

Negative Effects of Social Media on Youth

Statement: There are several negative effects of social media usage on youth, Depression is one of them.

Reason: Social media increases FOMO, feeling of inadequacy, dissatisfaction and isolation among their users. In turn these feelings negatively affect the mood and increase the risk of depression.

Supporting Point: Social media can affect the mental health especially, if a person uses it excessively and is overdependent on online communication and support.

Example: In several studies teenagers and young adult users who spend the most of the time on social media were shown to have a substantially (from 13 to 66 percent) higher rate of reported depression than those who spent the least time.

Conclusion: Hence, social media badly affects on the user's mental health which causes anxiety, depression and even suicidal thoughts.