

Forum:[Hack Forums](#)

Thread: [Does social media have a positive or negative affect on ones mental health?](#)

Sunniebata - May 12, 2019, 11:54 am

I think it can go both ways.

Social media can benefit people already dealing with mental health issues by helping them build online communities that provide a source of emotional support. Online technologies can be used to reach the most vulnerable in society, as well as helping to reduce the stigma attached to seeking treatment. Social media is invaluable for people with health conditions to know that they are not alone, that there are other people who have gone through this and got better. Research suggests that the manner in which social media is used is key to determining if it likely to have a positive or negative impact on well-being. I also believe it depends on the person.

What do you all think?

Celibate - May 12, 2019, 11:59 am

Hello I'm Devon and I'm going to wake you up one post at a time.

[Former Facebook VP says social media is destroying society with 'dopamine-driven feedback loops'](#)

- [Video: <https://youtu.be/PMotykw0SIk>]

Sunniebata - May 12, 2019, 12:01 pm

(May 12, 2019 11:59 AM)Celibate Wrote: [\[CITE\]](#) Hello I'm Devon and I'm going to wake you up one post at a time.

[Former Facebook VP says social media is destroying society with 'dopamine-driven feedback loops'](#)

- [Video: <https://youtu.be/PMotykw0SIk>]
56 minutes long. Wanna give me a timestamp?

Shelob - May 12, 2019, 12:02 pm

(May 12, 2019 11:59 AM)Celibate Wrote: [\[CITE\]](#) Hello I'm Devon and I'm going to wake you up one post at a time.

[Former Facebook VP says social media is destroying society with 'dopamine-driven feedback loops'](#)

- [Video: <https://youtu.be/PMotykw0SIk>]
Posting to watch later

Axe - May 12, 2019, 12:09 pm

You kinda notice over the years how "society" has changed, and not necessarily for the better. I'd guess social media is a huge factor

BobSagatwins13 - May 12, 2019, 12:16 pm

I think that it can be both

Sunniebeta - May 12, 2019, 12:26 pm

(May 12, 2019 12:16 PM)BobSagetwins13 Wrote: [\[CITE\]](#) I think that it can be both
Wanna give me your reason?

BobSagetwins13 - May 12, 2019, 12:28 pm

(May 12, 2019 12:26 PM)Sunniebeta Wrote: [\[CITE\]](#) Wanna give me your reason?

I think that it can be positive in that you can keep contact with friends that you have if you guys live miles away from each other. In a negative way people present a different version of themselves online to make it seem like things are ok when it's really not. That's my take at least.

DrDoof - May 12, 2019, 12:40 pm

Very negative effects on individual's mental health and on society as a whole.

duplex - May 12, 2019, 12:43 pm

Definitely negative, both of the person, and people in general.

?BowmanBot? - May 12, 2019, 12:46 pm

(May 12, 2019 11:59 AM)Celibate Wrote: [\[CITE\]](#) Hello I'm Devon and I'm going to wake you up one post at a time.

[Former Facebook VP says social media is destroying society with 'dopamine-driven feedback loops'](#)

- [Video: <https://youtu.be/PMotykw0SIk>]

A lot of things in our lives are dopamine driven feedback loops. Spending money on things, sugar, coffee, socializing with friends, sex. It's not about what the act is that aids in the release of dopamine, it's the ease of access and the ability to stop.

Celibate - May 12, 2019, 12:54 pm

(May 12, 2019 12:01 PM)Sunniebeta Wrote: [\[CITE\]](#) 56 minutes long. Wanna give me a timestamp?
It's a good watch man

(May 12, 2019 12:46 PM)?BowmanBot? Wrote: [\[CITE\]](#) A lot of things in our lives are dopamine driven feedback loops. Spending money on things, sugar, coffee, socializing with friends, sex. It's not about what the act is that aids in the release of dopamine, it's the ease of access and the ability to stop. That's true, the fbi collects everything you post on FB and adds it to their database.

