

Association between Psychological Factors, Academic Performance, and Media Addiction

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ABSTRACT

Social networking sites and internet usage have significantly increased in recent decades, used not only for amusement and social interaction but also as instruments for meetings and business. Although there are many theories regarding the connection between this sort of use and the emergence of mental disease, certain investigations have produced empirical data. This study examines the connection between digital media use and anxiety or depression in a methodical manner. For both men and women, there were frequently distinct factors associated with problematic social media use. Other factors, like as use during the night, emotional engagement, and whether the person uses technology actively or passively, might also be important.

Introduction

Depression

A poor mood and an avoidance of activities characterize depression. Over 280 million individuals of all ages have been affected by it, or roughly 3.5% of the world's population. A person's thoughts, actions, emotions, and general sense of well-being are all affected when they have depression. People who are depressed frequently feel less motivated, less interested in, or less happy in activities that would otherwise make them happy [1]. In addition to being a common, transient response to life events like the death of a loved one, depression can also be a symptom of physical illnesses and a side effect of some medications and medical treatments. Depressive disorders such as major depressive disorder and anxiety are two examples of mood disorders that can cause depression [2]. It could include depressive symptoms, trouble focusing and thinking, a marked change in appetite, and a reduction in sleep duration. Suicidal thoughts and emotions of helplessness or despair are common among people who are depressed. It may be long-term or short-term in nature [3].

Contributing factors

Live events

Depression in the majority can be influenced by childhood adversity, including voluptuous manipulation, physical or mental abuse, neglect, mourning, and inappropriate behavior of parents for kids [4]. In particular, a childhood experience of physical or sexual assault is highly associated with a survivor's lifetime risk of developing depression. Depressive moods have also been related to poor housing quality, nonfunctioning housing, a lack of outdoor locations, and prolonged exposure to air pollution and noise [5].

Research has repeatedly demonstrated that compared to individuals in many other professions, physicians have the greatest rates of depression and suicide [6].

Childbirth, menopause, financial hardships, unemployment, stress (from job, school, service in the military, loved ones, lifestyle choices, getting married, etc.), a medical diagnosis (malignancies, AIDS, diabetes, etc.), bullying, bereavement, natural disasters, loneliness, rape, relationship problems, enmity, divorce, or catastrophic injury are just a few examples of life events and changes that can lead to depressed mood. Teenagers may be particularly vulnerable to depression after bullying, peer pressure, or social rejection [7].

Childhood and adolescence

Childhood and teenage depression is comparable to major depressive disorder in adults, however, instead of the more typical adult symptoms of sadness, hopelessness, or emptiness, young patients may show higher levels of irritability or behavioral dyscontrol. Depression is more common in kids who are stressed, grieving, or have additional health problems. In addition to other mood disorders, childhood depression frequently coexists with other mental illnesses, most

frequently conduct disorder and anxiety disorder [8]. Moreover, depression frequently runs in families.

Personality

High-anxiety individuals are more likely to experience depressed symptoms and receive a diagnosis of a depressive illness [9].

Side Effects of Medical Treatment

Although the data is unclear and incompatible, some people may experience sadness as a result of using certain early-generation beta-blockers [10]. Compelling data supports a connection between depression and alpha interferon treatment. According to one study, following months of treatment, one-third of patients receiving alpha interferon had experienced depression. Beta interferon treatment is unlikely to have an impact on depression rates. There is somewhat convincing evidence that finasteride treatment for alopecia causes some patients' depressed symptoms to worsen. There is substantial evidence that the acne medication isotretinoin causes depression. Additional medications that appear to raise the risk of depression include antipsychotics, anticonvulsants, antimigraine medications, and hormonal therapies such as gonadotropin-releasing hormone agonists [11].

Substance-induced

When used excessively or over time, several medicines can either induce or worsen depression. These include alcohol, stimulants like cocaine and amphetamines, opioids (illegal drugs like heroin), tranquilizers (benzodiazepines), inhalants, and psychedelics [12].

Non-psychiatric illnesses

Numerous infectious diseases, nutritional deficiencies, neurological disorders, and physiological issues can cause depression. These conditions include AIDS, thyroxine-related diseases, serious anemia, bacterial infections, Parkinson's disease, multiple sclerosis, chronic pain, stroke, diabetes, cancer, and hypogonadism in men [13]. Research has indicated that between 30 and 85 percent of individuals with persistent pain also experience clinical depression.

