

Social Media and Depression: A Review

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Abstract

The relationship between social media usage and depression has been a subject of increasing concern in contemporary society. While social media platforms offer a powerful means of connectivity and information sharing, studies have suggested a complex interplay between excessive social media use and mental health, particularly depression. The constant exposure to carefully curated images and lifestyles on social media can contribute to feelings of inadequacy and low self-esteem, as individuals may compare their own lives unfavourably to the idealized versions presented online. Additionally, cyberbullying and the pressure to conform to societal expectations portrayed on these platforms can exacerbate feelings of isolation and loneliness, contributing to depressive symptoms. As researchers delve deeper into this intricate relationship, it becomes crucial to strike a balance between leveraging the positive aspects of social media for connectivity and being mindful of its potential impact on mental well-being. This article is a review of current literature on links between social media and depression.

Keywords: Social Media, Depression, Cyber crime, Cyber bullying

Introduction

What is social media? A media, through which people socialise on social networking sites and on various kinds of apps through internet. With the advancement in technology the use of social media is increasing day by day and it's not more than a necessity in today's world. It is one of the important mediums to connect to people nowadays and to connect with the world too. One of the useful features of social media is that you can connect with anyone in the world. Social media is an important platform in today's world where people share their thoughts, opinions, their art, feelings and what not. It's one of major source of entertainment too. It has been used for different purposes in different ways by different people. There is a freedom of speech. And with that spreading awareness, speaking out loud for oneself or a community comes too or talk on certain things going around the globe. There are some cons too. Social networking sites, such as Instagram, twitter, Facebook, have totally taken the world now. Which has created so many opportunities too, everything and anything is possible yet available on your laptop screens or on your smart phones. It has made life easier than before. One of the most recent yet appropriate example is this time period, since the pandemic has hit people really hard Social Media has been a really good help for everyone. People away from their family, friends and their dear ones in this tough time are able to stay connected with them through social media. There are several pros of social media. But everything comes with some cons too. Social media can be a very negative and unsafe place too. It can be a really harmful for one's mental health too. Some researches show that people who used social media were found to be more Depressed than the people who used it less. Social media and depression have been found very much linked. The growing use of technology, social networking sites or applications is somewhere making people forget about the reality, the life out of this social media. Since social media becomes an addiction

for some and they eventually spend more time online than with the people around them, in the real world. Not being update online, or sharing pictures and your life with people on social media creates a fear of missing out things, specially if you are quite consistent from quite a time. Some misuse this privilege of social media. Since its like an open platform where people are free to express whatever they want to. Which sometimes leads to a wrong direction, like, increase of cyber bullying, online harassment. Which eventually leads to side effects like, depression, substance abuse, low self esteem and etc. social media also creates an imbalance between the Real-life relationships and the virtual ones. What we see on social media is not always real, this creates a lot of impractical expectations in peoples mind which when not fulfilled creates a lot of frustration. Too much use of social media is harmful for one's soul and body. People also feel lonely because of the gap they create between the real life and the one they create online.

Historical Development

The term Depression, emerged from a Latin word, *deprimere* (which means, to press down) was used to be known as *Melancholia*. Depression is one of the mood disorders. Now commonly known as mood disorder, major depressive disorder or clinical disorder.

In ancient times it was considered as more of a spiritual condition and not a physical problem. It was considered as an effect of a demonic possession. As in many cultures they believed in the existence of an evil spirit. Therefore, in context to treatment, people who were actually going through depression were beaten up, were not treated well, were boycotted by the people around them because they believed it to be curse or cause of an evil spirit.

Although some Romanian and Greek doctors believed in therapeutic methods, used relaxation techniques like, massage, music, bath, nature, and etc.

A Greek physician (Hippocrates) came up with a theory of fluids where they said that there can be imbalance of fluids called "humours" present in the body. Fluids like, blood, yellow bile, phlegm, black bile. In which they believed that 'depression' is caused when there's too much a black bile present in the body. And recommended relaxation techniques for the treatment.

