

**Module: Introduction to Research
(BMHP5005)
BSc Health and Social Care level 5**

Assessment 2: Viva Voce

**Topic: The impact of social media
on teenagers mental health**

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Introduction

This is a systematic literature review to explore the impact of social media on teenagers mental health. A systematic literature review is important to research as it provides a comprehensive overview of available evidence of a particular topic. As well as, to identify gaps in research, highlight methodological concerns and identify questions that don't require additional research (Poklepovic Pericic and Tanveer, 2019).

- Mental health includes an individuals emotional, psychological, and social well-being it affects how the person thinks, feels, and acts. Moreover, poor mental health affects the child's education, relationships, and physical well-being (NSPCC, 2022).
- The purpose of this research is to explore how social media impacts a teenagers mental health and well-being
- For this reason three primary and empirical studies will be selected to analyse following a systematic lit review

Methods

Systematic literature review is a qualitative research method to explore scientific research to answer a particular issue in research as well as, to find and summarise scholarly research on a particular topic (Alagha, n.d.)

- Key words: Social media/ Internet/ Teenagers/ Young people/ Adolescents/ Mental Health/ Well-being/ Cyberbullying/ Trolling/ suicide ideation
- Databases: PubMed/ Google Scholar/ Uwtsd library/
- Inclusion criteria: UK primary or empirical research studies/ English Language/ Date from 2013- 2023.
- Exclusion criteria: Non English/ No other country but UK/ Not before year 2013.

Literature Review

Author(s), title, year of publication	Aim of study	Methods and Sample size and characteristics	Summary of findings
(Winstone et al, 2021)	To explore how social media usage affects connectedness	• 24 Students aged 13-14 • Face to face interviews in England lasting 45 minutes- 1 hour	• Lack of trust among teenagers on their parents • Teenagers reluctant to report online harms which could lead to further isolation
(Goodyear et al, 2018)	To explore relationship between teenagers, social media, mental health and well-being	• Empirical research • 1346 young people aged 13-18 years in UK • Mixed methods including: focus group interviews	• Increased risk on teenagers health and well-being • Concerns on access to unsafe online environments

Literature Review

Author(s), title, year of publication	Aim of study	Methods and Sample size and characteristics	Summary of findings
(MGEKN et al 2021)	To explore the positive and negative affects social media has on teenagers	• Cohort study • 500 young people aged 11-18 years based in East Sussex UK • Questionnaire survey	• Research shows negative social media usage on teenagers • Mixed views
(O'Reilly et al, 2018)	To explore teenagers views on social media and its impact	• Primary research using a qualitative design • UK two locations Leicester and London • Six focus groups containing questions 11-18 years	• Social media cause ill-mental health • Is addictive • Exposed to cyberbullying • Impact on sleep

Results

key findings

- Evidence shows social media usage impacts teenagers well-being, including physical exercise and lack of sleep
- Girls are more affected than boys
- Education is affected
- Not much support and understanding how social media can concern a teenager's mental health and self-esteem
- Not enough research

key themes

- Negative behaviors
- Cyberbullying associated with social media platforms
- Social media addiction

Discussion

Social media addiction

- Teenager becomes less engaged with the world therefore, find it hard to focus on daily life and lifestyles. Causes isolation, depression and sleep

Cyberbullying

- Victims of cyberbullying affects teens confidence and self worth as a result, can increase isolation, depression, anxiety and suicidal ideation

Conclusion

Social media has become undoubtably popular all around the world and is a primary form of communication although, social media can be beneficial it can however, have a negative impact on mental health and well-being among teenagers. However research has shown there is a clear gap in research between teenagers and young people and social media and how it impacts health.

References

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