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Module name: Introduction to Research

Topic: Teenager's mental health and well-being impacted by social media

Module code:

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1. Introduction

Social media is broadly used amongst teenagers or young adults for instance, teens can receive and send direct messages among friends/ family, post content such as images on social media platforms such as Snapchat, Instagram, Tic Toc, and YouTube respond to posts created for likes and comments, browsing other peer's profiles (stalking) also, browsing internet content Teenager's can connect and communicate through text messaging, videos, and phone calls anywhere as long as an individual has internet connection or WIFI. Social media is the technology that allows individuals to connect with friends and family through platforms such as Snapchat, Tic Toc, and Instagram just to mention a few. In addition to this, it is used to share information through Internet platforms (Cambridge Dictionary, 2019). As a result, this can have a negative impact on teenagers' mental health and well-being for example, the teen can lead to depression, anxiety increase, and 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).

Definition of main concepts and what this study is about

Objectives

2. Background

Contextual information

Rationale of the research

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 Its objective is to find and synthesise scholarly research on a particular topic as well as, published and unpublished studies (Alagha, n.d.).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 as follows

- Social media/ Internet
- Mental health/well-being
- Cyberbullying
- Teenagers/ adolescents
- Self-harm/ suicide ideation/ 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.)

A qualitative data research was conducted data bases

Ethical considerations

4. Results

Presentation of the main characteristics of the studies selected (e.g. aim, methods, location, etc.)

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

Synthesis/analysis of the data collected from the selected studies for review.

5. Discussion

Discussion of the findings in relation to the aim of your research (use previous studies to support your arguments).

Based on this literature review some themes were identified relevant to the topic chosen The impact of social media on teenagers 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.

The primary and empirical studies that were used among adolescents across secondary schools in the United Kingdom through methods such as, interviews and questionnaires shows that social media does play a part impacting a teens mental health and their well-being. 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 for future policy and health and social care practice

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 counselling sessions to those affected in cyberbullying as well as, to better manage the awareness of cyberbullying.

Moreover, parents or legal guardians needs to build communication with their child or children in comparison to build trust and understanding among them as well as, to

advise their teen using social media platforms the dangers that could occur to exposed content.

Importance of the findings for health and social care

Limitations of your research.

6. Conclusion

The aim of this systematic literature review was to explore the relation between social media and teenagers' mental health and well-being.

Summary of the main points of the research.

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