

Impact of Instagram Use on Youth's Mental Health: A Study

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Abstract:

Today's era is the era of social media. In this era, everyone is connected to social media in one way or the other. Today social media has become a storehouse of information as well as a means of entertainment because today youths are uploading hundreds of entertainment videos on this Instagram. The youth are making these videos according to their interest. Today the video is being shared on Instagram in the form of a reel. These reels are shared by the youth on Instagram by creating reels doing activities on topics like love, entertainment, laughter, awareness of the country, rich-poor, etc. By the way, today it has also become a means of earning. But it is also affecting the mental health of the youth.

Both physical and mental health are very important for any person. If a person is physically healthy but mentally ill, he has to face many problems in his life. Mental health enables a person to know his/her capabilities, have the confidence to cope with life's stress, and contribute to the development of his/her community through his/her work or actions. Mental disorders affect a person's health-related behavior, judgment, regular exercise, adequate sleep, safe sex practices, etc., and increase the risk of physical diseases. It is due to mental illness that a person has to become a participant in unemployment, scattered family, poverty, drug abuse, and related crimes. If a person's mental health is right then his life will also be right. (Mental Health in Hindi, Mansik Swasthya in Hindi 2023)¹

Keywords: Youth, Instagram, Psychic Influence, Entertainment, etc.

Introduction:

Today, many social apps have come on social media for entertainment and these apps are also playing their role in entertaining the youth a lot of the youth are gaining fame by sharing their reels on social media i.e. Instagram. Getting lots of likes and comments. Due to this, the youth believe that the world is being dominated and the post on which likes and comments are fewer, they become sad that they have made what is missing in the given reel/video, then they get mentally disturbed. The youth are increasingly resorting to social media apps for their fame. In the initial phase, Facebook was created and people shared their activities a lot on Facebook. But over time social media kept changing and new things and social apps kept emerging. TikTok, Snap Chat, Hike, Instagram, etc. started being used. But TikTok started in the form of short videos and people got a lot of fame on it. But with time, social apps have also kept getting updated and today it has become a trend to make shot videos i.e. reels on most of the social apps. Now engaged in improving his image in the world. But somewhere in this reel-making

¹<https://www.onlymyhealth.com/topic/mental-health-in-hindi>

cycle, the impact on the mental health of the youth is being seen. On this subject, “Prinson Thanip Ndak Praipat. Unk Thinj has written his research paper ‘Mmimbje va Vaibpins Dimkamp Vd Dimjans Bhimansjiru. It has been written in Tmaapmush that in today's era, the addiction to social media has increased a lot, once a person falls in its grip then it is difficult to avoid using it. Dick (2013) reported the use of free social networking services (Facebook and Twitter) to keep people connected with friends. read more productive content but at the same time lose a lot of discretion and privacy. Anxiety is one of the fundamental mental health problems in the present day world.”(Hilal Bashi and Shabir Ahmad Bhat)². Today every youth wants to be famous on social media and they are sharing many types of videos on Instagram but their mental health is also deteriorating because of Fewer likes/comments of someone as compared to others which youths are spoiling their mental balance.

Review:

“Laura Moreton & Sheila Greenfield her research paper ‘University students’ views on the impact of Instagram on mental wellbeing: a qualitative study,’ the writer says that Instagram post impact youth. According to UK research, the use of Instagram is considered sensitive to the mental health of students. Currently, there has been a 94 percent increase in demand for university counseling services in the last 5 years. However, the reason for this increase is uncertain. Currently speculate that social media may be a contributor. It can be inferred from this that Instagram can hurt mental health. (Laura Moreton&Sheila Greenfield (Published 28 February 2022))”³

“Lien Faelens ^a, Kristof Hoorelbeke ^a, Ruben Cambier ^b, Jill van Put ^a, Eowyn Van de Putte ^a, Rudi De Raedt ^a, Ernst H.W. Koster his research paper “The relationship between Instagram use and indicators of mental health: A systematic review” Social media networking sites have provided many new opportunities for social interactions. Has done the work of connecting people. But this is not surprising anymore. Because social media has gained worldwide fame. Facebook still has 2.75 million monthly users. Now the popularity of Instagram is also increasing. 1 million monthly active users have been reached. (Statista 2020)" This platform provides users to share their photos and videos. Other users can like, comment, share, and interact with your posts. (Pew Research Center, 2019). Given the popularity of Instagram and the platform's many features, there is increasing interest from some researchers in the impact of Instagram use on users' well-being and mental health. How intensity of Instagram use is related to mental health and what key psychological variables may be involved in this relationship.” (Volume 4, August–December 2021)⁴

