



Social Media, How Green Is It To The Mental Health Of Young People In Nigeria

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ABSTRACT

Information and communication technologies, including social media, have become essential to adolescents' education, culture, and social lives in many nations (including those with low, middle, and high incomes). For many who struggle with mental illness, adolescence is a particularly difficult time because it's when many of these illnesses are first identified. Teenagers can now control their mental health through the relatively new medium of social networking. In fact, young people commonly describe using social media platforms like Facebook and Twitter as a way to escape the pressures that are endangering their mental health. However, research indicates that young people who use social media may acquire disorders like worry, stress, and depression that could have an impact on their mental health.

Keywords: adolescence, social media, mental health

INTRODUCTION

A person's development of new skills, responsibilities, and intimate relationships during adolescence is an essential stage in their life. Erikson (1968; Christie & Viner, 2005). At this young age, they start to develop their own personalities and take on greater responsibility (Erikson, 1968). It is more difficult than ever for people in this period of life to deal with the challenges of their day since they are dealing with more personal and educational responsibilities than ever before. For those who have mental health concerns, adolescence is a particularly difficult time because many of these conditions are initially identified there (Burns et al., 2009). (Patel et al., 2007). Young people frequently lack a comprehension of what it means to be healthy or how to maintain this status, despite the importance of mental health and emotional wellbeing (Dogra et al., 2012).

Teenagers can now manage their mental health through the relatively new medium of social media. In fact, young people frequently report using social media platforms like Facebook and Twitter to escape the

pressures outside of themselves that pose a threat to their mental health (boyd, 2014). Information and communication technologies like social media have become essential to adolescents' education, culture, and social lives in many nations, including those with low, middle, and high incomes (Allen et al., 2014; van Dijk, 2013). Nowadays, the majority of teenagers use social media, with estimates putting that number as high as 97 percent (Woods & Scott, 2016). According to a recent study, 50% of respondents "friended" someone on Facebook (or a similar platform) to express their romantic interest. In the US, 57% of teens have started relationships online (Lenhart et al., 2015: 3). Evidently, social media are beginning to have a bigger impact on how adolescents develop socially and emotionally (O'Keefe & Clarke-Pearson, 2011).

Although social media may offer novel means of social interaction and communication (Baker & Moore, 2008), initial worries about the amount of time young people spent online predominated. According to the study, using the internet was linked to reduced face-to-face interaction, increased social isolation, stress, sadness, and sleep deprivation (Kraut et al., 1998; Espinoza, 2011). Additionally, it was claimed that it promoted offensive and risky behavior that might be detrimental to one's mental health (Mesch, 2009). Despite the fact that there is research to refute this "internet paradox," showing that such unfavorable symptoms go away as inexperienced internet users become more accustomed to ICTs (Kraut et al., 2002). Additionally, it was claimed that the impact of using the internet on those who were depressed depended on the purpose of use and the individual users' pre-existing social resources (Bessière et al., 2008).

However, policymakers have voiced concerns about the degree of risk that youngsters face when using social media (boyd, 2014). Specific issues include privacy violations, peer-to-peer abuse in the form of hostile or sexually suggestive comments, and undue influence from outside parties like advertising organizations (O'Keefe & Clarke-Pearson, 2011). According to studies done in the UK, 15% of 9–16-year-olds have experienced difficulty due to online content (Livingstone et al., 2014), while 28% of 11–16-year-olds have experienced distress due to social media (Lilley et al, 2014). Cyberbullying, or the use of technology to send hurtful messages, embarrassing pictures, or rumors about other people, is still a problem (Brown & Marin, 2009; Patchin & Hinjaja, 2006). Teenagers can secretly experiment on many identities on the internet (Pujazon-Zazik & Park, 2010). However, those who participate in trolling and cyberbullying may take advantage of this anonymity, which can encourage and support adolescents' disinhibition (Griffiths, 2014). Although the negative effects of using the internet are mainly overstated, there are grounds to be concerned because children frequently come into contact with negative content and teenagers engage in antisocial conduct online (Livingstone and Brake, 2010). According to O'Keefe & Clarke-Pearson (2011), adolescents "are at some risk as they navigate and experiment with social media" because they have "poor capacity for self-regulation and sensitive to peer pressure."

