

Social media and mental health

Analysis, some facts, statistics and surveys

Content:

- 1) About social media
- 2) Positive sides
- 3) Negative sides
- 4) Affects of social media
- 5) Social media and self-image
- 6) Survey

About social media

- Kind of Internet service that connects us to the rest of the world
- Some of them: Instagram, Snapchat, Facebook, Pinterest, YouTube and others.



Positive sides of social media

- Connectivity
- Education
- Information and updates
- Finding new hobbies and interests



Negative sides of social media

- Increased risk of mental health problems
- Distractions
- Cyberbullying
- Takes much time



Social media affects our:

- Mindset
- Perception of personal look
- Mental health
- Physical health



Social media and self-image

- Beauty standards
- Photoshop
- Confidence
- Unrealistic expectations about body-image



Survey for you :)

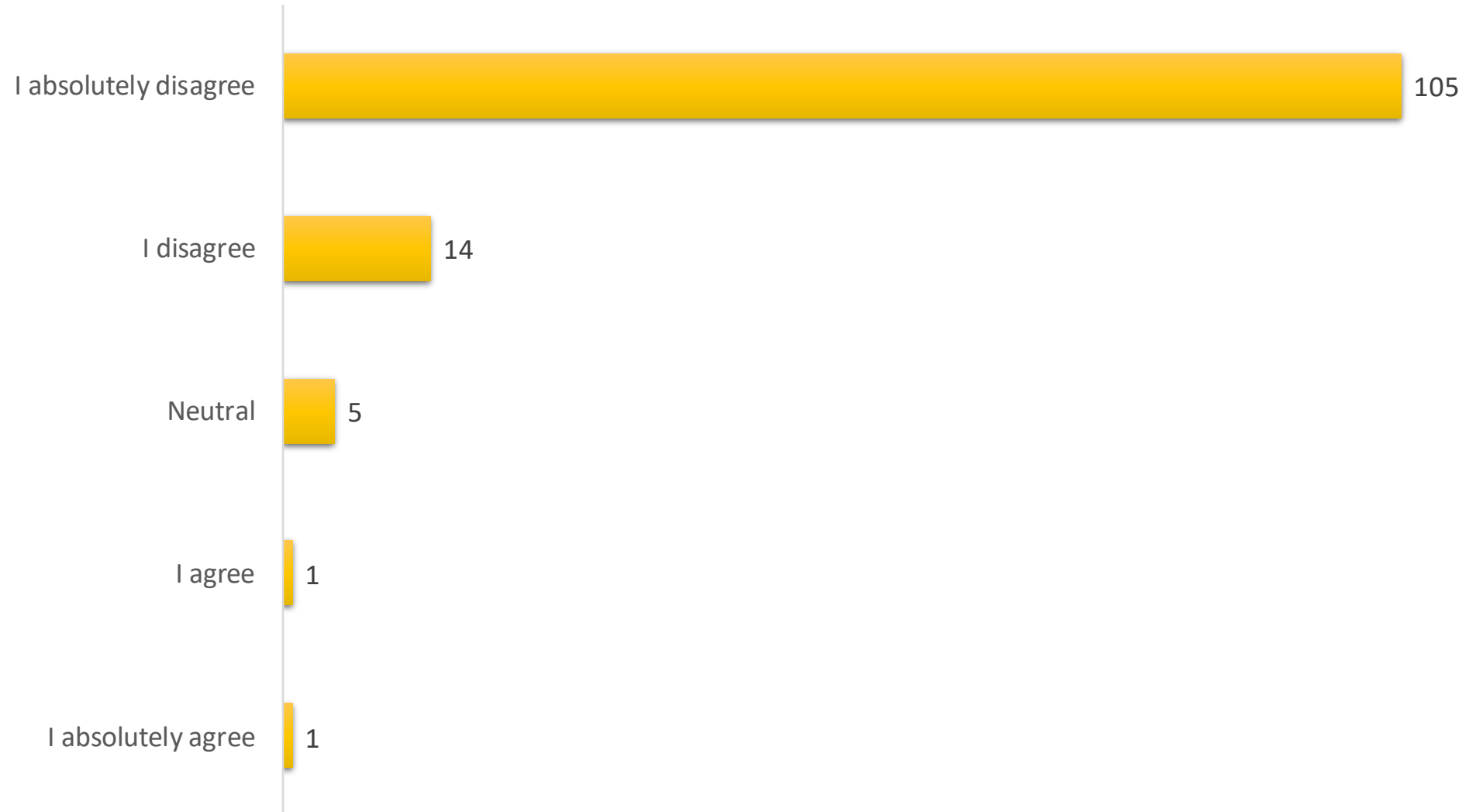
- 1) Number of my followers determines my worth in society.
- 2) I compare my look to others on social media.
- 3) People that I follow on social media have more interesting life than me.
- 4) The use of social media has the affect of changing my opinions so far.
- 5) Number of my followers on social media shows how many people loves me.
- 6) I feel great when my post gets a lot of likes.
- 7) I feel great when someone i don't know send me a friend/follow request

