



# How does social media affect your mood?

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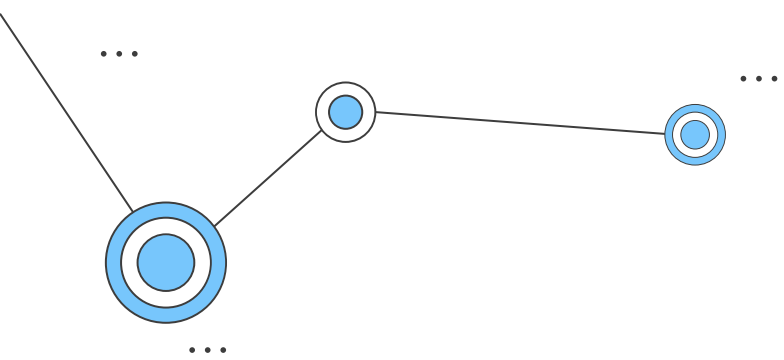


# Introduction

How does **social media** affect our emotions/ **mood**

- This presentations was made with the intention of **answering** this questions.
  - Process:
    - Creation of questions
    - Survey making
    - Looking for participants
    - Analysing data
    - Collecting data
    - Making presentation

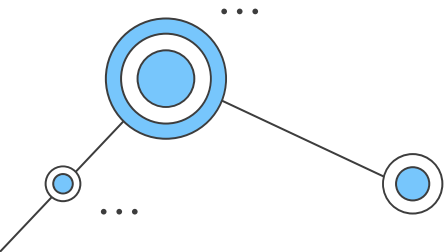


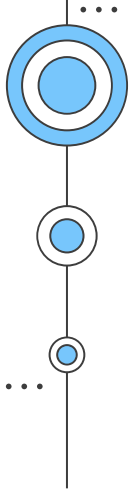


# Total amount of Participants

My survey was answered by a total number of 16 people

- 7 Males (43.8%)
- 4 Females (25%)
- 5 people that identify as a different gender (31.2%)





## Interests

- My interests

## Different sources

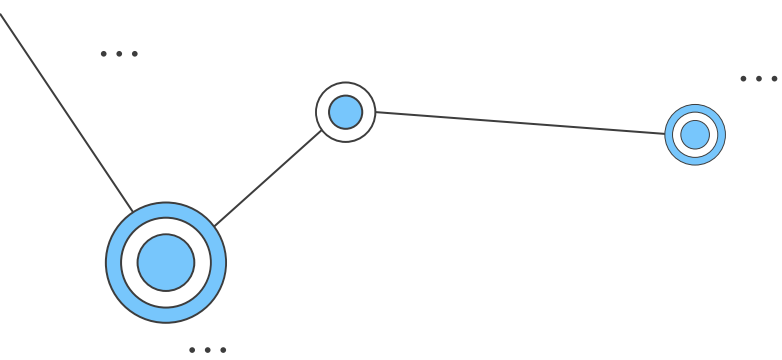
- Articles/News I've seen

## People

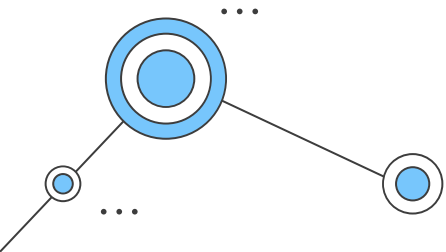
- People around me

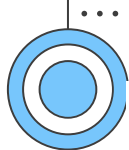
Why did I chose  
this question?





