Does Social Media Decrease Depressive Symptoms? Literature Review in Cross Cultural Analysis

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Abstract: Affection is a basic need that an individual needs from birth. Lack of affection that is not obtained can cause individuals to reduce their levels of depression through social media. This study aims to determine the effect of social media on symptoms of depression. This research used a narrative literature review that consist background or introduction about social media and depressive symptoms, theoretical review, research method, result, and conclusion. Social media has an impact on depressive symptoms, both positively and negatively. Negative impacts are time spent, activity, investment, and addiction to social media are correlated with depression, anxiety, and psychological distress. Positive impact can offer opportunities for positive influence, personal expression, and social support, thus contributing to positive mental health among youth. There are neither negative nor positive impacts. Social media did not predict depressive symptoms. The researcher finds there are good reasons to suspect that these conclusions are premature or incorrect. There are positive and negative impacts of social media depressive symptoms. In earlier research, social media did not predict depressive symptoms. The researcher finds there are good reasons to suspect that these conclusions are premature or incorrect.

1 INTRODUCTION

Social media has become a major necessity for everyone's life in today's digital era. The "We Are Social" report notes that the number of global social media users continues to increase every year. The number of active social media users in Indonesia also increases every year. It can be said that social media users in the world in general and in Indonesia continue to grow every year.

According to Hyness (2020), social media is used to seek external validation. The use of social media is related to feelings of wanting to be loved (Handikasari et al., 2018). The research results of Oktavia and Sudaryanto (2018) show the use of social media as a form of self-existence that is recognized by others. Affection is the need for positive regard from another and the feeling of positive regard for another, communicated through affectionate behaviors (Pendell, 2002). C.R. Rogers believes that we need to be regarded positively by others. We need to feel valued, respected, treated with affection, and loved. (Amalia, 2016). Social media has a role in forming a person's identity, and the high use of social media will have an impact on mental health (Sa'diyah et al., 2022).

Social media is written about in the research results as having a negative impact on its users. The use of social media can cause depressive symptoms (Aalbers et al., 2019). However, social media also has a positive impact on its users. Bucci et al. (2019) explained in their research the positive impact of social media on someone with mental health, namely, to share life experiences of mental illness, to seek support from others and information about treatment recommendations, and to access mental health services in dealing with symptoms of depression.

According to US research on young adults, social media is used by young people to find friends, boost self-esteem, and find online social support (Handikasari, 2018). Use social media to

communicate the identity they wish to have as an adult and when they start a relationship.

The impact of social media use on the incidence of depression, anxiety, and psychological distress among adolescents, as examined by this review, is likely to be multifactorial (Keles et al, 2019). Social media did not directly affect depressive symptoms. Keles et al (2019) found Findings were classified into four domains of social media: time spent, activity, investment, and addiction. All domains correlated with depression, anxiety, and psychological distress.

Aalbers et al (2019) found social media did not predict depression symptoms, loneliness, or stress. This means that there are no partial correlations between PSMU and depressive symptoms. Social media did not decrease depressive symptoms.

Aalbers et al (2019) also found that people who spent more time passively using social media experienced higher mean levels of depressed mood.

However, when controlling for all variables in this network structure, social media was unrelated to all variables except for active social media usage. These relations are too weak for detection in the present analysis.

Our purpose in this research is to find out to what extent the influence of social media has an impact on depressive symptoms, a literature review of various articles can be carried out. A literature review was used to review the impact of social media on depressive symptoms, both positively and negatively. There is research that found social media did not impact depressive symptoms, either positively or negatively.

1.1 Definition of Social Media

Social media can be utilized nowadays to promote well-being and better comprehend the results of one's mental health (Chancellor & Choudhury, 2020).

Sa'diyah (2022) found Social media has a role in forming a person's identity, and the high use of social media will have an impact on their mental health.

Bayer, et al (2019) found that social media are mass personal in that they allow users to broadcast interpersonal communication to large audiences. According to Hyness (2020), social media is used to seek external validation. The use of social media is related to feelings of wanting to be loved (Handikasari et al., 2018). The research results of Oktavia and Sudaryanto (2018) show the use of social media as a form of self-existence that is recognized by others. Affection is the need for positive regard from another and the feeling of positive regard for another, communicated through affectionate behaviors (Pendell, 2002). C.R. Rogers believes that we need to be regarded positively by others. We need to feel valued, respected, treated with affection, and loved (Amalia, 2016)

1.2 Cause of Depressive Symptoms

Social media has a role in forming a person's identity, and the high use of social media will have an impact on mental health (Sa'diyah et al., 2022). Affectionate was associated with depressive symptoms (Mehulic & Kamenov, 2021).

