

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

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ABSTRACT

Background: The impact of social networking on mental health is a complex and evolving area of study. Social networking platforms can enhance social support networks by facilitating communication with friends, family, and like-minded individuals. **Aims:** The study's aim was to synthesize the evidence-based literature on social networking and mental health by conducting a comprehensive review. This paper elucidates both the positive and negative effects of social networking on mental health, considering factors such as social support, self-esteem, loneliness, depression, anxiety, and overall psychological functioning. The paper provides insight on the mental health issues and information to scholars, practitioners, and policymakers alike, advancing our grasp of the intricate relationship between social networking and mental health. **Methods:** The current study has followed the PRISMA guidelines and is a descriptive one that was found by searching electronic databases (Scopus, Pub Med, ERIC, Web of Science, Shodhganga, Google scholar, and Research gate). The review protocol has not been published on PROSPERO. Result and conclusion of our findings reveal that social networking can have both beneficial and negative effects on a person's mental health, with the majority of the study concentrating on the positive effects.

Keywords: *Mental health, Social networking, Depression, Anxiety, Social networking sites*

A person's overall well-being is heavily reliant on their mental health, which encompasses emotional, psychological, and social factors that influence their thoughts, feelings, and behaviors. Mental health influences person's ability to manage stress, interact with others. According to the World Health Organization (WHO), mental health is a state of wellbeing in which each individual may realize their own potential, effectively manage daily stressors, work, and positively impact their community.

Encompasses more than just not having a mental illness; it also means keeping everything in life in balance. 2020, there are an estimated 3.8 billion social media users worldwide, representing half the global population (We Are Social, 2020). Recent studies have shown that individuals with mental disorders are increasingly gaining access to and using mobile

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Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

devices, such as smartphones (Firth et al., 2015; Glick, Druss, Pina, Lally, & Conde, 2016; Torous, Chan, et al., 2014; Torous, Friedman, & Keshavan, 2014). Similarly, there is mounting evidence showing high rates of social media use among individuals with mental disorders, including studies looking at engagement with these popular platforms across diverse settings and disorder types. Initial studies from 2015 found that nearly half of a sample of psychiatric patients were social media users, with greater use among younger individuals (Trefflich, Kalckreuth, Mergl, & Rummel-Kluge, 2015), while 47% of inpatients and outpatients with schizophrenia reported using social media, of which 79% reported at least once-a-week usage of social media websites (Miller, Stewart, Schrimsher, Peoples, & Buckley, 2015). Rates of social media use among psychiatric populations have increased in recent years, as reflected in a study with data from 2017 showing comparable rates of social media use (approximately 70%) among individuals with serious mental illness in treatment as compared to low-income groups from the general population (Brunette et al., 2019).

The increase in use of social networking sites in recent years has drastically changed how people engage, communicate, and build relationships. There is an increasing interest in learning how these digital places affect mental health as they become more and more ingrained in daily life. There are both positive and negative sides to the relationship between social networking and mental health. Social networking sites, like Face book, Integra, Twitter, and Tiktok, have a longlasting impact on people's everyday lives and how they communicate, exchange information, and view themselves and other people. Studies have reported that individuals living with a range of mental disorders, including depression, psychotic disorders, or other severe mental illnesses, use social media platforms at comparable rates as the general population, with use ranging from about 70% among middle-age and older individuals, to upwards of 97% among younger individuals (Aschbrenner, Naslund, Grinley, et al., 2018; M. L. Birnbaum, Rizvi, Correll, Kane, & Confino, 2017; Brunette et al., 2019; Naslund, Aschbrenner, & Bartels, 2016).

Aschbrenner KA, Naslund JA, Grinley T, Bienvenida JCM, Bartels SJ, & Brunette M (2018). A Survey of Online and Mobile Technology Use at Peer Support Agencies. *Psychiatric Quarterly*, 1–10.

Objectives

- Understanding mental health and social networking.
- Exploring the influence of social networking on mental health.
- Identifying the factors affecting mental health.
- Exploring various strategies to maintain mental health.

Mental Health

Mental health is defined as the capacity of an individual to form harmonious adjustments to one's social and physical environment. The World Health Organization (WHO) and other prominent organizations emphasize that "No health without mental health" (Prince et al., 2007). Key aspects of mental health include self-growth, self-actualization, personality integration, and mastery of the environment. Approximately 1 in 4 people globally are affected by mental health conditions at some point in their lives (WHO, 2022). Nearly 450 million people worldwide are affected by mental health issues, with anxiety and depressive disorders being the most common (Reddy, 2019). Pandemic covid 19 has significantly increased the number of people living with depressive disorders and anxiety (WHO, 2020).

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

- **According to Rhoda, Characteristics of Mental Health are:**

1. Self-perception.
2. Achievement of self-realization.
3. Integration of personality.
4. Realistic perception of the world.
5. Self-autonomy.
6. Ability to master life's challenges.

1. **Approaches to Mental Health:**

- **Dunn's Balance Approach** (1964): Emphasizes the need for a balance among various components of the individual and society, including chemical and neuromuscular balance, and the balance between the inner and outer worlds.

