Research Paper

Impact of Media Depictions on Well-Being and Mental Health

Yashika Kaushik[1]*, Dr. Meeta Malhotra[2]

ABSTRACT

This is a comparative study aimed at determining the extent to which media impacts the body image, self-esteem and anxiety-depression of girls and boys. The media has been found to be the most powerful conveyor of socio-cultural values regarding body ideals, size and weight. Nowadays people feel increasingly pressured by the media about their bodies. Today young people are greatly exposed to countless media images and they start to compare themselves with all those highly edited images which in turn lead to depression, low self-esteem. Media validation of own photos from other social media users may falsely fulfil the need for acceptance. At the same time bodies of girls depicted in media have become thinner and for boys it has become more of muscular. The negative feelings associated with and its impacts on the well-being, self-esteem of individuals constitute the core focus of the paper. Three tools were used for data collection (Rosenberg's Self-esteem scale, MTUAS and Beck's depression and anxiety inventory). These are standardized tools. A quantitative non-experimental independent t-test design was used. Data from these questionnaires was analysed using SPSS. The analysis revealed that there is no significant impact of higher usage of social media on self-esteem and anxiety-depression of males and females.

Keywords: *Media technology, Self-esteem, Depression, Anxiety*

How will you view yourself if you weren't told about ideal body shapes?

You'd have been more loving towards yourself or you'd have been started caring for yourself more?

To understand the Impact of Media depictions on our well-being and mental health we firstly need to understand what is Self-Esteem and Anxiety-Depression and in turn to be called healthy both physiologically and mentally, why do we need to look onto these aspects?

It is very obvious that man lives by bread alone — when there is no bread. In any case, the end result for men wants when there is a lot of bread and when his midsection is incessantly filled? Without a moment's delay other (and "higher") needs rise and these, as opposed to physiological yearnings, rule the creature. Furthermore, when these thus are fulfilled, again
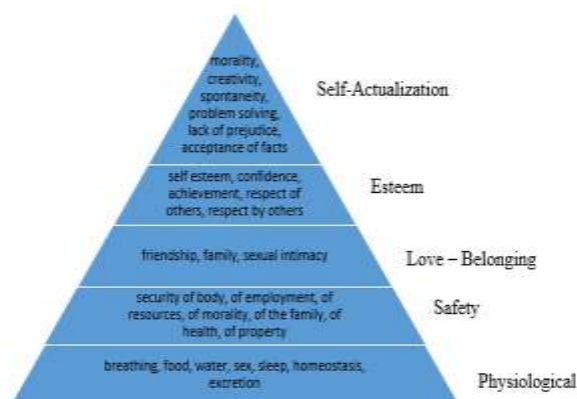
---

[1]Bachelor of Science in Clinical Psychology, Amity University, Gurgaon
[2]Asst. Professor, Amity University, Gurgaon
*Corresponding Author

new (and still "higher") needs develop et cetera. This is the thing that we mean by saying that the essential human needs are sorted out into a progression of relative prepotency".

SELF-ESTEEM

We all grasp that Self-esteem generally noted as self-worth or pride, and it is a crucial a part of success. Self-esteem will leave individuals feeling defeated. It also can lead individuals to be harmful relationships, or fail to measure up to their full spirit. An excessive amount of Self-esteem, will definitely be off-putting to others and may even injury personal interactions with individuals. Self-esteem levels at the intense high and low ends of the ranges is harmful, so ideally, it is best to take care of a balance. A sensible nonetheless positive read of yourself is usually thought of the perfect. However, what precisely is self-esteem? What influence will it extremely wear our lives? Self-esteem refers to somebody's sense of his or her worth or price, or the vary to that someone considers himself as vital, appreciates, or likes him or herself (Blascovich & Tomaka, 1991). Self-esteem will play a vital role in your motivation and success throughout your life. Low Self-esteem might hold you back from achievements at college or work as a result of you do not believe yourself to be capable of success. against this, having a healthy Self-esteem will assist you deliver the goods as a result of you progress through life with a positive, assured perspective and believe you'll deliver the good for your goal. The foremost oft used definition of Self-esteem in scientific discipline is Rosenberg's (1965), WHO delineated it as associated degree expressing approval or lack of approval perspective toward the self. Self-esteem is usually thought of the crucial section of the self-concept, a comprehensive interpretation of the self that features psychological feature and behavioural aspects still as crucial ones (Blascovich & Tomaka, 1991). It's conjointly wide assumed that Self-esteem map as a differentiating feature of your personal nature, that is, it's unvarying across time with in people. Self-esteem is a particularly widespread map in scientific discipline, and has been associated with each different psychological subject as well as temperament, behavioural psychological feature and clinical ideas whereas some research worker students have above all focussed with brain-waving the importance of the conceit map, others have targeted the adaptation and self-protective expansions of Self-esteem.

Among the foremost widespread and well-utilized measures of Self-esteem are the Rosenberg Self-esteem Scale (1965) and also The Cooper smith Self-esteem Inventory (I 967/1981). Rosenberg's scale was originally developed to measure adolescents' general feelings of self-worth or self-acceptance, and is generally thought-about the standard against that completely different measures of Self-esteem square measure and It includes ten things that are sometimes scored employing a four-point response starting from powerfully disagree to powerfully agree. The things are face valid, and also the scale is brief and

straightforward and quick to administer, in depth and acceptable dependability (internal consistency and test-retest) and validity (convergent and discriminant) data exists for the Rosenberg Self-esteem Scale.

The Cooper smith Self-esteem Inventory was developed through analysis to assess angle toward oneself generally, and in specific contexts: peers, parents, school, and private interests. It absolutely was originally designed to be used with kids, drawing on things from scales that were antecedent employed by psychologist. Respondent's state whether or not a collection of fifty typically favourable or unfavourable aspects of someone square {measure} "like me" or "not like me." There are 2 forms, a college kind (ages 8-15) and an Adult kind (ages sixteen and older) (Anastasia, 1988; Blascovich & Tomaka,1991; Ervin, 1993). Acceptable dependableness (internal consistency and test-retest) and validity (convergent and discriminant) data exists for the conceit Inventory.

Three styles of Self-esteem
The self are often conceptualized and measured at multiple levels. As per social identity theory, Self-esteem are often derived from each non-public self and also social self. Non-public self refers to self-concept derived from one's distinctive traits and attributes that differentiate someone from others. Beneath the social self, we are able to more differentiate between the relative and also the collective self. The relative self pertains to aspects of the self-concept that square measure stock still in social attachments which consists of aspects shared with important others (e.g., family, friends) and outline one's roles in those relationships. The collective self refers to aspects of the self-derived from membership from social teams (e.g., ethnic group). Various studies have shown that these 3 styles of self-concept square measured by trial and error distinguishable from one another and have distinct effects vary on psychological phenomena paralleling the 3 styles of self-concept, it's conjointly been found that individuals will value their self-worth at the non-public, relational, and collective level.

