractive." When we're constantly bombarded with these unattainable ideals, it's easy for people to start feeling inadequate about their own bodies. The never-ending comparison to these often-fake images can really take a toll on self-esteem and body satisfaction. The pressure to fit into these unrealistic molds can show up in different ways. Some might struggle with body image issues, leading to unhealthy habits like disordered eating, excessive workouts, or even turning to cosmetic procedures to change their looks. The quest for that perfect body shape or size can turn into an obsession, which can seriously harm both mental and physical health. This distortion is especially harmful for young people who are still figuring out their identities and are more vulnerable to outside influences. In the end, the body image issues fueled by social media chip away at self-acceptance and create a culture of self-criticism. By constantly measuring themselves against these unrealistic images, individuals can develop a negative self-image, which may lead to anxiety, depression, and a skewed sense of self-worth. Tackling this problem calls for critical media literacy, encouraging diverse body representations, and nurturing a culture of self-acceptance and body positivity.

## Sleep Disruption

Sleep disruption is becoming more and more associated with social media use, especially given how deeply integrated digital devices are in our everyday lives. Many people find themselves endlessly scrolling through their feeds late into the night, exposing themselves to bright screens and captivating content that can really get the mind racing, making it tough to relax. This habit can throw off our body's natural circadian rhythms, leading to difficulties in falling asleep and getting the restorative rest we need. The constant barrage of notifications and updates can ramp up anxiety and stress, making it even harder for users to unplug and unwind before hitting the hay. On top of that, social media can foster a cycle of comparison and the need for validation that can take a toll on mental health, further disrupting sleep. Users might feel the pressure to stay connected and engaged with their online circles, which can lead to anxiety about their social status or the dreaded fear of missing out (FOMO). This emotional weight can trigger racing thoughts and keep them on high alert when they should be winding down for the night. To counter these effects, it's crucial for individuals to set healthy boundaries with social media, like designating specific times for use and creating a tech-free wind-down routine that encourages better sleep hygiene.



Figure 3: diagram showing the negative effects of social media

### **Mechanisms of Influence**

It refers to the processes or methods through which one entity affects or shapes the behavior, thoughts, or actions of another. This concept is often explored in fields such as psychology, sociology, and communication, where understanding how influence operates can shed light on interpersonal dynamics, group behavior, and societal changes.

### **Social Comparison**

Social comparison theory suggests individuals evaluate themselves in relation to others. Adolescents compare their appearance, social lives, and achievements to curated online material, decreasing self-esteem and generating dissatisfaction (Frison & Eggermont, 2016). Social comparison is a psychological process where individuals evaluate their own abilities, achievements, and opinions by comparing themselves to others. This concept, introduced by social psychologist Leon Festinger in 1954, suggests that people have an innate drive to assess their social standing and self-worth. Comparisons can be upward, where individuals look to those who they perceive as better off, or downward, where they compare themselves to those who they consider worse off. These comparisons can significantly impact self-esteem, motivation, and overall mental well-being.

The effects of social comparison can be both positive and negative. Upward comparisons may inspire individuals to improve themselves or achieve higher goals; however, they can also lead to feelings of inadequacy, jealousy, and low self-esteem if one feels they fall short. Conversely, downward comparisons can boost self-esteem by highlighting one's advantages over others, but they may also foster complacency and hinder personal growth. Overall, social comparison plays a crucial role in shaping an individual's self-perception and can influence their behaviors and attitudes in various social contexts.

### **Fear of Missing Out (FOMO)**

The continuous flow of social media feeds can lead to FOMO—a general anxiety of missing out on rewarding experiences. This phenomenon accounts for compulsive checking behavior and emotional exhaustion (Twenge & Campbell, 2018). Fear of Missing Out (FOMO) is a psychological phenomenon characterized by the apprehension that one might miss out on rewarding experiences that others are having. This feeling is often heightened by social media, where individuals see curated highlights of others' lives, leading them to believe that they are not participating in the best experiences available. FOMO can cause anxiety and dissatisfaction, as people constantly compare their own lives to the seemingly more exciting lives of others. This comparison can create a sense of urgency to stay connected and engaged, sometimes leading to impulsive decisions to join activities or events simply to avoid the feeling of exclusion. The impact of FOMO extends beyond social interactions; it can also affect mental health and well-being. Individuals may feel pressured to attend social gatherings or participate in trends that do not genuinely interest them, resulting in fatigue and burnout. Furthermore, FOMO can lead to a cycle of overcommitment, where the desire to be part of everything detracts from enjoying meaningful experiences. Recognizing FOMO is the first step toward managing it, allowing individuals to focus on their preferences and values rather than external pressures, ultimately leading to a more fulfilling and authentic life.

### **Reduction in Face-to-Face Interaction**

In our increasingly digital world, the drop in face-to-face interactions has become more noticeable than ever, largely thanks to technological advancements and shifts in how we socialize. With platforms like social media, video calls, and instant messaging, we can easily connect with people far away without needing to be in the same room. This trend really picked up speed during the COVID-19 pandemic, which pushed many of us into remote work and social distancing, making virtual communication our go-to. While these tools are super convenient and efficient, they can sometimes take away from the richness of in-person conversations, which often involve nonverbal cues, emotional subtleties, and those spontaneous moments that help build stronger bonds. Additionally, the drop in face-to-face interactions can have a significant impact on our mental health and sense of community. Relying too much on digital communication can lead to feelings of isolation and loneliness, as people might feel cut off from their communities and support systems. In-person interactions create chances for shared experiences, empathy, and emotional support—things that are tough to replicate through a screen. As we try to find a balance between our digital and physical interactions, it's essential to appreciate the importance of human connection and actively look for ways to nurture real-world relationships alongside our online ones.