Some believed that depression is cause of anger, grief, or rage like causes.

But people were moving forward and slowly started believing that its more of a physical and mental problem and not caused by some evil spirit or demon like thing.

What's the nature of depression? Is it adaptative or evolutionary, many people have different opinions about it? Depression does seem to be an evolutionary paradox. Studies in the US and other countries estimates that between 30 and 50 per cent of people have met current psychiatric diagnostic criteria for the diagnosis disorders in their lifespans. However, the brain plays an important role in promoting growth and survival, so the pressures of evolution should have left our brains resistant to such high rates of malfunction.

Depression could be like obesity — a problem that exists because advanced circumstances are so different from those in which we have evolved. Symptoms of depression have been reported in any community that has been closely researched. The way that downturn exists – exists, yet torment such countless individuals – has introduced a significant riddle. Any individual who has experienced significant gloom can disclose to you that regularly it looks bad: there can be little association between life occasions and the seriousness of the disease, which can basically wreck one's capacity to work in regular day to day existence. Scientists, as well, have since quite a while ago thought about a decent clarification for why wretchedness came to be by any means. Presently, a savvy new hypothesis may offer some knowledge.

Theoretical Background

Dependent variable in this case will be Depression. Following are some of the psychological theories on depression.

Psychodynamic Approach

Sigmund Freud psychoanalytical theory is an example of a psychodynamic theory. Freud (1917) argued that certain forms of depression were due to biochemical causes. However, Freud also argued that certain cases of depression may be attributed to the death or alienation of the parent. Depression is like sadness; in that it sometimes happens as a response to the dissolution of a significant friendship.

In 1960's depression was seen as inwardly directed aggression. Loss of self esteem, deprivation of love, super ego demands. Or loss of loved ones.

In order to avoid the loss of developing into grief, the person needs to participate in a time of grieving work during which he / she remembers the memories of the lost. This helps the entity to isolate himself / herself from the missing person, and therefore decreases the inner-directed rage of individuals who are very reliant on others, since their sense of self-esteem will not be able to do so, and may remain highly depressed.

Cognitive Approach

1. Beck's Theory

According to the cognitive theorist Aaron Beck, people going through depression reacted negatively at certain events.

For example, automatic negative thinking, errors in logic, forming wrong schemas.

Depressed people appear to perceive themselves as weak, useless, and ineffective. They view events in the universe in an unrealistically bleak and defeatist manner, and they see the universe as posing challenges that cannot be dealt with. Finally, they see the world as bleak, because their worthlessness would keep their condition from changing.

2. Learned Helplessness

Learned helplessness is when the person feels depressed when even after trying the person fails to escape the negative situations. This theory was suggested by Seligman. He researched on dogs. According to Seligman, the very occurrence of a traumatic incident was not considered necessary to create a vulnerable or depressed mood. Instead, Abramson et al. found that those who assign failure to internal, constant, and global causes are more likely to be depressed than those who assign failure to external, unpredictable, and unique causes.

Behaviourist Approach

Operant Conditioning

Behaviourist approach underlines the role of the atmosphere in influencing behaviour. The emphasis is on measurable actions and the circumstances under which individuals conduct behaviours, i.e. classical conditioning, operational conditioning and social learning theory. Depression is therefore the result of a person's interaction with environment.

Humanist Approach

Theory believes that there are needs that are unique to human's species. The most important of all, according to Maslow (1962), is the need for self-actualization (achieving potential). The self-actualizing human being has a meaningful life. Something that restricts our attempts to satisfy this need may be a source of depression. Independent Variable here is, Social Media.

Literature Review

1. Fernando Martin S and Kathleen Gray (2013) did an analysis on social media effects in chronic disease management and its health outcomes. Analysing how people going through chronic disease manage social media and how it has an impact on the patients. How it can help the patients in managing stress and other side effects of the chronic disease. Like by acknowledging and addressing different needs required by different patients. The authors concluded with that further research is suggested on the same.

