

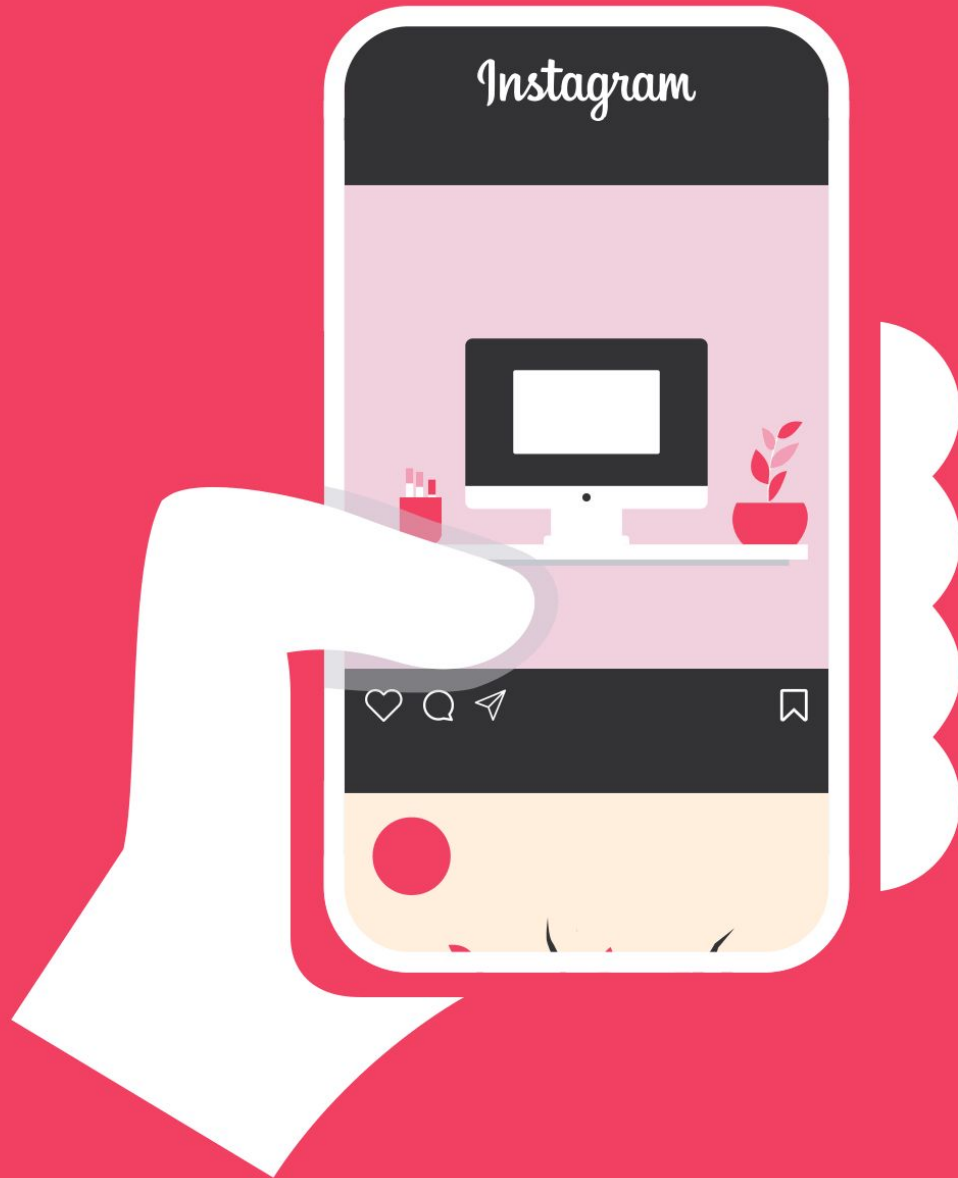
Mental Health Concerns in Digital Spaces

