

THE IMPACT OF HEALTH IN USING SOCIAL MEDIA AMONG YOUNG ADULTS

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Abstract

The aim of this research is to identify the impact of health in using social media among young adults. This paper proposes a framework to identify three main aspects the impact of health in using social media among young adults. As a result, the study reveals the impact of health in using social media among young adults consists of depression, mental health and sleep problems. This paper is also shows the table analysis of review and the figure proposed research framework.

Keywords: Social media, depression, mental health, sleep problems, young adults

1. Introduction

Nowadays, the usage of the social media increased rapidly especially among the young adults. The used of social media among young adults given impact to the health. The health defined as a person's mental or physical condition. A person's health can measure by the mental which how he or she thinking whether to think rationally or not and how their physical condition. The social media not only give the advantages to the young adults but also contributed the disadvantages in term of health. This was give effect for the health such as mental health, depression, sleep problems and others risk. This problem can contribute the variety of disease such as high blood pressure, heart attack, stroke and others. Addicted or habitual cause bad outcome which always spending time to log in the Facebook (Frost & Rickwood, 2017). The usage of social media addicted making them have the health problem. The purpose of this study is to measure the impact of health in using social media among young adult. In order to achieve this objective, this research proposes a framework to identify three main aspects the impact of health in using social media among young adults. The impact of health in using social media among young adults consists of depression, mental health and sleep problems. The remainder of this paper is organized as follows. Section 2 is literature review. Proposed framework is in Section 3. Final section contains some concluding remarks.

2. Literature Review

This research is expected to analyze to identify the impact of health in using social media among young adult. For the impact of health in using social media among young adult, we focus on three main aspect depression, mental health and sleep problems.

2.1 Depression

The peoples that exposed using of social media can give effect for their health which was depression. The depression was the expressed feeling of the bad mood, sad, anxiety and stress. Social media use may influenced by psychological distress (Radovic et al., 2016). Obsess used of the social media involved in the psychological effect which feel stress and contribute towards depression. Using variety of social media platform contributed to depression symptoms (Primack et al., 2016). For the example, peoples who have multiple social media make them to spend more time to each of the social media and that can make them feel depression because they were making comparing with other users. They looked the users post having the good day because they get spend the time with the friend, family but on that day, they unhappy and bad mood. So, they feel jealous with others people's life which sharing happiness through the social media. Use of the social media related to the depression (Woods & Scott, 2016). The authors indicated the depression cause of the use social media because feel envy to others. The increased amounts of social media give effect for the increased depression (Lin et al., 2016). For the example, they feel envy to the users that has many followers on Facebook compare to them have the lowest of number of friends. However, the use of social media not caused to the depression (Tandoc et al., 2014). The authors stated that statement because the depression caused by feel envy towards happiness others of user social media but if it can be controlled it can less contributed to depression. The social media not found as the factor contributed to the depression (Chow & Wan, 2017). These authors given this statement because based on their research the use of social media such as Facebook not contributed to depression if it be controlled.

2.2 Mental health

The mental health related to the psychological and emotional. This influenced how a person think, feel and action. The mental health caused of the depression, anxiety and sad but the mental health too worst. The used of social media contributed to the mental health. Frequently used Facebook contributed to the mental health problem (Frost & Rickwood, 2017). Spending more time to the Facebook caused they feel depression and anxiety directly increased the risk mental health problem. Spent time on social media contributed towards mental health (Chow & Wan, 2017). The used of social media can cause of the mental health problem because too obsess on social media until spending more time. However, the social media peers support the social networks offer to broad the range of mental health services offered to young people (Singleton et al., 2016).

2.3 Sleep problems

Sleep problems become impact of health using social media. The sleep problems happens when they too addicted and spending more time on social media. The used of media multitasking such as Facebook consequence of the high sleep problems (van der Schuur et al., 2017). The peoples that access variety of the social media can in increased the sleep problem because they more spending more time on social media. The authors also stated sleep the minor and essential for healthy development. The

poor quality of sleep problem caused of the spending more time on social media (Woods & Scott, 2016). The authors agree which spending more time on the social media given effect for the sleep problem. The using of social media overload disturbed their sleep on the night time. For the example, they spend time at the night to scroll the Facebook until midnight and it became their habit and given effect for the bedtime. Using of social media consequence effect sleep quality and can displace total amount of sleep (Levenson et al., 2016). These authors also indicated the used of social media given effect for the sleep quality which disturb the bedtime because more time spends on the social media. For the example, they stay up for scroll the Facebook.