About survey we would talk about next

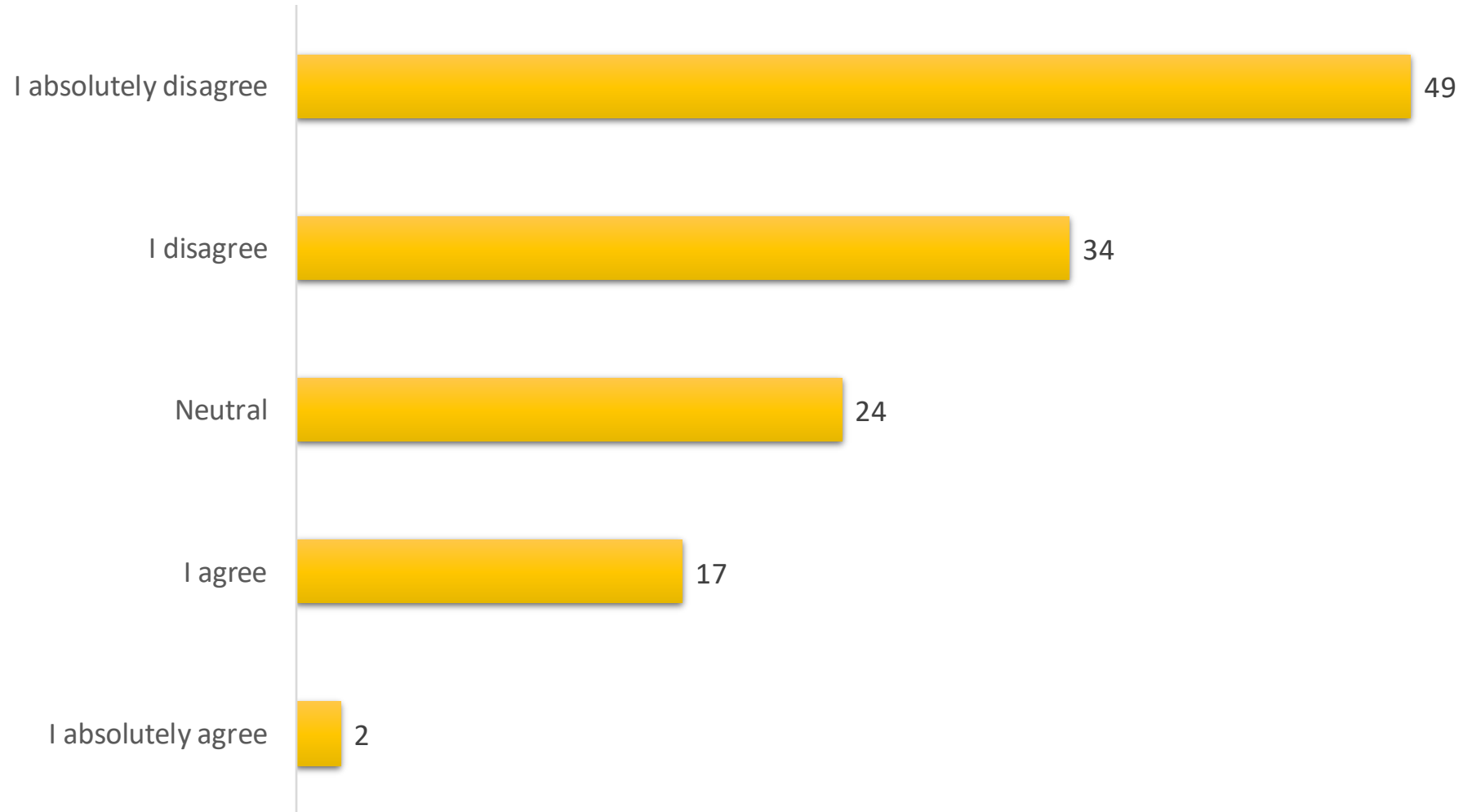
- This survey is about how social media affects and changes our self-image, confidence and opinion of personal value.
- There was 126 participants and 7 different subjects.