By Yashita Ahluwalia



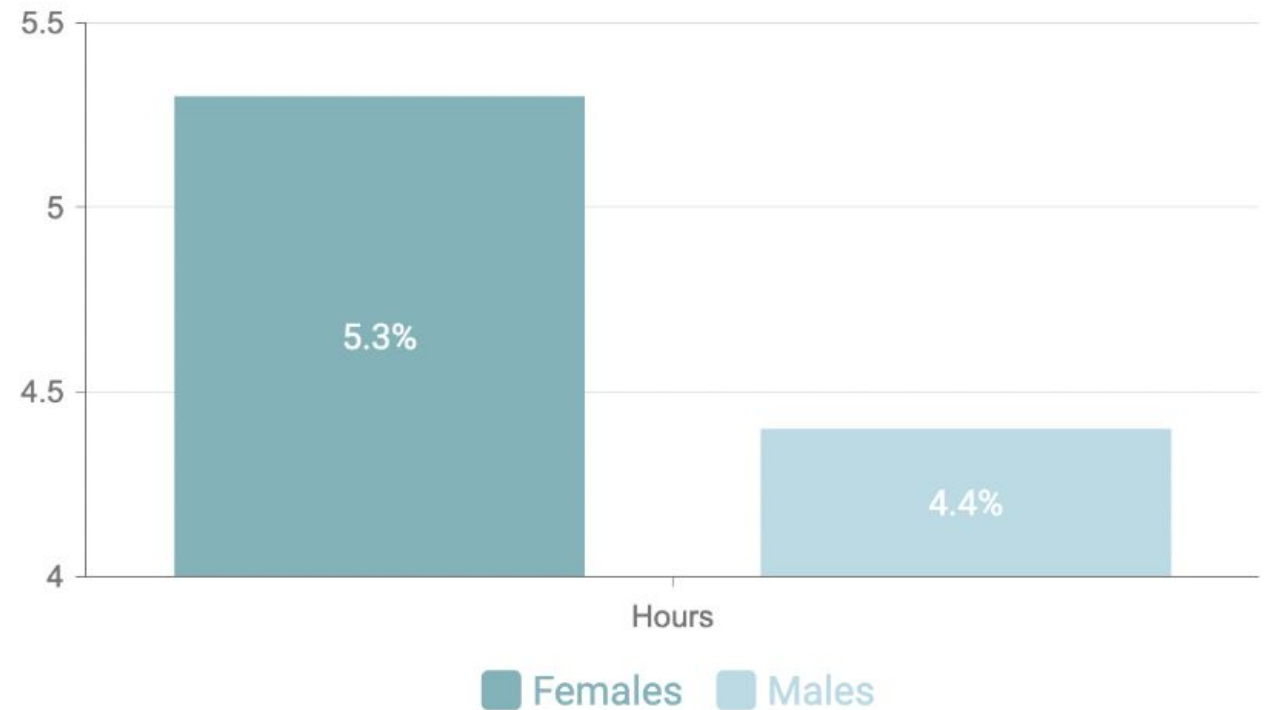


Social Media



**For how long do you
continue scrolling once
you begin?**

According to a 2023 survey, teenagers spent an average of 4.8 hours daily on social media platforms.



Pathological Engagement in Social Networking Sites



The very design of social media platforms is geared towards maximising user engagement through endless, personalised content streams.



This tailored content, while enhancing user experience, also increases the addictive potential of these platforms.



The infinite scroll feature, offering an unending supply of content, entices users into a loop of constant engagement, often leading to addictive behaviours and excessive usage.

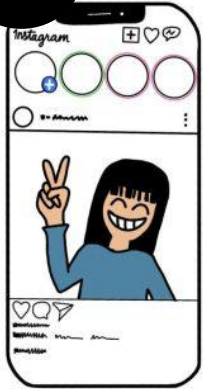


Interpersonal Relationships

There has been an exacerbation in the extent of social isolation, fragmented communities, and declining face-to-face interactions as a result of increasing digitalization.

