

The impact of social media on mental health essay 250 words

Teenagers are huge fans of Facebook Instagram Snapchat and Twitter. Regular use of these sites has a detrimental effect on young adults mental health which has led to an increase in mental illnesses in this age group. Teenagers aged 14 to 17 who spent more than seven hours on social media had a more than twofold increased risk of developing depression according to a study. In order to make social comparisons teens spend the majority of their time on social networking sites where they view peer-uploaded images and content. Children are thus able to overanalyze themselves which negatively affects their body image and sense of self and may result in depression or anxiety.



The impact of social media on mental health essay 250 words

Nonetheless nearly 43% of teenagers deceive others by sharing flattering content on social media. Teenagers today are so dependent on social media that they are jeopardizing their vital sleep. Depression and anxiety are two serious mental health issues that are linked to sleep deprivation. Every hour of sleep deprivation was linked to a 38 percent higher chance of experiencing sadness and a 58 percent higher chance of engaging in suicidal behavior according to a study conducted with high school students. Teenagers who get too little sleep become more agitated hostile and distracted which lowers their academic performance. Additionally social media has become a fixation. Dopamine is released by the brain in response to social media creating a sense of reward much like in other addictive behaviors. Teens frequently neglect important responsibilities by logging in impulsively and worrying excessively about their social media profiles.

Thus a persons future may be impacted by their reliance on social networking sites which can also be detrimental to their mental health. Teenagers physical health is greatly impacted by their addiction to social networking they spend less time exercising playing sports outside and running because they spend so much time on various social media sites. Young people who dont get enough exercise are more likely to develop various heart conditions various cancers and—most importantly—be obese.

Check all our [argumentative essay](#) here.