Social Status: Keeping a Safe and Healthy Relationship with Social Media
Objectives

• Define Social Media
• Explain algorithms and why you see specific content.
• Recognize how to identify reliable, verified information.
• Know when it’s time to take a break from social media.
What is Social Media?

“websites and applications that enable users to create and share content or to participate in social networking” Lexico
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<th>Popular Types of Social Media</th>
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<td><strong>Shopping</strong></td>
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Technology behind the keyboard

• Algorithms generate the content you see on your social media page.

• Most people don’t understand how algorithms classify content.

• Algorithms-drive social media platforms can produce a mix of positive and negative emotions.
Top ranking websites

Google.com
Facebook.com
Youtube.com
WhatsApp
Messenger
Wikipedia.org
Twitter.com
Yahoo.com
Instagram.com
TikTok
Is Facebook Bad for You? It Is for About 360 Million Users, Company Surveys Suggest

The app hurts sleep, work, relationships or parenting for about 12.5% of users, who reported they felt Facebook was more of a problem than other social media.

Social media are responsible for aggravating mental health problems. This systematic study summarizes the effects of social network usage on mental health. Fifty papers were shortlisted from a large database, and after the application of various inclusion and exclusion criteria, 16 papers were chosen and all papers were evaluated for quality. Eight papers were cross-sectional studies, three were longitudinal studies, two were qualitative studies, and other were systematic reviews. Findings were classified into two outcomes of mental health: anxiety and depression. Social media activity such as spam post to have a negative effect on the mental health domain. However, due to the cross-sectional design and methodological limitations of sampling, there are considerable differences. The structure of social media influences on mental health needs to be further analyzed through qualitative research and vertical cohort studies.

**Keywords:** social media, mental health, systematic review, prizes

Introduction and background

Human beings are social creatures that require the companionship of others to make progress in life. Thus, being socially connected with other people can reduce stress, anxiety, and problems. Lack of social connection can pose serious risks to mental health [1].

Social media

Social media has recently become part of people's daily activities, among them pleasant areas such as Facebook, Instagram, Twitter, and other popular social media. Thus, many researchers and scholars study the impact of social media and applications on various aspects of people's lives [2]. Moreover, the number of social media users worldwide in 2019 is 3.48 billion, up 9% year-over-year [3]. A statistic in Korea is that 37% of students use social media, and 34% of students feel controlled by social media [4].

Facebook Delays Instagram App for Users 13 and Younger

The social media giant said it still wanted to build a child-focused Instagram product but would postpone the plans in the face of criticism.
Symptoms of Social Media Related Mis-usage

- Social Isolation
- Depression
- Anxiety
- Aggression/Agitation
- High-Risk Behavior
- Lying/Excuses
- Weight Loss/Gain
- Sleep Loss/Gain
- Decreased Interest
- A marked deviation for a person’s norms.

- Snopes.com
- FactCheck.org
- PolitiFact.com
- NewsLit.org
- Checkology.org
How can I have a healthy relationship with social media?

• Set Boundaries
• Talk openly with your children, family, and friends
• Ask Questions
• Trust your instincts
• Question your motives
• Test yourself
Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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References