<https://www.fbi.gov/services/cjis/fingerprints-and-other-biometrics/ngi>

Psychedelic. - May 12, 2019, 4:13 pm

I say negative, especially instagram. Instagram inspires so much FOMO in everyone who sees others doing things.

Sunniebeta - May 12, 2019, 4:20 pm

(May 12, 2019 04:13 PM)Psychedelic. Wrote: [\[CITE\]](#) I say negative, especially instagram. Instagram inspires so much FOMO in everyone who sees others doing things.
People and their fucking likes.

ShinyThings - May 12, 2019, 4:21 pm

I'm pretty sure there has been some studies done that show social media has a negative affect on people.

Sunniebeta - May 12, 2019, 4:26 pm

(May 12, 2019 04:21 PM)ShinyThings Wrote: [\[CITE\]](#) I'm pretty sure there has been some studies done that show social media has a negative affect on people.

It can be a positive affect on people too.

Mr. Robot - May 12, 2019, 4:36 pm

My only response to this.

Mix - May 12, 2019, 4:52 pm

Depending on what you read and what you follow on social media is whether it is negative or positive, So I am not going to say either as it can go both ways.

Traum - May 12, 2019, 6:00 pm

(May 12, 2019 12:09 PM)Axe Wrote: [\[CITE\]](#) You kinda notice over the years how "society" has changed, and not necessarily for the better. I'd guess social media is a huge factor

Yeah, most people don't realise it but society has changed a lot! Just think about the phone usage a decade ago...

It was a rare sight to see someone sitting at the bus stop, playing on their phone.

Nowadays it's a rare sight to see someone NOT being on their phone, let alone read a book in public.

It's sad to be honest, and it's also the reason why I deleted all my social media accounts and sold my smartphone.

Society has changed to the worse, for sure.

It's an unwelcoming and antisocial climate, despite all the connectedness one might feel online.

Sunniebeta - May 12, 2019, 8:11 pm

(May 12, 2019 06:00 PM)Traum Wrote: [\[CITE\]](#) Yeah, most people don't realise it but society has changed a lot! Just think about the phone usage a decade ago...

It was a rare sight to see someone sitting at the bus stop, playing on their phone.

Nowadays it's a rare sight to see someone NOT being on their phone, let alone read a book in public.

It's sad to be honest, and it's also the reason why I deleted all my social media accounts and sold my smartphone.

Society has changed to the worse, for sure.

It's an unwelcoming and antisocial climate, despite all the connectedness one might feel online.

Society and this world has come to shit really.

Axe - May 12, 2019, 9:53 pm

(May 12, 2019 06:00 PM)Traum Wrote: [\[CITE\]](#) Yeah, most people don't realise it but society has changed a lot! Just think about the phone usage a decade ago...

It was a rare sight to see someone sitting at the bus stop, playing on their phone.

Nowadays it's a rare sight to see someone NOT being on their phone, let alone read a book in public.

It's sad to be honest, and it's also the reason why I deleted all my social media accounts and sold my smartphone.

Society has changed to the worse, for sure.

It's an unwelcoming and antisocial climate, despite all the connectedness one might feel online.

I fully agree, it's a sad thing. Hopefully things start to take a turn at some point but I honestly doubt that will ever happen.

CosaNostra - May 12, 2019, 9:58 pm

0.1% positive and the rest negative.

Lindros - May 12, 2019, 9:59 pm

It has been proven by science that people who spend more time on social media platforms have more depression and anxiety. This is due in large part to the dopamine releases as well as some psychological factors.

Traum - May 12, 2019, 10:34 pm

(May 12, 2019 09:53 PM)Axe Wrote: [\[CITE\]](#) I fully agree, it's a sad thing. Hopefully things start to take a turn at some point but I honestly doubt that will ever happen.

We can only hope that with the further growth of addiction to social media and the internet a point will be reached, where a lot of people realize that something is going wrong.

hose10 - May 13, 2019, 1:15 am

(May 12, 2019 11:59 AM)Celibate Wrote: [\[CITE\]](#) Hello I'm Devon and I'm going to wake you up one post at a time.