Consequences of attachment to technology include lowered social skills, emotional intelligence, and empathy and increased conflict with others.

1



SOCIAL MEDIA VS. REALITY



2

Oftentimes, social media is an illusion.

3



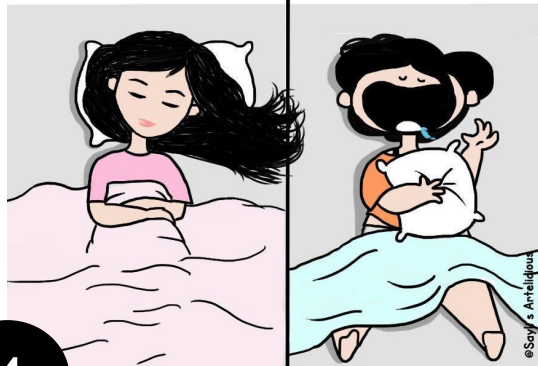
124 LIKES
BBGURL240 #selfie #boracay #goodlife



HOW FAKE IS YOUR SOCIAL MEDIA LIFE?

REEL

REAL



4





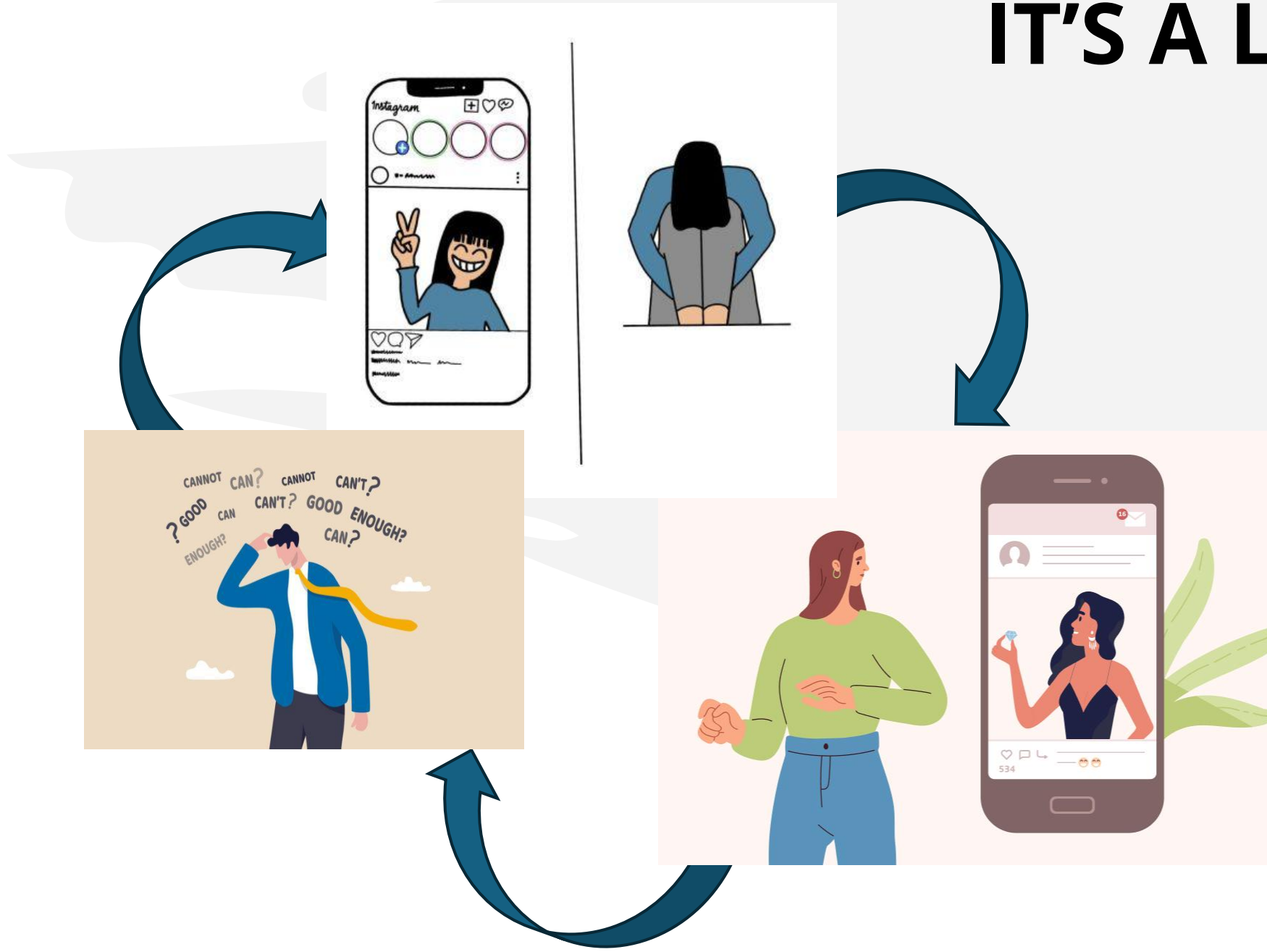
Social Comparison

- ☐ Feelings of Inadequacy and envy.
- ☐ Altered self-perception and self-image.
- ☐ Reduced self-confidence and self-worth.

Digital Perfectionism

The tendency characterized by users feeling compelled to maintain an idealized online persona.

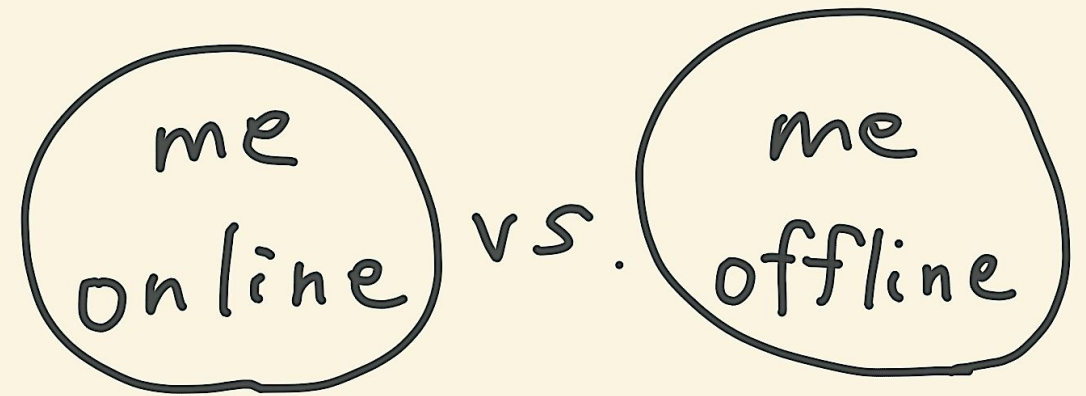
IT'S A LOOP!



E-Personality

The integration of digital content into daily life has led to the dissolution of boundaries between real and virtual domains (Barnatt, 2001).

This shift has given rise to the emergence of new online personality traits in users, a phenomenon called 'e-personality' which is characterized by selective self-presentation and idealized identities.



Online Disinhibition Effect

This phenomenon has been observed in the internet-using population encompasses factors like increased confidence, dissociative anonymity, invisibility, asynchronicity, dissociative imagination, and minimization of authority.



(Suler, 2004)



Fear of Missing Out

Research consistently links FOMO and heightened engagement with social media, indicating a perpetually intensifying cycle wherein individuals seek to alleviate their anxieties, but inadvertently end up worsening their psychological well-being.

(Tandon et al., 2021; Przybylski et al., 2013)

Social Media Fatigue



Another consequence is the exhaustion experienced by individuals as a result of prolonged engagement with social media platforms, referred to as 'social media fatigue'. Persistent exposure to curated content and virtual interactions over long periods can lead to feelings of burnout, decreased life satisfaction, overwhelm and anxiety and a desire to disengage from social media.