DEPRESSION
Around 15 million Americans a year battle with depression, an ailment that comes in numerous structures—from real discouragement and occasional full of feeling issue, to dysthymia and bipolar issue. Depression is a disease that undeniably torments individuals around the world, meddling with fixation, inspiration and numerous different parts of regular working. It is a mind-boggling jumble, including numerous frameworks of the body, including the insusceptible framework, either as cause or impact. It upsets rest, and it meddles with hunger, now and again causing weight reduction, in others weight pick up. On account of its many-sided quality, a full comprehension of melancholy has been tricky. Researchers have some proof that the condition is identified with eat less, both straightforwardly—through the supplements we devour, for example, omega-3 fats—and in a roundabout way, through the synthesis of the microbes in the gut. Obviously, discouragement includes mind-set and contemplations and additionally the body, and it causes torment for both those with the confusion and the individuals who think about them. Sadness is progressively regular in youngsters. Everybody encounters an infrequent blue disposition; gloom is a more inescapable affair of tedious negative rumination, hopeless standpoint, and absence of vitality. It isn't an indication of individual shortcoming or a condition that can be willed or wished away. Individuals with discouragement can't only "get a hold of themselves" and improve. There is some proof that, agonizing as wretchedness may be, it fills a constructive need, carrying with it mind sets that power individuals to centre on issues as a prelude to comprehending them. Indeed, even in the most

extreme cases, depression is profoundly treatable. The condition is regularly patterned, and early treatment may counteract or thwart intermittent scenes. Numerous investigations demonstrate that the best treatment is psychological behavioural treatment, which tends to tricky idea designs, with or without the utilization of energizer drugs. What's more, confirm is rapidly collecting that customary care reflection, all alone or joined with psychological treatment, can stop wretchedness before it begins by adequately withdrawing consideration from the tedious negative musings that regularly get under way the descending winding of state of mind. There is no single known reason for depression. Or maybe, it likely outcomes from a mix of hereditary, biochemical, natural, and mental elements. Injury, loss of a friend or family member, a troublesome relationship, or any distressing circumstance that overpowers the capacity to adapt may trigger a depressive scene. Resulting depressive scenes may happen with or without a conspicuous trigger.

Research with mind imaging advances, for example, attractive reverberation imaging (MRI), demonstrates that the brains of individuals who have melancholy appear to be unique than those of individuals without despondency. The parts of the cerebrum in charge of controlling temperament, considering, rest, craving, and conduct seem to work strangely. Furthermore, the chemicals that cerebrum cells use to impart—neurotransmitters—may likewise be influenced. It isn't clear which changes found in the cerebrum might be the reason for misery and which ones the impact.

A few sorts of depression tend to keep running in families, recommending there might be some hereditary helplessness to the confusion.

Depression generally takes one of two major forms. Unipolar depression is what most people mean when they talk about depression: an unremitting state of sadness, apathy, or hopelessness, and loss of energy. It is sometimes called major depression. Bipolar depression, or bipolar disorder, is a condition marked by periods of depression and periods of high-energy mania; people swing between the two poles of mood states, sometimes over the course of days, sometimes over years, often with stable periods in between.

The birth of a baby can trigger mood swings or crying spells in the following days or weeks, the so-called baby blues. When the reaction is more severe and prolonged, it is considered postpartum depression, a condition requiring treatment because it can interfere with the ability to care for the new-born. Depression can also occur seasonally, primarily in the winter months when sunlight is in short supply. Known as seasonal affective disorder, or SAD, it is often ameliorated by daily exposure to specific types of artificial light.

Sometimes depression manifests as a persistent low mood, a condition known as dysthymia. It is usually marked by years-long periods of low energy, low self-esteem, and little ability to experience pleasure. Mental anguish is hard on your health. People suffering from depression have three times the risk of experiencing a cardiac event. In fact, depression affects the entire body. It weakens the immune system, increasing susceptibility to viral infections and, over time, possibly even some kinds of cancer—a strong argument for early treatment of depression. It interferes with sleep, adding to feelings of lethargy, compounding problems of focus and concentration, and generally undermining health. Those suffering from depression also experience higher rates of diabetes and osteoporosis.

ANXIETY

Anxiety is a feeling described by sentiments of strain, stressed contemplations and physical changes like expanded circulatory strain. Individuals with uneasiness issue as a rule have repeating meddlesome musings or concerns. They may maintain a strategic distance from specific circumstances out of anxiety. They may likewise have physical indications, for example, sweating, trembling, wooziness or a quick pulse. As far back as the most punctual days of humankind, the approach of predators and approaching peril has set off alerts in the body and enabled a person to make shifty move. These alerts wind up discernible as a raised pulse, sweating, and expanded affectability to environment. A surge of adrenaline because of threat causes these responses. This adrenaline support is known as the 'battle or-flight' reaction. It plans people to physically go up against or escape any dangers to wellbeing.

For most present day people, running from bigger creatures and up and coming threat is a less squeezing concern. Tensions now rotate around work, cash, family life, wellbeing, and other urgent issues that request a man's consideration without fundamentally requiring the 'battle or-flight' response.

That anxious inclination before a critical life occasion or amid a troublesome circumstance is a characteristic reverberate of the first 'battle or-flight' response. It can even now be fundamental to survival – nervousness about being hit by an auto when crossing the road, for instance, implies that a man will intuitively look both approaches to stay away from threat.

HOW MEDIA IMPACTS OUR SELF ESTEEM AND ANXIETY-DEPRESSION

As indicated by the World health organization (2006) People will spend roughly 3,592 hours this year on media utilization with 1,704 of those hours being spent sitting in front of the TV. That is proportionate to burning through five months utilizing some type of media and viewing around two what's more, a half months' worth of TV. It is just conceivable to expect that something we spend to such an extent of our opportunity on has some effect on us. This thought has been the focal point of various research considers (e.g., Bessenoff, 2006; Hawkins, Richards, Granley, and Stein, 2004). A significant number of these investigate examines have taken a gander at the goals that the media depicts, and how those beliefs, (for example, the thin-perfect) have influenced how one perspective themselves. Both confidence and body fulfilment have been appeared to be adversely affected by the media. That is the reason it is so critical to comprehend the particular part that the media plays, what influence it has on one's prosperity. Once the media's part is seen then ways can be found to decrease those harming impacts. In the accompanying writing audit, the exploration ponders that portray the media and its consequences for men and ladies are investigated. To start with, examines that address the general impact of the media and its different effect on men and ladies are analysed. Disguise of sociocultural goals are portrayed, and in addition contemplates that address the media's impact on self-esteem what's more, weight concerns. Additionally, body fulfilment in reference to how it is impacted by the media is exhibited, alongside social correlation hypothesis and its association with the media's impact. Impact of the Media Numerous types of media can be discovered everywhere throughout the world. American culture is particularly associated with the utilization of the media. Americans are stood up to with pictures of delightful individuals, costly unquestionable requirements, and the most recent design wherever they go. The broad communications are the most intense approach to spread these pictures that speak to sociocultural beliefs (Tiedemann, 2003). One of most persuasive beliefs spread by the media is society's optimal of magnificence and engaging quality. The ultra-thin