2. **Challenges and Stigma:**

- Mental illness has long been associated with prejudice, ignorance, and superstition (Dyane et al., 2022).
- There is no single definition or conceptualization of mental health, as it varies across cultures and individual values (Jihad, 1958; Karol, 1973; Strop & Hadley, 1977; War, 1987).
- Many mental health issues go unreported due to stigma, lack of adequate funding, and trained manpower (Reddy, 2019).

National Mental Health Survey (NMHS), 2015–16

- The survey, backed by the Indian Ministry of Health and Family Welfare, highlighted the prevalence of mental health issues in India and emphasized the need for greater discussion and resources for mental health care (Murthy, 2017).

3. **Treatment and Awareness:**

- Mental illnesses are treatable, but treatment is of poor quality or lacks somewhere. People usually feel uncomfortable while sharing their symptoms, their feelings, inner thoughts with professionals, healthcare counsellors, sometimes even with their close relatives, thus it becomes difficult to estimate the actual prevalence of mental illnesses (Dittany & Roger, 2024).
- Mental health awareness needs to be integrated into all aspects of health and social policy, health-system planning, and delivery of primary and secondary general health care.

Social networking

The term "social networking" describes the usage of online tools and platforms that let users establish virtual communities, connect with others, share information, and develop personal profiles. People all around the world may interact instantaneously, share multimedia information, and participate in debates thanks to well-known sites like Facebook, Instagram, Twitter (X), LinkedIn, Snapchat, and TikTok. By providing chances for social interaction, professional networking, activism, entertainment, and information sharing, these networks have completely changed the way individuals engage with one another. Social networking improves connectivity and provides forums for learning and self-expression, but it also has drawbacks, including the potential for cyberbullying, false information, privacy issues, and

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

negative effects on mental health, such as anxiety, depression, or low self-esteem, especially among young people. Understanding both the advantages and disadvantages of these platforms is crucial for responsible and balanced use as they grow more and more ingrained in daily life.

- Social networking platforms provide opportunities for connection, information sharing, and community building, which can enhance mental well-being (Ellison & Boyd, 2013; Russo et al., 2008).
- These platforms help individuals maintain social ties, find peer support, and access mental health resources (Boyd & Ellison, 2007).
- Health conditions like depression, anxiety, and loneliness are due to excessive use of social networking sites (Vogel et al., 2014).
- Privacy concerns and the tendency to present idealized versions of oneself can lead to feelings of inadequacy and low self-esteem (Yoon & Rolland, 2012).
- The shift to online interactions may decrease participation in real social communities (Yoon & Rolland, 2012).
- Social networking sites have potential for delivering youth-focused online mental health services and peer-to-peer support, but research on their efficacy is still in early stages and fragmented (Rice et al., 2014; Commode & Krishnamurthy, 2008)
- **Exploring the influence of social networking on mental health.**

The impact of social networking on mental health is a complex and evolving area of study...Social networking platforms can enhance social support networks by facilitating communication with friends, family, and like-minded individuals. Research has shown that perceived social support through online interactions is associated with better mental health outcomes (Primacy et al., 2017). Community Building and Peer Support: Online communities and support groups on social networking sites can provide valuable peer support for individuals dealing with mental health challenges. These networks lessen feelings of loneliness by providing a sense of understanding and belonging.

Social networking platforms provide easy access to information and resources related to mental health, including self-help materials, articles, and professional advice. This can empower individuals to seek help and make informed decisions about their mental well-being (Azeri et al., 2014). Social networking sites offer individuals a platform to express themselves and share their experiences, including their struggles with mental health issues. Engaging in self-disclosure can foster a sense of catharsis and reduce stigma associated with mental illness (Moreno et al., 2016). The last ten years have seen a significant shift in how individuals engage and communicate to online social networking.

Positive Effects of social networking on the mental health

Social networking sites (SNS) offer venues for people to uphold and strengthen social ties. Those who might feel alone or have limited opportunities for in-person encounters can especially benefit from this. By lowering feelings of loneliness and improving well-being, the sense of support and belonging that comes from online groups can have a good effect on mental health (Nab, Preston, & So, 2013).

Social media sites can provide a wealth of information about mental health concerns. They provide access to a number of tools and informational materials that might assist people in better managing their mental health, such as self-help tools, educational materials, and expert

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

guidance (Nyasaland, Aschbrenner, March, & Bartels, 2016). Users can communicate their experiences and sentiments in online forums, giving them a way to let go of their emotions. As a type of catharsis, telling personal tales and getting input from others can reduce stress and enhance mental health (Barker et al). Numerous social networking sites (SNS) provide communities and organizations focused on particular mental health issues or disorders. These communities create an environment where people can talk to others who are sympathetic to their plight and exchange experiences, counsel, and support (Gaysynsky, Romansky-Poulin, & Arpadi, 2015). Participating in social media conversations and content on mental health might help lessen the stigma attached to mental health problems. People's experiences and tales normalize mental health issues and promote more candid discussions, both of which can result in more acceptance and understanding (Robinson et al., 2019).