According to research published by the (APA). “Studies have linked Instagram to depression, body image concerns, self-esteem issues, social anxiety, and other problems. By design, the app capitalizes on users’ biological drive for social belonging—and nudges them to keep on scrolling.” (American Psychological Association)⁵

²Hilal Bashi and Shabir Ahmad Bhat, The International Journal of Indian Psychology, ISSN 2348-5396 (e) | ISSN: 2349-3429(p), Volume 4, Issue 3, DIP: 18.01.134/20170403, DOI: 10.25215/0403.134, <http://www.ijip.in> April - June 2017

³Laura Moreton & Sheila Greenfield her research paper “University students’ views on the impact of Instagram on mental wellbeing: a qualitative study,” <https://bmcpsychology.biomedcentral.com/articles/10.1186/s40359-022-00743-6> date 6/7/23 time 9.00 am

⁴Contents lists available at ScienceDirect Computers in Human Behavior Reports

journal homepage: www.sciencedirect.com/journal/computers-in-human-behavior-reports

<https://pdf.sciencedirectassets.com/776616/1-s2.0-S2451958821X00024/1-s2.0-S2451958821000695/main.pdf?X-Amz-Security->

⁵[https://www.apa.org/monitor/2022/03/feature-minimize-](https://www.apa.org/monitor/2022/03/feature-minimize-instagram)

[instagram](https://www.apa.org/monitor/2022/03/feature-minimize-instagram) effects#:~:text=Studies%20have%20linked%20Instagram%20to,them%20to%20keep%20on%20scrolling

“Yeon Lee's research study found that adolescents who received fewer likes in simulated social media interactions equivalent to Instagram reported significantly more negative feelings and thoughts about themselves. Those youths were also victimized by their school friends. (Child Development, Volume 91, Number 6, 2020).⁶

“Amanda Macmillan wrote on Instagram users impact mental health on youths According to a survey, Instagram is the worst social media network for mental health and well-being. While the photo-based platform got scores for self-expression and self-identification, it was also associated with higher levels of anxiety, depression, bullying, and THWD, or "fear of missing out." (Amanda Macmillan MAY 25, 2017 11:54 AM EDT)⁷

Hypothesis:

1. The mental balance of the youth is getting worse due to the use of Instagram.

Objective:

1. To make the youth aware of the ill effects of using Instagram.

Research field:

Chaudhary Ranbir Singh University of Haryana State has been selected for the present research work. The research area has been selected for the purpose. In the presented research, students of this university have been selected to know the effect of using Instagram on the mental health of youth.

Research Method:

The survey research method has been used for the present research. A closed questionnaire has been used as a tool.

Data Collection:

For research, 100 respondents from the university have been filled with questionnaires. Which 10 multiple-choice questions were included? These questions have been made keeping in mind the purpose of the research. In this questionnaire, observations are made from questions related to Instagram.

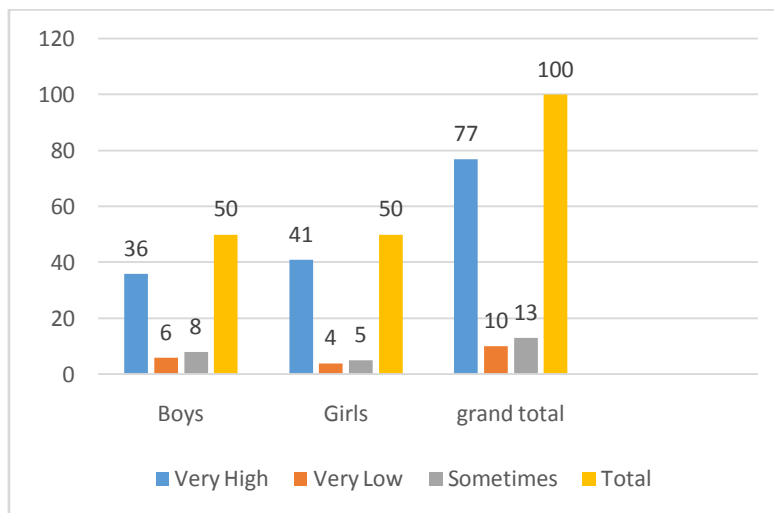
Analysis and Interpretation: -

In the present research, the age of the respondents is 18 years and above, in which both boys and girls are included. Only those people who use Instagram have been included in this study. There is no such respondent. Who does not use social media? The analysis and conclusion of the data in the research questionnaire are as follows.