delightful lady and the nice-looking solid man are seen all over the place. What's more, as the impact of media builds, the strain to cling to these beliefs ends up more noteworthy. The standard of female engaging quality that the media depicts is ending up progressively harder for ladies to satisfy. Hawkins et al. (2004) expressed that the majority of the ladies depicted in the media are 15% underneath the normal weight of ladies, and there has been prove that these ladies have turned out to be progressively more slender throughout the years. Not exclusively are ladies forced to be thin a direct result of the excellence standard, however positive characteristics are likewise connected to this perfect of appeal (Greenberg and Worrell, 2005). The two men and ladies are stood up to with weights from the media to adjust to society's engaging quality perfect. Not at all like ladies, are men not forced to be thin, but instead to be solid. Media introduction has been appeared to expand men's worry about strength and influence them to feel compelled to end up stronger (Botta, 2003; Hatoum, and Belle, 2004). The media regularly depicts that it is the solid good looking men who are well known and who get the wonderful ladies. The two men and ladies are looked with the requests that society puts on them to fit in with these goals of allure.

REVIEW OF LITERATURE

Baumeister, R. F., Campbell, J. D., Krueger, J. I., and Vows, K. D. (2003). Improves execution, relational achievement, satisfaction, or more beneficial ways of life? Mental Science in the Public Interest. Rundown – Self-regard has turned into a family unit word. Educators, guardians, specialists, and others have concentrated endeavours on boosting confidence, on the presumption that high confidence will cause numerous positive results and advantages—a supposition that is basically assessed in this audit. Examination of the impacts of confidence is convoluted by a few elements. Since numerous individuals with high confidence overstate their triumphs and great attributes, we underline target measures of results. High confidence is likewise a heterogeneous class, enveloping individuals who honestly acknowledge their great characteristics alongside narcissistic, cautious, and proud people. The humble relationships be tween's confidence and school execution don't show that high confidence prompts great execution. Rather, high confidence is somewhat the aftereffect of good school execution. Endeavours to support the confidence of understudies have not been appeared to enhance scholarly execution and may here and there be counterproductive. Occupation execution in grown-ups is some of the time identified with confidence, despite the fact that the relationships differ generally, and the course of causality has not been set up. Word related achievement may support confidence instead of the turnaround. On the other hand, confidence might be useful just in some activity settings. Research centre investigations have for the most part neglected to locate that confidence cause's great undertaking execution, with the vital special case that high confidence encourages perseverance after disappointment. Individuals high in confidence claim to be more agreeable and appealing, to have better connections, and to establish preferable connections on others over individuals with low self-esteem, yet target measures disconfirm the vast majority of these convictions. Narcissists are enchanting at first yet have a tendency to distance others in the end. Confidence has not been appeared to foresee the quality or term of connections. High confidence makes individuals additionally ready to talk up in gatherings and to reprimand the gathering's methodology. Authority does not stem straightforwardly from confidence, but rather self-esteem may have roundabout impacts. In respect to individuals with low confidence, those with high confidence indicate more grounded in-assemble partiality, which may expand bias and separation. Neither high nor low confidence is an immediate reason for savagery. Narcissism prompts expanded hostility in countering for injured pride. Low confidence may add to externalizing conduct and misconduct, albeit a few investigations have discovered that there are no impacts or that the

impact of confidence vanishes when different factors are controlled. The most astounding and least rates of swindling and tormenting are found in various subcategories of high confidence. Confidence has a solid connection to satisfaction. Despite the fact that the exploration has not obviously settled causation, we are induced that high confidence leads to more noteworthy satisfaction. Low confidence is more probable than high to prompt melancholy under a few conditions. A few examinations bolster the support speculation, which is that high confidence mitigates the impacts of pressure, however different investigations reach the contrary conclusion, showing that the negative impacts of low confidence are for the most part felt in great circumstances. Still others locate that high confidence prompts more joyful results paying little mind to pressure or different conditions. High confidence does not keep kids from smoking, drinking, taking medications, or taking part in early sex. In the event that anything, high confidence encourages experimentation, which may increment early sexual action or drinking, yet as a rule impacts of confidence are irrelevant. One critical special case is that high confidence lessens the odds of bulimia in females. In general, the advantages of high confidence fall into two classes: improved activity and charming sentiments. We have not discovered confirmation that boosting confidence (by remedial intercessions or school programs) causes benefits. Our discoveries don't bolster proceeded with across the board endeavours to help confidence with the expectation that it will without anyone else's input encourage enhanced results. In perspective of the heterogeneity of high confidence, aimless acclaim may very well as effortlessly advance narcissism, with its less attractive outcomes. Rather, we prescribe utilizing recognition to help confidence as a reward for socially attractive conduct and self-change.

Mishkind, Rodin, Siberstein and Striegal-Moore, 1986 Talks about the proposition that the male body perfect, and different weights for men to fit in with it, might deliver sick mental and physical impacts right now, impacts that will increment since they mirror a verifiable pattern. It is contended that the body assumes a focal part in men's confidence, and men are endeavouring in developing numbers to accomplish the male body perfect of strong mesomorph. This may profoundly affect their mental and physical wellbeing. The causes and results of real concern may speak to a developing social pattern, which is inferable from expanded accentuation on self-assurance of wellbeing and the equivocalness of current male and female sex parts.

