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# Overview of Social Media

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***Abstract:*** ***For young people, social media provides Friends we could not see in person were available online and allowed us important points of connection. On the other hand, fewer opportunities to interact in person with friends and family meant less real-world scrutiny on some of the negative effects of social media. Whether it's social media or in person, a good peer group makes a difference. a platform to help them discover who they are. For very shy or introverted youth, this can be a way to meet other people with similar interests. During the pandemic, social media made it possible for people to connect in ways when in-person socialization was not possible. Social support and socialization are important influences on coping and resilience.***

## I. INTRODUCTION

Social media is responsible for increasing mental health problems. This systematic study summarizes the effects of social network use on mental health. Social media activity like spending time together shown to have a positive effect on mental health domains. However, due to the cross-sectional design of the sample and methodological limitations, there are considerable differences. The composition of social media effects on mental health needs to be further analysed through qualitative research and vertical cohort studies. Man is a social animal who needs the co-operation of others to progress in life. Thus, being socially connected with other people can relieve stress, anxiety and sadness, but a lack of social connectedness can pose serious risks to mental health. Social media has recently become a part of people's daily activities. Many of them spend hours every day on Messenger, Instagram, Facebook and other popular social media. For teenage girls in particular, the more time they spend on social media is directly related to how much they absorb the idea that being thin is the norm, motivated to try to be thin and/or scrutinize their bodies excessive

A group of friends who connect over shared interests like art or music, and who are balanced in their outlook on eating and looks, is a positive. If you think social media is a negative experience, you may need a break. It's more difficult to permanently disconnect from social media—especially for young people. These platforms are powerful tools for connecting and staying up-to-date with friends and family Social events too. If you are not on social media then you are depending on your friends to contact you in person, which doesn't always happen.

The figure below shows news consumption by US adults on social media.

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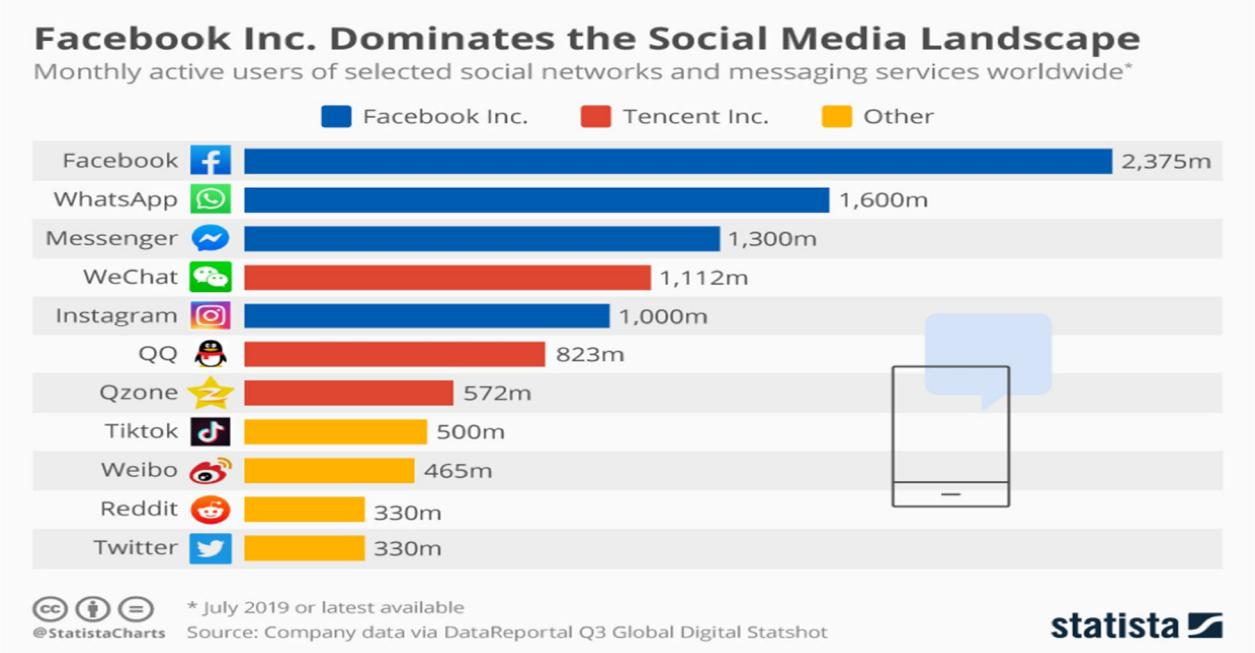
## II. NEED FOR A SYSTEMATIC REVIEW

Systematic studies can identify, aggregate, and evaluate all accessible data to generate a warm and precise response to the research questions involved, both quantitatively and qualitatively [4]. Furthermore, there are many existing systematic studies related to mental health studies around the world. However, only a limited number of studies are integrated with social media and conducted in a social science context as the available literature is heavily focused on medical science. Because social media are a relatively new phenomenon, the relationship between their use and mental health.