⁶<https://www.apa.org/monitor/2022/03/feature-minimize-instagram-effects#:~:text=Studies%20have%20linked%20Instagram%20to,them%20to%20keep%20on%20scrolling>
⁷<https://time.com/4793331/instagram-social-media-mental-health/>

Q01 Do you use Instagram?

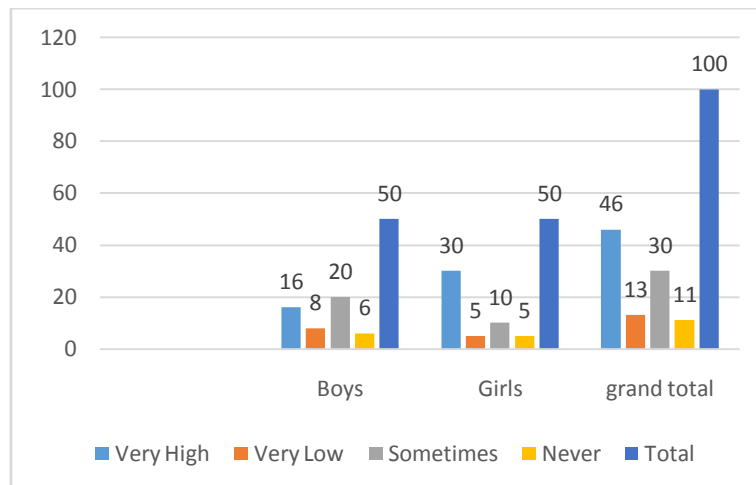
options	Very High	Very Low	Sometimes	Total
Boys	36	06	08	50
Girls	41	04	05	50
total	77	10	13	100



According to the above table, 36 percent of boys and 41 girls, and 77 percent of youth including both say that they use Instagram a lot. In addition, 6 percent of boys and 4 percent of girls, and 10 percent of youth combined say that they use Instagram very rarely. Apart from this, 8 percent of boys and 5 girls and 13 percent of the youth together say that they use Instagram occasionally. So in conclusion, Instagram is being used a lot by the youth.

Q02 Do you make reels on Instagram?

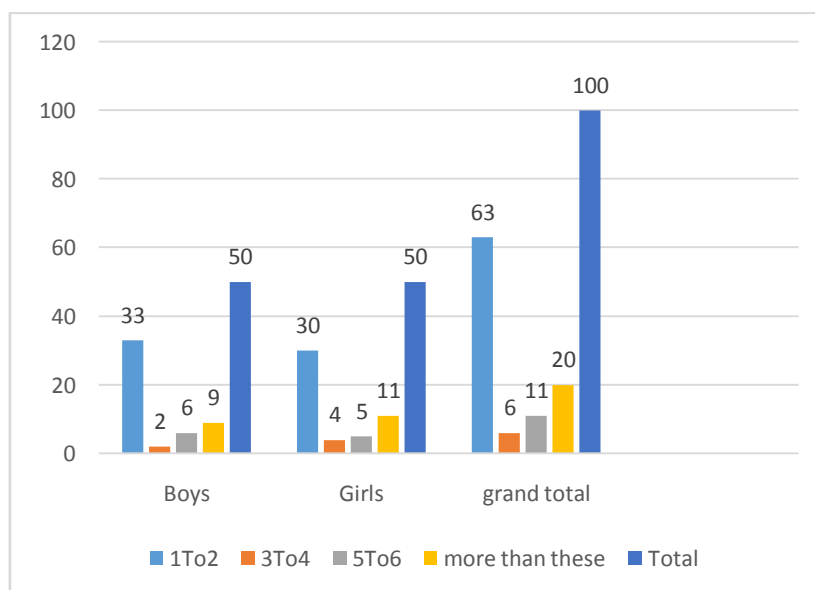
Options	Very High	Very Low	Some times	Never	Total
Boys	16	08	20	06	50
Girls	30	05	10	05	50
total	46	13	30	11	100



According to the above table, 16 percent of boys and 30 percent of girls, 46 percent of youths say that they make a lot of reels on Instagram. In addition, 8 percent of boys and 5 percent of girls and 13 percent of both together make very few reels on Instagram. Apart from this, 30 percent of youths including 20 percent of boys and 10 percent of girls say That they sometimes make reels on Instagram. Apart from this, including 6 percent of boys and 5 percent of girls, 11 percent of the youth say that they never make a reel ie a video on Instagram. So in conclusion, girls make the most reels on Instagram.

Q03 How many videos or reels do you create on Instagram in a day?