Negative effects and potential risks: According to study Despite the potential benefits, excessive use of social networking sites has been often linked with depression, anxiety, and loneliness (e.g., Primack et al., 2017). Factors such as cyberbullying, social comparison, and fear of missing out (FOMO) can contribute to these adverse effects."I am an addict. When asked why she does was not able to help her kid with her schoolwork, a young mother responds, "I just get lost on Facebook or social networking." Instead of helping her child, she spends her time conversing and reading social networking websites Cohen, E. (2009). Social networking platforms often encourage users to present idealized versions of themselves, leading to feelings of inadequacy, Selective Self-presentation and Idealized Representations and low self-esteem among those who compare themselves unfavourably to others (Vogel et al., 2014). It leads to decrease in real social community participation. Thus, case study evidence shows that 'profuse use of' social networks on the Internet may be one of the potential mental health problems for some individuals.one of the study showed that parents usually ignore the children because of the SNS usage addiction. By sharing each and every personal ties on Facebook or Instagram real essence of being together with family, sharing love, caring for each other seems diminishing. Addiction and Overuse: Excessive use of social networking leads to addiction-like behaviours, characterized by compulsive use, neglect of other responsibilities, and withdrawal symptoms when unable to access these platforms. This can have detrimental effects on mental health and overall well-being (Kuss & Griffiths, 2017). Privacy Concerns: Sharing personal information on social networking sites can raise privacy concerns, especially regarding sensitive topics like mental health. Fear of privacy breaches or stigma may deter individuals from seeking support or disclosing their struggles online (Yoon & Rolland, 2012).

How to improve mental health

Developing and putting into practice resilience- and well-supporting behaviours is essential for improving mental health. Following the PERMA model and additional suggestions, the following synopsis is provided:

- Be thoughtful, forgiving, grateful, and optimistic. This is the PERMA Model Positive Perspective.
- Engagement: Look for things to do that pique your curiosity, make you happy, and captivate you completely.
- Relationships: Strengthen your bonds with family and friends, show them your support, and don't be afraid to ask for assistance.
- Interpretation: Sync your endeavors with your priorities and make a positive impact on society.

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

- Realize your goals and work toward even greater mastery when you've made progress.

Eating habits and psychological well-being

Cognitive function, mood, and brain function are all supported by a well-balanced, nutrient-rich diet.

Food has an impact on the brain and gut bacteria reacts

- Building Resilient Social Interaction: Talk to individuals in person or online to reduce stress and increase Eat a well-balanced diet to improve your energy, mood, and sleep.
- Self-care: Identify stressful situations and engage in fun activities to defuse them.
- Physical Activity: Engage in regular exercise to boost mood and release endorphins.
- Yoga and Meditation: To unwind and lower stress, practice yoga and mindfulness.
- Living in the Present: Recognize what is unchangeable and practice mindfulness. Make sure you get enough rest and practice proper sleep hygiene.
- Seek Medical Assistance: When necessary, don't be afraid to consult a professional.
- Daily Maintenance: Take part in everyday pursuits that advance your objectives and general wellbeing.
- Optimistic Thoughts: Develop an optimistic outlook and confront pessimistic ideas. Acquire a conscious understanding of your feelings and the impact they have on you.
- Social Support: For assistance and company, make use of social support networks.
- Humor: Use humor to relieve stress and have fun in your life.
- Flexibility and Adaptability: To better handle changes and obstacles, exercise flexibility and adaptability.
- Self-Sense: Don't let your issues define who you are; instead, focus on your strengths.
- Healthy Perspective: Retain a neutral stance and refrain from inflating problems.

METHODOLOGY

Design: After reviewing the pre-review papers, we outlined the main conclusions and study characteristics. Furthermore, we assessed the research's quality and spoke about potential explanations.

Searching Strategies: We used the search terms Mental health, Social Networking, influence of social network on mental health, factors Influence Mental Health and How to maintain Mental Health. In order to find relevant published articles in the databases Scopus, PubMed, ERIC, Google Scholar, Research Gate, and Shodhganga. Articles released between January 2007 and April 2022 was included.

Standards of inclusion and exclusion

Studies pertaining to How Social Networking Impacts Ones Mental Health and how to maintain mental health. We included studies that have focused on Mental Health, How Mental Health is influenced by Social networking and How Social networking influences Mental Health both Negatively and Positively. There were 210 abstracts found. Figure 1: The search technique under consideration. We eliminated publications that had nothing to do with the Mental Health after carefully reviewing each of the 210 abstracts. After removing 150 duplications, we were left with 84 publications. We concluded that, in accordance with the specified inclusion and exclusion criteria, 31 publications met the study's objectives. After analysing the 84 papers, we concluded that it made sense to split them into two categories based on length. Thus, 31 publications served as the foundation for the Systematic Review of,

