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| Research Article

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The Mental Health and Social Media

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Abstract: The health of a human being composed of both physical and mental health which includes physical confortable zone and mentally peace of mind. The physical health includes the correct functioning of human body and mentally peace of mind with mentally resistance power.

The physical health decides the physical functioning of human body and mental health also includes patience, peace of mind, confidence, will power etc.

The mental health mostly influences the physical health of a body because what mind feeds that is accepted by the body. The mental health which includes the confidence, win power, will power, good social relationship which was decided by an individual in the society is clearly decided by mental health.

The mental; health of a person is seceded by many factors like surrounding influence, god friends, neighbors, the modern influential elements like social media like whatsapp, face book, linked in, etc helps him to keep the contacts with friends which shaped his personality also.

Keywords: Physical health mental condition, external forces, will poer, social media etc.

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Introduction;- Nowadays we are seeing the era of social media. It is wontedly or unwontedly, we under the grip of social media. Now days to craze of social media we are exhibiting our small events in our lfe like the hapy birthday marriage anniversary etc and we are wasiting foe the likes and comments of others.

If we receive bad comments are started then we are facing the stress l, because we are lacking our piece of mind etc.

Methodology;- In this methodology, we are studying and analyzing the concepts of both related points like mental health and social media. The mental health is a sensitive point which affects the life of every individual.

In this methodology we are analyzing the points because the mental health also affects the physical health of a person also.

We are studying the point of mental health in the course of social health also. The physical health and mental health of person reflects the social health also. If we are suffering from the mental

illness then we started loose the interest in physical activities and loosing in interest in physical well being .

So automatically it affects the physical health also totally our personality development started to decorate.

The social media affects our life and some time think that if we are having more friends and followers in social media, then we think that er are just like out celebrities. The social media like face book instagram , whatsapp, twitter etc occupied our life.

In this methodology, we are studying collecting critic points of affecting the social media to mental health and finding better solutions to various problems.

Objectives;- To study the concepts of the mental health and social media s both are supportive to each other.

To study the pros and cons of the social media which affects very fast.

To study the points like over confidence, nepotism, stress, unhealthy competition, no privacy in personal life etc which affects the peace of mind of every individual and which co-related with social media.

To study the spread of social media to the private life of an individual due to globalization.

To study and analyze the advantages and disadvantages of social media which should be with fair distance of the privacy life if every person.

To analyzes and good critic points of fast spreading of social media.

Result and discussion;- In this concept, we checked so many issues and come to conclusion with some points. There are some issued which we had analyzed and discussed so many points.

In this concept of relation between the mental health and social media, the social media is affects with advantage and many disadvantages.

The youths are having of the craze of making the reels and making viral in social media, and some time the teen aged girls with young women had to face the bed comments.. Some time they have to face the mental stress and bad words in their family.

Some time we are witnessing the ads which relates to matrimonial and sometimes related to job arte seems to be fake and they started to misguide the job aspirants.

Some people are having the mentality of sharing the good news like the achievements of the children, their promotion in the career, which can leads to create jealousy among the surrounding the people and they have to face many mental irritations from these jealous people.

But if we use the social media with judicious and intelligent manner, we can get best results.

Importance of studying the concept of mental health and social media;- Due to the complicated life style, the mental health of every individual is affected and knowingly is unknowingly, the social media is affecting out life. So to get best pros and cons we should study the concept of mental health which is affected by social media.

By studying the supportive points of the mental health and social media, we can get better information about the advantages of social media as well as disadvantages.

By studding the both points of mental health and impact of social media we can get better solutions due to the complicated social problems like disintegration of joint family, increasing number in divorces, living –in –relationship problems etc.

By studying the both concepts of mental health and social media, ewe can control the teenagers and protect them from the bad effects of social media.

Recommendations;- After reading this paper, it also recommends that there should be proper use of social media which should be used for the growth of development in life. The social media s for us and we are not for the social media.

Acknowledgement;- n this paper , I am showing the effect on the external attractions like social media which helps is to make more familiar with the world.

Further study;- In further study also, we cam make more research on the the emergence of social media, popularity, and how thereby are the indivisible part of our life.

Conclusion;- Totally we can say that the mental health id very much influenced by the social media factor etc, and it affects the mental health of a person both positively as well as negatively

In this context, we can say that, in the era of modernization cannot escape of the influence of social media which is already occupied our life , but if we can use it for the our well being as well as the motivation of our mental health.

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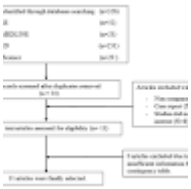

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