Internet Addiction Disorder



Digitalization is linked with addiction-like behaviors, paralleling neural mechanisms observed in substance addiction (Tereshchenko & Kasparov, 2019).



Attempting to disconnect from digital devices, a process known as a 'digital detox', may lead to withdrawal symptoms such as anxiety, irritability, and depression (Wilcockson, Osborne, & Ellis, 2019).

Social Media Addiction

Individuals with social media addiction are often overly concerned about social media and are driven by an uncontrollable urge to log on to and use social media. Reports suggest that social media addiction affects around 12% of users across social networking sites.



Gaming Disorders that Involve Massively Multiplayer Online Role-Playing Games (MMORPG)

The MMORPGs are a combination of role-playing video games and massively multiplayer online games in which a very large number of players interact with one another online. Only Internet offers a platform that is conducive to play such video games and these games cannot be played in the absence of Internet. problematic and uncontrolled involvement in playing MMORPGs is the most frequently reported activity by people seeking help for an internet-related problem.



Cyber-Bullying

Cyberbullying can be defined as repeated hostile or aggressive behavior performed by an individual or a group on others, aimed to inflict harm or discomfort by means of electronic or digital tools.

Research suggests that cyberbullying is associated with several behavioral problems and psychiatric disorders in the bullies, victims, and bully-victims. The link between cyberbullying and suicidal thinking and attempt is of utmost public health concern, apart from its association with a range of other psychiatric symptoms and/or disorders including depression.



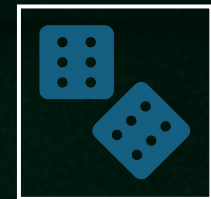


Online Gambling Disorder

Online gambling is not a distinct type of gambling activity in itself, rather has internet acting as a medium for engaging in different forms of gambling activities instead of the traditional in-person venue-based gambling or telephone-based betting by people.



These include easy accessibility, greater confidentiality, and ability to gamble online for uninterrupted periods at any time of the day while traveling on the go or sitting at home.



Approximately 15% of gamblers consider online gambling to be more addictive than traditional forms of gambling.

Online Shopping Addiction

Online shopping addiction refers to an excessive and uncontrollable urge to shop via the internet. It can further be explained as an inability to control the impulse to make online purchases, despite its negative consequences on an individual's financial, emotional, and physical well-being.



Digital Hoarding Behaviour

This phenomenon comprises individuals accumulating excessive digital possessions, such as emails, files, and photos, leading to clutter and disorganization in digital spaces. Research suggests that this behavior can lead to cognitive overload, anxiety, overwhelm, and decreased attention span.





Digital Distraction

It is the loss of cognitive attention stemming from the constant availability of digital devices and online content. This perpetual state of distraction can lead to frequent interruptions in productivity and less engagement with real-world tasks and interactions, causing feelings of frustration, stress, and decreased overall well-being.



Technostress

The rapid pace of technological advancements and the constant need to adapt to new digital tools and platforms can manifest as 'technostress', a form of stress arising from navigating complex digital environments, managing information overload, and coping with the demands of constant connectivity. It can manifest as physical symptoms such as headaches and sleep disturbances, as well as psychological symptoms like anxiety and burnout.