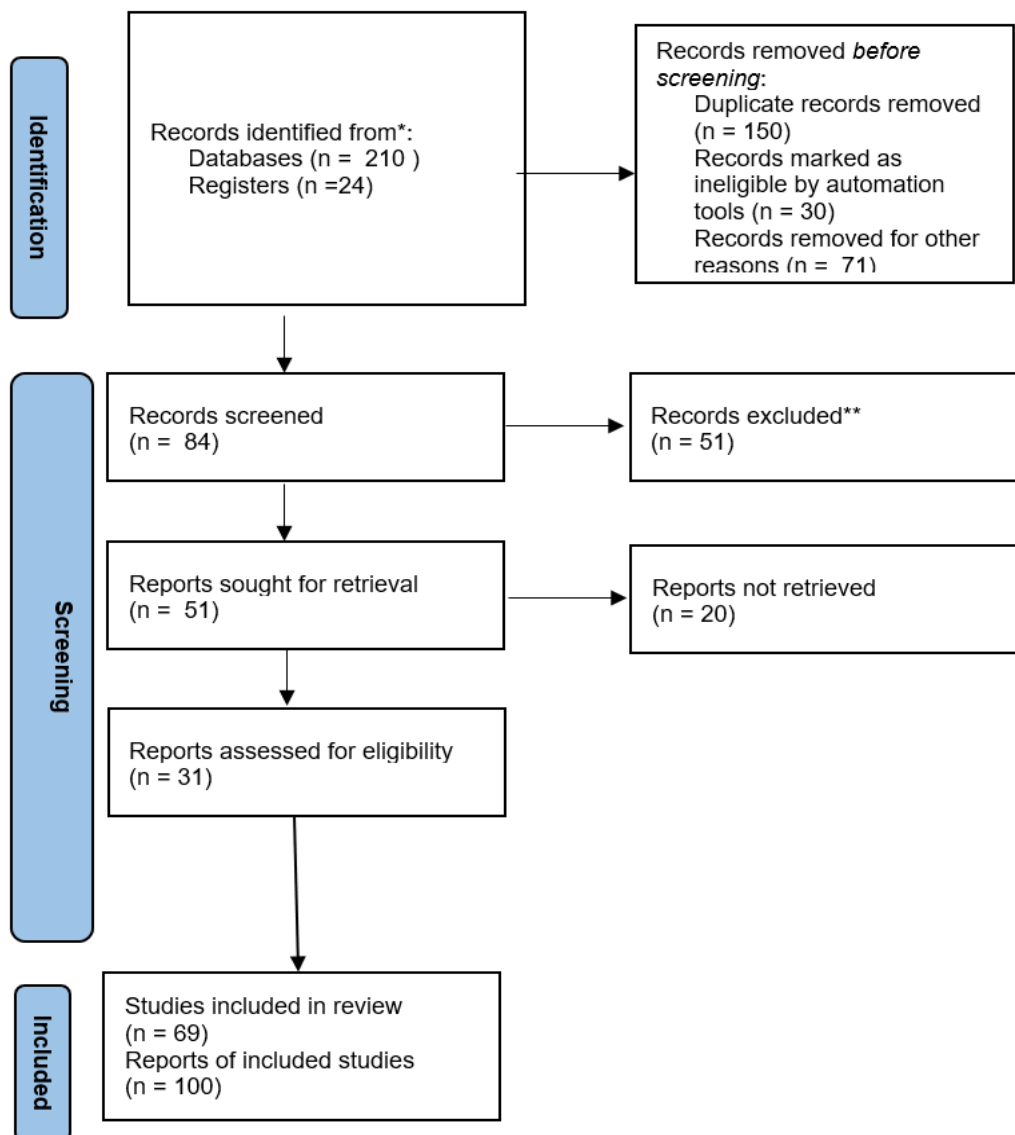
Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

How Social Networking Impacts Ones Mental Health and how to maintain mental health A Systematic Review (Figure 1.1).

Extraction of data

The following information was extracted from each publication using a standardised methodology and reporting form: the year of publication, the name of the first author, the nation where the study was carried out, the study's purpose, its design, the age and population sample size, We list the dependent and independent variables for each study under the rubric study design in Table 1.1. We did, however, select the primary dependent variable and independent variables because the dependent and independent variables varied between the research. This decision was made in order to maximize the table's readability and word count. The publishing year was determined by using the date of the article's initial online release rather than the date of the print version.