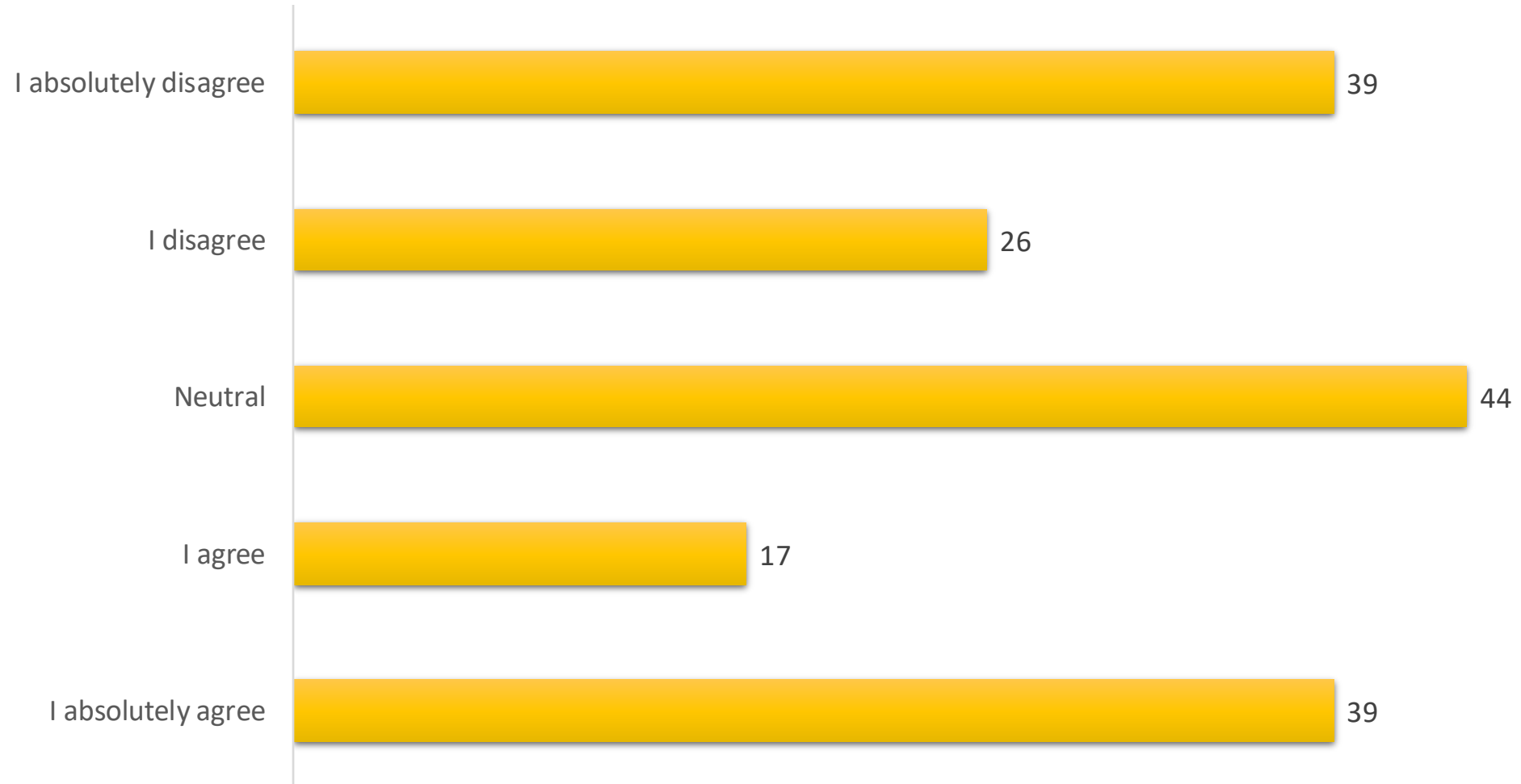
Number of my followers determines my worth in society