Objectives of the review: this paper seeks to explore the concept of social media and its effect on the mental health of adolescents

Concept of Social Media

People increasingly rely on social media as a primary information source. Print and non-print media are the two categories into which this media is separated. Print media rely on printed mail, newspapers, magazines, and daily newspapers to get their information. In contrast, non-print media rely on social media sites like Twitter, television, and radio for information. The media continues to be a medium that aids in influencing the opinions, attitudes, and knowledge of people all around the world. Social media, according to Angus, Thelwall, and Stuart (2008), provide people with knowledge about every aspect of life. Due to the accessibility of platforms that enable people to connect with the entire universe and advance global development, there has been a great deal of development and expansion in the media. As media use grows, many people, especially young people, use it to learn about the historical evolution of society, ideas, religion, etc.

Social media is an endeavor to help people, particularly students, get closer to one another online or establish social ties through other people. Social media refers to online interactions between individuals who produce, distribute, and trade knowledge and concepts in settings such as offices, homes, communities, etc. Social media makes it possible for people to communicate and share information in the

form of photos, videos, and audio, regardless of their location. Social media is being utilized more often across a wide range of cultural contexts, and as a result, user numbers have grown exponentially over time. People now regularly utilize social media because of its many benefits and drawbacks (Dourish, 2001).

Web 2.0's technological and philosophical underpinnings provide the basis for the social media network, which allows for the creation of user-editable content (Kaplan & Haenlein, 2010). Social media, as defined by Lewis (2010), is a general word for technologies that give users a place to upload and send material as well as link up and engage with others. According to Howard and Park (2012), there are three primary components to social media: (1) the infrastructure and tool for creating and sharing material; (2) content, such as ideas, concepts, messages, and news; and (3) users, including businesses, institutions, and people.

Social media has several benefits, including the ability to adapt and share information on social platforms like Facebook and Twitter in order to teach others and learn from others (Kaplan & Haenlein, 2010). Additionally, according to the PEW Internet and American Life Project (2014), children and adolescents use social media at a rate of 75%. Similarly, NCC (Nigeria Communication Commission) reported that more than 90 million individuals use social media in Nigeria, with children and teenagers making up the majority of these users.

Social media has recently developed into a tool that people may use to interact with others and engage with society (Nicole & Boyd, 2017). As the name suggests, social media has a social component in which users are permitted to connect with one another to foster interpersonal ties and have an impact on people's social habits globally (Kaplan & Haenlein, 2010; Macnamara & Zerfass, 2012).

Social behavior protects people from unacceptably bad behaviors. It focuses on a person's attitude, perception, response, and disposition toward others (Kaplan & Haenlein, 2010). Both good and bad social behaviors exist. Due to positive and advantageous attitudes and dispositions, positive social behavior is acceptable behavior. Due to negative and unfavorable attitudes and dispositions, negative social behavior is the reverse of positive social behavior. Since young people make up the bulk of users, both have an impact on them. They currently study impersonation, fraud, blackmail, bullying of young people, and other negative impacts via WhatsApp, Facebook, and Google Classroom (Abdullah, Ellias & Jegak, 2009). According to Al-Sharqi, Hashim, and Kutbi (2015), social media that is highly integrated into society has both a good side and a harmful side, including being involved in fraud, cybercrime, cyberbullying, and a lack of actual human interactions. According to Rajeev & Jobilal (2015), young people tend to use social media's negative aspects more often than their positive ones. Furthermore, Lowisz (2014) claimed that youngsters utilize social media for the opposite of what it was intended for positive communication and the advantages of connection.

Concept of Mental Health

According to the World Health Organization (WHO), mental health is more than simply being free of mental disorders or impairments. It is an essential component of health, which is understood to be a condition of whole physical, mental, and social well-being rather than merely the absence of illness or disability. This definition of mental health states that it is a state of wellbeing characterized by self-awareness, the capacity to deal effectively with everyday obstacles, effective functioning, and community involvement. According to this idea, a person's mental health affects his or her capacity to think, function, express emotion, interact with those around them, make a living, and enjoy life. On this basis, the promotion, protection, and restoration of mental health may be seen as a crucial priority for people, communities, and societies everywhere.