Options	1To2	3To4	5To6	more than these	Total
Boys	33	02	06	09	50
Girls	30	04	05	11	50
total	63	06	11	20	100

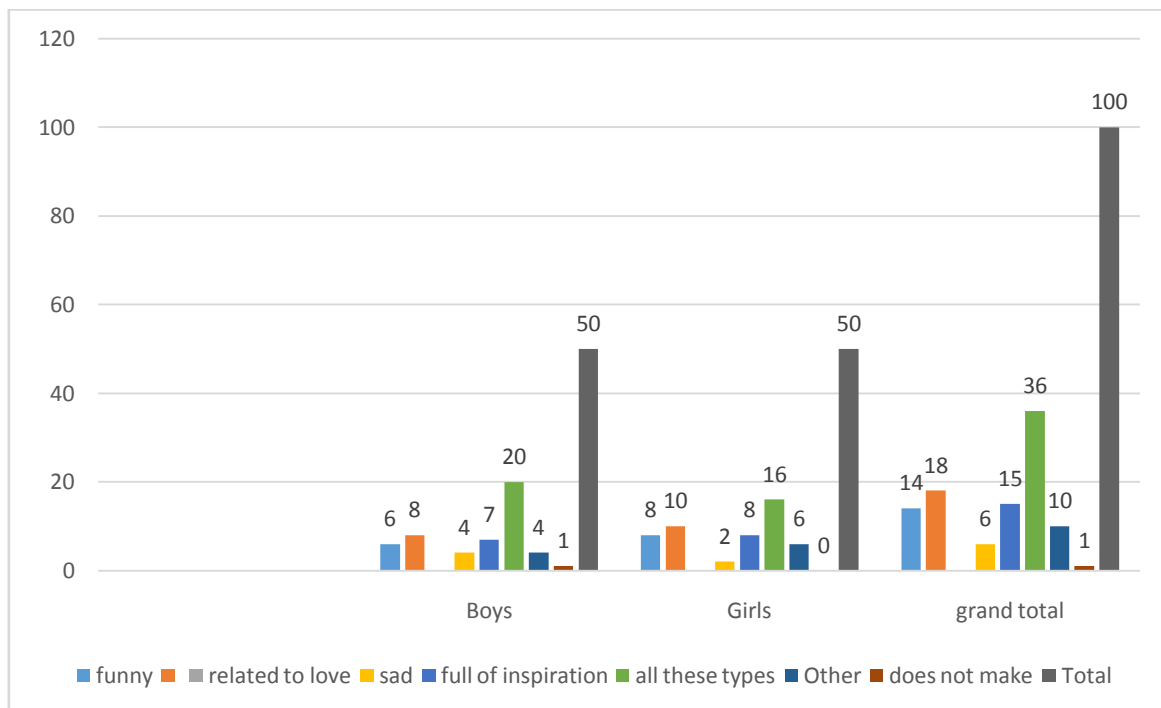


According to the above table, 33 percent of boys and 30 girls and 63 percent of youths including both say that they make one to two videos a day on Instagram. Is. Apart from this, 2 percent of boys and 4 percent of girls and 6 percent of the youth together say that they make three to four videos a day on

Instagram. Apart from this, 6 percent of boys and 5 girls and 11 percent of the youth including both say that they make five to six videos a day on Instagram. Apart from this, 9 percent of boys and 11 percent of girls and 20 percent of the youth together say that they make five to six videos a day on Instagram. So in conclusion, only one to two videos are made in a day on Instagram.

Q04 What type of reel/video do you like to make more on Instagram?