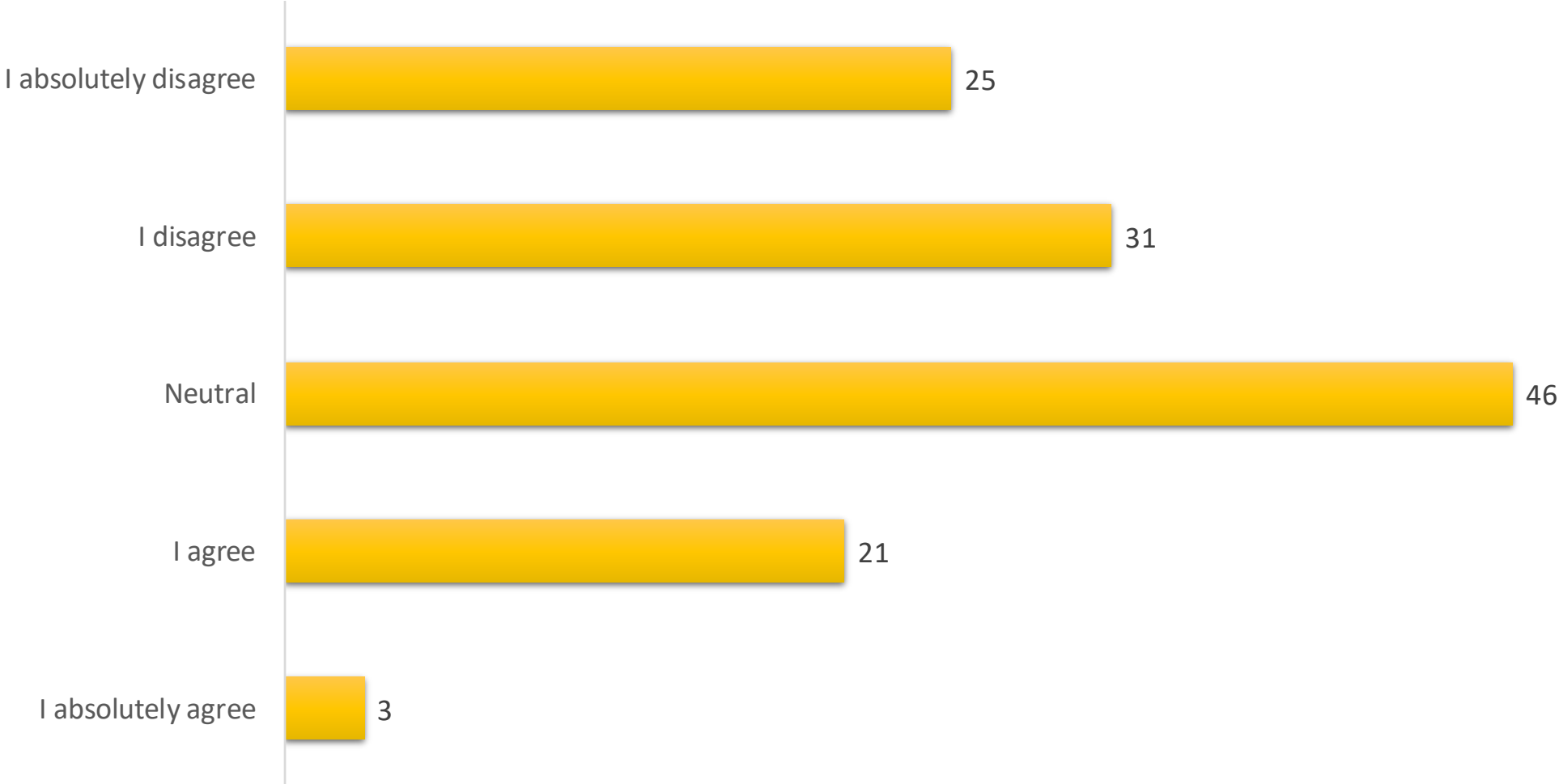
I compare my look to others on social media



