



Student name: Alisha Leigh Gocaj

Student ID: 2110659

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Lecturer name: Eleni Koutsogeorgou

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1. Introduction

Social media is broadly used amongst adolescence (teenagers) and young people all over the world. Adolescence is a development stage from childhood to adulthood that occurs between ages 2 to 19 years. At this stage an adolescent wants to find independence on their own to find their unique self-identity however, as adolescence goes through this period of finding their sense of self they can find some difficult choices with friendships, academics, sexuality, gender identity, drugs and alcohol which can additionally lead to mental health conditions such as anxiety and physical development (Psychology Today, 2019). Social media sites such as Snapchat, Instagram, Tic Toc, and YouTube these social media sites allow teenagers to build social networks, and create online identities, teens can also, receive and send direct messages among friends/ family, post content such as images on social media platforms such as respond to posts created for likes and comments, browsing other peer's profiles (stalking) also, browsing internet content. Teenagers can connect and communicate through text messaging, videos, and phone calls anywhere as long as an individual has an internet connection or WIFI. In addition to these, it is used for entertainment purposes as well as supporting teens such as health, and general inquiries. However, although social media has many positives there are also, alarming negatives that affect teenagers and young people for example, disruption to their sleep, unrealistic views of how they view other people and compare themselves, peer pressure and bullying, and cyberbullying (Mayo Clinic, n.d.). Cyberbullying takes place on social media platforms where individuals often remain anonymous and create multiple accounts to harass, abuse and cause harm to others through digital technologies (Tzani et al, 2021). As a result, this can harm teenagers' mental health and well-being for example, the teen can lead to depression, anxiety increase, social isolation in general poor well-being. Mental health includes an individual's emotional, psychological, and social well-being for this reason 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 overall aim of this secondary research paper is to explore the impact of social media on teenagers' mental health to make other parents aware of the impacts this could have on their teenagers.

The research questions asked were.

- a) How does social media affect teenagers' mental health and well-being?
- b) Do social media platforms increase cyberbullying and suicide or suicidal ideation?
- c) How has teenagers' education been impacted by increased screen time?

2. Background

Keles et al, (2020) acknowledged Pew Research Centre estimated 92% of teenagers and young people are active on social media with teenagers and young people aged between 12-17 years being the most users on social media in addition to this 87% have access to a computer/laptop 58% use a tablet and around three-quarters of teenagers use a smartphone to connect with people, browsing internet sites, online games, sharing content and much more. Moreover, It reported 10-20% of teenagers and young people have experienced mental health issues relating to social media sites it was also noted that 50% of mental disorders were formed by the time the teen turned 14 years of age. In addition to this Royal Health and the young health movement acknowledged an increase in anxiety and depression in teenagers and young people affected by internet and social media usage has risen to 70% in the last 25 years this just shows how advanced technology is today.

3. Methods

Data collection / Search strategy

A systematic literature review is a qualitative research method that explores scientific research and is often used to answer a particular issue in research. Its objective is to find and synthesise scholarly research on a particular topic as well as, published and unpublished studies (Alagha, n.d.).

Inclusion and exclusion criteria

In order to complete this systematic literature review eligibility criteria needed to be met as follows:

- To be published within 10 years for example (2013-2023)
- The topic explored, to explore the impact of social media on teenager's mental health.
- Using primary or empirical studies to explore the relations between teenagers and social media and mental health.
- Including teenagers or young adults aged between (11-18) years old.
- Must be published in English and UK based only.

As for exclusion criteria, it did not include adults above 18 years old or young people below 11 years of age. Not outside of the UK and not before 10 years.

Searches were conducted using the UWTSD library, PubMed, and Cochrane however, Google Scholar seemed to be more helpful in the findings. In addition to this key words were used to narrow down the search; keywords used are Social media/ Internet Mental

health/well-being Cyberbullying Teenagers/ adolescents / Self-harm/ suicide ideation and self-esteem.

Furthermore, four research papers were used three primary and one empirical.

Data analysis

Thematic analysis is used to analysis qualitative data and is a method to many kinds of research. The purpose of thematic analysis is to identify common themes, topics, ideas, and patterns additionally, thematic analysis is used to approach research for example, to view people's opinions, knowledge, experiences, and values using qualitative data (Caulfield, 2022). Additionally, questionnaires, interviews and observations are qualitative research methods to collect qualitative data (*Ethical Considerations in Research: Examples | StudySmarter*, n.d.).

This systematic literature review aims to analysis the impact of social media on teenagers' mental health this is important as it can provide awareness to young people, teenagers and families of the dangers social media can cause on mental health and their well-being.