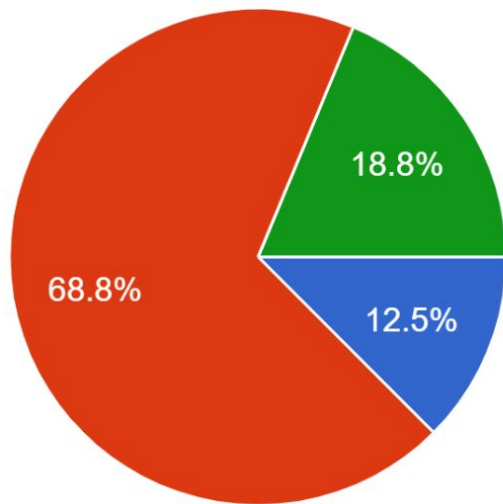
## Examples of my questions



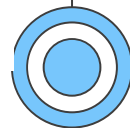


## How old are you?

16 responses

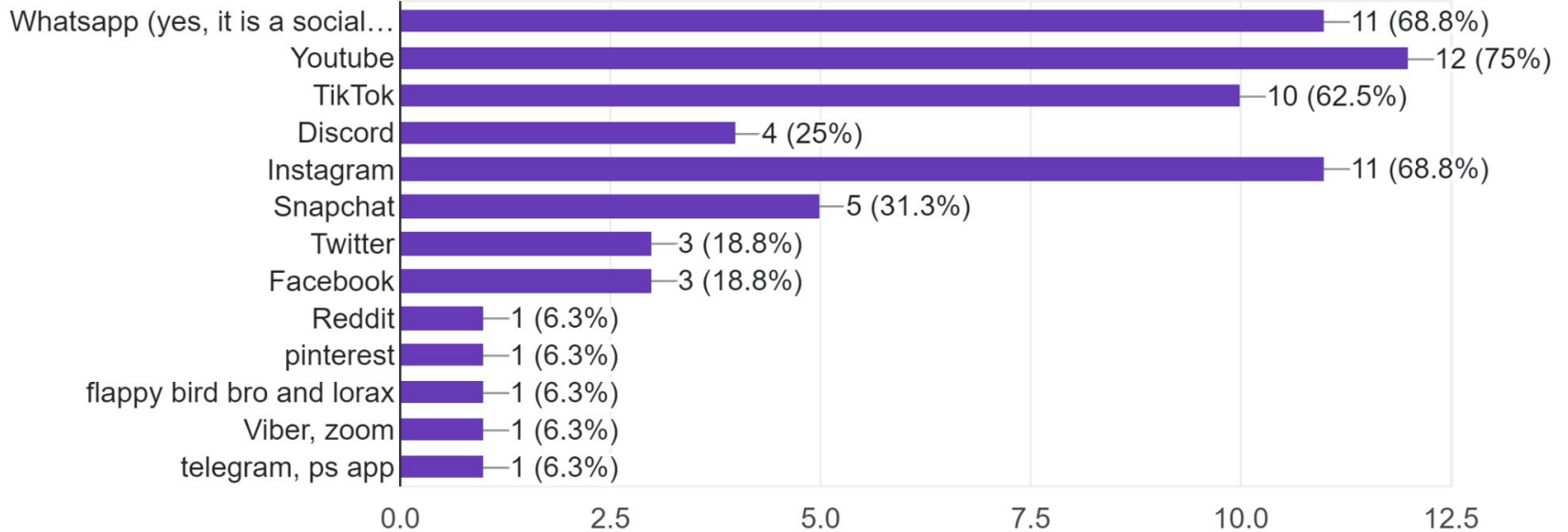


- 10-12
- 13-15
- 16-18
- 18+



## What social media apps do you use the most? (top 3 or 4)

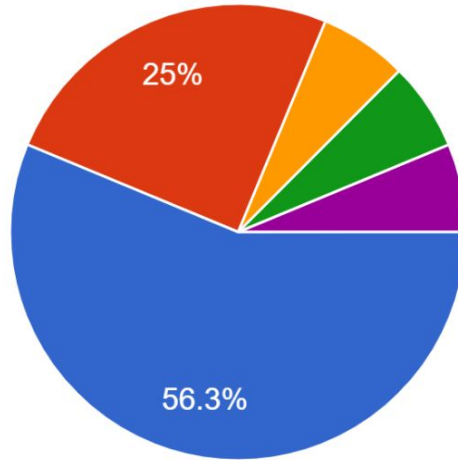
16 responses



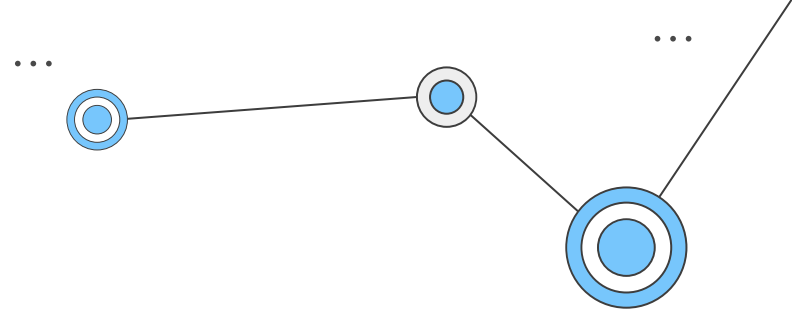


## Why do you mostly use this social media app(s)?

16 responses

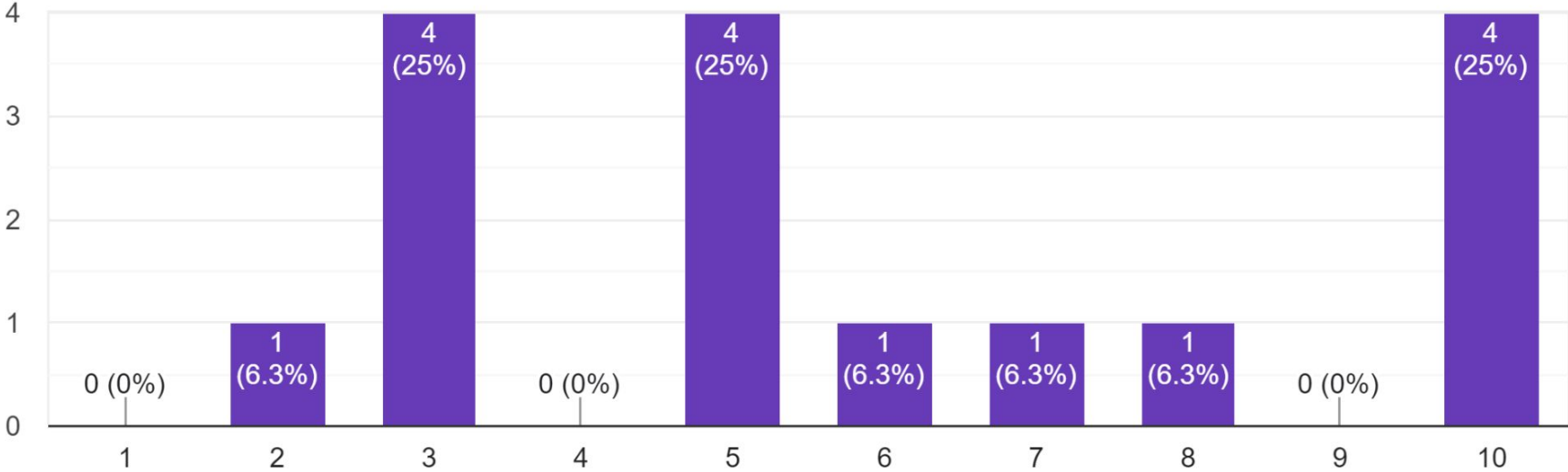


- For entertainment
- To communicate with people/friends/family
- To create content
- All of the above
- I use social media for entertainment mostly, but I also create contents.



# How often do you compare yourself to others?

16 responses





# Negative Feelings



I have felt negative emotion with Twitter, due to controversy on the platform with many of its users that happens often.

