# Article information:

IJERPH | Free Full-Text | Impact of Social Media Use on Mental Health within Adolescent and Student Populations during COVID-19 Pandemic: Review
<https://www.mdpi.com/1660-4601/20/4/3392>

# Article summary:

1. The COVID-19 pandemic has had a significant impact on the mental health of adolescents and students, who rely heavily on social contact with their peers.

2. Social media usage during the pandemic has been associated with negative impacts on mental health, including anxiety, depression, and stress.

3. While some potentially positive effects have been observed, such as support in coping and providing a sense of connection for those who were isolated due to social distancing measures, future studies should investigate the long-term impact of social media use on adolescents and students' mental health.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Impact of Social Media Use on Mental Health within Adolescent and Student Populations during COVID-19 Pandemic: Review" provides a comprehensive review of the impact of social media use on the mental health of adolescents and students during the first year of the COVID-19 pandemic. The authors conducted a literature search in two databases, PubMed and Web of Science Core Collection, and selected 13 articles for their review.

The article highlights that social media has become an increasingly important part of adolescents' daily lives, especially during the pandemic when in-person interactions have been greatly restricted. However, most studies included in this review observed negative impacts of social media use on mental health, particularly anxiety, depression, and stress. The authors also note that more active and prolonged social media usage was associated with a negative impact on mental health.

While the article acknowledges some potentially positive effects of social media use during the pandemic, such as support in coping and providing a sense of connection for those who were isolated due to social distancing measures, it primarily focuses on the negative impacts. This one-sided reporting may be biased towards highlighting only negative aspects while ignoring potential benefits.

Additionally, the article does not explore counterarguments or alternative perspectives that may challenge its claims. For example, it does not consider studies that have found no significant relationship between social media use and mental health outcomes or those that suggest positive effects such as increased self-esteem or improved communication skills.

Furthermore, while the article notes some potential risks associated with social media use such as bullying/rumor spreading and distraction/addiction, it does not provide a balanced assessment by discussing potential benefits such as access to information and resources or opportunities for self-expression.

Overall, while this article provides valuable insights into the impact of social media use on adolescent and student mental health during the pandemic, its one-sided reporting may limit its usefulness for developing comprehensive public health responses. Future research should aim to provide a more balanced assessment by exploring both positive and negative impacts of social media use on mental health.

# Topics for further research:

* Positive effects of social media use on mental health during COVID-19 pandemic
* Relationship between social media use and self-esteem in adolescents
* Benefits of social media for communication skills development in students
* Risks and benefits of social media use for mental health in adolescents and students
* Impact of social media use on academic performance during COVID-19 pandemic
* Strategies for promoting healthy social media use among adolescents and students during COVID-19 pandemic

# Report location:

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