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Investigating the Interaction Between Social Media Use and Depression among the Young



Abstract: - Purpose – This paper investigates how depression and social media use are related among the young, encompassing how utilization of social media affects depression, how depression impacts social media use, and the correlation between social media use and depression.

Methodology – Applying the literature review method, Scopus, Web of Science, Emerald, Science Direct, JSTOR, Wiley Online Library, SpringerLink, Taylor and Francis Online were selected as search databases and identified 17 papers that fulfilled the authors' requirements.

Findings – First, social media use and depression can be impacted by geographical locations between the East and the West. Second, the amount of time, the quantity, and the behavior of the young spend on social media significantly impact their well-being. Third, the correlation between depression and social media use is influenced by ideological representation, besides FOMO. The association between social media use and depression might also be significantly mediated by personality traits.

Value – The association between social media use and depression was determined in the present investigation. First, the literature review addressing the connection between social media use and depression among the young was assembled. Second, possible explanations for the discrepancies in the results were presented. Third, potential relationships between social media use and depression were clarified.

Keywords: social media use, depression, the young.

1. Introduction

Social media has developed into an essential component of everyday circumstances; on the other hand, it is also vital to be mindful of its impact on our mental health (Zhu et al., 2023). The research from Online Information Review about the 2023 study of Zhu shows there is limited research on social media and depression globally for the young.

According to Li et al. (2020), social media platforms offered a rare chance to discover individuals' attitudes, sentiments, and behaviors that were reflective of their mental health since they overcame day-to-day challenges. Related to attitudes and sentiments, depression is among the most debilitating mental health issues that millions of human beings worldwide have suffered from. Khan et al. (2023) stated that poor sleep quality and anxiety have been linked to higher smartphone usage among university students. Recent research has indicated an associated relationship between depression and geographical area, especially among youth both in the West and the East. For example, Bibi et al. (2023) presented that overall, Eastern students reported poorer mental well-being than Western students. Continually, Chin et al. (2023) revealed that while debating about depressed moods, Eastern youngsters tended to share more emotionally charged texts than Western ones. Furthermore, Eastern users displayed more negative and positive sentiments. Hence, the Eastern population experienced more mental symptoms than the Western population.

While some academics have investigated how social media use affects depression, others have researched the reverse. Koç et al. (2023) discovered the connection between disorders of mental health and social media utilization experienced by users, namely anxiety, uncertainty, stress, and depressive symptoms. Furthermore, the fear of missing out (FOMO) has been identified as an increased risk aspect of social media consumption and psychological issues. According to Sakthi (2020), FOMO is defined as an individual's excessive anxiety over missing out on important, joyful, or monumental experiences that are jubilantly distributed. According to Fu et al. (2021), misinformation is broadcast more quickly and widely than the truth. For illustration, despite the greater understanding of professionals compared to the broader community, inaccurate information still has an

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extremely detrimental impact on their mental health. Furthermore, Le et al. (2016) showed that teenagers use cyberbullying as an extension of traditional bullying to bully others, which means online space is powerful enough to trigger those unconscious actions, leading to tremendous effects on well-being. According to Pourafshari et al. (2022), for the "rich get richer, poor get poorer" model, the young without mental illnesses can benefit tremendously from technology, while those who suffer from psychopathology participate in maladaptive behaviors. In addition, they showed that those with lower levels of depressive symptoms were more likely to use smartphones in an optimistic social context, and self-awareness helps convey positive messages and changes for the community. Another point is that the positive effects of wellbeing were reported by Desjarlais (2022), which were linked to an increase in social connectivity and self-disclosure while interacting with friends online. Nevertheless, Vally et al. (2023) presented that excessive and compulsive social media utilization is associated with numerous mental health issues, which is supported by a sizable amount of cross-sectional and longitudinal research. There is no disclaimer that studies have been conducted on social media use and depression among the young. Furthermore, social networking sites may be effortlessly integrated with voice interaction, artificial intelligence, and other technologies. For given instances, the connection between social media utilization and depression is close-knit, with a wider range of underlying problems. This study addresses this topic by conducting a thorough analysis of research on depression and social media use, which focuses mainly on the young. First, Scopus, Web of Science, Emerald, Science Direct, JSTOR, Wiley Online Library, SpringerLink, Taylor and Francis Online databases will be used to investigate social media use and depression among the young. Second, using various filtering tools, we examine keywords on social media, depression, especially for the young. In this regard, the study's analysis and conclusions about the interaction between social media use and depression, as related to the young, are more thorough and precise than those of the limited research.