Yes. Probably comparing my life to other people's lives and feel like I'm missing out.

I did not like when people write hateful comments.

Ofcourse, I get all sourts of negative emotions. I usually get the emotions from tiktok. The contents would make me feel depressed or just sad.

Yes, someone was texting me and making fun of me.

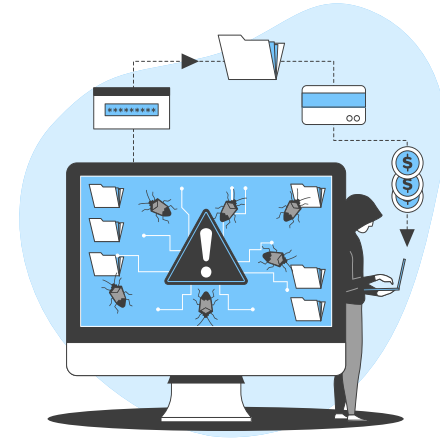
yes, I felt a negative emotion when using a social media app becuaese of rude person

yes because people like to make depressive content for views

So usually I would feel bad if, someone would say something bad to me or about me in social media so usually bullying made me feel bad

An update that was promised to be 2 years ago.

Twitter, cuz i saw a cat being blended





# Positive Feelings

The humor

I have felt happy with the social media app YouTube because there can be a lot of entertaining things to view on the platform.