Numerous social, psychological, and biological elements have an impact on a person's mental health. For instance, persistent socioeconomic constraints and challenges, violence, and emotional instability are all recognized as dangers to mental health. Rapid societal change, demanding jobs, gender discrimination, social exclusion, unhealthy lifestyles, physical illness, and human rights violations are all associated with poor mental health.

A significant and underappreciated global burden of disease is brought on by mental diseases. A mental condition affects more than 30% of the world's population annually, and more than two-thirds of those

affected do not receive the necessary care. More individuals are expected to be crippled by common mental illnesses including depression, anxiety, and disorders linked to substance abuse by 2020 than by AIDS, heart disease, mishaps, and conflicts all together. This startling statistic raises major questions about why mental health conditions do not receive much more attention than they do at the moment.

In the past, it was usual to witness people walking around Nigeria's cities in just their underwear or no clothing at all. Because they ate and lived on the streets, they were branded as crazy. Nobody knew how they became that way, but since their illness was believed to be incurable, they were destined to live in the streets until they passed away or disappeared. Unfortunately, this is the common notion of mental illness among Nigerians, and it affects how they see the condition. On the other hand, mental diseases encompass a vast range of problems, each with its own unique set of symptoms. They are distinguished by a variety of deviant beliefs, emotions, actions, and interpersonal relationships. Examples of mental disorders include depression, anxiety disorders, schizophrenia, eating problems, and addictive behaviors. Many people experience temporary mental health problems. A mental health issue turns into a mental disorder when persistent signs and symptoms cause regular stress and impede your ability to perform. It is impossible to know with confidence if someone will develop a mental health issue, but if some warning signs appear abruptly, they may offer information.

In Nigeria, mental and behavioral disorders affect people of all ages, genders, and socioeconomic backgrounds. But stigmatization of those who are plainly ill with mental illness continues, and mental health is frequently ignored. Around 20 million Nigerians, many of whom do not receive professional assistance, suffer from mental illness, according to the WHO-AIMS report from 2006. The high statistic has been attributed to economic hardship, unfavorable environmental externalities, and the rising expense of a good life in the nation.

Youth Mental Health And Associated Challenges: Globally, Africa & Nigeria

Despite being a typically healthy age group, 20% of youth report having a mental health condition (Kessler and et al, 2005; Patel, et al 2007). The primary causes of adjustment issues in adolescents and young people are mental conditions, which include behavioral and mental-health problems (e.g., depression, anxiety, substance abuse, aggressive-disruptive behavior, attention-deficit and hyperactivity problems, and post-traumatic stress disorder). Throughout the life course, they significantly contribute to impairment and lost productivity (Gore et al 2011). The topic of mental health has frequently been viewed as a lower priority due to the myriad health problems afflicting individuals in poor and low-resource countries; nevertheless, even high-income countries have done the same and allocated significantly fewer resources to mental health than to physical health. According to Saxena et al. (2007), the vast majority of nations spend less than 1% of their health budgets on mental health, which causes a treatment gap of more than 75% in many low- and middle-income nations (World Federation for Mental Health, 2011; World Health Organization, 2011). Additionally, youth with mental health disorders experience significant stigma, which is a significant deterrent to getting care. According to a recent study conducted in one European country, almost 70% of those with mental illnesses reported experiencing prejudice at some point while they were unwell (Chambers, 2010). In undeveloped nations where there was less knowledge of mental health issues, discrimination was probably more prevalent. Young individuals, who are much more likely to be affected by stigma, humiliation, and a lack of fundamental information about mental health, were less likely to engage in help-seeking behavior (Saxena et al, 2007).

In the past, attention has generally been focused on physical health and economic development, not mental health issues. The challenges affecting young people who are at risk for and/or dealing with mental health conditions have received some attention from study groups, organizations, and government. The World Health Organization (WHO) released a study on mental health and development in 2010, and the United Nations General Assembly issued a resolution on global health and foreign policy later that year that emphasized mental health as a crucial area for development attention. Global research on youth mental health has grown significantly, with most of it concentrating on identifying risk and protective factors as well as potential strategies for avoiding and addressing these issues (Bass and others, 2012).

