

The Effect of Media on Mental Health

Matthew Ca



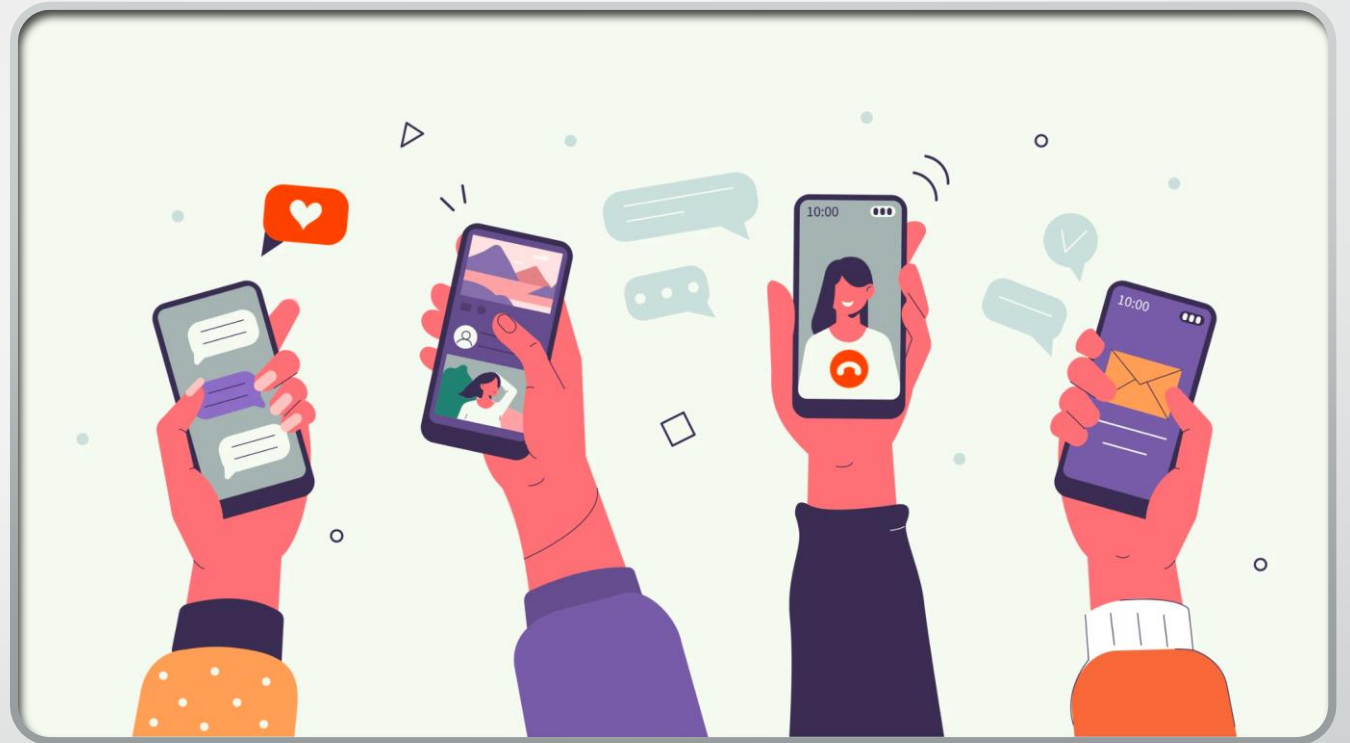
What is Media?

- Form of Mass communication
- Used to store/deliver information or data
- Main source of worldwide communication
- A tool/platform where people can relate to others all around the world and get info on life outside of home



Uses for Media

- Educating people on world events
- Health promotion
- Environment
- Politics
- Keeping friends and family in touch



Effects and Types of Media

- There are all different types of media
- It affects every person differently
- It has many positive and negative effects on how we live
- Can have significant impacts on someone's mental health



Positive Effects of Media

- Good way to know what is happening around us
- Promoting healthcare
- Offering support
- Can keep you in the loop with friends and family
- Lots of online communities that someone might find common interests with others in



Negative Effects of Media

- Social Comparison
- Cyberbullying
- Spreading of false information
- Often causes lack of social skills
- Can cause lack of sleep which can affect mental health



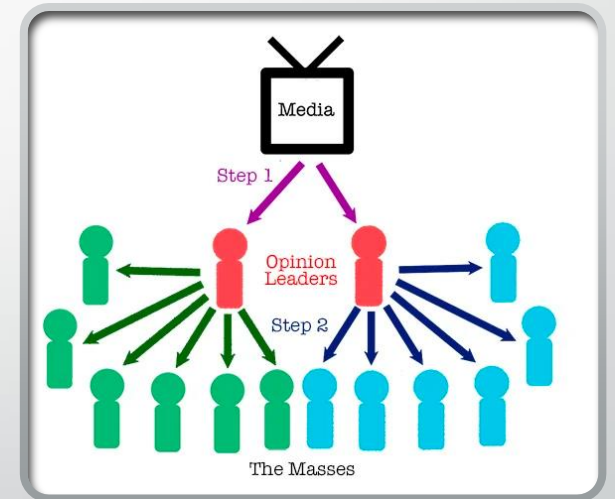
The Third Person Effect

- Hypothesis was created in 1983 by Phillips Davison
- First thought about it in 1949 or 1950
- How the Japanese tried to dissuade black U.S soldiers from fighting at Iwo Jima
- Effect of pupils thinking media messages will have a greater effect on others than themselves
- People think that not being influenced by mass media can cause self esteem