Figure 1.1



Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

Table 1.2 FINDINGS

Author	Aim	Sample and Methodology	Results
1. Solanki, R. B. (2023).	Examining college students' mental health in relation to their gender and stream was the primary goal of this study.	120 students made up the sample for this study, 60 of whom were in the arts and 60 of whom were in science. The two groups of students—the arts and science—were further separated by gender, or boys and girls. T test was utilized to gauge their mental wellness.	The findings indicate that there is not a significant distinction in the mental health of boys and girls based on their gender or stream (arts and science).
2.H.L. Dunn 1964	The theme of the book was how Mental Health or well being involves a balance among several components of the individual and of the society in which he lives.	The study is review based and general population was considered	Dunn says that maintaining a continuum of balance is necessary for an individual to be healthy, indicating that wellness is reliant on their relationship with the environment.
3.VENKATASHIVA Reddy 2019	This study's primary goals were to evaluate the prevalence of mental illnesses and investigate the different problems and difficulties that communities face.	It is a review-based study. internet databases have been used for research on the frequency of different mental illnesses and the factors that are linked to them in the community	Environments and living conditions that promote mental health and make it possible for people to start and maintain healthy lives must be created in order to promote mental health.
4.R Srinivasan Murthy 2017	This review aims to provide insight into the mental health survey conducted in 2015–2016, including data on treatment utilization, prevalence, and patterns of mental diseases.	The NMHS was conducted in 12 states in six Indian regions: the (Punjab and U.P); (Tamil Nadu and Kerala); (Jharkhand and W.Bengal); the West (Rajasthan and Gujarat); (M. Pradesh and Chhattisgarh); and (Manipur and Assam).Both quantitative and qualitative methods were applied.	There was a weighted prevalence of 10.6% current mental illness and 13.7% lifetime mental morbidity overall. Urban metro residents exhibited a higher prevalence of several diseases.
5.S .Dattani& M. Roger 2024	This study aims at finding the age at	The information was obtained from a	Due to improved diagnostic guidelines

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

Author	Aim	Sample and Methodology	Results
	which people experience depression first time.	Danish study that examined the age at which individuals received their initial diagnosis of a mental illness. Data from the entire population was used by them. The meta-analysis is the basis of the study.	and a greater willingness to accept mental health diseases, people are receiving depression diagnoses earlier in life than in the past.
6.HS Adelman, L Taylor 2006	In this study an attempt has been made to investigate about factors promoting mental health and avoiding problems	The sample for this study are schools in general.interview schedules and questionnaires were used.	Public health professionals are most qualified to accomplish the goals of mental health in schools, and schools must be involved in order to develop public health interventions to improve children's mental health.
7.Nicole B. Ellison and D 4anah M. Boyd 2013	This chapter provides an analytical framework for investigating these new sites and gives authoritative insights on one of the most important advances in social interaction: social network sites.	A review based study on evolution review based study on evolution of Social networking sites.	Social media platforms have created new spaces and opportunities for studying human behavior.
8.A Russo, J Watkins, L Kelly, S Chan 2008	The projects covered in this article show how social media participation in communication can be included into museum operations.	This is a review based study	The capacity of an individual or an institution to produce, release, and distribute digital cultural content is indicative of the increasing and established need for social media-based creative expression, cultural engagement, and identity creation.
9.AM Kaplan, M Heinlein 2010	The paper aims to clarify the notion of social media and explore its distinctions from related ideas like Web 2.0 and user-	A review based study on the social media	Some contend that although technology makes it possible to follow friends in great detail from across the globe, it can also contribute to

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

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	generated content. In addition, it offers a taxonomy of social media applications, such as virtual game worlds, virtual social worlds, blogs, content communities, social networking sites, and collaborative projects. offers ten final pieces of guidance to businesses that choose to use social media.		a society in which we are unaware of the identities of our own neighbors.
10 BOBBI KAY LEWIS 2009	By investigating college students' opinions on social media and the manner in which social media tools are influencing strategic communication, this study aimed to fill a knowledge gap in the literature.	College students made up the study's sample. The research design used in the study was mixed methods. A mixed-methods triangulation design, in which quantitative and qualitative data are simultaneously collected, converges the data to allow for thorough comparisons between In the current investigation, normative quantitative data and contextualized data were employed.	The quantitative and qualitative results from this mixed-methods study show that students majoring in public relations and advertising are more likely to have positive views and impressions of social media. Results also show that perceptions regarding social media are more favorable among students who primarily rely on social media as a news source.
11.Elison & Boyd 2007	To comprehend the principles and background of different social networking platforms.	The study is review based on social networking sites	Since SNSs facilitate interpersonal connections, it is not unexpected that they have ingrained themselves deeply into users' lives.
12.Simon M Rice et al 2014	The scientific literature was thoroughly examined. The review was intended to concentrate on two facets of online intervention: (1)	There were two distinct literature searches done. A date range was not provided. Only young individuals (12–25 years old) were included in the	Online therapies that emphasize a wide cognitive behavioral approach seem to have promise in lowering the symptoms of