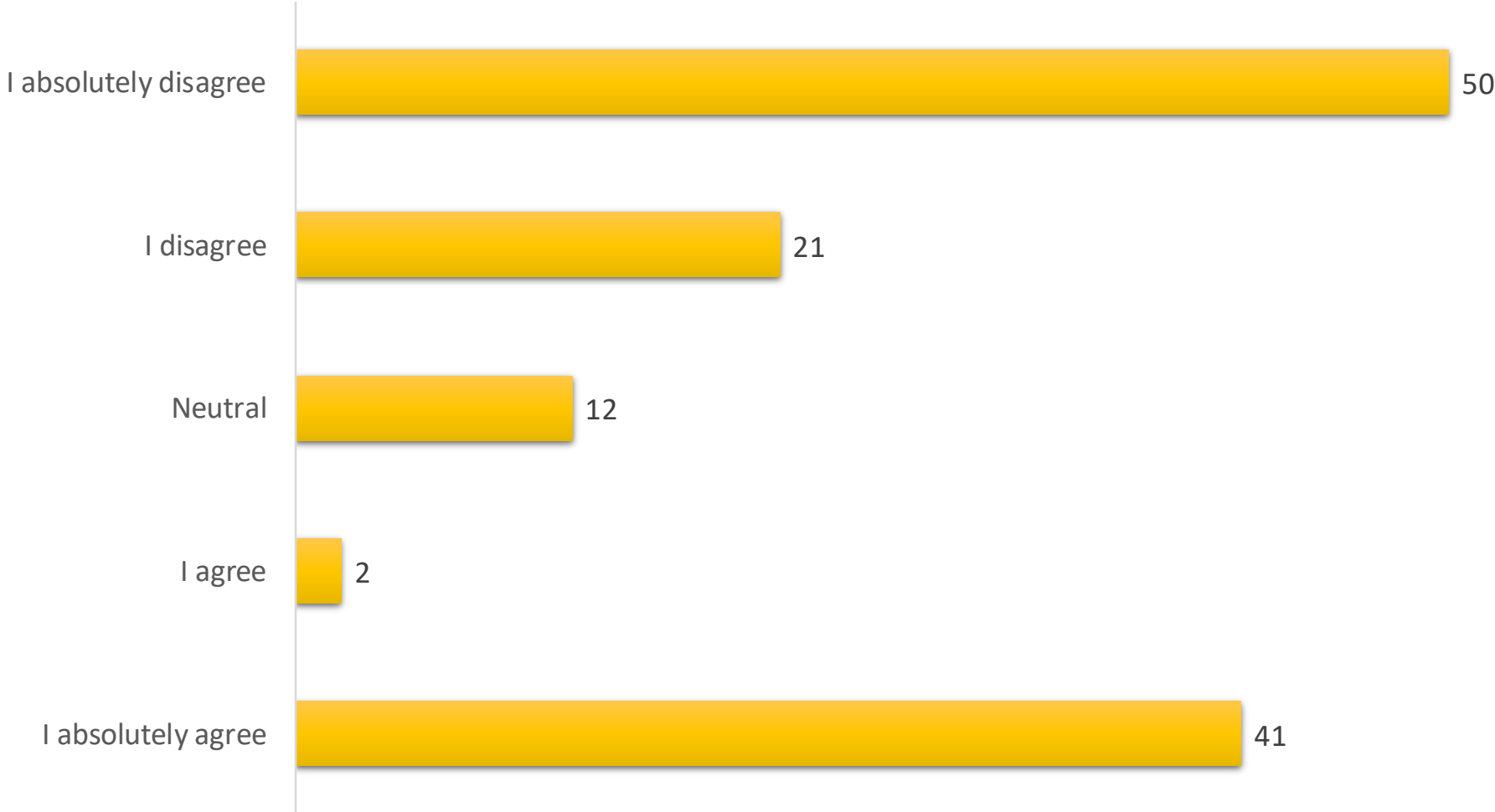
People that I follow on social media have more interesting life than me