2. Patrina Caldwell, Deborah R., Henry Go (2015) studied the effect or impact of social networking on the mental health of children and young adults. Mostly in the field of self-esteem and well-being, related issues related to cyberbullying and 'Facebook Depression,' the link between the use of social media and self-esteem and body image. Though it was difficult to identify a particular effect and the authors say that its depended more on one nature. The author suggest for further research and more awareness is needed to make people understand the risk of social media

3. Mitchell J. P., J. Nesi (2015) studied on how social media is being used for comparison and for seeking feedback which leads to Depressive Symptoms. An aggregate of 619 understudies (57 % female; mean age 14.6) finished self-report surveys at 2 time focuses. Teenagers provided details regarding levels of burdensome manifestations at pattern, and after 1 year on burdensome indications, recurrence of innovation use (mobile phones, Facebook, and Instagram), extreme consolation chasing, and innovation based social correlation and input chasing. Discoveries feature the utility of inspecting the mental ramifications of youths' innovation use inside the system of existing relational models of young adult sorrow and propose the significance of more nuanced ways to deal with the investigation of teenagers' media use.

4. Courtney D. Corley, Tera R., Mike C. (2015) among many other authors conducted a systematic study on how the use of social media can support public health practice. There are not many investigations to date on mediations and an absence of utilization of web-based media practically speaking regardless of the high potential for progress distinguished in exploratory examinations. This mirrors the absence of logical reports distributed (n = 16) on execution appraisal of illness observation strategies found by Babaie et al. (2015), paying little heed to their need to general wellbeing reaction [74]. Our discoveries may propose that it is especially testing to interpret research utilizing online media for bio surveillance into training. This test might be enhanced by the absence of a moral structure for the combination of web-based media into general wellbeing reconnaissance frameworks [75]. What's more, the focal point of numerous investigations, particularly on irresistible illnesses, is done reflectively, possibly featuring the simplicity in forecast post flare-up as opposed to usage of web-based media tentatively.

5. Holly Scott and Heather W. (2016) the authors studied how the use of social media related to sleep quality, self-esteem, anxiety and depression in 467 Scottish adolescents. We measured overall use of social media, night-time-specific use of social media, emotional investment in social media, quality of sleep, self-esteem and levels of anxiety and depression. Teenagers who have used more social media – both globally and at night – and those who have invested more emotionally in social media have experienced poorer sleep quality, lower self-esteem and higher levels of anxiety and depression. Results indicate that night-time-specific use of social media and emotional investment in social media are two important factors that merit further investigation in the context of adolescent sleep and well-being.

6. Edward Purcell and Sheryl G. (2017) conducted a study on how social media has affected children and adolescents showing depressive symptoms. Many theories have been proposed linking the relationship between social media use and mental illness like depression among adolescents, children and young adults. Theories like, Socialization, model of eight stages of human lifespan given by Erik Erikson, Narcissism may be increasing in Western society, several Socio- cultural theories etc. data was collected from Embase, Medline and etc. most eligible and relevant result was taken from the articles and researches. In total 349 articles were read. The conclusion of the study is that a degree of correlation was found between social media use and depressive symptoms in young people. The authors suggest for a further study on the same.

7. Johannes C, David B Yaden (2017) among many other authors did an integrative review by examining depression and mental illness on social media. There is a lack of quality level of clinical diagnoses. Symptoms have been very much visible on social networking sites like Facebook, twitter, and etc. people going through some mental illness have been found sharing their diagnoses on these social networking sites, through online surveys, and time spent on these sites, their online activity.

8. Linh G. Ly, Christopher C. and Linda Sun (2018) with many other authors conducted a study in which they reviewed research papers from last 10 years of how the use of social media linked with depression. College students were observed particularly. Since college students are risk for depression. Social media is one of the most common things among college students.