Social networking is a relatively new tool for teenagers in Nigeria to manage their mental health. In fact, young people commonly report using social media platforms like Facebook and Twitter to escape the demands outside of themselves that pose a threat to their mental health (Boyd, 2014). Information and communication technologies, like social media, have become essential to young people's education, culture, and social lives in Nigeria (Allen et al., 2014; van Dijk, 2013). Social media is now widely used by young people, with estimates putting the number as high as 97 percent (Woods & Scott, 2016). According to a recent research, 50% of respondents have "friended" someone on Facebook (or a similar platform) to express their love interest. In Nigeria, 40% of teenagers had started relationships online (Lenhart et al., 2015: 3). Evidently, social media are beginning to have a bigger impact on young people's social and emotional growth (O'Keefe & Clarke-Pearson, 2011).

Although social media may be enabling novel types of social interaction and communication (Baker & Moore, 2008), there were originally concerns regarding how much time young people were spending online. Internet use appeared to be associated with less in-person interaction, more social isolation, stress, sadness, and sleep deprivation (Kraut et al., 1998; Espinoza, 2011). Additionally, it was asserted that it encouraged inappropriate behavior that can be hazardous to mental health (Mesch, 2009). Despite the fact that some studies debunk this "internet paradox" by showing that these unpleasant symptoms go away when internet newbies gain more ICT experience (Kraut et al., 2002). Furthermore, it was claimed that the goals of internet use and the pre-existing social networks of individual users determine how using the internet affects people with diseases like depression (Bessière et al., 2008). Despite this, officials have persisted in voicing their worries about the level of risk that teenagers are exposed to on social media (boyd, 2014) According to O'Keefe and Clarke-Pearson (2011), specific risks include being exposed to material that is considered inappropriate for their age group, such as online pornography, peer-to-peer abuse in the form of sexually suggestive or hostile comments, privacy violations, and the undue influence of third parties, such as advertising bodies. a study conducted in the United Kingdom found that 28 percent of 11 to 16-year-olds explicitly reported having an upsetting experience on social media, with 15 percent of those aged 9 to 16 reporting being disturbed by online content (Livingstone et al., 2014). (Lilley et al, 2014) Cyberbullying, the practice of using digital platforms to publish threatening messages, embarrassing images, and rumors intended to damage others, is still a problem that has to be addressed (Brown & Marin, 2009; Patchin & Hinjuja, 2006) Youths can test out multiple identities anonymously on the internet, but this anonymity can also be used by people who engage in trolling and cyberbullying, which may encourage and assist disinhibition in teenagers (Pujazon-Zazik & Park, 2010). (Griffiths, 2014) While the risks of using the internet are largely overdone in this situation, there are reasons to be concerned because adolescents themselves participate in antisocial online behavior and youngsters frequently are exposed to harmful content (Livingstone and Brake, 2010) Youths are said to be "at some danger" while they use and experiment with social media since they have "low capacity for self-regulation and susceptibility to peer pressure" (O'Keefe & Clarke-Pearson, 2011: 800). .

Usefulness Of Social Media On Mental Health

The anticipated 3.8 billion social media users in the world in 2020, approximately 50% of the world's population (We Are Social 2020). According to recent studies, people with mental illnesses have greater access to and use mobile technology like cellphones (Firth et al. 2015; Glick et al. 2016; Torous et al. 2014a.). Similar to this, there is growing proof that people with mental illnesses utilize social media at high rates. This includes research examining participation on these well-liked platforms across a range of contexts and disorder kinds. Initial research from 2015 revealed that nearly half of a sample of psychiatric patients used social media, with younger people using it more frequently (Trefflich et al. 2015). Of inpatients and outpatients with schizophrenia who reported using social media, 79 percent said they did so at least once a week (Miller et al. 2015). According to a study using data from 2017, rates of social media use have increased among psychiatric populations. These rates are comparable (about 70 percent) among those with significant mental illness receiving treatment and low-income groups from the general population (Brunette et al. 2019).

