

The impact of rising use of technological media on mental health in adolescents: A literature review

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Modern day living is a multifaceted compendium of evolving technology and social media. Communication outlets are changing every part of our lives so rapidly that it can be tough to adjust (Nichols, 2017). Given the ubiquity of technology in daily life, particularly internet-based platforms such as social media sites and smart phone applications, mental health counselors today encounter clients experiencing issues such as, depression and anxiety that may be directly or indirectly linked to the use of digital media. ("Technology in 2017", 2017). Although the use of technology can have a positive impact on helping people manage and promote positive mental health, some research (Banjanin & Banjanin, 2015) has indicated that the use of technology in general can be connected with the development of mental health conditions, such as anxiety, depression and other personality disorders in some individuals. For instance, excessive screen time involving video games, cell phones and television has amplified sleep related problems for adolescents (Hale & Guan, 2014). Similarly, it has also been linked to a prevalence of depression and anxiety along with other symptoms of psychopathology among college students (Wu, Tao, Zhang, Zhang & Tao, 2015). Selfies are another popular trend created by social media websites that has brought out narcissistic traits in people; sometimes to the extent of becoming a mental health issue (McCain, Borg, Rothenberg, Churillo, Weiler & Campbell, 2016).

This paper will use secondary data analysis to explore the relationship between the increase in technological media and the subsequent rise in mental health issues in adolescents. It will also aim to provide evidence based therapeutic suggestions for balancing screen time with other activities, thus attempting to promote positive lifestyles. In conclusion, increased use of technology appears to have facilitated a change in the lifestyle of people and people can contribute to reduce the problems caused by stigma by normalising mental health issues such as depression and anxiety. By talking about these particular mental illnesses the same way they would about physical illnesses.