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

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	conventional methods for assessing online intervention content in randomized controlled trials, and (2) online therapies and services that are second-generation and based on social networking.	Section 1 search, which concentrated on randomized controlled trials. Of the 101 paper abstracts that were found, 15 satisfied the review inclusion requirements. There were 358 abstracts from the Section 2 search, which was age-neutral and covered all research design types; 22 of these studies were included.	depression in young individuals.
13.Cormode&Krishnamurthy, B. (2008).	The paper highlights the key distinctions between Web 2.0 and Web 1.0 and describes the telltale characteristics of Web 2.0. This is further demonstrated in a thorough case analysis in this research, wherein many websites are evaluated and the visible characteristics that distinguish them as Web 1.0 or Web 2.0 are shown.	It is review based study where various websites are taken into consideration	The different social media platforms contain about half a billion users, with the top few accounting for the majority of users and traffic. These websites make a lot of effort to maintain traffic inside their own network by using proprietary email, instant chat, and other systems.
14.Pantelis, C., et al. (2005).	This study looked into this matter. Using MRI, researchers can examine if neuroanatomical abnormalities linked to psychotic diseases, including schizophrenia, are present in individuals with prodromal symptoms who are extremely vulnerable to developing psychosis.	There were two comparisons performed: longitudinal and cross-sectional. Seventy-five individuals exhibiting prodromal symptoms of psychosis underwent MRI scanning for the cross-sectional comparison.	In the cross-sectional analysis, those who developed psychosis had less grey matter in the bilateral cingulate cortex, inferior frontal cortex, lateral temporal cortex, and right medial temporal cortex than did those who did not.
15.Felsitic, V. J., et al. 2019	The Adverse Childhood Experiences (ACE) Study links many of	Case studies were investigated	Individuals who had several negative childhood experiences were

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

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	the major causes of adult mortality to maltreatment during childhood and dysfunctional households.		more likely to have multiple health risk factors as adults. The seven types of negative childhood experiences had a strong correlation with each other.
16.Lorent et al 2003	The review and meta-analysis of the relationship between depression and socioeconomic variables	Included were studies on common mental illnesses (a combination of anxiety and sadness). There was a stratified sampling process used.	Findings showed that people with lower socioeconomic status were more likely to experience depression.
17. Haley, B. (2009).	This study presents an overview of the current understanding of neuroticism, explains its importance for public health, and outlines working hypotheses to direct future investigations into the causal relationships between neuroticism and mental and physical health issues.	Review based study	Individuals who meet the criteria for more than one mental disorder are more likely to utilize expensive mental health services and have more persistent and incapacitating disorders than those who only satisfy the criterion for one mental disease.
18. Primack et al(2017).	This study examined the connections between young adults' PSI and their usage of social media (SMU) in the US.	The participants were 1,787 adult Americans, ages 19 to 32, who made up a national sample. They were collected for a cross-sectional poll in October and November 2014, with a sample frame comprising 97% of all Americans. Measurement Information System Scale. In order to assess the connections between SMU and SI while controlling for eight additional factors, ordered logistic regression was used in 2015.	Those in the top percentile for SMU time had twice the risk of having a higher PSI as those in the lowest quartile in multivariable models with full adjustments and survey weights. Every correlation was linear ($p < 0.001$), and sensitivity testing supported the results.
19.Kazemi et al 2014	Investigating whether the content posted on	A mixed-methods approach was used in	The study found that although Facebook

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

Author	Aim	Sample and Methodology	Results
	Facebook accounts correctly matches the offline behavior and features of people with severe mental illness (SMI) was the main goal of the study conducted by Azeri et al. (2014).	the study to investigate how accurately Facebook profiles depicted people with severe mental illness (SMI). The methodology encompassed the collecting and analysis of both quantitative and qualitative data.	profiles could offer insightful information on the mental health status of people with SMI, they weren't always entirely accurate. .
20. Moreno et al 2016	This study aimed to assess Facebook disclosures from college students that satisfied DSM criteria for a major depressive episode (MDE) or a depression symptom.	In this study, sophomore and junior undergraduates' public Facebook profiles were chosen, and the researchers assessed personally authored content known as "status updates." Once a year's worth of status updates from each profile had been collected, investigators utilized DSM criteria to determine the prevalence of presenting depressive symptoms and MDE criteria. Negative binomial regression analysis was used to model the link between Facebook use characteristics or demographics and depression disclosures.	200 profiles in all were examined; the proprietors of these profiles were, on average, 20 years old and 43.5% female. In all, 25% of profiles showed signs of depression, and 2.5% of them satisfied MDE requirements.
21. Nabi, et al. (2013).	This study examines the connection between stress levels and interpersonal social support via mediated social networks, which in turn influences the degree of psychological and physical well-being.	There were 401 adult Facebook users in the study. Through the use of an online survey platform, participants were found. The demographic composition of the sample was heterogeneous with respect to age, gender, and background; nonetheless, certain demographic	Researchers discovered a significant correlation between Facebook friend count and perceived social support, which in turn was connected to less stress, fewer medical ailments, and increased psychological well-being.