Yes. When I use social media to connect with my family and close friends it makes me feel positive emotions.

Positive videos about things I am interested in.

Yeah, there is basically two sides on social media, one side is the contents making you depressed, and the other making you feel hopeful and happy. My emotional change or effects from social media would change depends on the time during the day (for example during day, I feel more happy, and night more depressed).

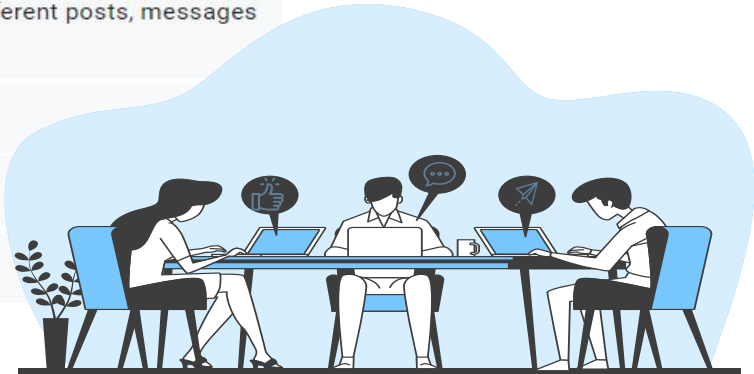
Yes, my friend was helping me with homework.

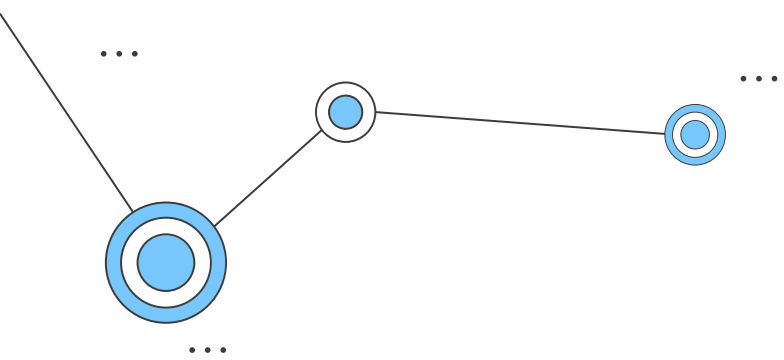
yes, I usually feel positive emotions when I use a social media because of different posts, messages from people

i made one friend and i love spending time with him

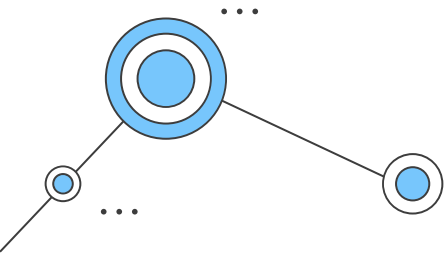
A new video from my favourite YTber

Twitter, because the guy who blended the cat got arrested





**Websites that research this**



learning.

## The role social media plays in mental health

What's driving your social media use?

Signs that social media is impacting your mental health

Modifying social media use to improve mental health step 1: Reduce time online

Step 2: Change your focus

Step 3: Spend more time with offline friends

Step 4: Express gratitude

Helping a child or teen with unhealthy social media use

## The negative aspects of social media

Since it's a relatively new technology, there's little research to establish the long-term consequences, good or bad, of social media use. **However, multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts.**

Social media may promote negative experiences such as:

**Inadequacy about your life or appearance.** Even if you know that images you're viewing on social media are manipulated, they can still make you feel insecure about how you look or what's going on in your own life. Similarly, we're all aware that other people tend to share just the highlights of their lives, rarely the low points that everyone experiences. But that doesn't lessen those feelings of envy and dissatisfaction when





## The negative effects of social media

One Serbian study found the more time high school students spent on social networking sites, the more likely they were to experience depressive symptoms.<sup>1</sup> And researchers from the University of Pittsburgh found the more different platforms people use, the higher their risk of mental health issues.<sup>2</sup> Social media use can also promote loneliness and isolation, according to a 2017 review by Duke University.<sup>3</sup> We often use sites like Facebook for 'social snacking', which gives the illusion of connection, but does not fulfil us in the same way as real life social interactions.

