

SOCIAL MEDIA AND STRESS

Over the past decade rapid development of '*Internet*' and '*Social Networking Sites*' has caused profound changes in the way people communicate and interact. *Social media* users are increasingly becoming addicted to the various networking sites despite the *pressure* and *stress* it causes.

In today's time the **Stress** these **Social Media sites** cause has gone unnoticed by most of its users . These technologies are said to takeover and damage peoples **Physical** and **Mental Health**.

Young adults with increased use of *Social Media* experience higher levels of *anxiety and depression, lower self esteem, poorer sleep quality* which hampers an individual's health overall. For younger generation the entire **world revolves around** these networking sites, *there is zero human interaction, it's all virtual, people aren't connected even with their immediate family (in some cases)*. There is lot of **personal data and life** which is open to thousands of users. The indirect *Social Comparison* on these sites have negative impact on an individual, where they derive their sense of self-worth through comparing themselves with others. *Comparison* on *Social Media* leads to *jealousy*, yet another negative emotion which goes unnoticed. People try to portray their not so perfect life in perfect Lime Light manner .

Social Media use amongst youth has led to *lot of distress, distracting them to unwanted and fake news, bullying, unrealistic views on life in general etc.* People who are treated for *over usage* of these sites have reported *feeling of anxiety and restlessness*, when they are stopped from using them. It is very unfortunate to see how **Social Media usage has become toxic** and is hampering **Mental Health** of an individual.

Social Media has lot more advantages provided used appropriately. It is an excellent source to reach out to huge crowd be it for business or social cause. Its high time that people understand and **make appropriate** use of these sites which **isn't detrimental** to ones **Mental Health**.

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