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

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		information (e.g., mean age, gender distribution) The measurement of physical disease was done using the Penne Bakery Limbic Languidness Inventory (PILL)After the survey ended, respondents filled out the Social Readjustment Rating Scale for children.	
22.Naslund et al 2016	The purpose of the study is to determine how efforts to improve mental and physical wellbeing could be advanced by peer-to-peer contacts among persons with significant mental illness made online.	This study is review-based.Since the study was a review paper, no specific sample of participants was specified for the original data gathering. Rather, it gathered research findings from previous studies and publications that examined peer-to-peer support and social media use in mental health services.	Through sharing coping strategies and personal experiences, persons with serious mental illness can feel more socially connected and like they belong to a community through online peer interactions. These connections can also help them deal with the day-to-day challenges of living with a mental illness.
23.DavidA. Baker, and Guillermo Perez Algeria 2016	The study's objective is to review recent quantitative research on the connection between depressive symptoms and online social networking.	Terms associated with online social networking and depression were rigorously searched through the academic databases PsycINFO, Web of Science, CINAHL, MEDLINE, and EMBASE. The quality of the reporting was evaluated severely, and the conclusions were debated in light of their broader ramifications.	The findings suggest that there can be a complex relationship including several behavioral, social, psychological, and individual factors that links depressed symptoms to online social networking.
24.Gaysynsky et al 2015	This study set out to assess a closed Facebook group that was created for participants in a	This study used directed content analysis to look at the kinds and rates of interactions seen in the 3,838 posts and	The study's findings show that Facebook groups can help patients connect with others and receive social support. They

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

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	young adult HIV clinic program.	comments that appeared on the Facebook group page between March 1, 2011, and July 1, 2012.	can also enhance care for young adults living with HIV.
25.P Robinson, D Turk, S Jilka, M Cella 2019	This study uses Twitter, a social media platform, to examine stigmatizing and trivializing beliefs regarding a range of physical and mental health concerns.	Within a 50-day period, the researchers gathered tweets on five physical and five mental health issues across 10 72-hour intervals. A Chi-square analysis was performed to evaluate the percentage of stigmatizing beliefs in various categories.	Mental health diseases were stigmatized (12.9%) and trivialized (14.3%) more than physical health disorders (8.1% and 6.8%, respectively).
26.Cohen .E 2009	This article's goal was to examine how excessive Facebook use can result in social and personal problems while also highlighting possible symptoms of addiction and its effects on users' day-to-day life.	The article offers a narrative account of behaviors suggestive of Facebook addiction, based on anecdotal data from therapists' observations and users' own experiences. Anecdotal reports from people who used Facebook a lot and observations by therapists regarding an increase in clients with Facebook-related problems made up the sample.	The night time use of Facebook has resulted in less sleep. spending more than an hour a day on Facebook. fixation with reaching out to past romantic relationships again. delaying work commitments in favor of Facebook. apprehensive about losing access to Facebook.
27.Kuss, D. J., & Griffiths, M. D. (2017).	This research aims to shed new light on the connection between addiction and online social networking. Ten lessons on online social networking sites and addiction are presented in this study, which is based on the results of recent empirical research.	This study, which is a narrative review, summarizes the results of several empirical investigations on social networking site addiction. The authors examined the body of research to identify important takeaways regarding the characteristics and mechanisms of social media addiction.	In extreme cases, compulsive use of social networking sites (SNSs) due to a felt need to be online can result in symptoms and effects that are frequently linked to substance-related addictions.

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

Author	Aim	Sample and Methodology	Results
28. Castro et al	This study will evaluate the overall quality of life (QoL), physical and sexual activity, food and alcohol cravings, sleep patterns, and sleep patterns of obese patients following a very low-calorie ketogenic (VLCK) diet. We'll also look at how ketosis and weight reduction affect these metrics.	Using a pre-post strategy, the study recruited obese patients to adhere to an extremely low-calorie ketogenic diet for a prolonged length of time. During the course of four consecutive visits, a battery of psychological tests was administered to twenty obese patients during a four-month VLCK diet.	According to the research, obese people may benefit from a very low-calorie ketogenic diet in terms of their overall health and lifestyle.
29. Primack et al 2018	This study assessed the associations between young adults' perceived social isolation (PSI) and their use of social media (SMU) in the US.	A nationally representative sample of 1787 American adults, ranging in age from 19 to 32, comprised the participants. The Patient-Reported Outcomes Measurement Information System scale was used to calculate PSI.	People in the top quartile for SMU time had twice the chance of having a higher PSI than people in the lowest quartile
30. Vogel et al 2014	The current set of studies sought to determine how exposure to social comparison data obtained from social media, both short- and long-term, affected participants' feelings of self-worth.	145 undergraduates, 106 of whom were female, were sent by a Midwestern American university to participate in exchange for course credit. Study 1 used a correlational technique to look at any links between lower trait self-esteem and frequent Facebook use. Study 2 examined the effects of brief exposure to social media profiles on state self-esteem and relative self-evaluations using an experimental methodology.	The findings showed that when the target person's profile included upward comparison information as opposed to downward comparison information participants' state self-esteem and relative self-evaluations were lower.

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

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31.Yoon, C., & Rolland, E. (2015).	The study investigated how enjoyment and arbitrary standards affect users' decision to keep using social networking sites.	Data from South Korean users of social networking services were used to create and empirically analyze a research model based on the IS continuance model.	The findings showed that while enjoyment did not directly affect users' to continue using social networks, it did have a considerable effect on user satisfaction and usage habits. Additionally, the subjective norm significantly impacted both the intention to continue using and the perceived utility.

