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# Social Media Addiction Affecting Mental Health of College Women

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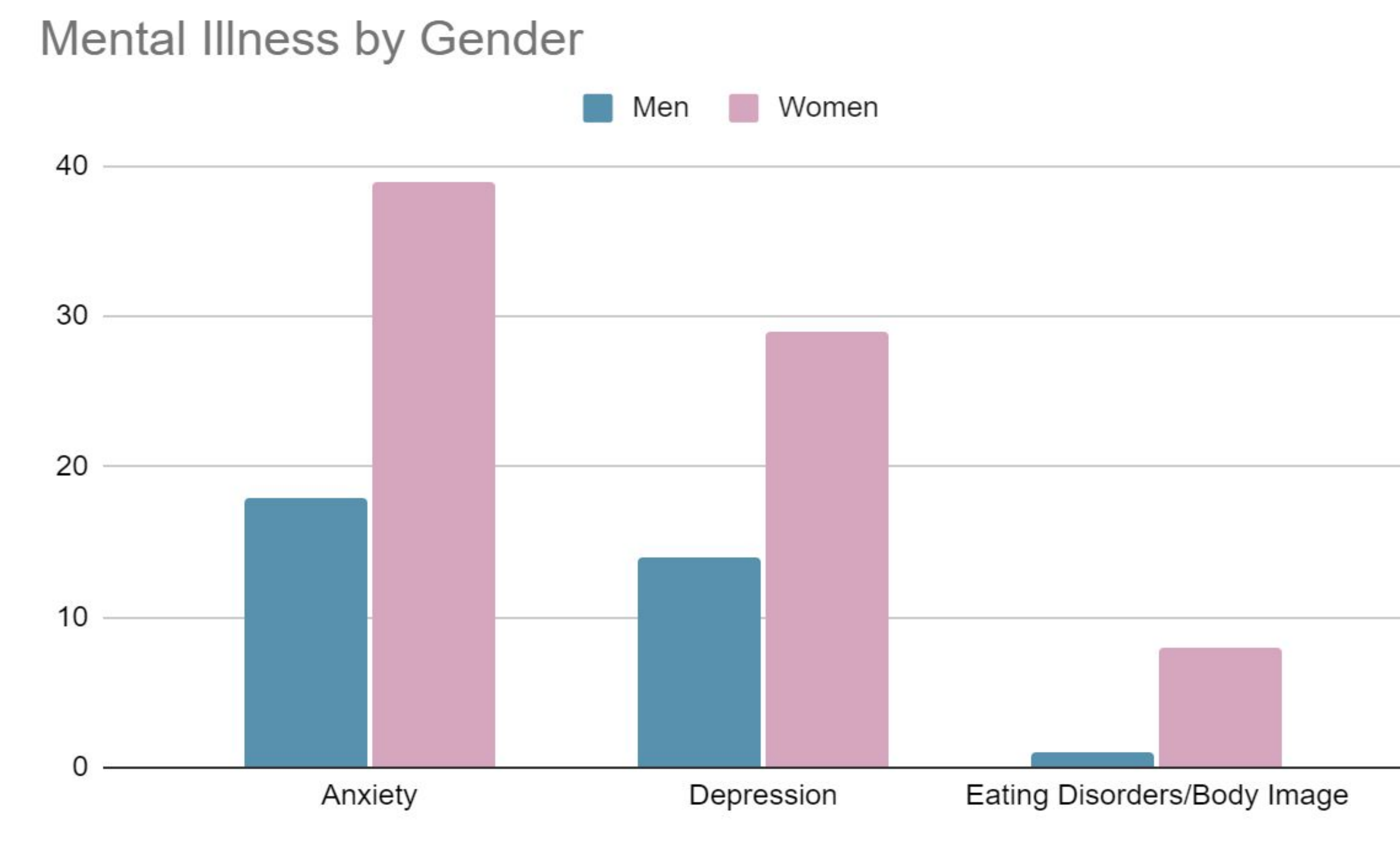
## Abstract

- In our digital society, many teenagers and young adults use the many forms of social media, which are applications that enable users to create, share, and view content.
- Addiction to sites such as Instagram, TikTok, and Snapchat is a rising concern due to the impact it has on the mental health of young women, particularly those aged 18-25.
- Addiction can result in spending an unreasonable amount of time on social media, being overly preoccupied with social media content, or having day-to-day activities that revolve around social media usage.
- Different sources of data were reviewed to understand why mental health concerns such as anxiety, depression, and low self-esteem are common among those who are heavy social media users.
- Gaining a better understanding of why addiction to social media creates issues for college women allows for the opportunity to develop possible solutions that could improve the well-being of those affected.