A qualitative data research was conducted data bases used was Google scholar for the most part of this systematic literature review.

4. Results

Of the 14 selected primary and empirical articles that was viewed only 4 was useful to the aim of this secondary research 5 empirical studies was excluded as it contained teenagers and adults which is not the focus of this systematic literature review the other 5 did not contain relevant information needed to conduct this systematic literature review so was also excluded.

In total 3 themes were identified. Table 1 discusses an overview of the 3 themes through analysis of the data reviewed.

Theme 1: Negative behaviours

Social media can trigger body image concerns, weight, and appearance according to Keles et al, (2023) girls are more affected on their body image than boys nevertheless, it has been noted that teenagers felt more comfortable posting pictures online with a filter as they felt more confident as well as, improved their self-esteem. Teenagers have a desire to compare themselves with their friends, idols, or strangers they view online to get other people's attention and opinions on their appearances, abilities, and attitudes therefore, causing worry

as this can impact their view on their body image, unhealthy eating habits as well as, having unrealistic views on how they see other peoples lives and how they live which in turn can cause mental health and psychological distress (Keles et al, 2023).

Moreover, many parents of teenagers and young adults work long hours which increases a teenagers social media usage which reduces connectedness in the family. Whinestone et al, (2021) noted teenagers turn to their mobile phone to reduce their boredom as well as not to feel lonely as their family are not there to talk with. Furthermore, teenagers increased screen time when there is a situation in their home life therefore, felt social media was comforting for them however, this was not always the case as some felt more depressed. Boys on the other hand who spend more then three hours a day on social media experience bad behaviours for example, being aggressive and disobeying parents, family members and teachers.

Theme 2: Cyberbullying associated with social media platforms.

The internet provides a forum for people to hide their identities anonymously this is a platform for cyberbullies and trolls to hide behind. O'Reilly et al, (2018) noted that research in the United Kingdom 15% of young people between ages 9-16 years have been disturbed by online content and 28% of 11-16 year olds have gone through upsetting experiences such as cyberbullying which is used to post threatening messages through snap chat being the main root of media platform as well as, embarrassing pictures and rumours with intentions to harm another person this remains to be a constant problem among social media and trolling.

Theme 3: Social media addiction

O'Reilly et al, (2018) acknowledged social media as being addictive like a drug substance as a result, teenagers are becoming more distant from their families and spending less family time. Furthermore, there are reports of teenagers being on internet the whole day especially on school holidays and after school. O'Reilly et al, (2018) noted Limited sleep was problematic as adolescence was losing their sleep due to checking their phones for messages and likes on social media platforms as a result, affecting their education and a drop in their attendance therefore, impacting how teenagers and young people perform in their education. Furthermore, as noted in 'negative behaviours' teenagers feel pressure to look good for example body image young people have reported that they have seen negative content on the internet related to diet and nutrition for example fad diets, adult weight loss or bodybuilder transformations therefore, they became addicted and obsessive browsing for extreme diets and exercises to change their body image as a result, they felt high levels of body dissatisfaction Goodyear et al, (2018). It was also, noted policy makers

are concerned related to the level of risks that come with social media content and how much the teenagers engage in anti social behaviour. Moreover, violent content such as shooting and stabbing plastered on social media sites for young people to see can have some traumatising affects on teenagers which in turn is affecting their mental health.

In addition Keles et al, (2023) acknowledged teenagers fear of being left out of their friendship group if they do not respond to online content and interactions causing anxiety and a fear of being rejected by their friends.

On the other hand, social media was considered to have a positive impact on teenagers health especially during Covid-19 where face to face contact was prohibited they took advantage of the internet and social media platforms to connect with their friends and family and even made new friends through gaming platforms or Tik Tok as a result this changed young people mood, and made them happier during a time that was hard for everybody (Keles et al, 2023).

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.
(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	Research shows negative social media usage on teenagers. Mixed views Social media cause ill- mental health. Is addictive. Exposed to cyberbullying. Impact on sleep
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Table 1

Synthesis/analysis

Of the four papers found and viewed two are primary research, one empirical and one cohort study and published between 2018-2021. The age of participants in these studies are between 11-18 years, all studies are conducted in England in several UK locations Leicester, London, East Sussex and in UK secondary schools two private girls' schools, one mixed school and another mixed school but in a deprived area. The studies contained 24 students face-to face interviews, 1346 student mixed methods and focus group interviews, 500 students used questionnaire surveys, and another contained 6 focus groups where questions were used.