Similar to the general population, a recent study indicated that people with major mental illness getting community-based mental health treatment use social media at rates that are even higher than 70% of participants (Naslund et al. 2016). Similar results were found among middle-aged and older people with mental illness who sought treatment at peer support organizations, where 72% of respondents admitted to using social media (Aschbrenner et al. 2018b). Another study found similar outcomes, with 68 percent of people who had their first episode of psychosis using social media every day (Abdel-Baki et al. 2017). In response to a poll released by the National Alliance of Mental Illness (NAMI), those who self-identified as having a schizophrenia spectrum disease stated that utilizing social media websites was one of their most frequent activities when using digital devices, taking up about 2 hours each day (Gay et al. 2016). Over 97 percent of adolescents and young adults with psychotic disorders and mood disorders, aged 12 to 21, who reported accessing social media, did so on average for more than 2.5 hours per day (Birnbaum et al. 2017b). Similar to this, 98 percent of teenagers aged 13 to 18 who were selected from community mental health centers admitted to using social media, with YouTube being the most popular site, followed by Instagram and Snapchat (Aschbrenner et al. 2019).

Research has also looked at the reasons why people with mental illnesses use social media and the advantages they believe coming online will bring. We examine three potentially distinctive aspects of interacting and connecting with others on social media in the sections that follow (see Table 1 for a summary), which may be advantageous for people with mental illness. These consist of:

(1) Facilitate Social Interaction: Regardless of the time of day or place, social media platforms provide nearly constant chances to connect and communicate with people. This instantaneous accessibility to communication may be crucial for promoting social engagement among those with mental illnesses who have trouble connecting in face-to-face situations. For instance, social media may help these people communicate and interact with others as inadequate social functioning is a typical deficiency in schizophrenia spectrum disorders (Torous and Keshavan 2016). In one study, participants with schizophrenia reported that social media made it easier for them to engage and form social connections (Miller et al. 2015). The capacity to communicate with others anonymously, like other forms of online communication, may be a crucial aspect of social media, especially for people with severely stigmatizing medical illnesses, including significant mental disorders (Berger et al., 2005). (Highton-Williamson et al. 2015).

Studies have shown that people with severe mental problems and young adults with mental illness appear to build online interactions and engage with others on social media as frequently as social media users from the general population (Spinzy et al. 2012; Gowen et al. 2012). This is a crucial finding since people with severe mental illnesses generally have few offline social connections and suffer from high levels of loneliness (Badcock et al. 2015; Giacco et al. 2016). Nearly half (47%) of people who use social media and receive publicly supported mental health care said they do it at least weekly to feel less alone (Brusilovskiy et al. 2016). In a different study, the majority of young adults with severe mental illness said they utilized social media to feel less alone (Gowen et al. 2012). Interestingly, greater community engagement as evidenced by involvement in work, school, religious activities, or visiting friends and family and greater civic engagement as shown by voting in local elections were linked to more frequent use of social media among a sample of people with serious mental illness (Brusilovskiy et al. 2016)

(2) Access To A Peer Support Network: Peer support, defined as a system of reciprocal giving and receiving where people who have experienced the difficulties of mental illness can provide hope, friendship, and support to others going through similar difficulties, is becoming more widely recognized as a potential benefit of social media platforms (Bucci et al. 2019; Naslund et al. 2016b) (Davidson et al. 2006; Mead et al. 2001). People with schizophrenia appeared to use these forums for self-disclosure and sharing personal experiences, in addition to providing or requesting information, describing symptoms, or discussing medication, according to early research on the use of online self-help forums among people with serious mental illnesses (Haker et al. 2005), whereas users with bipolar disorder reported using these forums to seek advice from others about their illness (Vayreda and Antaki 2009). Highton-Williamson et al. (2015) highlighted that an important goal of such online connections was to forge new friendships, pursue romantic relationships, maintain existing relationships or reconnect with people, and seek online

peer support from others with lived experience. This was done in a review of online social networking in people with psychosis (Highton-Williamson et al. 2015).