Social media and depression

Scientists from several disciplines have carried out investigations and engaged in discussions regarding the impact of social media usage on mental well-being. Although it affects every age group and demographic in different ways, research indicates that mental health difficulties resulting from online social network use affect females more frequently than males and vary depending on the specific social media platform used. Dependence on social networking sites on a psychological or behavioral level can seriously harm people's everyday lives. Research indicates that social media usage can have several detrimental implications on people's general and mental health [14].

Various mechanisms for the addictive nature of social media

There are different mechanisms attributed to the addictive nature of social media and messaging platforms.

Scrolling And Streaming

App developers manipulate time by altering the "flow" of material when scrolling to draw the most attention from users. Users find it challenging to recognize how much time individuals waste on social media because of this distortion. The 'auto-play' feature of streaming services can also be utilized to induce behavioral training [15]. Time distortion increases with spectator engrossment, making it harder to put the camera down.

Exposure effect

Spending time on social media sites causes users to develop an emotional bond with the virtual environment they have created. The endowment effect is when the user appreciates something more than it is. A person finds it harder to give up internet use the more time they spend creating their online persona because they have given this virtual existence a larger emotional significance than it truly deserves [16]. With this endowment, the user is more vulnerable to loss aversion. They are therefore less inclined to give up using social media.

Social pressures

Because of social media, people now want things to happen instantly, which puts a strain on society. According to a study on the social pressures brought forth by WhatsApp, the "Last Seen" function increased users' expectations of a prompt response. By acting as an "automatic approximation of availability," this feature indicates a window of time within which the sender knows the recipient will respond and, conversely, a window of time within which the recipient must respond without jeopardizing their relationship. This was further demonstrated by WhatsApp's "Read Receipt" feature, which displayed ticks. The sender is cognizant that the recipient has probably seen the message because the double tick indicates that the communication has been received. The recipient would also experience pressure to reply quickly out of concern about not meeting the sender's expectations [17]. There is social pressure to respond quickly because both parties are aware of how both the Recently Viewed and Read Receipt functions operate. This has been connected to the features' addictive qualities because it explains why users may check for notifications regularly. Moreover, it has been proposed to compromise welfare.

Association of social media and depression

Using social media responsibly is always advised, but this is especially true in the classroom. People nevertheless need to be aware of the detrimental effects that internet usage can have on society, even though it's not advised to ignore it. Critics frequently have concerns about just how distracting this type of learning is and are unclear regarding how internet use will influence the teacher-student connection [18]. There is now concern that students will lose focus on their academics and become enmeshed in the inferno of social media. This gives rise to the theory that someone's IQ may be determined by social media rather than by using it to strengthen their mental underpinnings [19]. Although this technology is useful, overuse of it can also make it more difficult to convey critical ideas. Using social networking platforms for educational purposes with young students can also be harmful to their mental health. Anxiety, despair, and low self-esteem have been linked to increased usage of social media, per a survey conducted among teens and young adults. These problems may interfere with a person's ability to function normally and may be harmful to learning. It may be challenging for students to concentrate on their academics if they are plagued by mental health problems as a result of their frequent usage of social media. There are drawbacks to using social media in higher education, including the prevalence of teachers in staff-student relationships, privacy issues, anti-social behavior, and discriminatory attitudes.

The use of online platforms in the classroom has presented additional difficulties. For instance, teachers can find it difficult to operate a technical gadget, whereas pupils might have greater familiarity with it. The new way that teaching is being done online requires teachers to adjust. Social media networks could be necessary for students to finish projects or assignments or just to carry out service learning. There are numerous social media platforms, each with its own micro-customs and norms. An educator must adjust to the changing times and acquire the necessary skills to effectively use technology to provide curriculum to students through online learning environments.

Conclusion

Due to the fast-paced nature of modern living, the widespread use of social media, and other previously mentioned issues, depression is becoming more and more common. It is noteworthy to acknowledge the profoundly detrimental impacts that social media can have on a person's life. Whether someone wants to remain out of the spotlight or move closer to it, posting something excessively offensive or polarizing can have a lasting negative impact on their career and force them to make difficult decisions about their futures. To avoid making these kinds of errors, some young people consciously choose to cut themselves off from social media, which could make any mandatory usage of online platforms in the classroom more difficult.

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