

The Impact of Social Networking Sites on Stress

Yolanda Mabry

SUNY Empire State

Abstract

The digital world keeps us connected to friends, occupies our spare time, and keeps us connected with the world. Social media is a growing industry that is slowly taking over the lives of this generation and the future generation, but it is also becoming the reason why many people are stressed out these days. The stressors caused by social media and digital devices differ between age groups and social statuses. Digital stress can make it hard for people to live their everyday lives, get a job, make friends, or ever live a normal life again depending on how their image is portrayed online. These days people are getting anxiety and depression from the usage of social media and don't even notice it. Many predict that in the future people will have to attend rehabilitation sessions, therapists and other doctors for their social media addiction and usage. Social media anxiety disorder is a term that is used for this problem. Doctors are considering it a new problem for this generation that might grow into a bigger problem for generations to come. This research paper explores the psychological and physiological impact of social and digital media on pre-teens, teenagers, and adults. It also looks at how stress is often created. In order to fully understand social media stress and its impact on this and the next generation, it is important for researchers to continue their study on this topic. The impact of social media is taking a toll on the health of teens and adults worldwide and is becoming something that needs to be taken seriously and looked at in deeper detail. Stress can cause diseases, disorders, and even death. Social media stress should not be taken lightly by children, parents, or physicians.