Online peer support for people with mental illness has been explored further in a number of research. According to a content analysis of YouTube comments made by people who self-identified as having a serious mental illness, there were chances to feel less isolated, offer encouragement, find support and learn from one another as well as share coping mechanisms for day-to-day difficulties of living with a mental illness (Naslund et al. 2014). Chang (2009) identified distinct communication styles in an online peer-support group for people with psychosis (Chang 2009). Different types of support specifically emerged, including "informational support" regarding medication use or getting in touch with mental health professionals, "esteem support" involving encouraging remarks, "network support" for exchanging similar experiences, and "emotional support" to demonstrate understanding of a peer's circumstance and offer hope or confidence (Chang 2009). According to Bauer et al. (2013), bipolar illness patients mostly used online self-help forums to communicate their emotions with others, facilitate information exchange, and gain from belonging to an online social community (Bauer et al. 2013)

(3) Promote Engagement And Retention in Services: In order to cope with mental health symptoms or to promote overall health and wellbeing, many people who live with mental disorders have expressed interest in using social media platforms to connect with mental health professionals, access evidence-based mental health services, and seek mental health information (Lal et al. 2018, Birnbaum et al. 2017b) (Naslund et al. 2017). Given the prevalence of social media use among people with mental illnesses and its potential to encourage social interaction and enable connections with encouraging peers, as mentioned above, it may be possible to use social media's well-liked features to improve current mental health programs and services. Peer-to-peer support may supplement digital mental health therapies for people with psychotic disorders by explicitly enhancing engagement, compliance, and adherence to the interventions and may also enhance perceived social support, according to a recent review by Biagiante et al. (2018). (Biagiante et al. 2018).

A pilot trial of the online psychosocial intervention HORYZONS showed significant decreases in depression among patients with first episode psychosis among digital programs that had peer-to-peer social networking integrated in line with popular features on social media platforms (Alvarez-Jimenez et al. 2013). It's significant that the majority of participants in this study (95%) used the program's peer-to-peer networking component, with many of them reporting improvements in their perceptions of social connectivity and empowerment throughout their recovery (Alvarez-Jimenez et al. 2013). As part of a significant randomized controlled trial, this moderated online social therapy software is currently being assessed for preserving treatment outcomes from first episode psychosis services (Alvarez-Jimenez et al. 2019).

Other early studies have shown that young people at high risk of psychosis can benefit socially by using digital settings with the interactive peer-to-peer elements of social media (Alvarez-Jimenez et al. 2018). Additionally, a number of smartphone apps have recently surfaced to improve symptom monitoring and relapse prevention in psychotic diseases. Among these apps, the creation of PRIME (Personalized Real-time Intervention for Motivational Enhancement) required careful collaboration with young people with schizophrenia to guarantee that the app's appearance resembles popular social media platforms rather than already in use (Schlosser et al. 2016). This innovative design strategy for the app aims to increase user engagement, ensure that it can successfully boost motivation and functioning through goal setting, and improve the quality of life for individuals with schizophrenia (Schlosser et al. 2018).

The use of social media platforms to encourage involvement and participation in in-person services provided by community mental health venues is another possibility. For instance, PeerFIT, a peer-based lifestyle intervention, uses a combination of in-person lifestyle workshops, exercise groups, and digital technology to help people with major mental illness lose weight and improve their fitness (Aschbrenner et al. 2016b, c).

Side Effects of Social Media On Mental Health Of Youths

(Royal Society for Public Health 2017). This section will examine the underlying causes, which are many and varied. According to research, four of the top five social networking sites for young people exacerbate their anxiety (Royal Society for Public Health 2017). According to research, teenagers who use social media heavily—that is, those who log onto social networking sites for more than two hours per day—are more likely to report having poor mental health, including psychological distress (Sampasa-Kanyinga H, & Lewis RF 2015).

Cyberbullying is a serious issue that has an impact on young people. According to data, seven out of ten young people encounter cyberbullying (Royal Society for Public Health 2017). Numerous different types of cyberbullying exist. It might involve making unpleasant comments online, intimidating or threatening someone online, and publishing images or videos that are meant to upset people. This list is not all-inclusive.