[Former Facebook VP says social media is destroying society with 'dopamine-driven feedback loops'](#)

- [Video: <https://youtu.be/PMotykw0SIk>]

Good stuff. If you got any similar speech or anything that informative i would be glad if you share it.

Traum - May 13, 2019, 1:47 am

(May 13, 2019 01:15 AM)hose10 Wrote: [\[CITE\]](#) Good stuff. If you got any similar speech or anything that informative i would be glad if you share it.

It's just a short video but it shows how it actually affects us in day to day life.

[Video: https://www.youtube.com/watch?v=sY-D_Jh7BGo]

Dope - May 13, 2019, 8:38 am

It really comes down to how you decide to use social media. I don't think it's necessary, but it's nice to share your moments with your family only. However when you decide to share it with everyone else, the positive effect might fade away.

Bossk - May 13, 2019, 11:35 am

Mainly negative to be honest.

Pawnhub - May 13, 2019, 11:56 am

I believe social media does have a negative effect on society as a whole.

People are not built to associate with so many people and amplifying this can bring out terrible traits.

I've never seen more wannabes than on facebook, instagram etc.

Then you see them IRL and you understand that their sense of self is inflated online whether its botox or people acting hard.

Imagine the people you seen in middle school acting like the songs they listened to. Same shit.

They start seeing themselves like the people online they don't even know, monkey see monkey do in a way.

I got no respect for people with an inflated sense of self, nor the shit they think is cool.

Being original is terribly hard for most these days because people do the same shit as everyone else and it's glorified.

If you ask me being original is being yourself, not kim kardashian or some "cool" idol or a wanna be gangster.

The funniest thing about it is when these people call the others fake to separate themselves, little do they realize they are talking to a mirror.

Social media in a nut shell.

Slim - May 13, 2019, 11:57 am

The fact that you won't watch the 56 minute video shows precisely the effect that instant gratification (social media) has on the brain.

Bossk - May 13, 2019, 12:13 pm

(May 13, 2019 11:57 AM)M0rty Wrote: [\[CITE\]](#) The fact that you won't watch the 56 minute video shows precisely the effect that instant gratification (social media) has on the brain.

^

Fucking A

630 - May 13, 2019, 6:20 pm

Way negative. People do stupid shit for social media, have warped body images, and seek so much more attention. Something I'll never really understand. Not a huge fan of social media and rarely use Instagram, Twitter, or Facebook.

Enzon - May 18, 2019, 10:01 am

both.

But what I know from myself is that negative ones are much harder to deal with!

Roytoy - May 18, 2019, 10:44 am

It really depends on how you use it and how often/how much

ethellooking - September 19, 2020, 11:23 pm

I think it has an effect if used in moderation and with good intentions, but the effects are quite damaging to people who use it irresponsibly - particularly those who lack self control. It can lead them down dark paths that they may not be able to recover from. This is especially true for young people, as we tend to grow up when our minds aren't fully formed yet. In addition, many of these users become addicted and are unable to stop using the social media.

jecoylecroy - September 19, 2020, 11:33 pm

It's been 2 months since I used FB because I think there is a lot fake information posted in there. But I used there fb messenger.

banxia - September 19, 2020, 11:47 pm

I don't want to say that, but there are so many false messages on social networking sites that it's hard to distinguish them. Sometimes they can even manipulate your ideas.

Rezon ® - September 20, 2020, 1:27 am

Depends what you want from life, do you want a hot GF? Or do you wanna stack \$?

In some aspects SM is great, it depends what your trying to get out of it. Can also be very bad for your confidence

Starks - *September 24, 2020, 8:23 am*

I think social media has a negative impact on mental health. I've seen people very happy on social media but end up committing suicide a few days later.

Blockonome - *September 24, 2020, 8:54 am*

Really depends on how you use it, are you using it to actually make a business, I would say that is healthy... If it is just to watch videos or waste time, probably unhealthy.

123 - *September 24, 2020, 8:56 am*

If we compare positive and negative sides. Negative aspect is lot larger than positive one.