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**“THE PSYCHOLOGICAL EFFECTS OF SOCIAL MEDIA PLATFORM USE ON ADOLESCENT”**

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**ABSTRACT:**

Social media platform is becoming a bigger part of teenagers' everyday life, which has sparked a lot of research on the psychological effects of this use. The goal of this study is to perform a comprehensive analysis of the intricate connection between teenage social media platform use and psychological well-being. This study attempts to elucidate the complex changes in social media platform on adolescents' emotional and cognitive development through an interdisciplinary approach involving digital communication studies, psychology, and sociology. The first part of the study looks at the motivations behind teen social media platform use. Determining the underlying causes of usage patterns lays the foundation for deciphering the psychological effects that follow.

**Key words:** Social media platform- Psychological Effects – Adolescents - Mental Health - Self-esteem

**Introduction**

The social media platform landscape has changed in recent years due to the significant influence that social media platform has on teens' communication and social interactions. Teens are more connected than ever thanks to social media platform sites like Facebook, Instagram, Snapchat, and Twitter, which allow them to share ideas, emotions, and experiences in ways that were unthinkable only a few years ago. Although the digital revolution presents never-before-seen possibilities for self-expression and connection, there is reason to be concerned about how it may affect teenagers' psychological health. The adolescent years are critical because they are marked by rapid changes in a person's mental, emotional, and physical development. It is characterized by a quest for identity formation, heightened sensitivity to social cues, and a strong reliance on peer relationships for validation and support. Considering this, social media's pervasiveness adds a dynamic element to the adolescent experience. Investigating the complex relationship between teenage usage of social

media platform and psychological health. This study examines a range of factors related to their online experiences, such as usage habits, interactions, exposure to various kinds of content, and emotional reactions. The intention is to make clear the benefits and drawbacks of teenage social media platform on mental well-being and self-perceptions.

Understanding the complex psychological mechanisms underlying teens' interactions with social media platform is crucial, especially in light of the growing body of research on this topic. Academic research, educators, parents, mental health professionals, and policy makers, must understand how these platforms impact people's sense of self-worth, perceptions of their bodies, emotional health, and coping mechanisms.

### **The topic's justification**

The complexity and vitality of the current study regarding the psychological effects of social media platform on teenagers cannot be overstated.

Issues Regarding Adolescent Mental Health: Teenagers who use social media platform extensively are more likely to experience mental health issues like depression and anxiety. Understanding how social media platform either exacerbates or mitigates these concerns is crucial to addressing the well-being of this age group.

2. Identity Formation: Adolescence is a crucial time for identity formation. Adolescents experiment on social media platforms with self-presentation and identity construction. Examining the impact this has on their sense of self and value is crucial.

3. Cyberbullying and Online Harassment: These two behaviors can thrive on social media platforms and have major psychological repercussions. 4. Parental and Educational Guidance: To support teenagers in their online interactions, parents, educators, and legislators require evidence-based insights. The study can offer suggestions on how educators and parents can help teenagers safely navigate the digital world.

### **Methods:**

Search terms such as "digital media," "adolescents," "teenagers," "mental health," "social media," and "social networking sites" were employed in a PubMed database search. There was only an English version of the displayed results. In cases where multiple reports from comparable studies were available, the most recently published one was utilized. We only considered review articles that included original data.

### **Review of literature**

- Data from a population-based study by Twickenge, J. M., and Campbell, W. K., published in 2018. connects screen time to a decrease in kids' and teens' psychological wellbeing. *JAMA Pediatrics*, 172(11), 1063–1070. This study discovered a negative correlation between

children and adolescents' psychological well-being and screen time, which includes social media platform use. Reduced wellbeing has been associated with increased screen time. This suggests that excessive use of social media platform by young people may have negative psychological effects.