5. Discussion

Based on this literature review some themes were identified relevant to the topic chosen The impact of social media on teenager's mental health. In particular, the themes identified stresses the importance social media having a) negative behaviours on teenagers'; b) cyberbullying associated with social media; and d) social media addiction.

Out of the four primary and empirical studies that were used among adolescents across secondary schools in the United Kingdom through methods such as, interviews and questionnaires shows psychological distress was the most common outcome emerging from social media addiction for example by repeatedly checking their phones for messages and likes. In addition to this evidence shows these factors have an impact on insomnia affecting the teens sleep therefore affecting their performance at school and absent school attendance. Furthermore, lack of social face-to face engagement due to teenagers social

media addictions affect their development and social skills needed for them to grow into adults. Evidence shows social media does play a part impacting a teens mental health and their well-being. However, according to O'Reilly, (2018) Livingstone suggests that adults and teenagers blame technology for the negative behaviours it has on their child associated with social media and how it impacts the child's mental health and well-being however Livingstone suggests its neither the internet or social media platforms are to blame but how individuals use these platforms therefore, should be encouraged to take responsibility for their behaviours on social media furthermore, some efforts were made to inform individuals about the risks that can arise among social media. However, studies in O'Reilly, (2018) papers suggest teenagers reported they lacked this knowledge as it is not taught in schools especially in terms of cyberbullying whereas, bullying is always a top topic to be mentioned in school. In addition, studies show girls and boys are equally likely to experience mental health impacted by social media however, the findings show girls scoring more highly on negative behaviours such as, their emotional well-being compared to boys. Furthermore, teenagers are found to increase their usage on social media such as TikTok to replace lost time when their families are working long hours. This suggests teenagers are relying on the internet/ social media to feel belonged by connecting with peers to relieve loneliness and boredom in the absence of their family. Additionally, an increase in social media usage can act as a protective tool to help relieve stress, anxiety and depressive symptoms associated with poor connectedness within the family home where there are external pressures that affect the teenager or young people (Whinestone et al, 2021). Furthermore, teenagers

On the other hand, the studies reviewed do show positive use of social media. On the contrary, there are very little studies in the UK to prove this.

Recommendations

Based on the findings it is recommended on the health and well-being of teenagers or young adults that it is strongly advised cyberbullying or cybercrime needs to be made aware among students and teachers and taught in schools as part of their curriculum. Furthermore, teens or young adults should be advised to inform parents, legal guardians, and teachers of any bullying and threats they encounter from cyberbullying from social media sites such as Tic-Toc, Instagram, and Snapchat. In addition to this schools should think about hosting

counseling sessions for those affected by cyberbullying as well as, to better manage the awareness of cyberbullying.

Moreover, parents or legal guardians need to build communication with their child or children in comparison to build trust and understanding among them as well as, to advise their teens using social media platforms on the dangers that could occur to exposed content. Overall, parents, and legal guardians need to take a proactive approach and closely monitor their child's social media accounts and try to minimize bad content that their teens are exposed to such as self-harm unhealthy eating, and fad diets as well as, racism and bullying including cyberbullying if this is possible also, parents and legal guardians should keep watch on their teenager for unusual behaviours such as withdrawn, depressed, as this can be a cause for concern. Interfering early can improve better outcomes for the teen.

Limitations

This literature review found some limitations, for example, only four articles were allowed and only primary and empirical articles were to be analyzed. Furthermore, only articles in the United Kingdom and English language as well as, only to be published within ten years (2013-2023) was used in this literature review. Moreover, although the first aim of this systematic literature review was to examine how social media cause suicide among teenagers very few findings were found using the inclusion criteria however, found much research on cyberbullying and mental health about social media and teenagers.

6. Conclusion

This systematic literature review aimed to explore the relationship between social media and teenagers' mental health and well-being. In conclusion, there is evidence of the relationship between social media and teenagers' mental health and how teenagers face external pressures from the family home and peer pressure which leads them to social media addiction overall affecting their mental health and psychological such as anxiety, depression which can all cause insomnia affecting the adolescents sleep and poor performance in regards to their education and lack of attendance. Furthermore, lack of connectedness and trust within the family home can also lead to social media addiction for example, not feeling belonged to find love and attention on social media platforms however, parents are not always aware of what their teen does on social media and can sometimes overlook the dangers that occur as well as missing the mental health signs their teen may be facing. It is recommended there is better knowledge in schools concerning cyberbullying as this is also overlooked as bullying and cyberbullying are not the same thing as well as parents and legal guardians take better control of their internet usage and social media content and teach the

teen the dangers that can occur. On the other hand, social media has many positives and is advancing every day.

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