9. Simon M. Rice, Mario A. (2018) among other authors did an analysis on what social media interventions can be done for young people going through psychosis and with depression. The use of internet is increasing day by day, it's like a necessity now, especially among young people. With many advantages of social media, it also comes along with many disadvantages too, it can be very harmful too. Therefore, the aim of the research is to integrate the SN and create a better safe place for the adolescents and deliver therapy online. Online intervention has found useful in the past. But it still lacks certain technicalities like, randomized control. the conclusion of this study is that everything around us is evolving very fast, so is the technology, and we need to keep up with the psychological interventions too.

10. Jordyn Young, Rachel Marx, G. Hunt (2018) conducted a correlational research on how social media is leading to Depression and loneliness and the fear of missing out. Around 143 undergraduate students were monitored and were randomly told to limit their usage to a certain limit of these social networking sites. From 10 minutes per day to 3 weeks. The findings strongly suggest that limiting the use of social media to approximately 30 minutes per day may result in improved in well-being.

11. Puneet Kaur, Amandeep Dhir (2018) among other authors studied how online SM (Social media) fatigue and psychological or mental wellbeing is important which can lead to compulsive use of SM, there's FOMO (Fear of missing out), fatigue, Depression and anxiety. A repeated Cross-sectional survey was conducted to understand the relationship between SM and anxiety and depression. There were two waves of data (N=1554, 1144) this sample size included the adolescents who uses Social Media. The study concluded that with extreme use of Social media it resulted with depression, anxiety symptoms and fatigue among the users. And they imply for further studies on the same and discussion.

12. Jamilah H. A. Khaiyom, Nur M. Izam (2019), the authors reviewed the relationship between Social Media usage, Sharing, and Depressive Symptoms among university students. Number of investigations have discovered blended outcomes with respect to the connection between web-based media use and burdensome side effects. A few examinations found a huge negative connection between online media utilization and burdensome side effects, while a few others found an aberrant critical relationship or no connection between these two factors. Subsequently, this writing audit intends to survey these themes, explicitly, (1) the connection between online media utilization and burdensome indications, (2) the connection between social sharing and burdensome manifestations, and (3) to coordinate a potential clarification identified with the connection between web-based media use, social sharing, and burdensome side effects.

13. Aron, Teresa D., Mike C. (2019) among other authors studied about frequency and modality between the social media behaviour, toxic masculinity and Depression. According to the authors SM/SNs that is Social media or Social Networks need to be studied well in the field of psychological theory and its practice. And emphasis more on how SM (Social media) can be harmful for one's mental wellness. The association between SM USE, the interaction on it, toxic masculinity and depression is being examined on the sample of four hundred and two men. The conclusion of the study is that the negative interaction on social media and on the social networking sites has resulted in toxic masculinity and also indicated depression. The author implies for further research with the men who use social media.

14. Anshu Vashisth, Manav Kalra, G. Kaur, B. Kaur (2019) conducted a systematic review on the correlation of Social Networking use and Depression. The focal point of this audit was to look at the connection in time used on Online systems administration by an individual and its mental effects, for example, pain or uneasiness and to analyse the flow subjective exploration done on the point hitherto. As it is basic to assess the connection in SNS use and its mental effects on general wellbeing due to the ever-expanding prevalence of social-intercourse destinations. since the social-intercourse locales are continually developing, it is difficult to sum up the connection in trouble/nervousness and informal community use and more observational investigations need to performed.

15. Niall McCrae and Annmarie G. (2019) conducted a systematic study, studying how social media influence on depression and psychological distress in adolescents. In this study the authors collected the data of the researches done by a few organisations like CINAHL, PsycINFO, SSCI, and Medline. The data collected from these researches were divided into 4 main parts that's addiction, investment, time spent and activity. A longitudinal cohort study was conducted, followed by a qualitative enquiry. The relationship between social media use and health problems like depression was studied. The correlation was found

between the two though the evidence were not consistent. which is statistical. The conclusion for the same is that the impact is multifactorial. No single factor can be responsible for mental health problems like depression.