Linz, D. G., Donnerstein, E., & Penrod, S. (1988). Effects of long-term exposure to violent and sexually degrading depictions of women. Journal of Personality and Social Psychology Researched the impacts of enthusiastic desensitization to movies of viciousness against ladies and the impacts of sexually corrupting unequivocal and no explicit films on convictions about assault and the sexual externalization of ladies. Guys saw either 2 or 5 R-evaluated savage "slashed," X-appraised peaceful "explicit," or R-appraised peaceful high school situated ("youngster sex") films. Full of feeling responses and psychological recognitions were estimated after every introduction. Afterward, these men and no-presentation control so finished a void critical poll, saw a re-enacted colleague or no acquaintance rape trial, and judged the litigant and asserted assault casualty. So, in the brutal condition turned out to be less restless and discouraged and indicated decreases in negative emotional reactions. They were likewise less thoughtful to the casualty and less sympathetic toward assault casualties by and large. Be that as it may, longer film presentation was important to influence general compassion. There were no distinctions accordingly between the R-appraised high schooler sex film and the X-evaluated, sexually express, peaceful film, and the no-presentation control conditions on the typification or the assault trial factors. A

model of desensitization to media viciousness and the remainder to basic leadership about casualties is proposed**.**

The effects of media on body image and self-esteem by Sinead Gorman (2015) this study investigates the influence of the mass media on self-esteem and body image in both males and females, aged between 18 and 25. The media has been found to be the most powerful conveyor of socio-cultural values regarding body ideals, size and weight, which has been linked to body dissatisfaction and in turn, related to other health concerns such as depression, low self-esteem and eating disorders. There were a total of 150 participants who took part in this study; 89 females and 61 males. A quantitative non-experimental correlational design was used. Participants completed a questionnaire booklet containing three different questionnaires including The Self Esteem Scale (Rosenberg, 1965), a body image questionnaire (Maynard, 2009), and a media usage questionnaire, which was designed for this particular study. Data from these questionnaires was analysed using SPSS. The analysis revealed that males have lower body image than females, but there is no relationship between media usage and body image or self –esteem. It also revealed, contrary to assumption, that there is a negative relationship between self-esteem and body image, for both males and females.

The Media and Technology Usage and Attitudes Scale: An empirical investigation: L.D. Rosen,K. Whaling, L.M. Carrier, N.A. Cheever, and J. Rokkum Current ways to deal with estimating individuals regular utilization of innovation based media and other PC related exercises have turned out to be risky as they utilize fluctuated result measures, neglect to quantify conduct in an expansive scope of innovation related spaces and don't consider as of late created sorts of innovation including cell phones. In the present investigation, a wide assortment of things, concealing a scope of to-date innovation and media utilization practices. Sixty-six things concerning innovation and media use, alongside 18 extra things surveying states of mind toward innovation, were directed to two free examples of people, involving 942 members. Factor examinations were utilized to make 11 utilization subscales speaking to cell phone use, general web-based social networking use, Internet seeking, messaging, media sharing, content informing, video gaming, online fellowships, Facebook kinships, telephone calling, and sitting in front of the TV not withstanding four state of mind based subscales: uplifting demeanours, negative mentalities, mechanical nervousness/ reliance, and dispositions toward undertaking exchanging. All subscales indicated solid reliabilities and connections between the subscales and previous measures of day by day media utilization and Internet fixation were as anticipated. Given the dependability and legitimacy comes about, the new Media and Technology Usage and Attitudes Scale was recommended as a strategy for estimating media and innovation inclusion over an assortment of kinds of research ponders either as a solitary 60-thing scale or any subset of the 15 subscales.

The Impact of Negative Media Portrayals on People with Mental Illness A report by Mind, a U.K. psychological wellness philanthropy, declares that adverse media scope has an immediate and destructive effect on the lives of individuals with dysfunctional behaviour. Psyche studied 515 individuals experiencing a scope of clutters about their emotions with respect to media scope of psychological maladjustment. Half of the respondents said that the media scope negatively affected their own particular psychological wellness, and 34% said this drove straightforwardly to an expansion in their gloom and nervousness. An aggregate of 22% of the members said they felt more pulled back and segregated because of negative media scope, and 8% said that such press scope influenced them to feel self-destructive. Just

about 25% of respondents said that they saw threatening conduct from their neighbours because of negative daily paper and TV reports. A further 11% said they required extra help from psychological wellness benefits because of negative press scope, and right around 25% of all respondents said that they had altered their opinions about applying for occupations or volunteer positions because of negative media scope (BBC News Online: Health, 2000). Wahl contends that the shame because of negative media scope blocks recuperation, triggers segregation, and makes obstructions to looking for and finding nice lodging, business, and training (referred to in NAMI, Oct. 2001). "Individuals with psychological sickness are additionally peruses and watchers of those [negative] pictures; they are disgraced by them and they're humiliated by them," said Wahl in a meeting in Psychiatric Times. "They're mindful that they are delineated in negative ways and it harms their confidence, it harms their certainty, and it improves their probability that they won't enlighten anybody regarding their ailments. So they're not going to look for treatment" (Grenfell, 1998). Wahl (1995) states that negative pictures in the broad communications impact the overall population, as well as human services experts. He calls attention to that in spite of the fact that experts are prepared, they are subjected to and affected by an indistinguishable confusions and negative symbolism from the general population. This impact can lead human services specialists to approach, and therefore conceivably treat, rationally sick patients with a similar negative demeanour depicted by the media and acknowledged by the overall population.

Theoretical Framework
There are various factors influencing Self-Esteem and it can result into higher levels of anxiety and in turn into Depression. In this study, the main focus will be on broad two factors on Well-being and Mental health. Well-being will control factors like Self-Esteem and Media technology Usage. Mental Health will control factors like Anxiety and Depression.

RESEARCH METHODOLOGY

Objectives of the Study
1. To Assess Social Media Usages among college going girls and boys.
2. To explore effect of media depictions on Self-Esteem of College going girls and boys.
3. To measure the impact of media depictions on Anxiety and Depression of girls and boys.

Hypothesis
1. Social media usage will have negative impact on the self-esteem and anxiety-depression of girls and boys that is, high social media usage will have significantly low self-esteem and high Anxiety Depression in girls and boys.
2. Null Hypothesis- Social media usage will have no significant impact on self-esteem and Anxiety-Depression of girls and boys.

Research Design
The present study will be a cross section study. The research design in the present. The research design in the present study will be Explorative in nature.

Sample Size
Total sample size was 80 from Amity University, Gurugram. 40 Females and 40 Males were selected using simple random sampling technique.

Tools
Media and Technology Usage and Attitude Scale

Current ways to deal with estimating individuals' regular utilization of innovation based media and other PC related exercises have ended up being tricky as they utilize shifted result measures, neglect to gauge conduct in a wide scope of innovation related areas and don't consider as of late created sorts of innovation including cell phones. In the present examination, a wide assortment of things, concealing a scope of to-date innovation and media use practices. Sixty-six things concerning innovation and media utilization, alongside 18 extra things evaluating states of mind toward innovation, were managed to two free examples of people, including 942 members. Factor examinations were utilized to make 11 utilization subscales speaking to cell phone use, general web-based social networking use, Internet looking, messaging, media sharing, content informing, video gaming, online companionships, Facebook fellowships, telephone calling, and sitting in front of the TV notwithstanding four state of mind based subscales: inspirational mentalities, negative dispositions, innovative tension/reliance, and demeanours toward undertaking exchanging. All subscales indicated solid reliabilities and connections between the subscales and prior measures of every day media utilization and Internet dependence were as anticipated. Given the unwavering quality and legitimacy comes about, the new Media and Technology Usage and Attitudes Scale was proposed as a technique for estimating media and innovation inclusion over an assortment of sorts of research ponders either as a solitary 60-thing scale or any subset of the 15 subscales.