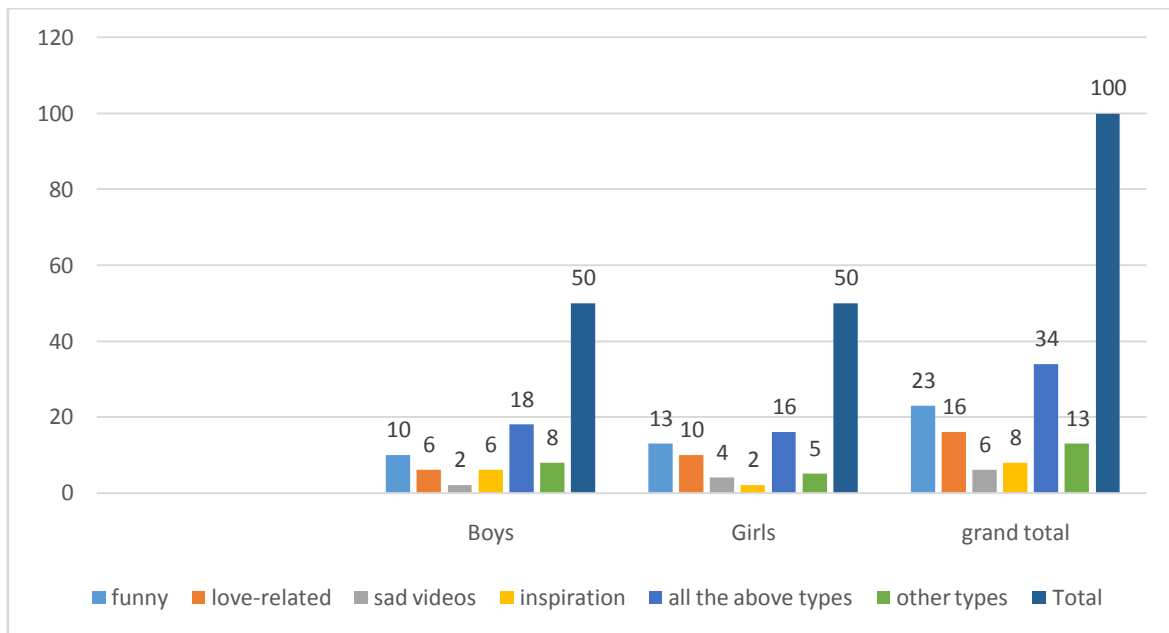
Options	funny	related to love	sad	full of inspiration	all these types	Other	does not make	Total
Boys	06	08	04	07	20	4	1	50
Girls	08	10	02	08	16	6	0	50
total	14	18	06	15	36	10	1	100



According to the above table, 6% of boys and 8% of girls and 14% of both together say that they like to make funny reels on Instagram. Apart from this, 8% of boys and 10% of girls, and 18% of both together say that they like to make videos/reels related to love. In addition, 4% of boys and 2% of girls, and 6% of both together say that they like to make sad videos/reels. In addition, 7% of boys and 8% of girls, and 15% of both together say that youth That he like to make motivational videos/reels. In addition, 20% of boys and 16% of girls, and 36% of both together say that they like to make all these types of videos/reels mentioned above. Apart from this, 4% of boys and 6% of girls, and 10% of both together say that they prefer to make other types of videos/reels Apart from this, 1% of boys and girls do not make videos and 01% of both together say that they do not like to make videos/reels. So, in conclusion, all the above types of videos/reels are preferred by the youth.

Q05 What type of video or reel do you like to watch more on Instagram?

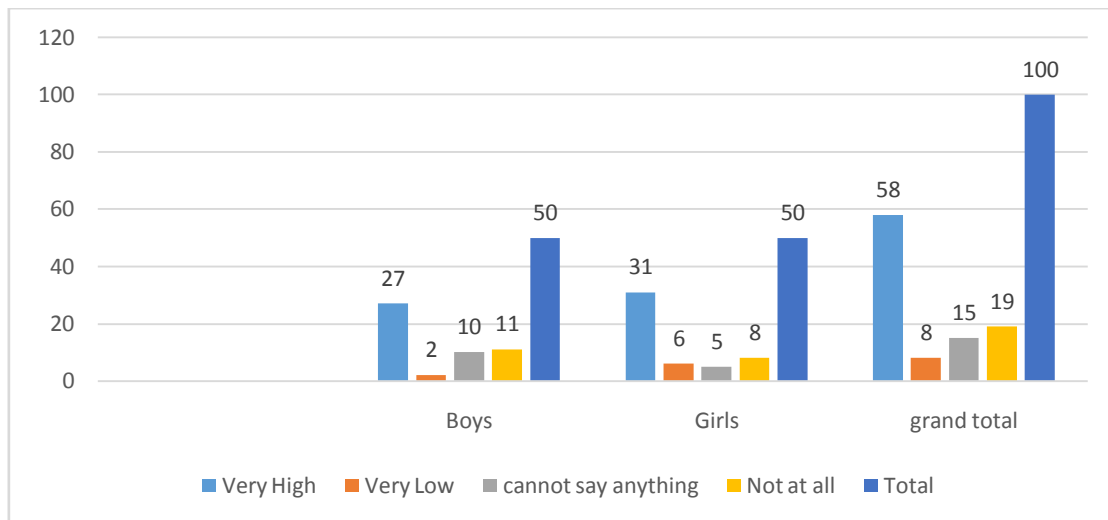
Options	funny	love-related	sad videos	inspiration	all the above types	other types	Total
Boys	10	06	02	06	18	8	50
Girls	13	10	04	02	16	5	50
total	23	16	06	08	34	13	100