## III. CONCLUSION

Though it is a fictional statement, but still we should see social media as a boon for mankind. We need to understand that social media is for humans and not vice versa.

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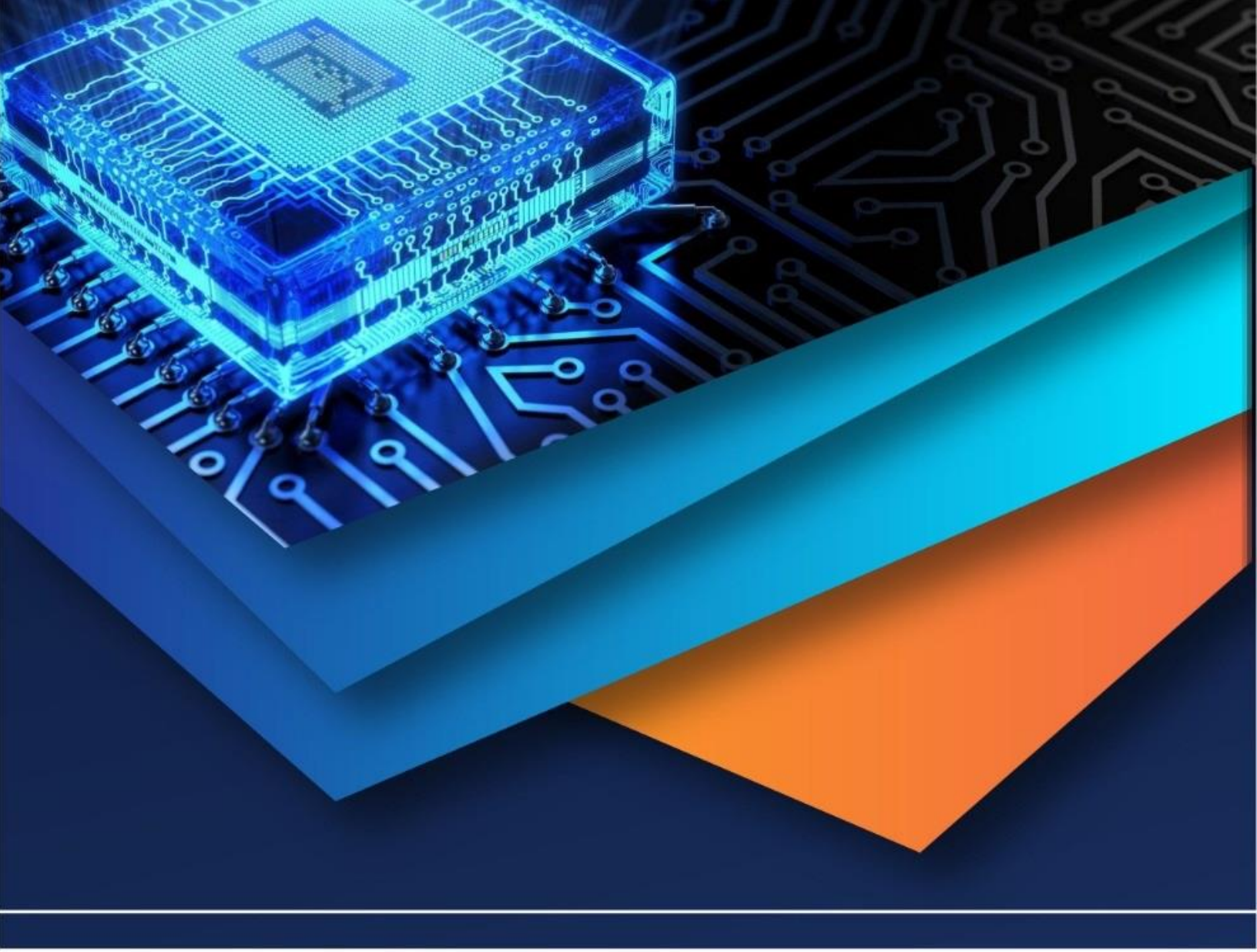

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