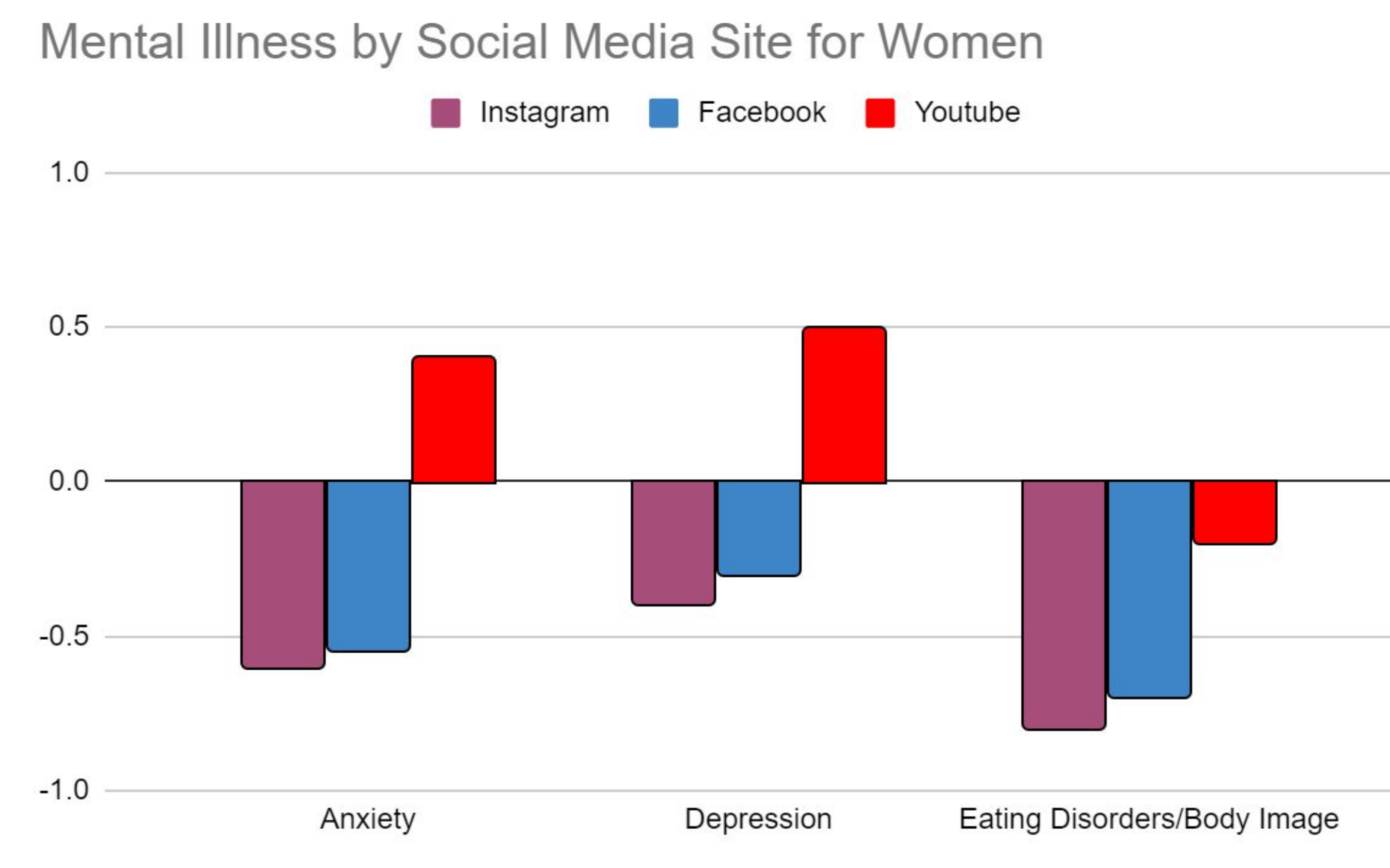
## Background

- Research has shown that social media induces dopamine surges in the brain, which encourages users to go back to the sites
- Mental health challenges including depression, anxiety, and low self-esteem have all been associated with those who overuse use social media
- Common challenges like pressure to fit in and comparing oneself to others are exacerbated by over consumption of social media
- Furthermore, worry about receiving attention in the form of likes and comments puts unnecessary stress on users
- The gold standard psychiatric diagnostic tool, DSM-V, describes a loss of concentration, feelings of worthlessness, restlessness, or irritability as symptoms of depression and anxiety; these findings were reported among some social media addicts
- With the continuously growing popularity and prominence of social media products and increasing consumption among young women, understanding the effects of this product is more important than ever before

## Materials and Methods



- Different literature reviews, systematic reviews, and studies were analyzed
- Search terms utilized included “mental health” OR “mental illness” AND “social media” OR “social platform” AND “addiction” OR “fixation” AND “college” OR “young adult” AND “female” OR “women”



- Studies were limited to the past ten years
- Studies were based both in the United States as well as foreign countries

## Results

- Research shows that women have more social networks and use social media more often, which makes them more susceptible to mental illnesses from social media
- Social comparison, a strong motivator, can make women feel insecure and lead to increasing self-esteem issues
- A study including 900 participants (75% of which were women) showed that users felt lonelier the more time spent on social media
- Another study of 129 female participants aged 18-35 found that using Instagram created negative self-perceptions about their body
- Despite some users awareness of the harms of social media on their mental well-being, a fear of missing out keeps them returning

## Conclusion

- While social media addiction impacts both men and women, studies show that the mental health of women are at greater risk of being affected
- Stress and social comparison are the primary factors behind anxiety and depression from social media

## Future Direction

- Learning to limit social media use in a healthy manner can reduce the impact it has on mental health
- Medication and therapy can possibly help treat any mental illnesses caused by social media addiction
- Limiting negative content and engaging with more positive posts can be beneficial

## Acknowledgments

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