Extra validity things were gathered in the rest think about that took into account the appraisal of the validity of the MTUAS. These incorporated the accompanying:
Day by day media use hours: Participants were solicited nine inquiries concerning the sum from time they spent "on an average day" utilizing 10 types of media and innovation (going web based, utilizing a PC for other than being on the web, messaging, texting/talking, telephone calling, person to person communication, messaging, video gaming, tuning in to music, and staring at the TV) and one extra inquiry on perusing books or magazines for delight on a day by day utilize scale including: not under any condition, 1– 30 min, 31 min to 1 h, 1– 2 h, 3 h, 4– 5 h, 6– 8 h, in excess of 8 h. Reactions were changed into hours of utilization by changing over every reaction into hours including not in the slightest degree (0), 1– 31 min (.25), 31 min to 1 h (.75), 1– 2 h (1.5), 4– 5 h (4.5), 6– 8 h (7), in excess of 8 h (9).

Innovation related uneasiness: An arrangement of six things were incorporated that asked, "On the off chance that you can't check in with the accompanying advancements as frequently as you'd like, how on edge do you feel?" The rundown of advances included: instant messages, mobile phone calls, Facebook and other informal communities, individual email, work email and voice message and each were surveyed on a four-point scale (not on edge by any stretch of the imagination, somewhat on edge, tolerably on edge, and very restless).

Web Addiction Test: Young's (1998) short 8-thing Internet Addiction Test (IAT) was utilized. This measure incorporates eight yes/no things taken from the DSM analytic criteria for dependence issue with a higher score showing more Internet compulsion. Accidentally, Item 2 ("Do you want to utilize the Internet with expanding measures of time keeping in mind the end goal to accomplish fulfilment?") and Item 3 ("Have you over and again endeavoured unsuccessful endeavours to control, cut back, or stop Internet utilize?") were shown together with just the alternative to state "yes" or "no" for both. A "yes" on that thing

was scored as demonstrating two symptomatic criteria met and a "yes" on some other thing was scored as showing one analytic basis met. IAT scores were dealt with as a bivariate variable with a score of at least 5 demonstrating an Internet fixation issue as substantiated by Young (1998).

Rosenberg Self Esteem Scale

The Rosenberg Self-Esteem Scale is a 10-item self-report measure of global self-esteem. It consists of 10 statements related to overall feelings of self-worth or self-acceptance. The items are answered on a four-point scale ranging from strongly agree to strongly disagree. The Rosenberg self-esteem scale has also been administered as an interview.

The Rosenberg Self-Esteem Scale introduced high evaluations in unwavering quality zones; internal consistency was 0.77, least Coefficient of Reproducibility was no less than 0.90 (M. Rosenberg, 1965, and individual correspondence, April 22, 1987). A fluctuated determination of autonomous examinations each utilizing such examples as – guardians, men more than 60, secondary school understudies, and government workers – indicated alpha coefficients running from 0.72 to 0.87 (all genuinely high). Test-retest dependability for the 2-week interim was ascertained at 0.85, the 7-month interim was figured at 0.63 (Silber and Tippett, 1965, Shorkey and Whiteman, 1978). The RES is firmly associated with the Coopersmith Self-Esteem Inventory.

Beck Anxiety Inventory

The Beck Anxiety Inventory, made by Aaron T. Beck and different partners, is a 21-question numerous decision self-report stock that is utilized for estimating the seriousness of tension in kids and grown-ups. The inquiries utilized as a part of this measure get some information about normal side effects of anxiety that the subject has had amid the previous week (counting the day you take it, (for example, deadness and shivering, sweating not because of warmth, and dread of the most noticeably awful happening). It is intended for people who are of 17 years old or more seasoned and takes 5 to 10 minutes to finish. A few investigations have observed the Beck Anxiety Inventory to be an exact measure of tension indications in youngsters and grown-ups. The BAI contains 21 addresses, each answer being scored on a scale estimation of 0 (not in any manner) to 3 (extremely). Higher aggregate scores demonstrate more serious anxiety indications.

Two investigations were led to encourage psychometric research on the as of late created Beck Anxiety Inventory (BAI). In Study 1 the test-retest dependability and inward consistency of the scale were analysed with an example of 40 outpatients having tension issue. The BAI demonstrated exceptionally inside steady (cronbach's alpha = .94) and acceptably solid over a normal time slip by of 11 days (r = .67). Study 2 was led to evaluate the united and discriminant validity of the BAI opposite nervousness and discouragement and in contrast with the generally utilized quality Anxiety measure from the State-Trait Anxiety Inventory. Seventy-one outpatients with tension issue finished the modified State-Trait Anxiety Inventory, the Beck Depression Inventory, and day by day journal appraisals of nervousness and gloom notwithstanding the BAI. The BAI fared better on trial of concurrent and discriminant validity than did Trait Anxiety.

Beck Depression Inventory

The Beck Depression Inventory (BDI, BDI-1A, BDI-II), made by Aaron T. Beck, is a 21-question different decision self-report stock, a standout amongst the most broadly utilized psychometric tests for estimating the seriousness of depression. Its improvement denoted a

move among emotional wellness experts, who had until at that point, saw misery from a psychodynamic viewpoint, rather than it being established in the patient's own particular thoughts. In its present form, the BDI-II is intended for people matured 13 and over, and is made out of things identifying with side effects of depression, for example, misery and fractiousness, comprehensions, for example, blame or sentiments of being rebuffed, and also physical manifestations, for example, weakness, weight reduction, and absence of enthusiasm for sex. There are three forms of the BDI—the first BDI, first distributed in 1961 and later updated in 1978 as the BDI-1A, and the BDI-II, distributed in 1996. The BDI is generally utilized as an evaluation apparatus by medicinal services experts and specialists in an assortment of settings. The BDI was utilized as a model for the improvement of the Children's Depression Inventory (CDI), first distributed in 1979 by clinical clinician Maria Kovacs.

The substance validity of the BDI-II has enhanced by following DSM-IV indication criteria. Inside consistency was attractively high (alpha>or=0.84), and retest unwavering quality surpassed r>or=0.75 in nonclinical tests. Relationship with develop related scales (gloom, broken subjective builds) were high, while those with nonsymptomatic identity appraisal (NEO-FFI) were lower. The BDI-II separated well between various evaluations of sadness and was delicate to change.

Procedure of Data Collection
1. Firstly, permission is obtained by the college administration for conduct of research.
2. The objectives of the study will be explained to the respondents.
3. The consent will be obtained from the respondents.
4. Data will be collected through administration of tools/scales.
5. Data will be coded and edited for the statistical analysis

Statistical Technique Used
A t-test is an investigation of two populaces implies using factual examination; a t-test with two examples is generally utilized with little example sizes, testing the contrast between the examples when the changes of two ordinary circulations are not known.

