

SOCIAL MEDIA AND STRESS

It is very interesting how *Social Media* and *Stress* are interwoven. In today's time increased use of various **Social Media** sites have resulted in many **Mental Health** issues amongst the user. As the saying goes "Every Coin Has Two Sides" so does *Social Media*. And unfortunately the inappropriate use of these various sites have caused a lot of distress in most of the users (specially youngsters). There is more information flowing into people's lives now than ever before. *Social media* is one of the ways in our life which relatively increases *Stress* level in many different ways.

Social Acceptance is one important factor that leads to **anxiety**. There has been an upsurge in people posting their best edited photos, their outings, their trips etc on Social Media sites. There has been a lot of masked happiness that is being posted here. All this is done for gaining maximum likes. And when desired comments and likes aren't received it leads to causing a lot of anxiety and stress in an individual. It is proven that enough and peaceful sleep plays a vital role in good health and well-being of an individual through their life. But increased time on these sites have resulted in decreased and disturbed sleep specially amongst young generation throughout the world. **Unhealthy sleeping pattern** results in poor productivity in any walk of life.

Social Media sites have hit **interpersonal relationship** of people. A trend of building relationships based on plastic feelings have been increasing. People are distancing themselves from having genuine interpersonal relationships. Individuals are seen spending more time on Social Media sites to connect to others instead of finding connect with people around them. This has led to the feeling of isolation in an individual in spite of being surrounded by people.

Social Media when introduced was looked upon as a **source of entertainment** and a way to reconnect with distant friends and family members. People have failed to realize that it is turning into **Addiction** and what is at stake is their **Mental Health**.

As we all know everything has its **pros n cons** so does these sites. If these sites are used in the right manner it can be a **boon** for every individual and society as a whole. Every user needs to have an insight and understanding of how to be a **Responsible Social Media user**. *Be aware on the amount of time being spent on these sites, be responsible on what one is sharing, have a reality check more often, look at building genuine interpersonal relationships.*

Penned by- Hasti Vora

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