According to the above table, 10% of boys and 13% of girls, and 23% of both together say that they prefer watching funny videos on Instagram. Additionally, 6% of boys and 10% of girls, and 16% of both youths combined, say they prefer watching love-related videos on Instagram. In addition, 2% of boys and 4% of girls, and 6% of both youth said that they prefer to watch sad videos on Instagram. In addition, 6% of boys and 2% of girls, and 8% of both youth said that they prefer to watch inspirational videos on Instagram. In addition, 18% of boys and 16% of girls, and 34% of both together say that youth prefer to watch all the above types of videos on Instagram. In addition, 8% of boys and 5% of girls, and 13% of both youth said that they prefer to watch other types of videos on Instagram. So in conclusion, most of the youth like to watch all the above types of videos.

Q06 Is Instagram overuse affecting your mental health?

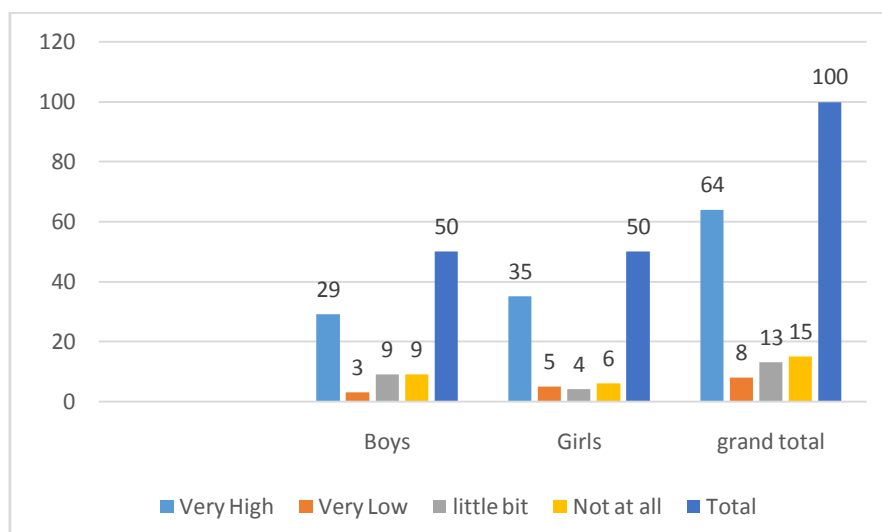
Options	Very High	Very Low	cannot say anything	Not at all	Total
Boys	27	02	10	11	50
Girls	31	06	05	08	50
total	58	08	15	19	100



According to the above respondents, 27% of boys and 31% of girls, and 58% of both youths combined say that their excessive use of Instagram is taking a toll on their mental health. In addition, 2% of boys and 6% of girls, and 8% of youth combined say that their excessive use of Instagram is having little effect on their mental health. Apart from this, 10% of boys and 5% of girls, and 15% of both youth say that they cannot say anything about whether using Instagram too much is affecting their mental health. In addition, 11% of boys and 8% of girls, and 19% of both youths combined, say that their excessive use of Instagram is not affecting their mental health at all. So in conclusion, it is meant to say that excessive use of Instagram is having a huge impact on the mental health of the youth.

Q07 Do you feel bad about not getting more comments or likes on Reel/Video on Instagram?