Ethical Issues
1. While conducting the research, the researcher will respect the rights and dignity of research participants.
2. The study will be conducted with consent of the participants and before the study begins the outline of the research will be given.
3. Participants will be given information relating to purpose of the research, Procedures involved in the research will be given.
4. Subject's right to confidentiality and the right to withdraw from the study at any time without any consequences will be informed.
5. Researchers will ensure that those taking part in research will not be caused any distress. They will be protected from physical and mental harm.

RESULTS

Table-1 Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
MTU	80	125	302	211.41	43.746
Attitude	80	42	80	55.71	7.509
SE	80	7	20	15.72	2.638
Depress	80	6	38	14.94	6.091
Anxiety	80	2	45	18.44	10.131
Valid N (listwise)	80				

Table-2 Group Statistics

	Gender	N	Mean	Std. Deviation	Std. Error Mean
MTU	1	39	212.77	43.025	6.890
	2	41	210.12	44.916	7.015
Attitude	1	39	55.15	6.515	1.043
	2	41	56.24	8.393	1.311
SE	1	39	15.49	2.742	.439
	2	41	15.95	2.549	.398
Depress	1	39	14.67	5.536	.886
	2	41	15.20	6.634	1.036
Anxiety	1	39	18.51	10.443	1.672
	2	41	18.37	9.954	1.555

DISCUSSION

The alternate hypothesis has been proved wrong and Null hypothesis has been proved right That is, there is no significant Impact of higher usage of social media on the self-esteem and anxiety-depression of college going girls and boys. The Null hypothesis has been proved right because today people are more aware about the social media usage and they are More concerned about the their well-being and mental health and somewhere social media plays a great role in making them aware about their physical well-being and mental health. People actually care about their Self-esteem and levels of anxiety and depression in them. It is no more a taboo in the society to talk about mental health. Other factors which proved null hypothesis right is availability of questionnaires only in English and not in local languages like Hindi etc. This really impacted the sample size as most people were not able to comprehend the language well which led to the discrepancy in the data. The sample size has also an impact of subject's bias that is subjects gave answers which were socially acceptable and didn't depict their real self.

In America today, adolescents are the most "wired in" group of individuals and the most well positioned to utilize new technologies. As technology expands and the use of the computer as a medium of communication increases, adolescents begin to use the internet to maintain more of their friendships through social media such as Facebook. The ability to stay socially connected is something that adolescents rely on and largely determines their self-esteem development as adolescents. This study examined how the use of Facebook plays a role in development of self-esteem and well-being in 13, 14, and 15 year old

adolescents. Using a quantitative research design, participants of this study utilized skills of self-evaluation to answer an online survey comprised of 26 questions. Thirty (n=30) respondents were recruited through the use of an online bulletin article, Facebook event page and after school community youth program. Data was analysed and descriptive and inferential statistics we used. Findings demonstrated that respondent groups value their ability to stay socially connected, and associate positive feelings with functions of Facebook such as photo tagging, friend requests, status updates and private messages. Respondents indicated that their Facebook friend networks were dominated by individuals they know in their life offline. They also indicated that they associate positive feelings with both their offline friend groups and Facebook friend networks.

REFERENCES

Abood, D. A., & Conway, T. L. (1992). Health value and self-esteem as predictors of wellness behavior. Health Values, 16, 20-26.

Becker MW, Alzahabi R, Hopwood CJ. Media multitasking is associated with symptoms of depression and social anxiety. Cyberpsychology, Behavior, and Social Networking. 2012;16(2):132–135. [PubMed]

Bernard, L.C., Hutchison, S., Lavin, A. & Pennington, P. (1996). Ego-strength, hardiness, self-esteem, self-efficacy, optimism, and maladjustment: Health-related personality constructs and the "Big Five" model of personality. Assessment. Psychological Assessment Resources, Inc: US. June Vol. 3(2), 115-131.

Blascovich, J., & Tomaka, J. (1991). Measures of self-esteem. In J. P. Robinson, P. R. Shaver, & L. S. Wrightsman (Eds.) Measures of personality and social psychological attitudes, Volume I. San Diego, CA: Academic Press.

Burak L. Multitasking in the university classroom. International Journal for the Scholarship of Teaching and Learning. 2012;6(2):1–12.

Carrier LM, Cheever NA, Rosen LD, Benitez S, Chang J. Multitasking across generations: Multitasking choices and difficulty ratings in three generations of Americans. Computers in Human Behavior. 2009; 25:483–489.

Clark, D. 0. (1996). Age, socioeconomic status, and exercise self-efficacy. The Gerontologist, 36 157-164.

Clark, D. O., Patrick, D. L., Grembowski, D., & Durham, M. L. (1995). Socioeconomic status and exercise self-efficacy in late life. Journal of Behavioral Medicine, 18, 355-376.

Clayton RB, Osborne RE, Miller BK, Oberle CD. Loneliness, anxiousness, and substance use as predictors of Facebook use. Computers in Human Behavior. 2013;29(3):687–693.

Coopersmith, S. (1981). The antecedents of self-esteem. Palo Alto, CA: Consulting Psychologists Press. (Original work published 1967).

Dabbish L, Mark G, Gonzalez V. Why do I keep interrupting myself? Environment, habit and self-interruption; Proceedings of the 2011 annual conference on human factors in, computing systems; 2011. pp. 3127–3130.

Demo, D. H., & Savin-Williams, R. C. (1983). Early adolescent self-esteem as a function of social class: Rosenberg and Pearlin revisited. American Journal of Sociology, 88, 763-774.

Deters FG, Mehl MR. Does posting Facebook status updates increase or decrease loneliness? An online social networking experiment. Social Psychological and Personality Science. 2013http://dx.doi.org/10.1177/1948550612469233. [PMC free article] [PubMed]

Ellison NB, Steinfield C, Lampe C. Connection strategies: Social capital implications of Facebook-enabled communication practices. New Media and Society. 2011http://dx .doi.org/10.1177/1461444810385389.

Ellison NB, Steinfield C, Lampe C. The benefits of Facebook "friends:" Social capital and college students' use of online social network sites. Journal of Computer-Mediated Communication. 2007; 12:1143–1168.

Filsinger, E. E., & Anderson, C. C. (1982). Social class and self-esteem in late adolescence: Dissonant context or self-efficacy? Developmental Psychology, 18, 380-384.

Francis, L. J., & Jones, S. H. (1996). Social class and self-esteem. Journal of Social Psychology, L36, 405-406.

Froman, R. D., & Owen, S. V. (1991). High school students' perceived self-efficacy in physical and mental health. Journal of Adolescent Research, 6, 181-196.