Table 1. Analysis of Review

Authors	Depression	Mental Health	Sleep Problems
Radovic et al., (2016)	✓		
Primack et al., (2016)	✓		
Woods & Scott, (2016)	✓		✓
Lin et al., (2016)	✓		
Tandoc et al., (2014)	✓		
Chow & Wan, (2017)	✓	✓	
Frost & Rickwood, (2017)		✓	
Singleton et al., (2016)		✓	
van der Schuur et al., (2017)			✓
Levenson et al., (2016)			✓

3. Proposed Framework

The figure 1 showed the proposed of research framework. In the proposed research framework discussed the three issues. It showed dependent variable and independent variable. In the framework the independent variables were depression, mental health and sleep problems. The depression was the expressed feeling of the bad mood, sad, anxiety and stress. The peoples who have multiple social media make them to spend more time to each of the social media and that can make them feel depression because they were making comparing with other users and also feeling envy. The used of social media can cause of the mental health problem because too obsess until spending more time. The sleep problems happens when they too addicted and spending more time on social media. The using of social media overload disturbed their sleep on the night time. Thus, three impact of health in using social media among young adults. It would give the big impact to the young adults which too addicted using the social without limited time.

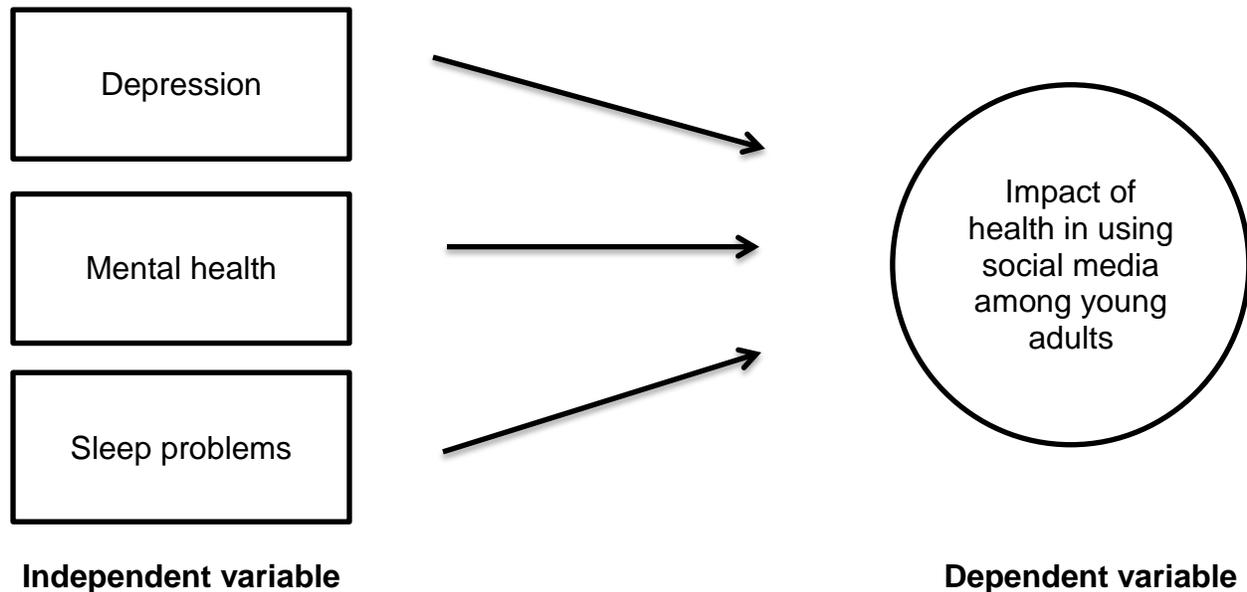


Figure 1. Proposed research framework

4. Conclusions

As the conclusion, the used of the social media given the impact of health. The young adults spending more time on social media contributed to the depression, mental health and sleep problem. The finding showing more time spending to the social media can affect their health. The depression caused of the envy and make comparison with others. The mental health related to the depression. The depression contributed to the mental health problems which the young adults to obsess spending more time on the social media. The using social media caused of sleep problem because they too obsess using the social media until disturb their bedtime. So, definitely the using of social media among young adults can contributed towards impact of the health based on the previous studies.

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