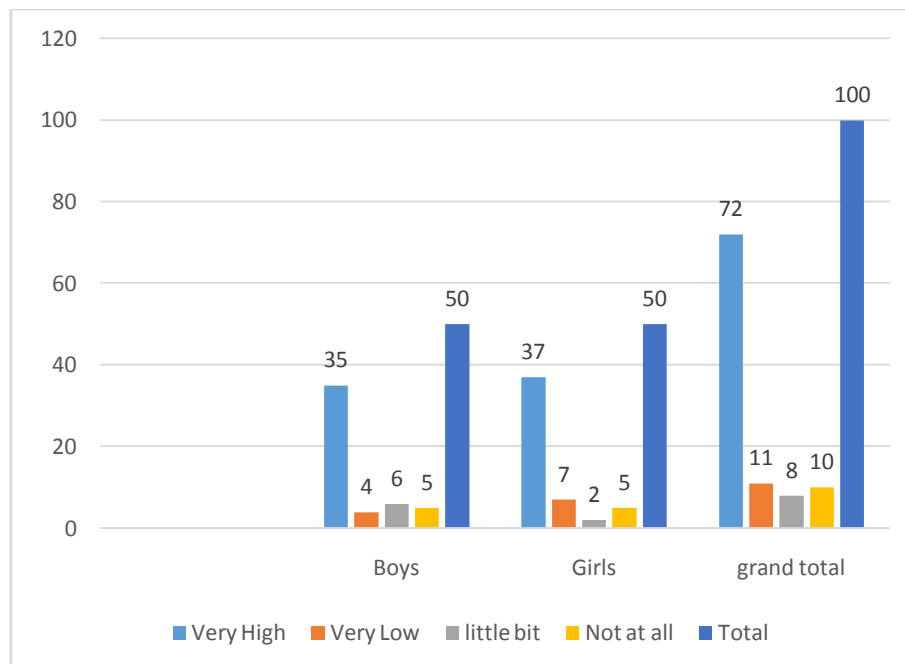
Options	Very High	Very Low	little bit	Not at all	Total
Boys	29	03	09	9	50
Girls	35	05	04	06	50
total	64	08	13	15	100



According to the above respondents, 29% of boys and 35% of girls, and 64% of both together say that they feel very bad if their video/reel does not get more comments or likes on Instagram. Apart from this, 3% of boys and 5% of girls, and 8% of both youth say that they feel less bad if their video/reel gets more comments or likes on Instagram. Apart from this, 9% of boys and 4% of girls, and 13% of both together say that they feel a little bad if their video/reel does not get more comments or likes on Instagram. Apart from this, 9% of boys and 6% of girls, and 15% of both youths say that they do not feel bad at all if their video/reel does not get more comments or likes on Instagram. So in conclusion, it is meant to say that the youth feel very bad if their video/reel does not get more likes or comments on Instagram.

Q08 Are Instagram reels/videos affecting your sleep?

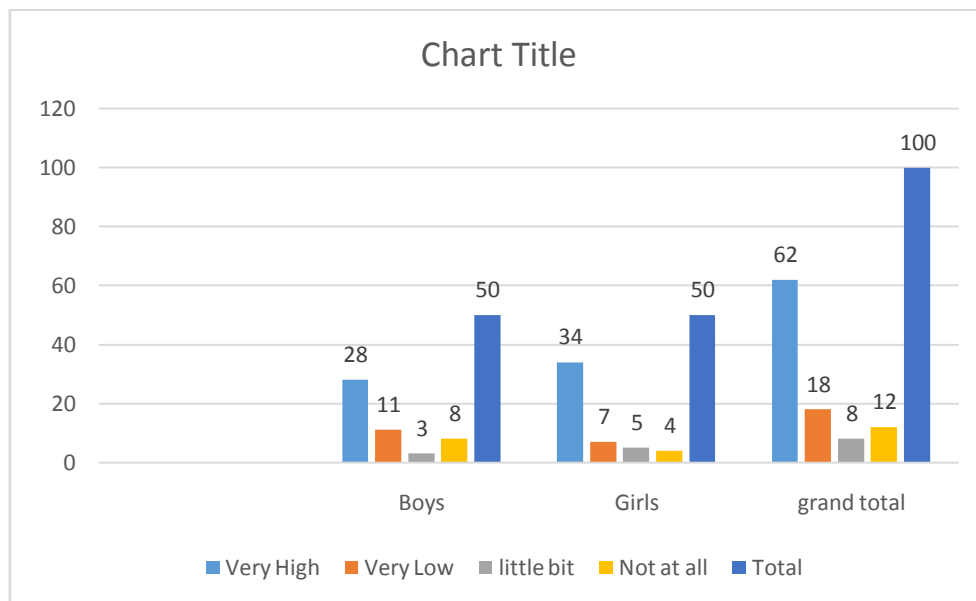
Options	Very High	Very Low	little bit	Not at all	Total
Boys	35	04	06	05	50
Girls	37	07	02	04	50
total	72	11	08	09	100



According to the above table, 35% of boys and 37% of girls, and 72% of both together say that Instagram videos/reels affect their sleep too much. In addition, 4% of boys and 7% of girls, and 11% of both youth said that Instagram videos/reels have little effect on sleep. Apart from this, 6: out of boys and 2: out of girls, and together 8: out of youth say That Instagram video/reel slightly affects sleep. Additionally, 5% of boys and 5% of girls, and 10% of both youth say that Instagram videos/reels do not affect sleep at all. So in conclusion, the video or reel of Instagram has a lot of impact on the sleep of youth.