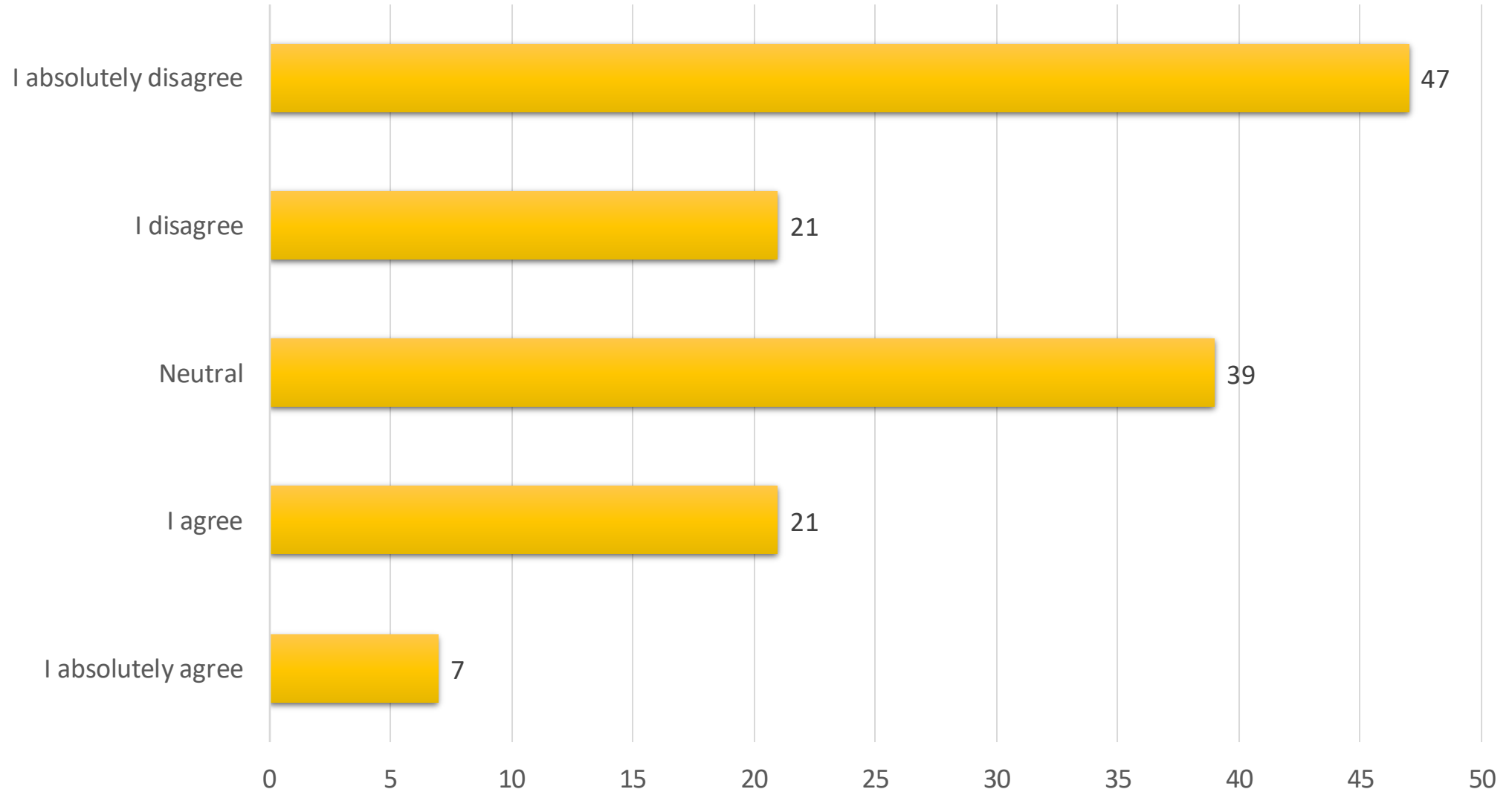
The use of social media has the affect of changing my opinions so far