### Related Articles



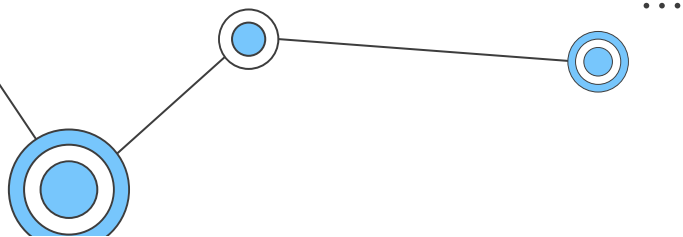
How to spend less time on social media



The gut-brain axis: Are the gut & brain really connected?



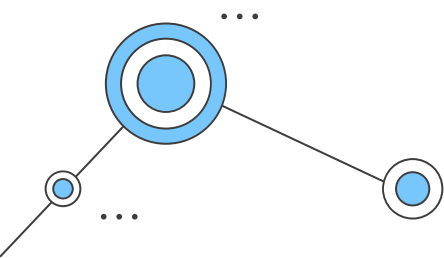
S03 E02 | 50m | Your toolkit for mental health

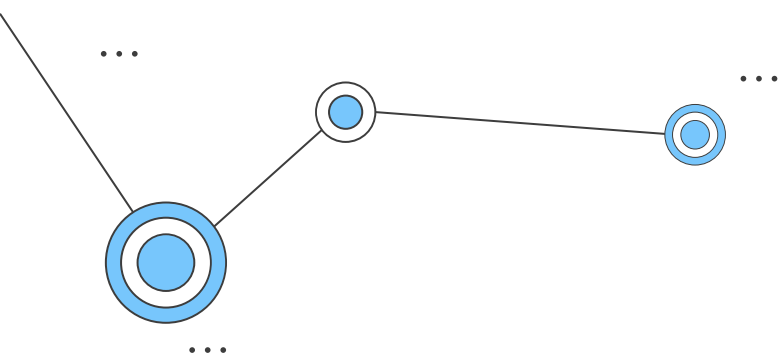


## How social media can boost your mood

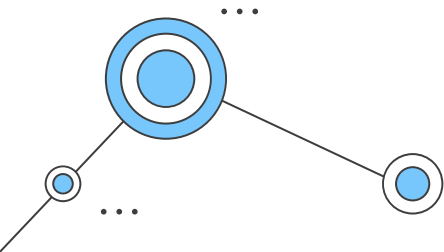
Luckily, it's not all bad news. One study published in *Cyberpsychology, Behaviour and Social Networking* in 2011 found Facebook can enhance our self-esteem,<sup>4</sup> probably because we're able to select the most positive aspects of our appearance, personality and life for others to see, which boosts the way we feel about ourselves. Other US research found social media use could ease depression when it's used to stay in touch with people,<sup>5</sup> while a study from the University of South Florida on the over-50s found using the internet to connect with friends and family could actually strengthen social bonds, rather than lead to isolation.<sup>6</sup>

**Handpicked content:** The link between depression and inflammation





# Conclusion



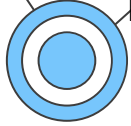
Depending on who you ask people will say a different answer on the question of **How does technology affect your mood?**

- Positive
- Negative
- Both

I don't have a full conclusion due to this having both good reasons for it to be positive and negative.



**Thank  
you!**  
**Any questions?**



Barrett, Holland &. “How Social Media Can Affect Your Mood | Holland and Barrett.”

*www.hollandandbarrett.com*, May 2023,

[www.hollandandbarrett.com/the-health-hub/conditions/mental-health/how-social-media-can-affect-your-mood](http://www.hollandandbarrett.com/the-health-hub/conditions/mental-health/how-social-media-can-affect-your-mood).

Robinson, Lawrence. “Social Media and Mental Health.” *HelpGuide.org*, Mar. 2023,

[www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm#:~:text=However%2C%20multiple%20studies%20have%20found,about%20your%20life%20or%20appearance](http://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm#:~:text=However%2C%20multiple%20studies%20have%20found,about%20your%20life%20or%20appearance).

Steakley, Lia. “How Social Media Can Affect Your Mood.” *Scope*, Mar. 2018,

[scopeblog.stanford.edu/2014/10/03/how-social-media-can-affect-your-mood](http://scopeblog.stanford.edu/2014/10/03/how-social-media-can-affect-your-mood).