SOCIAL MEDIA AND MENTAL HEALTH IN THE PRESENT PANDEMIC

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Abstract:

The present paper deals with the present Covid-19 scenario, which is new experience for this generation. It wants to bring out, how social media is playing an important role in human life. It is noteworthy that man is made of the information that he collectsthroughout the day. The negative information affects the mind negatively and it also affect the physical health. The bad mental health affects the physical health, as both are correlated. The paper gives solution, it focuses on the positive activities and positive mentality to overcome the bad situation, by developing and upgrading life skills.

Introduction:

The Covid-19 has affected the entire globe without making any discrimination. In every disaster, whether it is manmade or Natural, human life undergo various experiences. The circumstances in which any individual is living may differ from one another but everyone is under strss. It is the only pandemic which has brought all nations together, every human being whether he is from South Korea or UK, USA or India undergoes the same stress. The uncertainty of life is threatening everyone. Life in this pandemic is neither a tragedy nor a comedy but perhaps a cosmic joke. Every individual wishes certainty in uncertain life. The present research paper wants to focus the following aspects of social media and its effect on every individual.

Objectives.

1) It wants to bring forth the importance of social media.
2) It wants to bring forth how social media affect the individual.
3) It wants to show the adverse effects of social media.
4) It wants to focus on social media effects on Mental Health
5) It concludes with the solution for the stressful condition.

Key Words:

 Information and technology, Social media, psychology, anxiety, stress.

Importance of social media:

Due to the invention in information technology the world has become a global village. In every city, village small town's social media has reached either in the form of T. V., Android mobiles, News Papers. People are indulged in Whats app, Twitter, and Snap chat, Instagram, V Chat, Veibo, Face Book etc. They love to see news, current status of the events, they love watching Tiktok videos, You Tube Videos, Google etc. Bulk of the new generation is found involved with some app. Most of the youngsters love playing games like PubG, Ludo King and Web series, K pop etc. Thus most of the educated people collect information of the entire globesitting at home. It has become very easy to connect the people around the world, one can open a vast gallery of knowledge through Internet. One can learn and share new expertise things like, cooking, craft, life hacks, and various skills help everyone to develop in their lives. Social media is successful in establishing connections and providing new opportunities. It helps in developing relationship with others. Besides it helps to share, post and launch our new products that would help for future development.

Social media and its effect on individual:

The social media has proved a boon to various new comer artists. Any video of a singer can get viral by giving the opportunity to the artists. The video of RanuMandal is best

example of it. The dancers' videos also became viral by giving them popularity and opportunity. There are many You tuber, blogger who can present their writing skills, presentation skill, their skill of explanation movies or books, teaching, cooking the list is unending.

There are thousands of books and movies available on You Tube and Vidmate, Amazon Prime, Netflix etc. Thus during this pandemic internet and android mobiles are playing very important role to entertain the people. They are not only useful as a mere tool of entertainment. But they are equally important to give, share personal skill, developing skill and business. It supports to collect information on the Pandemic. It supports to join various webinars, it supports in every activity related to human life. Thus the proper use of social media can help any individual to achieve highest goals in life.

As Social media is user friendly it is proving very useful during this pandemic. As it has no barriers of distance it is helping to attend online meetings, classes, projects, webinars, seminars, quiz competitions and much more, staying at home. It is proving great device for the students and teachers, in the lockdown period of Covid-19 Social media is playing vital role a kind of boon to the human beings.

The adverse effects of social media:

Every coin has two sides, just we have seen how social media can be a beneficial thing for the masses, but its wrong usage is equally destructive.

Privacy is a major issue - Many times the information shared on the social media gets viral even the issues related to safety of our country also gets disclosed. As it has no control by the users, many people can take disadvantage. The personal information like bank account details, credit card, debit card, numbers are easily available because of online payment. Cyber bullying and hacking is done by the hackers, the Facebook account is hacked to spread religionbases fake videos.The users fall easy prey to these hackers, there are number of cases registered as cybercrime.The user easily their bank details and the bank balance of the user is easily transferred by the hackers to their respective accounts.

Physical healthand Social Media- Social media makes the user to neglect his or her physical health. It supports the user to sit at one place for long time which increases obesity. The user neglects health responsibilities and avoid physical exercise.Physical activities are very important to maintain the health. At early age children avoid any physical activity, which is really harmful. Social mediatends the children to remain passive without out door games. It not only kills their time but it snatches their eye-sight and health.

Effects on Mental Health:

Social media is successful in keeping the users in stressful condition. Throughout the day social media hampers the user with the negative criticism and complains. Whether it is related to government, organization, institution, religion etc. it always creates negativity in the mind.The deduction in salary, many people have lost jobs, the stressful condition of workers working from home. At present there are two groups who love different Political parties or with different views.There are constant discussion on Covid-19, the different remedies of it.The *Nisrga* Cyclone and its threat, the attack of Locust. During this Pandemic most of the people are engaged in unnecessary disputes. They are biased and love to spread fake videos, posts, photos etc. Even in every galli, chowk, road there are people with different views struggling to prove that they are right, neglecting the major issue of social distancing.

