

## **THE LINK BETWEEN MENTAL ILL-HEALTH IN YOUNG AND THEIR USE OF SOCIAL NETWORKS**

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### *Abstract*

*Social network is the most popular place where young people spend their time. Many persons lose their mind while watching different unacceptable content. The main aim is to show influence social networks on mental health of youth.*

**Keywords: social, network, health, mental, link.**

### **Introduction**

Nowadays, Social network is the most popular place where young people spend their time. Many persons lose their mind while watching different unacceptable content.

Dr. Rangan Chatterjee had patients which had some similar problems. All of them felt negative impact on their mental health. They were very nervous, aggressive and often harmed themselves. So Dr Chatterjee suggested a simple solution – the one of the teenagers should attempt to wean himself off social media, restricting himself to just an hour before he went to bed. Over the course of a few weeks, he should extend this to two hours at night and two in the morning. He reported a significant improvement in his wellbeing and, after six months. He was happier at school and integrated into the local community. That and similar cases have led him to question the role social media plays in the lives of young people.

"Social media is having a negative impact on mental health," he said. "I do think it is a big problem and that we need some rules. How do we educate society to use technology so it helps us rather than harms us?"

### **Research results**

A 2017 study by The Royal Society of Public Health asked 1,500 young people aged 11-25 to track their moods while using the five most popular social media sites. It suggested Snapchat and Instagram were the most likely to inspire feelings of inadequacy and anxiety. YouTube had the most positive influence. Seven in 10 said Instagram made them feel worse about body image and half of 14-24-year-olds reported Instagram and Facebook exacerbated feelings of anxiety. Two-thirds said Facebook made cyber-bullying worse.

Consultant psychiatrist Louise Theodosiou says one of the clearest indications teenagers are spending too long on their phones is their behavior during a session with a psychiatrist.

"Two or three years ago, it was very unusual for a teen to answer their phone or text during an appointment. But now it is common," said the Royal Manchester Hospital doctor. She has seen a rise in cases

where social media is a contributing factor in teenage depression, anxiety and other mental health issues. These problems are often complex and wide-ranging - from excessive use of gaming or social media sites to feelings of inadequacy brought on by a constant bombardment of social media images of other people's lives, to cyber-bullying.

Teenagers who dare to express alternative views, particularly about "diverse sexuality", open themselves up to the risk of a torrent of abuse on platforms such as Twitter, she says. And online bullying can have a more intense effect than playground taunts. Some persons deliberately lose or break their phones just to end distressing messages.

Even for those children whose social media use may be judged normal, there are still dangers in the way the internet has become a conduit into the lives of friends and celebrities.

"Youngsters have a need to compulsively watch others and are getting upset because they feel their lives aren't like that," said Dr. Theodosiou.

"My sense is that they think that their friends have better lives than them, even though they are just seeing an idealized version of others' lives."

### **Conclusion**

Our research shows that if we spent too many times in the social networks like Instagram, Facebook, Snapchat or Twitter, we will make our nervous system more unstable, and because of this new health problems may appear.

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