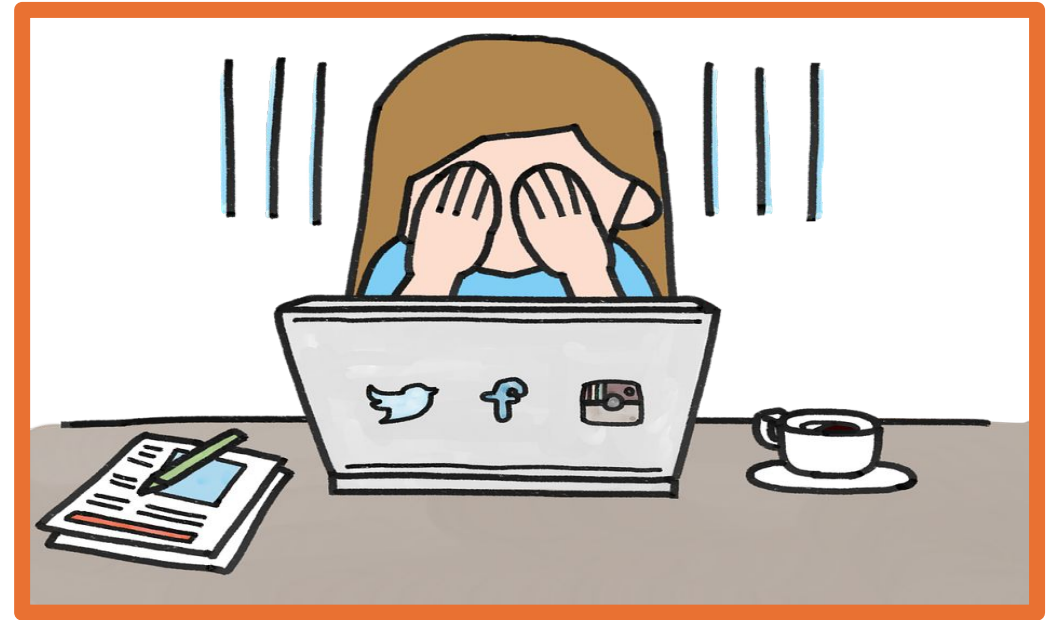
The paradox of Connectivity: Digital Burnout

The rapid advancement of technology, while enhancing connectivity and accessibility, also brings forth significant challenges that can detrimentally impact mental health. As our digital landscape evolves, the incessant demands on our time and attention contribute to information overload, straining personal and professional boundaries.



Depression

1. Loneliness.
2. Social isolation.
3. Cyberbullying/ cyberstalking.
4. Social media comparison.
5. Addiction and Withdrawal.



Anxiety

1. Searching for symptoms only.
2. Fear of missing out.
3. Risk of invasion of privacy.
4. Online scams and fraud.
5. Cyberbullying/ cyberstalking.
6. Social media comparison.
7. Information overload.



Impact on Sleep

Excessive use of internet, especially within an hour of bedtime, may induce:

1. Difficulty in initiating sleep.
2. Relative shortness of sleep time.
3. Difficulty waking up in the morning.
4. Daytime fatigue and sleepiness.

The same cycle continuing over long periods of time might disrupt the circadian rhythm and equilibrium of the body.

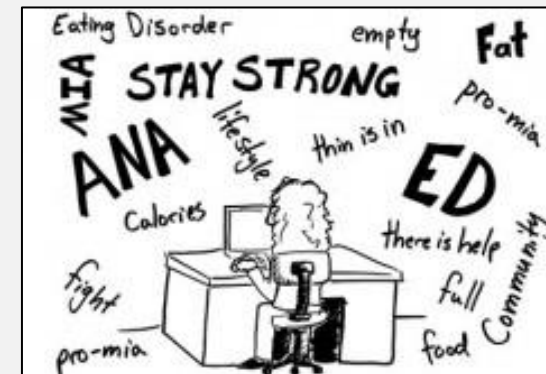


Impact on Appetite

Internet use may increase the risk of overweight and obesity by increasing sedentary lifestyles and decreasing the amount of time spent outside.

In addition, among high-risk Internet users, irregular dietary behaviors due to loss of appetite, frequent skipping meals, and snacking may lead to unbalanced nutrient intake and health problems.

The internet has also facilitated the emergence of pro-ana and pro-mia websites that promote anorexia nervosa and bulimia nervosa



Questions?



THANK YOU!

In case of further queries, you can connect with me at
yashitaahluwalia4@gmail.com