16. Jongki Kim, Wenlong Zhu, Morad B. (2020) conducted a systematic review. By studying the relationship between social media use and depression. According to the authors there have been studies on the relationship between social media use and depression in the past few years. They selected a few data from some information systems like JSTOR, Taylor & Francis, in total there were twenty-four papers. The authors provided with theoretical insights and recommended with analysis.

17. Amy Orben (2020) a meta-analysis was done and a systematic review of around 80 reviews was done on the relation between teenagers, screens and social media. An investigation was done on how this technology affect teenagers psychologically. A negative correlation between the social media and adolescents has been detected. The author implements for the further improvements in the approach of research. And suggest for more transparency and efficiency. Increasing the size of effect might provide more conflicting results. The author concludes it by stating that with new advancement in technology the effect on the population will increase only.

18. Jordi Alonso, Jorge Arias (2020) among other authors did an umbrella review on the relationship between the technology, social media and adolescents. According to the authors the association is vague and unclear among the population. And it asses the risk factor for depression and reviewed the prevention for the same. It also aimed for the development for the prevention of depressive disorders. They used a published data from the year 2019 by WOS, MEDLINE and etc. in total 338 documents were reviewed. They concluded with recommending for a more prospective based research.

19. Marcos S., Jessica Batista (2020) among other authors conducted an integrative review on depression and sleep disturbance among adolescence. This study investigated the association between sleep disorders and depression in adolescents, PubMed/MedLine, SciELO and Lilacs databases were consulted, with an interval of 7 years (2013–2019), in English, Portuguese and Spanish. An integrative review was carried out where after analysing the inclusion criteria, 616 articles were selected for reading titles and abstracts and 94 of these were selected for full reading. After the full reading, 15 articles were elected to be part of this review. Results show that both sleep disorders are risk factors for depression, as depression can be a risk factor for sleep disorders. Insomnia was the most frequent sleep disorder in adolescence, besides being considered a public health problem. It is concluded that sleep disorders and depressive symptoms are associated and present with great frequency in the adolescent public

20. Gunnhild J. Hjetland, Jens C. Skogen (2020) among other authors conducted a scoping review on the use of social media and mental health among teenagers. The primary quality of this perusing survey lies in the push to give an expansive outline of distributed examination identified with utilization of online media, and psychological wellness and prosperity among youths. Albeit a scope of audits on screen-based exercises by and large and psychological wellness and prosperity exist (Dickson et al., 2018; Orben, 2020), they don't really observe between web-based media use and different sorts of innovation-based media. Taking everything into account, considers including more explicit parts of web-based media, singular

contrasts and likely moderate factors, and more examinations utilizing a longitudinal structure are required as the exploration field develops.

21. J. Critchfield (2020) conducted a study on the impact of social media on adolescent mental health. The quantity of young people announcing psychological wellness issues, for example, tension and misery has significantly expanded over the most recent twenty years. As this pattern corresponds with the expansion in online media use by young people, numerous analysts have examined the relationship between the two. This writing audit inspects the relationship alongside the upsides and downsides of young adult web-based media use outside and inside the homeroom. Most as of late, research is indicating how web-based media is utilized effects the condition of a juvenile's psychological wellness instead of the utilization of web-based media all in all. Educators and schools can assist understudies with figuring out how to utilize online media to cultivate positive connections, discuss helpfully with an assorted cluster of people, and advance interests and interests by incorporating web-based media into the educational program.

22. Wallace G.(2020), the author did a critical literature review on how social media effects the psychological well-being of the young adults and teenagers. analyst proposes an elective conceptualization of sadness; one that includes web-based media use as a danger factor and the potential negative impacts that accompany it. Articles were acquired from numerous information bases. There are numerous components under the umbrella of mental prosperity; nonetheless, the focal point of this paper is sorrow. the creator investigates the conceivable advantage of urging psychological well-being experts to incorporate web-based media use as a potential danger factor in short screenings for sorrow while evaluating teenagers and youthful grown-ups. When surveying discouraged people, psychological wellness experts, incorporating those in school settings, will in general search for intrapersonal and relational danger factors, incorporating troubles with feeling guideline, uneasiness, parental/self-analysis, substance use, and exploitation. The author distinguished the conceivable advantage of evaluating for online media use among teenagers/youthful grown-ups preceding leading misery screenings as a flow hole in research.