Bullying that occurs in person and bullying that occurs online are fundamentally different. Because the bullying occurs in the victim's personal and private locations, such as their homes and bedrooms, the victim may find it challenging to leave. Additionally, due to the ability for social media to spread online posts among hundreds of thousands or even millions of people, the number of people who witness the bullying may be very high. This can be extremely humiliating for the sufferer and cause them to lose confidence and feel less valuable. Online bullies can permanently retain humiliating texts, images, and videos, making the victim constantly encounter the bullying whenever they use the internet. Cyberbullying victims may endure melancholy, anxiety, insomnia, self-harm, and loneliness (Stop Bullying.gov 2017).

Body image issues have also been linked to social media. According to research, body image problems are more prevalent among young girls and women in their teens and early twenties who briefly access Facebook than among non-users (Tiggeman M, & Slater A. 2013). When young people see pictures of "perfect" bodies, they begin comparing those bodies to their own. Low body esteem can come from this, especially if young people believe their own bodies don't measure up to the "ideal" bodies they see online. Celebrities have a big impact on young people, and some of them might want to appear like them. If they believe this is not possible, it may lead to melancholy, body-surveillance, and low self-esteem. Young people may then begin to experience illnesses like eating problems. Body image is a problem that affects people of all genders. Additionally susceptible and influenced by the strong, toned physique they see online are young men. Males are becoming more interested in their appearance as time goes on, and seeing pictures of ripped, toned bodies may inspire them to engage in rigorous exercise regimens. Males are also more prone to developing eating disorders.

Young individuals may develop a false sense of attractiveness as a result of having access to digital editing tools to alter how they seem in images. Young people are increasingly considering cosmetic surgery, which is concerning (Royal Society for Public Health, 2017). Additionally, the rise in "selfies" in recent years has led to an increase in pictures that idealize beauty and perfection. These pictures may have a damaging effect on one's self-worth and self-confidence.

According to studies, young people who use social media more frequently have significantly worse sleep (Scott H, et al 2016). It seems that being always online is something that young people like. They start to experience "Fear of Missing Out" (FOMO), which is linked to depressive symptoms and a lower quality of life (Pryzbylski A, et al 2013). This may cause young people to check their smartphones frequently for messages, even during the night, which can disrupt their sleep. Sleep is crucial during adolescence, and interrupted sleep can lead to tiredness and a lack of time for the brain to regenerate. Aside from other negative consequences, poor sleep can affect a person's behavior and academic performance.

My own experiences with school administrators led me to believe that many teenagers exhibit indicators of fatigue during the school day. This may lead to a lack of interest in the lectures, which would be adverse to academic success.

Particularly troubling is the connection between using social media and self-harm or even suicide (Royal Society for Public Health 2017). It is quite concerning that young kids can obtain upsetting online

material that encourages self-harm and suicide. Teenagers may imitate the behaviors they are exposed to as a result of this content's aim to "normalize" self-harm and suicide.

Conclusion

The usage of social media can be harmful to children's and young people's mental health. It may lead to stress, sadness, issues with one's body image, self-harm, substance abuse, and even death. However, social media is a resource for networking, staying in touch with friends, exchanging information, offering support and advice, and providing access to a wealth of knowledge for young people. Given all the advantages that social media offers, preventing kids and teenagers from utilizing it is not the best course of action. Schools, parents, and the internet sector must make every effort to protect kids from harm by taking a proactive stance rather than reacting when crises arise.

RECOMMENDATIONS

1. In order to reduce time wasted on chatting and other unproductive activities that have little bearing on their daily lives, it is important to teach the youth how to use social media more effectively.
2. The Nigerian Communication Commission and network providers in particular need to develop ways to filter the material that gets to young people through social media sites. By doing this, their exposure to pornographic and other inappropriate materials will be reduced.
3. In order to safeguard children from pedophiles and sex predators, parents and security organizations should keep an eye on the activities of young people on social media.
4. Schools and government organizations should use social media as one of their communication channels if they want to reach young people effectively.
5. All parties involved in the situation should think about planning social gatherings for the youth so they can physically connect and mingle with one another in order to prevent creating a generation lacking in interpersonal communication skills.
6. The results of this study should be used to the creation of policies at educational institutions that include youths, such universities and high schools, as well as in government agencies that work with young people.

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