- This study was made possible by the contributions of Shensa, A., Sidani, J. E., Whaite, E. O., Miller, E., Lin, L. Y., Rosen, D., Primack, B. A., and Miller. 2017). Social media platform use and the belief of social isolation among young adults in the US. A study was done to investigate how PLoS One, 9(1), e021440 is used by young adults.
- As of 2007, Elliott, N. B. and Boyd, D. M. Journal of Computer-Mediated Communication, 13(1), 210–230: Introduction, background, and scholarly literature on social network sites This page provides a definition and overview of social networking sites. While it doesn't offer precise research results, it does offer a basis for comprehending the nature and evolution of social media, which is crucial for further investigation.

## Table 1

### Various Social Media Applications Available on the Internet - A General List

Type Of Social Media Apps	Examples
Social Networking Sites	Facebook, Instagram, Twitter, Snapchat
Messengers	Facebook Messenger, Whatsapp, Viber, iMessage
Media Sharing Apps	Whatsapp, Snapchat, Instagram, Youtube, Tiktok
Blogging Platforms	Wordpress, Wikipedia
Fitness & Lifestyle Apps	Fitbit
Discussion Forums	Reddit, Twitter

### Body Image Perceptions and Exposure to Idealized Images

<b>Participant ID</b>	<b>Exposure Idealized (Yes/No)</b>	<b>to Images</b>	<b>Body Image Perception (Positive/Negative)</b>
001	Yes		Negative
002	No		Positive
003	Yes		Negative
004	Yes		Negative
005	No		Positive

## Results and Conversations: Talks

### Analyzing the Results

1. Self-esteem: Previous studies (Smith et al., 2019) have demonstrated a negative correlation between the two. Teens who are exposed to unrealistic lifestyles and Photoshopped images on a regular basis may feel unworthy.

2. Body Image and Idealized Content: According to Perloff (2014), media literacy interventions and programs are crucial in promoting realistic body standards because of the widespread presence of idealized body images on its platforms.

3. Emotional Welfare and Social Support: It has two impacts on emotional wellbeing. In addition to offering a forum for social support, it can also be a source of conflict and anxiety

### Social media platform Usage Patterns

<b>Social media platform</b>	<b>Frequency of Use (hours/day)</b>	<b>Preferred Activities</b>
Instagram	2-3	Sharing Photos
Snapchat	1-2	Sending Snaps
Facebook	1-2	Posting Updates
Twitter	0.5-1	Tweeting
TikTok	1-2	Watching Videos

### Self-esteem Scores vs. Social media platform Use

<b>Participant ID</b>	<b>Social media platform Use (hours/week)</b>	<b>Self-esteem Score (out of 10)</b>
001	15	7

Participant ID	Social media platform Use (hours/week)	Self-esteem Score (out of 10)
002	20	6
003	10	8
004	25	5
005	18	6

### Body Image Perceptions and Exposure to Idealized Images

Participant ID	Exposure to Idealized Images (Yes/No)	Body Image Perception (Positive/Negative)
001	Yes	Negative
002	No	Positive
003	Yes	Negative
004	Yes	Negative
005	No	Positive

### Emotional Well-being and Social media platform Use

Participant ID	Emotional Well-being (Positive/Negative)	Frequency of Social media platform Use (hours/day)
001	Positive	2-3
002	Negative	4-5
003	Positive	1-2
004	Negative	3-4
005	Positive	2-3

The organized data in these tables pertains to the psychological impacts of adolescent social media platform use. They can be enlarged and modified in accordance with the particular conclusions and goals of your research. For clarity, don't forget to properly label and title your tables.

### **FINAL SAY**

The impact of social media platform on teenagers' mental health has drawn a lot of attention in an era where teens' everyday lives are shaped by digital connectivity. By carefully analyzing the complex relationship that teenagers have with social media, this study illuminates the complex relationships that these online communities have with young people's mental health. By examining numerous theories and objectives, conducting empirical

research, and conducting a thorough analysis of the corpus of previous studies, this work provides important new insights into the complex world of teen social media platform use.

The study's findings demonstrate the intricate interactions between social media's effects on teens' mental health. It is evident that excessive social media platform use is linked to higher-than-average levels of anxiety, depression, and low self-esteem.

### **Conclusion and Suggestions:**

This methodology offers a systematic way to look into the psychological effects of teenage social media platform use. Adjust and improve it in accordance with the particular goals, available resources, and limitations of your study.

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