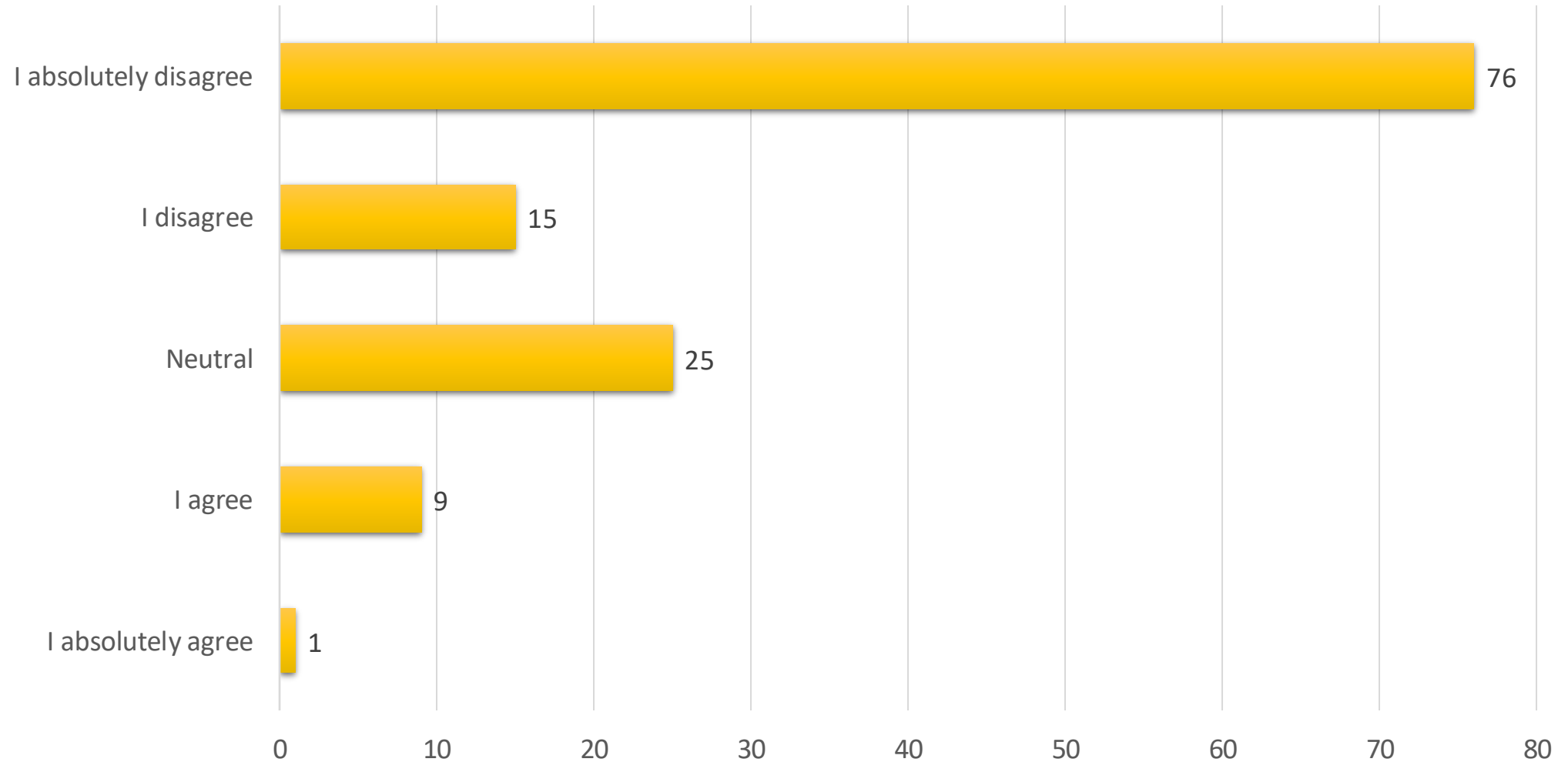
Number of my followers on social media shows how many people loves me



I feel great when my post get a lots of likes



I feel great when someone i don't know send me a friend/follow request



Thank you for your attention!

- Remember that all of you are special little human beings and even if some of you are struggling with some problems because of social media, there is always someone who would want to talk to you and help you, you are not alone. We love you! <3

- Mia, Nika and your EPAS buddies

Literature

- UTJECAJ DRUŠTVENIH MREŽA NA STVARANJE SLIKE O SEBI I SAMOPOŠTOVANJE ADOLESCENATA: rad s istraživanjem - Master's thesis, Sanela Jelen, University of Rijeka, Faculty of Health Studies