2 METHODS

2.1 Data Collection Procedure

Research data was obtained using Google Scholar andSage Pub. The keywords used are "social media", "depressive symptoms", and "social media and depressive symptoms". The time limit of the research to be analyzed is from 2012 to 2022.

This keyword selection assumes that social media affects depressive symptoms. Based on this process, 17.660 publications were obtained in the last 10 years (2012-2022). Based on the results of the data collected, there are 15 articles to analyze by literature review.

3 RESULT

Source	Another Variable	Result
Farpour, et al., 2017	Social media, neoplasms, depression, anxiety	The users of the social network with cancer are less depressed
Keles, et al., 2019	adolescent, social media, anxiety, psychological distress	Findings were classified into four domains of social media: time spent, activity, investment and addiction. All domains correlated with depression, anxiety and psychological distress
Aalbers et al., 2019	social media, depression, loneliness, stress, network analysis	Passive social media use (PSMU)—for example, scrolling through social media news feeds—has been associated with depression symptoms. It is unclear, however, if PSMU causes depression symptoms or vice versa
Heffer, et al., 2019	depressive symptoms, social media, longitudinal, bidirectional associations, adolescents, young adults	Social media use did not predict depressive symptoms over time for males or females. However, greater depressive symptoms predicted more frequent social-media use only among adolescent
Coyne, et al., 2019	social media; social network; mental health; depression; anxiety; longitudinal	Increased time spent on social media was not associated with increased mental health issues across development when examined at the individual level.
Hartanto, et al., 2021	social media, depression, adolescent, reverse causation, screen time	Some studies have been argued that social media may harm users by exposing them to negative stimuli such as unwholesome content, cyberbullying, unhealthy social comparisons, and feelings of inferiority. However, there are good reasons to suspect that these conclusions are premature or incorrect.
Vaingankar, et al., 2022	teens, young adults, concept mapping, mental well-being, digital media, social media, mental health, social support, mental health promotion, self-expression	Social media in the lives of today's youth and indicate that they can offer opportunities for positive influence, personal expression, and social support, thus contributing to positive mental health among youth

Farpour, et al (2017) found that users of the social network with cancer are less depressed

Keles, et al (2019) findings social media were classified into four domains: time spent, activity, investment, and addiction. All domains correlated with depression, anxiety, and psychological distress.

Meanwhile, Aalbers et al (2019) have concluded that passive social media use (PSMU) for example, scrolling through social media news feeds has been associated with depression symptoms. It is unclear, however, if PSMU causes depression symptoms or vice versa.

On the other result, Heffer, et al (2019) found social media use did not predict depressive symptoms over time for males or females. However, greater depressive symptoms predicted more frequent socialmedia use only among adolescents. In the same year, Coyne, et al (2019) increased time spent on social media was not associated with increased mental health issues across development when examined at the individual level.

Hartanto, et al (2021) found some studies have argued that social media may harm users by exposing them to negative stimuli such as unwholesome content, cyberbullying, unhealthy social comparisons, and feelings of inferiority. However, there are good reasons to suspect that these conclusions are premature or incorrect.

Vaingankar, et al. (2022) found social media in the lives of today's youth and indicate that they can offer opportunities for positive influence, personal expression, and social support, thus contributing to positive mental health among youth.

4 DISCUSSION

Social media has an impact on depressive symptoms, both positively and negatively.
1. Negative impact: time spent, activity, investment, and addiction to social media are correlated with depression, anxiety, and psychological distress.
2. Positive impact: can offer opportunities for positive influence, personal expression, and social support, thus contributing to positive mental health among youth.
3. Neither negative nor positive impact: social media use did not predict depressive symptoms over time for males or females. However, greater depressive symptoms predicted more frequent socialmedia use only among adolescents. In the same year, Coyne, et al (2019) increased time spent on social media was not associated with increased mental health issues across development when examined at the individual level.

5 CONCLUSION

There are positive and negative impacts of social media depressive symptoms. In earlier research, social media did not predict depressive symptoms. The researcher finds there are good reasons to suspect that these conclusions are premature or incorrect.

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