Gecas, V., & Seff, M. A. (1990). Social class and self-esteem: Psychological centrality, compensation, and the relative effects of work and home. Social Psychology Quarterly, 53, 165-173.

Glynn CJ, Huge ME, Hoffman LH. All the news that's fit to post: A profile of news use on social networking sites. Computers in Human Behavior. 2012; 28:113–119.

Gonzalez VM, Mark G. Constant, constant, multitasking craziness: Managing multiple working spheres. Proceedings of CHI '04. 2004:113–120.

Hunt D, Atkin D, Krishnan A. The influence of computer-mediated communication apprehension on motives for Facebook use. Journal of Broadcasting and Electronic Media. 2012;56(2):187–202.

IDC. Always Connected: How smartphones and social media keep us engaged. IDC Research. 2013Retrieved <http://www.scribd.com/doc/133393152/IDC-Facebook-Always-Connected>.

Jelenchick L, Eichoff R, Moreno MA. "Facebook Depression?" Social networking site use and depression in older adolescents. Journal of Adolescent Health. 2012;52(1):128–130. [PubMed]

Jenkins-Guarnieri MA, Wright SL, Johnson B. Development and validation of a social media use integration scale. Psychology of Popular Media Culture. 2013a;2(1):38–50.

Jenkins-Guarnieri MA, Wright SL, Johnson B. The interrelationships among attachment style, personality traits, interpersonal competency, and Facebook use. Psychology of Popular Media Culture. 2013b http://dx.doi.org/10.1037/a0030946.

Johnson GM. Internet use and child development: The techno microsystem. Australian Journal of Educational and Developmental Psychology. 2010; 10:32–43.

Judd T, Kennedy G. Measurement and evidence of computer-based task switching and multitasking by 'Net Generation' students. Computers and Education. 2011; 56:625–631.

Junco R. Comparing actual and self-reported measures of Facebook use. Computers in Human Behavior. 2013; 29:626–631.

Junco R. The relationship between frequency of Facebook use, participation in Facebook activities, and student engagement. Computers and Education. 2012b;58(1):162–171.

Junco R. Too much face and not enough books: The relationship between multiple indices of Facebook use and academic performance. Computers in Human Behavior. 2012a; 28(1):187–198.

Kalpidou M, Costin D, Morris J. The relationship between Facebook and the well-being of undergraduate college students. Cyberpsychology, Behavior, and Social Networking. 2011;14(4):183–189. [PubMed]

Kamibeppu K, Sugiura H. Impact of the mobile phone on junior high-school students' friendships in the Tokyo metropolitan area. Cyber Psychology and Behavior. 2005; 8(2):121–130. [PubMed]

Kapidzic S. Narcissism as a predictor of motivations behind Facebook profile picture selection. Cyberpsychology, Behavior, and Social Networking. 2013;16(1):14–19. [PubMed]

Karpinski AC, Kirschner PA, Ozer I, Mellott JA, Ochwo P. An exploration of social networking site use, multitasking, and academic performance among United States and European university students. Computers in Human Behavior. 2013; 29:1182–1192.

Kimbrough AM, Guadagno RE, Muscanell NL, Dill J. Gender differences in mediated communication: Women connect more than do men. Computers in Human Behavior. 2012; 29:896–900.

Kittinger R, Correia CJ, Irons JG. Relationship between Facebook use and problematic Internet use among college students. Cyberpsychology, Behavior, and Social Networking. 2012;15(6):324–327. [PubMed]

Kraut R, Patterson M, Lundmark V, Kiesler S, Mukipadhyay T, Scherlis W. Internet paradox: A social technology that reduces social involvement and psychological well-being? American Psychologist. 1998;53(9):1017–1031. [PubMed]

Lampe C, Wohn DY, Vitak J, Ellison NB, Wash R. Student use of Facebook for organizing collaborative classroom activities. Computer-Supported Collaborative Learning. 2011;6:329–347.

Locatelli SM, Kluwe K, Bryant FB. Facebook use and the tendency to ruminate among college students: Testing meditational hypotheses. Journal of Educational Computing Research. 2012;46(4):377–394.

Lou LL, Yan Z, Nickerson A, McMorris R. An examination of the reciprocal relationship of Loneliness and Facebook use among first-year college students. Journal of Educational Computing Research. 2012;46(1):105–117.

Lyons, A., & Chamberlain, K. (1994). The effects of minor events, optimism, and selfesteem on health. British Journal of Clinical Psychology, 33, 559-570.

McAndrew FT, Jeong HS. Who does what on Facebook? Age, sex, and relationship status as predictors of Facebook use. Computers in Human Behavior. 2012; 28:2359–2365.

McKinney BC, Kelly L, Duran RL. Narcissism or openness? College students' use of Facebook and Twitter. Communication Research Reports. 2012;29(2):108–118.

Media Metrix. Simultaneous use of PC and television growing rapidly. New York: Media Metrix; 1999. < http://www.mediametrix.com/usa/press/releases/19990712.jsp>.

Mobile Mindset. Mobile Mindset Study. Lookout Mobile Security; 2012. Retrieved < https://www.lookout.com/_downloads/lookout-mobile-mindset-2012.pdf>.

Moore K, McElroy JC. The influence of personality on Facebook usage, wall postings, and regret. Computers in Human Behavior. 2012; 28:267–274.

Moreno MA, Jelenchick L, Koff R, Eikoff J, Diermyer C, Christakis DA. Internet use and multitasking among older adolescents: An experience sampling approach. Computers in Human Behavior. 2012b;28: 1097–1102.

Moreno MA, Jelenchick L, Koff R, Eikoff J. Depression and Internet use among older adolescents: An experience sampling approach. Psychology. 2012a; 3:743–748.

Nielsen Media Research. TV viewing in Internet households. New York: Nielsen Media; 1999. Research. < http://www.nielsenmedia.com>.

Oldmeadow JA, Quinn S, Kowert R. Attachment style, social skills, and Facebook use amongst adults. Computers in Human Behavior. 2012;29(3):1142–1149.

Ong E, Ang R, Ho J, Lim J, Goh D, Lee & Chua Narcissism, extraversion, and adolescent's self-presentation on Facebook. Personality and Individual Differences. 2011; 50:180 –185.

Oulasvirta A, Rattenbury T, Ma L, Raita E. Habits make smartphone use more pervasive. Personal and Ubiquitous Computing. 2012;16(1):105–114.

Padilla-Walker LM, Coyne SM. "Turn that thing off!" Parent and adolescent predictors of proactive media monitoring. Journal of Adolescence. 2011; 34:705–715. [PubMed]

Pea R, Nass C, Meheula L, Rance M, Kumar A, Bamford H, et al. Media use, face-to-face communication, media multitasking, and social well-being among 8- to 12-year-old girls. Developmental Psychology. 2012;48(2):327–336. [PubMed]

Pempek TA, Yermolayeva YA, Calvert SL. College students' social networking experiences on Facebook. Journal of Applied Developmental Psychology. 2009;30(3):227–238.