23. Reem S.(2020) did a correlation study between the increasing use Social Media use and Depression, the Psychological effects of Depression, the Behavioural and psychological impact too on the same. This examination inspected whether the expanded normal hours via web-based media brought about an expanded degree of gloom dependent on the Beck's Depression Inventory (BDI). Study instruments evaluated for the degree of gloom and the normal time spent via online media by means of Qualtrics. Extra information included majors, age, sex, and race. Writing audits were utilized to increase a superior comprehension of misery in the physiological, psychological, and conduct angles. The author concluded by stating that the sample size can lead to difference in the results. And there's an impact of social desirability bias.

24. John Torous, Kelly A. Aschbrenner, Ameya B. (2020) among others studied the benefits opportunities, risks of Social Media and Mental Health. online media has become a significant aspect of the lives of numerous people living with mental issues. A large number of these people utilize online media to impart their lived encounters to psychological sickness, to look for help from others, and to look

for data about therapy suggestions, getting to emotional well-being administrations and adapting to indications (Bucci et al. 2019; Highton-Williamson et al. 2015; Naslund et al. 2016b). As the field of computerized psychological well-being propels, the wide reach, straightforward entry, and notoriety of web-based media stages could be utilized to permit people needing emotional well-being administrations or confronting difficulties of dysfunctional behavior to get to prove based treatment and backing.

25. S. N. Ghaemi (2020) conducted a study on digital depression specially among millennials. the results have compounded in young people in the previous decade, corresponding with the creation of the cell phone and the ascent of web-based media. Burdensome side effects among American youngsters rose quickly around 2012 and now are accounted for in 22% of teenagers, which is at any rate twofold the rate in grown-ups. Self-destruction rates have increased, particularly among young ladies in the United States, in whom there has been a multiplying of finished self-destruction in the previous decade. A causal connection between online media utilize and these hurtful mental results is upheld by rising randomized information demonstrating diminished burdensome manifestations related with a reduction in web-based media use in undergrads. Online media and computerized innovation correspond with hurtful mental results in teenagers and youthful grown-ups

Conclusion

From the above studied review of literature, we can say that use of Social Media or Social Networking sites can lead to Depression, has shown symptoms of depression or even other mental disorders like anxiety, inattention, poorer sleep quality and hyperactivity. And these symptoms were commonly seen in teenagers and adolescents. Amid the popularity of social media and networking sites like Facebook, twitter they've become like a necessity in our lives. There is a surprising lack of concrete evidence about how they influence us personally: our attitudes, our social interactions, and our mental wellbeing. In certain instances, the knowledge available is not good enough to blame any one factor.

A valid argument against the hypothesis that social media makes people more insecure and lonelier is clearly that those who are more stressed and lonelier are more likely to use social media as a method of reaching out. That being said, these experiments are almost exclusively retrospective or correlational in nature, which means that they do not decide whether or not one is influencing the other. A recent study suggests that there is in fact a causal correlation between the use of social media and negative effects on well-being, particularly depression and loneliness. The research has been published in the Field of Psychological and Clinical Psychology.

"Overall, we find that if you use less social media, you are potentially less stressed and less alone, which means the diminished use of social media is what induces a qualitative change in your well-being," said Jordyn Young, co-author of the paper and a senior at the University of Pennsylvania.

In some cases, surveying discouraged people, psychological wellness experts, incorporating those in school settings, will in general search for intrapersonal and relational danger factors, incorporating troubles with feeling guideline, uneasiness, parental/self-analysis, substance use, and exploitation The study concluded that with extreme use of Social media it resulted with depression, anxiety symptoms and fatigue among the users

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