The 31 reviewed articles are summarized in table 1.2

After examining these studies, it was found that some studies of them had different objectives and approaches, they were all interested in determining How Social Networking Impacts Ones Mental Health .7 studies focused on the in general focuses on How social networking influences ones mental health. 10 studies focused on role social networking influence negatively and positively. 13 studies focused on the how to mention mental Health. 2 studies focus on perception of humans about social networking The results showed that 5 Studies had the quantitative design (1,12, 14, 10 ,21) , 7 were have used qualitative design (6, 18,15,, 20,28.29,30) 3 were have used mixed method design as 3(4,10, 19) 14 were based on review paper as(2,3,7,8,9,11,13,17,22,23,24,25,26,27), 2 Meta Analysis (5,31)

Findings:

Social media use and mental health are related in complicated and dynamic ways. Among the literature's major conclusions are:

- **Increased Social Assistance:** Social networking sites improve mental health outcomes and the perception of social support by facilitating communication with friends, relatives, and like-minded people (Melkonian. L, 2022). According to Castro et al. (2018), peer support from online communities and support groups is beneficial since it fosters a sense of belongingness and lessens isolation.
- **Information Availability:** These platforms enable people to easily access resources related to mental health, such as articles, self-help guides, and expert advice, enabling them to seek assistance and make well-informed decisions. (El Aidy and Associates, 2015).
- **Expression of Oneself with Catharsis:** Social media platforms provide an avenue for individuals to express themselves and share their experiences, potentially leading to catharsis and a decrease in the stigma attached to mental health issues (Ellis, REBT).
- **Building Communities:** Social networking sites (SNSs) contribute to the maintenance of current friendships, the creation of new ones, the expression of emotions, and the display of identity. Because of things like social comparison, cyber bullying, and

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

FOMO (fear of missing out), excessive usage of social networking sites has been related to sadness, anxiety, and loneliness (Vogel et al., 2014).

- Privacy Issues: People may be discouraged from getting help or talking about their troubles if they feel that sharing personal information on social networking sites (SNSs) could compromise their privacy, especially when it comes to delicate subjects like mental health (Yoon & Rolland, 2012)
- Idealized Image of Oneself: When people compare themselves negatively to others on social networking sites, the inclination to post idealized images of themselves can cause feelings of inadequacy and low self-esteem (Vogel et al., 2014).
- Overuse and Addiction: Overuse of social networking sites can have a detrimental effect on people by causing addiction-like behaviors, disregarding other obligations, and experiencing withdrawal symptoms when access is restricted.

DISCUSSION

Social networking and mental health have a complicated and multidimensional interaction. Social media can have a lot to give, like social support and a stronger sense of community, but there are drawbacks as well. For example, it can exacerbate anxiety and depressive symptoms and damage one's self-esteem through peer comparison. Social networking is a great way to stay in touch with people and offer support, especially to those who might feel alone. Instantaneous connections and experience sharing can strengthen a person's sense of belonging. Better self-esteem and mental health can also result from positive interactions and comments on these sites. Notwithstanding these advantages, social networking has drawbacks that should not be disregarded. Overuse and reliance on social media can have negative effects like elevated levels of despair, social isolation, and anxiety. These platforms' propensity for social comparison frequently leads to low self-esteem and feelings of inadequacy. Social media's addictive qualities can also interfere with everyday activities and in-person social connections, which exacerbates mental health problems.

CONCLUSION

On the basis of review one can conclude that supporting mental health is a major health challenge for any nation, social networking has both positive as well as negative effects on the mental well being of a person as well as on the nation as whole. The review suggests that the people are finding SNSs to engage in knowledge seeking and peer to peer support and overcome barriers which people face in accessing good mental health, information and support. Social networking offers both substantial advantages and possible disadvantages when it comes to its impact on mental health. Positively speaking, social networking sites (SNS) give users a way to create and preserve social ties, gain access to mental health services, and get support from other users going through similar struggles. Increased social support, decreased loneliness, and improved mental health can all result from these connections. But, it's also critical to recognize the possible drawbacks, like the possibility of developing addictive habits from excessive use, cyber bullying, and social comparison. A rise in anxiety, sadness, and low self-esteem can result from these variables exacerbating mental health conditions. A person's mental health has a significant impact on their total well-being at the individual, communal, and governmental levels. Social networking has a complex impact on mental health, both positively and negatively. Understanding the biological, psychological, social, and behavioural aspects of mental health demands an all-encompassing approach. Significant improvements in mental health and resilience can be achieved by putting techniques like the PERMA model into practice, eating a balanced diet, being socially engaged, practicing self-care, exercising, and getting professional assistance. More

Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

investigation is required to evaluate the results in various contexts, ascertain the degree to which the expanded networks influence patients' symptoms and quality of life over time, and pinpoint which elements are especially helpful and advantageous while taking into account a range of age groups.

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Social Networking Impacting Ones' Mental Health: A Systematic Review "No Health without Mental Health"

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Conflict of Interest

The author(s) declared no conflict of interest.

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