

Forum:[Hack Forums](#)

Thread: [The Impact of Social Media on Mental Health](#)

ShinThai - February 17, 2024, 1:25 am

Hey everyone, hope you all are doing well and having a great day and week so far.

Today I wanna share my thoughts about the effects of Social Media on Mental Health.
(Remember these are all just my opinions, no hatred for anyone or against anything.)

Social media has significantly affected mental health, having both positive and negative effects. It serves as a medium for building connections and receiving support, allowing individuals to share their stories and connect with others who can relate to their experiences. This can be especially beneficial for those feeling isolated or disconnected. Being able to communicate with others who empathize with our struggles can bring a sense of validation, comfort, and optimism. It can also enhance our sense of belonging by making us feel acknowledged and understood by others. Social media serves as a valuable source of support and understanding for many individuals, particularly those dealing with mental health challenges.

On the surface, social media may seem like a fun and convenient way to connect with others. However, it's important to recognize that it can also have a negative impact on one's mental health. With the prevalence of seemingly flawless and enviable lives on display, it's easy to fall into the trap of constantly comparing oneself to others. The relentless pressure to present a flawless and curated version of ourselves online can cause us to feel inadequate, alone, and even depressed. The endless scroll of filtered and edited content can create a distorted sense of reality and trigger detrimental thoughts and emotions like low self-worth and body image issues.

Moreover, the utilization of social media algorithms poses a threat to mental well-being as they tend to prioritize and elevate negative content in order to garner more online activity. This constant inundation of distressing material can fuel feelings of unease, tension, and overthinking among users. Furthermore, the alluring nature of social media can cultivate compulsion, thus exacerbating the negative effects on one's mental health. Unfortunately it has also opened the door to cyberbullying and online harassment, causing detrimental effects on mental well-being. The social media platforms have become a breeding ground for hurtful and cruel behavior, leading to heightened levels of anxiety, depression, and even suicidal thoughts among those who are vulnerable. The mask of anonymity that these platforms offer makes it easier for individuals to inflict pain and suffering, resulting in serious consequences for mental health.

Overall, I feel social media can be a valuable asset for connecting with others and receiving support, it is vital to consider its potential negative effects on mental health. Striking a healthy equilibrium between our online and offline interactions, being intentional about the type of content we consume, and prioritizing self-care and mental well-being should be our utmost concern.

Please let me know what you guys think and feel free to share your thoughts.

Komodo - February 19, 2024, 2:41 pm

Good and bad in my opinion.

People can talk to each other and I think that's extremely useful for connecting and pushing through something.

But it also teaches kids younger and younger what depression and suicide is. I've started seeing younger and younger kids checking into my ER that are suicidal or have ideations. I'm talking 8-13 year olds I've seen that are thinking or have hurt themselves.

That aspect I'm not a fan of at all.

ShinThai - February 20, 2024, 10:55 pm

(Feb 19, 2024 03:41 PM)Komodo Wrote: [\[CITE\]](#) Good and bad in my opinion.

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Exactly, you are right with your point. Really appreciate you for sharing your views.?

Jamika - February 21, 2024, 1:04 pm

Think neutral , it doesnt have either good nor bad effect on ur mental

blackrose_x0x0 - February 21, 2024, 1:47 pm

Tough to say as it's been both a great thing in my life and not so great. If it weren't for social media, I might not have come across videos of wingsuiting, which may never have led to me getting into skydiving.

I thought social media as a whole was much better in the early days before the ridiculous advertisements, the rise of influencers, and so on and so forth. I might just be looking back through the lens of nostalgia though.

ShinThai - February 22, 2024, 6:44 am

(Feb 21, 2024 02:04 PM)Jamika Wrote: [\[CITE\]](#) Think neutral , it doesnt have either good nor bad effect on ur mental

Well, that's something different I heard after a long time. Appreciate your thoughts brother. ?

(Feb 21, 2024 02:47 PM)blackrosex0x0 Wrote: [\[CITE\]](#) Tough to say as it's been both a great thing in my life and not so great. If it weren't for social media, I might not have come across videos of wingsuiting, which may never have led to me getting into skydiving.

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I really agree with you about the advertisements and the influencers part. Sometimes it feels very strange that how quickly these things changed. ?