

In recent years, technological advancements have revolutionized the way we consume the world around us. Social media has transformed many aspects of communication in both positive and negative ways. It has allowed us to connect with others around the world instantly but has also led to misinformation and decreased privacy. Social media can provide support networks and a sense of community by enhancing connections and giving people a sense of belonging. However, it can contribute to anxiety, depression, sleep deprivation, and low self-esteem due to the pressure to maintain a perfect online image, the long hours spent browsing the apps, and the constant comparison with others. Additionally, excessive use of social media can lead to a decrease in face-to-face interactions, further impacting mental health negatively.

I strongly believe that social media greatly impacts mental health worldwide, so I conducted a one-question survey to collect data on what other people thought on the subject. I have personally been impacted by the damaging effects of social media. Consuming the perfect portrayal of others' lives online made me feel bad, adding to my stress and anxiety. Consequently, I decided to take a break from the online world to focus on what's important, which in some cases people forget to do as they view their social media feeds as reality.

The following data was collected through an online survey. 36 adults from diverse nationalities answered the following: What is your perceived impact of social media on mental health? The goal was to figure out whether participants believed social media has either increased, decreased, has no impact on mental health, or if they are not sure of the role social media has in affecting us mentally.

Mental Illness

Increase	67%
Decrease	3%
No Impact	8%
Not Sure	22%

Carmen Jimenez De Jesus
Profesor Dr. Angelica Huizar
WWCS 312W
March 5,2025

Not surprisingly, the data collected from the survey shows that 67% of the people who participated agree that Mental health has been impacted negatively by social media, alternately 22% were not sure, 8% claimed no impact, and 3% believe social media has decreased mental illnesses. Social media has created a sense of disconnect during face-to-face interactions; it has made what used to be “normal” feel strange as we have been accustomed to commenting on pictures and videos rather than calling and actively interacting in person with one another. If we were to do a large-scale data collection on this matter, we would be able to show how significant the effects of social media are in humanity.