### **Mitigation Strategies**

Mitigation strategies refer to the actions or approaches implemented to reduce the severity, impact, or likelihood of adverse effects, particularly in the context of environmental issues, public health, and risk management.

### **Promoting Digital Literacy**

In today's tech-savvy world, promoting digital literacy is more important than ever. It gives people the tools they need to confidently navigate and make the most of digital resources. Digital literacy isn't just about knowing how to use a computer; it includes a variety of skills like critically assessing online information, mastering different software and apps, and communicating effectively on digital platforms. By nurturing these abilities, schools, communities, and organizations can empower individuals to be not just consumers of information, but also active creators and contributors in the digital realm. This empowerment is crucial for thriving in a tech-driven economy and for making smart choices in everyday life. Additionally, boosting digital literacy is key to closing the

digital divide, ensuring that everyone, no matter their economic background, has equal access to technology and the skills to use it well. As digital tools become essential in education, healthcare, and job markets, those without digital literacy risk falling behind. Programs focused on training, workshops, and community outreach can help develop these skills among diverse groups. By championing digital literacy, we can create a more inclusive, creative, and innovative society, ultimately leading to a more informed and engaged population.

### Fostering Balanced Use

Fostering balanced use is all about encouraging people to interact with resources, tools, or technologies in a way that supports their well-being and productivity, without falling into the trap of overuse or dependency. This idea is especially important in today's tech-driven world, where too much screen time can lead to problems like reduced physical activity, social isolation, and mental health struggles. To promote balanced use, it's crucial to educate users on the potential downsides of overindulgence and to encourage healthy habits, like setting time limits for device usage or taking regular breaks. Building a culture that values balance also means offering alternatives to screen time, such as encouraging physical activities, hobbies, and face-to-face interactions. Organizations, schools, and families can play a vital role in modeling balanced use by creating guidelines and practices that support well-rounded lifestyles. For example, workplaces can adopt policies that encourage employees to unplug after hours, while schools can introduce digital literacy programs that teach students how to manage their time wisely. Ultimately, fostering balanced use is about empowering individuals to make informed choices that improve their quality of life.

### Creating Supportive Environments

Open communication about online experiences helps teens process negative experiences. Schools should provide access to counselors and peer mentorship programs. Parents should model healthy media use and provide emotional support. Creating a supportive environment means setting up a space that nurtures growth, collaboration, and well-being. This concept applies to various settings, including workplaces, schools, and community areas. A supportive environment is marked by open communication, mutual respect, and access to resources that help both personal and collective development. For instance, in a workplace, this could involve flexible working conditions, mental health support, and opportunities for professional growth, all of which enhance employee satisfaction and retention. In educational contexts, creating a supportive environment is essential for fostering student success and well-being.

### Mental Health And Social Media: What Message Prevails?

Share of U.S. girls who report having bad exposure to the following experience at least monthly (in %)

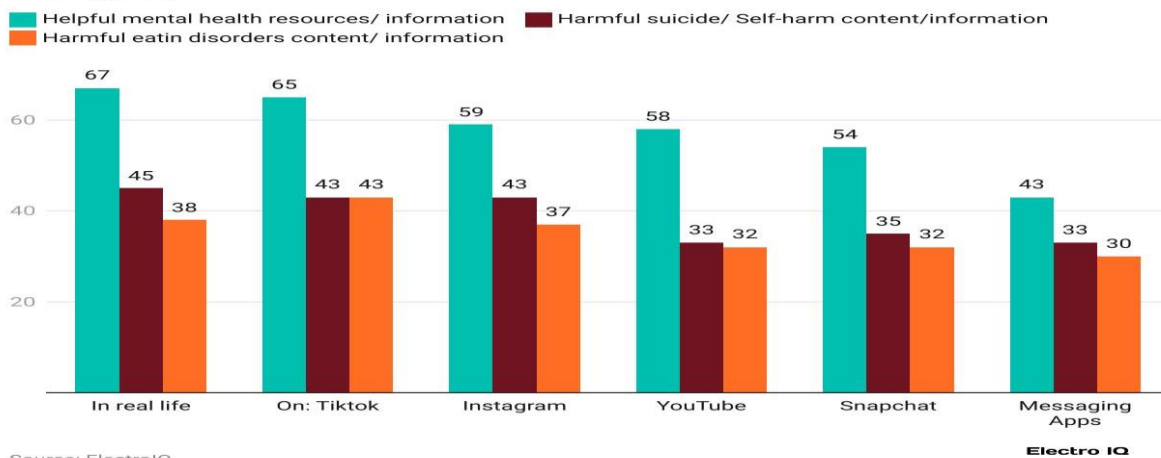


Figure 4: shows statistics and facts in the use of social media

## II. Conclusion

The relationship between social media and the mental health of teenagers is complex and multifaceted. While platforms provide avenues for social contact, creativity, and mental health awareness, they also pose risks related to anxiety, depression, and self-esteem. Understanding these mechanisms is essential for guiding focused interventions. Facilitating digital literacy, fostering balanced use, and creating compassionate settings can promote safer use of the digital world. It will require effort from families, schools, policymakers, and the technology industry to build a healthier online context for young people.

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