Q09 Do fewer likes and comments on your video/reel on Instagram make you irritable?

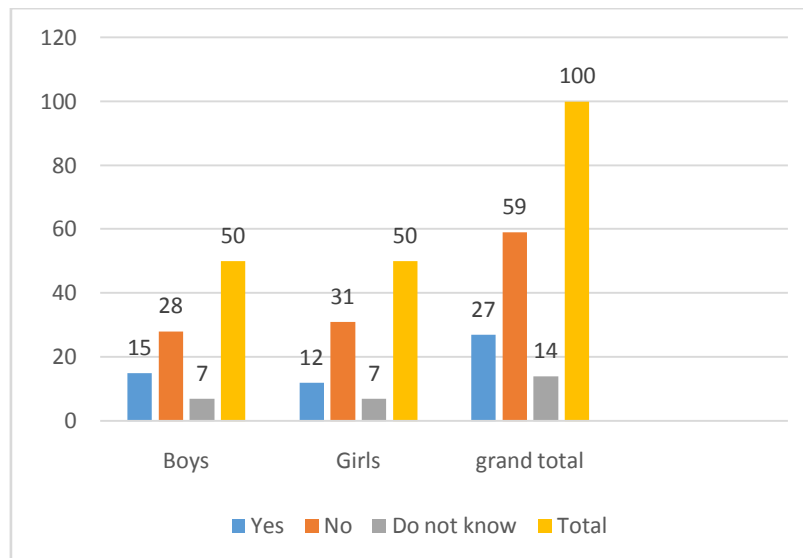
Options	Very High	Very Low	little bit	Not at all	Total
Boys	28	11	03	8	50
Girls	34	07	05	04	50
total	62	18	08	12	100



According to the above table, 28% of boys and 34% of girls, and 62% of both together say that they get very irritated when there are fewer likes and comments on their videos/reels on Instagram. Apart from this, 11% of boys and 7% of girls, and 18% of both youths say that they get less irritated when there are fewer likes and comments on their videos/reels on Instagram. Apart from this, 3% of boys and 5% of girls, and 8% of both together say that they get a little irritable when there are fewer likes and comments on their videos/reels on Instagram. Apart from this, 8% of boys and 4% of girls, and 12% of both together say that they do not get irritated at all when there are fewer likes and comments on their videos/reels on Instagram. So in conclusion, they get very irritable when there are fewer likes and comments on Instagram.

Q010 Can you live without using Instagram at present?

Options	Yes	No	Do not know	Total
Boys	15	28	07	50
Girls	12	31	07	50
total	27	59	14	100



According to the above table, 15 percent and 12 percent of boys and 27 percent of youths together say that they can live without using Instagram. Apart from this, 28 percent and 31 percent of boys and 59 percent of youths together say that they cannot live without using Instagram. Apart from this, 7 percent and 7 percent of boys and 14 percent of the youth together say that they do not know whether they cannot live without the use of Instagram or not. So in conclusion today's youth cannot live without using Instagram.

Conclusion:

It is clear from the above facts that today Instagram is leaving behind other social networking sites as well. Earlier it was mostly used by celebrities, but now common people are also using it, due to which the number of its users is increasing significantly, and in this, the youth group is the most involved. The survey data of the presented research paper has also come to the fore. That Instagram is being used a lot by the youth and girls make the most reels on Instagram. On average, only one to two videos are made by the youth in a day on Instagram. Youth like to make and watch all the above types of videos/reels like funny, love related, inspirational, etc. Overusing Instagram is taking a toll on young people's mental health and youth feel very bad if their video/reel does not get more likes or comments on Instagram. Watching videos or reels by the youth on Instagram greatly affects the sleep of the youth and they get very irritable when there are fewer likes and comments on their video/reel on Instagram. So in conclusion it is meant to say that today's youth cannot live without using Instagram.

Reference

1. <https://www.onlymyhealth.com/topic/mental-health-in-hindi>
2. Hilal Bashi and Shabir Ahmad Bhat, The International Journal of Indian Psychology, ISSN 2348-5396 (e) | ISSN: 2349-3429(p), Volume 4, Issue 3, DIP: 18.01.134/20170403, DOI: 10.25215/0403.134, <http://www.ijip.in> April - June 2017
3. Laura Moreton & Sheila Greenfield her research paper "University students' views on the impact of Instagram on mental wellbeing: a qualitative study," <https://bmcpyschology.biomedcentral.com/articles/10.1186/s40359-022-00743-6> date **6/7/23** time **9.00 am**

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