Pervin, L. A. (1993). Personality: Theory and research. NY: John Wiley and Sons.

Phillips CA, Rolls S, Rouse A, Griffiths MD. Home video game playing in school children: A study of incidence and patterns of play. Journal of Adolescence. 1995;18(6):687–691.

Poposki EM, Oswald FL. The multitasking preference inventory: Toward an improved measure of individual differences in polychronicity. Human Performance. 2010; 23: 247–264.

Reich SM, Subrahmanyam K, Espinoza G. Friending, IMing, and hanging out face-to-face: Overlap in adolescents' online and offline social networks. Developmental Psychology. 2012;48(2):356–368. [PubMed]

Richman, C. L., Clark, M. L., & Brown, K. P. (1985). General and specific self-esteem in late adolescent students: Race x gender x SES effects. Adolescence, 20, 555-566.

Rideout V, Foehr UG, Roberts D. Generation M2: Media in the lives of 8- to 18-year-olds. Menlo Park, CA: Kaiser Family Foundation; 2010.

Rideout VJ, Foehr UG, Roberts DF, Brodie M. Kids and media at the new millennium: A comprehensive national analysis of children's media use. Palo Alto, CA: Kaiser Family Foundation; 1999.

Rivas Torres, R.M., & Fernandez Fernandez, P. (I 995). Self-esteem and value of health a determinants of adolescent health behavior. Journal of Adolescent Health, 16, 60-63.

Rodin, J., & MeAvay, G. (I 992). Determinants of change in perceived health in a longitudinal study of older adults. Journal of Gerontology, 47, P373-P384.

Rosen LD, Carrier LM, Cheever NA. Facebook and texting made me do it: Media-induced task-switching while studying. Computers in Human Behavior. 2013;29(3):948–958.

Rosen LD, Chang J, Erwin L, Carrier LM, Cheever NA. The Relationship between "Textisms" and Formal and Informal Writing Among Young Adults. Communication Research. 2010;37(3):420–440.

Rosen LD, Whaling K, Rab S, Carrier LM, Cheever NA. Is Facebook Creating "iDisorders"? The link between clinical symptoms of psychiatric disorders and technology use, attitudes and anxiety. Computers in Human Behavior. 2013; 29:1243 –1254.

Rosenberg, M. (1965). Society and the adolescent self-image. Princeton, NJ: Princeton University Press.

Rosenberg, M., & Pearlin, L. 1. (1978). Social class and self-esteem among children and adults. American Journal of Sociology, 84, 53-77.

Ross C, Orr ES, Sisic M, Arseneault JM, Simmering MG, Orr RR. Personality and motivations associated with Facebook use. Computers in Human Behavior.2009; 25(2):578–586.

Skues JL, Williams B, Wise L. The effects of personality traits, self-esteem, loneliness, and narcissism on Facebook use among university students. Computers in Human Behavior. 2012; 28:2414–2419.

Smith C. Facebook S-1 amendment: New stats from Q1 2012 and more. Huffington Post. 2012Retrieved< http://www.huffingtonpost.com/2012/04/23/facebook-s-1-ame ndment_n_1446853.html>.

Stamatakis, K.A., Lynch, J., Everson, S.A., Raghunathan, T., Salonen, J.T. & Kaplan, G.A. (2003). Self-esteem and mortality: Prospective evidence from a population-based study. AEP, 14 (1): 58-65.

Stanger JD, Gridina N. Media in the home 1999: The fourth annual survey of parents and children.Philadelphia: Annenberg Public Policy Center, University of Pennsylvania; 1999.

Stanger JD. Television in the home 1998. Philadelphia: Annenberg Public Policy Center, University of Pennsylvania; 1998.

Steinfield C, Ellison NB, Lampe C. Social capital, self-esteem, and use of online social network sites: A longitudinal analysis. Journal of Applied Developmental Psychology. 2008; 29:434–445.

Subrahmanyam K, Kraut RE, Greenfield PM, Gross EF. The impact of home computer use on children's activities and development. Children and Computer Technology. 2000; 10(2):123–144. [PubMed]

Tazghini S, Siedlecki KL. A mixed method approach to examining Facebook use and its relationship to self-esteem. Computers in Human Behavior. 2013; 29:827–832.

Thompson P. The digital natives as learners: Technology use patterns and approaches to learning. Computers and Education. 2013; 65:12–33.

Tosun LP. Motives for Facebook use and expressing "true self" on the Internet. Computers in Human Behavior. 2012; 28:1510–1517.

Trepte S, Reinecke L. The reciprocal effects of social network site use and the disposition for self-disclosure: A longitudinal study. Computers in Human Behavior. 2013;29:11 02–1112.

Turner JS, Croucher SM. An examination of the relationships among United States college students' media use habits, need for cognition, and grade point average. Learning, Media and Technology. 2013 http://dx.doi.org/10.1080/17439884.2013.777349.

Twenge, J.M. & Campbell, W.K. (2001). Age and birth cohort differences in self-esteem: A cross-temporal meta-analysis. Personality and Social Psychology Review, 5(4), 321-344.

U.S. Census Bureau. American community survey. 2006 < http://factfinder.census.gov/serv let/ACSSAFFFacts?_event=Search&_langx=585en&_sse=on&geo_id=05000US060 37&_county=Los+Angeles+County>.

U.S. Census Bureau. American Community Survey. 2007–2011 Retrieved < http://www.ce nsus.gov/acs/www>.

Venkatesh V, Thong JYT, Xu Consumer acceptance and use of information technology: Extending the Unified Theory of Acceptance and Use of Technology. MIS Quarterly. 2012;36(1):157–178.

Wang Z, Tchernev JM. The "myth" of media multitasking: Reciprocal dynamics of media multitasking, personal needs, and gratifications. Journal of Communication. 2012;62: 493–513.

Wiltfang, G. L., & Scarbecz, M. (1990). Social class and adolescents' self-esteem: Another look. Social Psychology Quarterly, 53, 174-183.

Young KS. Internet addiction: The emergence of a new clinical disorder. Cyber Psychology and Behavior. 1998;1(3):237–244.

Zickuhr K, Smith A. Digital differences. Washington, DC: Pew Internet & American Life Project; 2012.

Conflict of Interest
The author(s) declared no conflict of interest.

How to cite this article: Kaushik, Y. & Malhotra, M. (2024). Impact of Media Depictions on Well-Being and Mental Health. *International Journal of Indian Psychology*, *12*(1)*,* 1591-1609. DIP:18.01.147.20241201, DOI:10.25215/1201.147