

A Digital Danger: Social Media Growing Youth Mental Health Crisis

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Social media has become an integral part of daily life for many people, particularly the youth. While it offers numerous benefits such as staying connected with friends, sharing experiences, and accessing information, there is a growing concern about its impact on mental health. The digital world of social media presents a range of challenges that can aggravate mental health issues among young individuals. The dangers posed by social media to youth mental health crisis, examining the reasons behind its detrimental effects and propose potential solutions to address this pressing concern.

One of the primary dangers of social media on youth mental health is the phenomenon of comparison. Platforms like Instagram, Facebook, and Snapchat often display idealized versions of people's lives, leading

to serious psychological consequences. Many studies are linked cyberbullying to increased rates of depression, anxiety, and even suicidal ideation among adolescents. The anonymity afforded by online platforms can embolden perpetrators to engage in harmful behaviors, exacerbating the mental health burden on victims.

Another significant concern is the impact of social media on sleep patterns and overall well-being. The blue light emitted by screens can disrupt circadian rhythms, leading to poor sleep quality and insomnia among frequent users. Adolescents, in particular, are vulnerable to these effects as they often prioritize online interactions over adequate rest. Sleep deprivation has linked to a host of mental health issues, including mood disorders, cognitive impairments, and emotional instability. The pervasive nature of social media means that youth

of meaningful offline connections.

In today's digital age, the constant need for online validation has become a prevalent aspect of social interaction. Social media platforms, in particular, provide individuals with the opportunity to seek approval, validation, and acceptance from their online peers. While seeking validation online is inherently negative, it can often detract from authentic self-esteem and hinder the development of meaningful offline connections. The detrimental effects of the constant need for online validation on one's self-esteem and offline relationships.

The curated nature of social media profiles often leads individuals to compare themselves to others, resulting in feelings of inadequacy and insecurity. This constant comparison can exacerbate the need for validation and push individuals to seek more likes, followers, or comments to validate their self-worth. Behavioral addictions study found that individuals who spent more time on social media platforms reported higher levels of depression and low self-esteem compared to those who limited their social media usage. The rise of influencers and celebrities on social media exacerbates this problem. These influencers often present an idealized version of reality, promoting unattainable beauty standards, luxurious lifestyles, and seemingly perfect relationships.

When individuals compare their own lives to the highly curated and often unrealistic content posted by influencers, they may develop a distorted perception of success and happiness, ultimately leading to feelings of inadequacy and insecurity. Celebrities endorsing products or lifestyles on social media has blurred the lines between authenticity and commercialism. The constant promotion of products, services, and experiences by popular personalities can create a sense of consumerism and materialism among their followers.



to unrealistic standards and fostering a culture of comparison. Different experiences of life show that excessive social media use can fuel feelings of inadequacy, low self-esteem, and anxiety, especially among young users who are more vulnerable to such influences. Constant exposure to curated images and lifestyles can create a distorted perception of reality, leading to a sense of inadequacy and a fear of missing out (FOMO) among youth. Moreover, the pervasive nature of social media means that cyberbullying has become a prevalent issue affecting many young individuals. Cyberbullying involves the use of digital platforms to harass, intimidate, or spread rumors about others, leading

constantly bombarded with stimuli, making it challenging to disengage and prioritize self-care.

Furthermore, the phenomenon of social media addiction has garnered attention as a growing concern affecting youth mental health. The dopamine rush triggered by likes, comments, and shares can create a cycle of seeking validation and approval from online interactions. Some experiences regarding the use of social media shows that excessive social media usage make unfamiliar behaviour and create negative symptoms, negative impact on real-world relationship. The constant need for online validation can detract from authentic self-esteem and hinder the development