The Two-Step flow theory

- Formulated in 1948 by pupils named Lazarsfeld, Berelson and Gaudet
- Hypothesis that says many people form opinions on things under the influence of “opinion leaders”
- These “opinion leaders” is always influenced by mass media
- Opinion leaders take what they find in mass media and paraphrase it into their own words before sharing with others
- Big example of this are influencers
- Affects one's views as pupils often feel closer to influencers than other sources of media





Media and Mental Illness

- The media frequently circulates false information about diseases, which can contribute to stigma associated with mental illnesses
- Affects how the public views people with mental illness even if it is a harmless disease
- People often claim that the stigma stops people with illnesses from seeking help
- If more education was offered on mental illness, many pupils at young ages would feel more comfortable seeking help



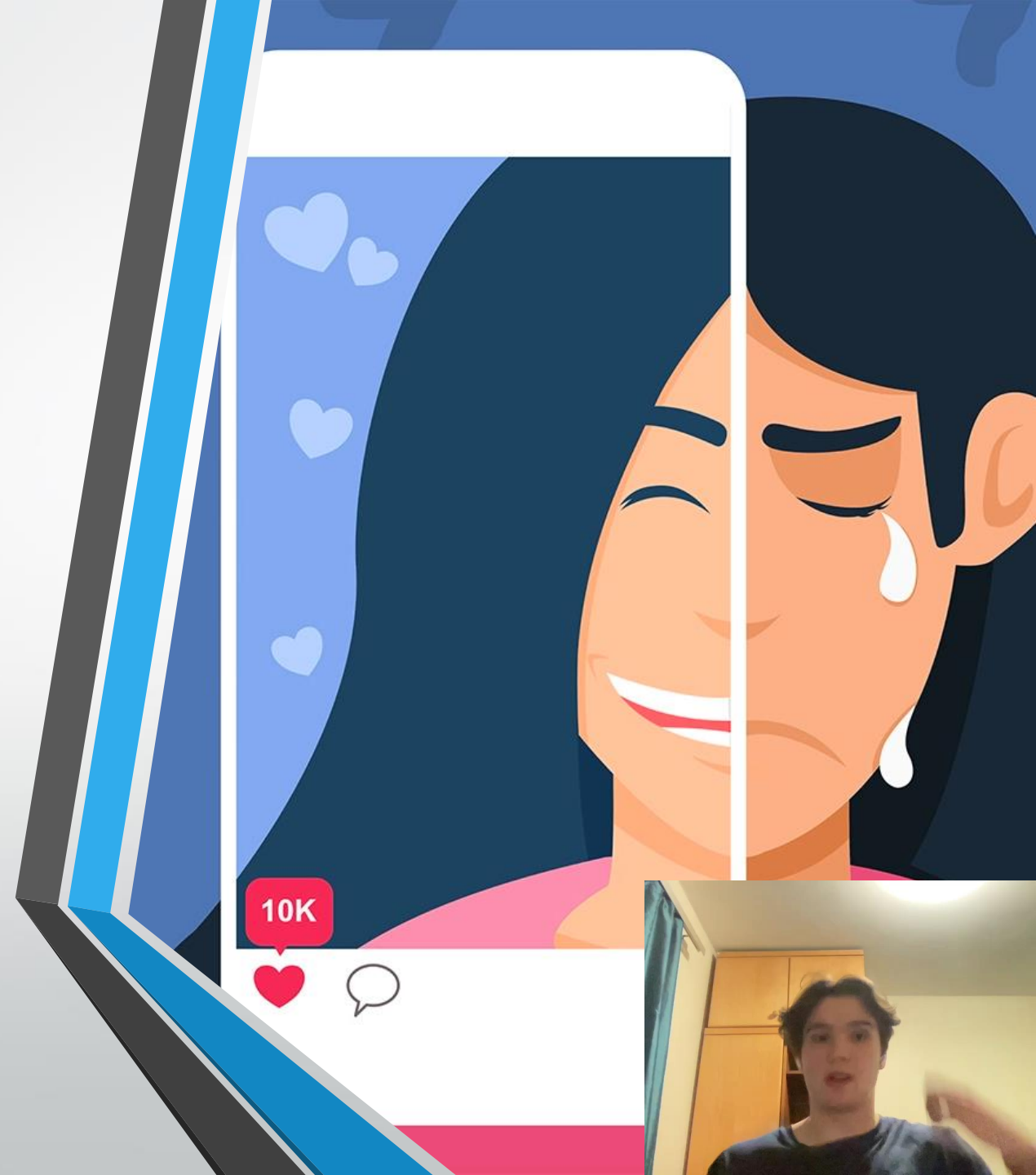
#BellLetsTalk

- Canadian campaign created by telecommunication company to raise mental health awareness
- Biggest corporate commitment to mental health in Canada
- Encourages Canadians and people around the world to get the help they need
- In March of 2020, Bell put forward 150 million dollars towards this campaign



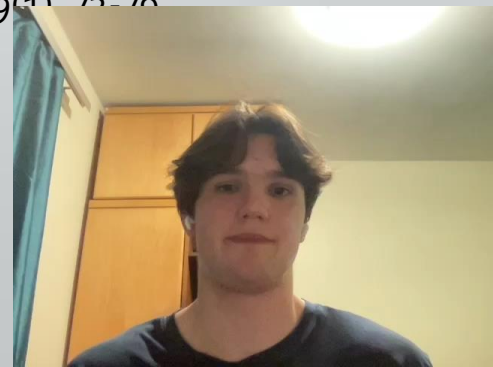
Facts about Media and Mental Health

- Many teens find that social media had a connection to depression and anxiety
- Media is frequently used to help with social interaction
- 1 in 5 Americans experience some sort of mental health issue during their lifetime
- The average American checks their phone up to 46 times a day



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