In life one should avoid 3 'C's to lead a peaceful life that is Complain, Criticism and Comparison. Two C s are already mentioned above but the last 'C' is more harmful. It is comparison, the pain of comparison is really disastrous. Sensitive persons get easily trapped.Many people who run after publicity. They like to make advertising of their every

achievements on social media whether it is related to their profession, academic achievements, personal life likebirthdays, etc.They even love sharing their trip photos or even family functions. It is the fact that bulk of the usersdo not get any pleasure to see or not even interested in others personal celebrations or in other's achievements. They may feel low or sad to see others presentation.

Sensitive people get disturbed by noticing the less response (likes) or bad comments of others on their post. There are many people who get happyto getmore likes and request their friends to like their post.Thus social media snatches the mental peace of emotional person. Many times the whats app group become battlefield as the group members take the comment personally. Thus this unhealthy dispute also spoils mental harmony.

1. **Anxiety** – During the Covid-19 pandemic it is noticed that 99 percent people are anxious about their future. Every disaster whether it is man-made or natural stays for a small period. But Covid-19 is been staying with us for a long period. The increasing number of Covid-19 patients is repeatedly telecast. We are made by the information that we collect every day. The breaking news with the loud noise increases mental pressure. Thus people are anxious because of the social media. Any bad news finds its way through social media which creates anxiety.

2. **Depression** – It is said that happiness is a key to success. But social media presents gloomy picture of the society. There is nothing happier, healthier or positive. It constantly creates a threat to the human being across the globe. Hence there is no solution or remedy for this pandemic. People become hopeless. There are many youngsters who are working hard without rest. On one hand they have to work from home to meet the deadlines and on the other hand they are worried about Covid-19 patient next to his door.

3. **Fear** – Constant news by the news channels with loud music tortures the mind. The failure to control Covid-19 by the great civilized nations. The increasing number of patients in every city of India. The uncertainty of life. The failure of doctors to diagnose people in proper time due to 14 days incubation. The failure of scientists to invent vaccines. The fear of Corona spread. The atmosphere of suspect even to meet neighbours and relatives is really troublesome.

Solution –

It is a trap for them who get addicted. One must understand that it is virtual and not actual. Social media neglects true to life interaction with friends and relatives. Even it is noticed that family members prefer to chat on mobiles than to speak with the person sitting next to them. The emotions like love, happiness increase when they are shared. But social media snatches the time of family interaction. It should not happen, one should be more active in actual life.

Thus it can be said that social media is successful to give mood swing. If we open *facebook*, *whatsapp, Twitter* account we come across various irrelevant things which are not in chronological order. If Facebook page is opened, the following things are observed. There is a photo of small girl who is lost, there is a song that is nostalgic, religion biased fake videos, a creepy murder story of some town, Suicide of lovers, a photo of an accident, a motivational story, the harsh reality of migrating laborers, a small child's laughter, beautiful scenery, Colleagues birthday celebration, classic thought etc. Thus the different things affect the mind. Thus social media exaggerate different emotions in a small period of time.

It makes the mind unstable.It increases different emotions like pity, anxiety, fear, love, passion, safety of loved ones.Most of the time compassion for the poor's, but feeling compassion without action is useless. If we feel compassion for someone, take a step by donating and sharing what we can afford. Generosity gives higher pleasure.

There are following things to overcome from this mental illness.

1. A man is made by the information that he collects all day long so avoid irrelevant information and focus on work/duty.
2. To keep the mental peace collect and focus on those things that are really important to for the up gradation of life.
3. Sharing irrelevant information should be avoided, talking about politics, corona changes nothing but spoils mental peace.
4. Respect others views, nothing should be taken personally, forgive and forget and move on to design the destiny.
5. One can be productive even sitting at home, learn new things every day.
6. Writing daily diary and sharing everything is a best option to keep healthy mind.
7. Watching motivational movies, videos can be helpful to overcome the stress.
8. Avoid communication with those with negative mindset.
9. Doing daily yoga, pranayama, and meditation is best remedy to keep the mental stability.
10. Stay far from publicity. Avoid sharing personal information, personal photos, career promotions, academic achievements, rewards, honors, information related to Covid-19 on Social media.

To conclude it can be said that what we focus, that increases. Throughout the day a normal human being goes through 65000 thoughts, out of which 95 percent thoughts are about past and negative. For a successful life one should neglect those negative thoughts and get engaged in some positive activity. So our focus should not be on Covid-19 patients or on the adversity. We should try to develop ourselves by getting engaged in positive activities that will really help us to keep us mentally healthy in this Covid-19 pandemic.

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