2. Literature review

2.1 Social media use

Smock et al (2011) claimed that information is aggregated from social media sites in either public or private settings. Facebook and Instagram are social media platforms that promote global interconnectedness. Social media specifies users' engagement with the platform or their utilization of its resources and features. There are two main purposes for young users to participate in media, including first, to generate and distribute content, and second, to form and sustain interpersonal connections. By engaging in these activities, a variety of psychological requirements of young consumers may be satisfied, which leads to stickiness on social media. Researchers have used many approaches to quantify social media use thus far. Those are also quantified by resolving how much time, how intensely, how often, and how many friends they spend on social media (Liu and Baumeister, 2016; Ong et al., 2011). Moreover, the diverse viewpoints of several platform types, including Instagram and Facebook, were researched by Sheldon and Bryant (2016). In recent years, academics have scrutinized the connection between social media use and personal health; hence, social anxiety and social skills shortcomings are major factors in media use. Studies have examined the connection between social media use and depression (Coyne et al., 2020) and how social media interacts with and influences psychological motivations, emotions, and personality traits. Jabłońska et al. (2021) stated that social media use exacerbates mental health issues. Social media has been misappropriated to disseminate rumors, hatred, and racial prejudice even prior to the pandemic. Using social media to spread misinformation, misleading allegations, skepticism, and spark dread and anxiety is just one of the drawbacks of the pandemic. This could result in agitation, hostility, anxiety, worry, depression, or a decline in life satisfaction that might propagate to other individuals. Panic was triggered by unfavorable feelings, and a never-ending deluge of false information spread dramatically. Depression is a fundamental trait that triggers and forecasts ways individuals engage social media; furthermore, it is directly linked to hazardous behaviors including suicide, indigent well-being, and Internet addictions. Young individuals experience high levels of deficient self-regulation, which is challenging when deep fakes are witnessed. As a result, feeling overburdened and having an emotional reaction might lead them to promote content on social media effortfully to gain their social network's approval or support. For the media research from eight countries, which are China, Indonesia, Malaysia, the Philippines, Singapore, Thailand, Vietnam, and the US, Ahmed et al. (2023) noted that deepfake sharing is more common among young people with depression. Thus, the connection between depression and social media use is an intriguing topic among researchers.

2.2 Depression

Depression is a deleterious emotional state with an impoverished mood as its primary manifestation. Since that mental health disorder has wide-ranging and serious effects, which lead to significant societal, economic, and personal problems (Selkie et al., 2015). An abnormal and deteriorating mental condition distinguished by responses of discontentment, melancholy, or mental discomfort from the perspective of symptomatology was referred to as depression. A wide range of depression concepts have been proposed by researchers, depending on their point of view. Depression in the young has been associated with social media, cyberbullying, and screen addiction (Thielking & Terjesen, 2017). Moreover, utilizing social media to refute rumors and even provide information about death impacts depression. In terms of the young, depression is a major depressive diagnosis that is linked to a number of short- and long-term negative outcomes, such as hazardous circumstances of suicidal contemplation and execution, challenges at school, work, and relationship issues (Hards et al., 2023). Previous studies believed that a lack of self-control on social media was also a key factor affecting depression (Li et al., 2018a, b). Therefore, the youthful ones in this study seem to have a negative value for their relationship, both offline and online. Especially, the term "Facebook Depression," is used to characterize the symptoms manifested by overindulging on Facebook (Jelenchick et al., 2013). Due to social media's incorporation of cutting-edge technologies, consumers may suffer from depression more vigorously and more continuously.

3. Research method

3.1 Literature search

For methodology, the same methodology as Zhu’s research journal was utilized. We conducted the following double review of every paper to verify the high standards of the screening. On the basis of the title, abstract, and keywords, we identified whether the paper was connected to social media consumption and depression among the young during the initial screening. In our second inquiry, the subsequent guidelines were implemented. First, the paperwork originates in the fields of social media and depression among the young. Second, the publications' described investigations are obliged to be scientific in order to determine how the young affect the analysis outcomes. Third, every piece of paper concerning social media utilization and depression only includes those that address the topic. Forth, only one paper’s content would be analyzed if two papers used the same sample. Therefore, the literature satisfying the four prerequisites was interpreted and evaluated.

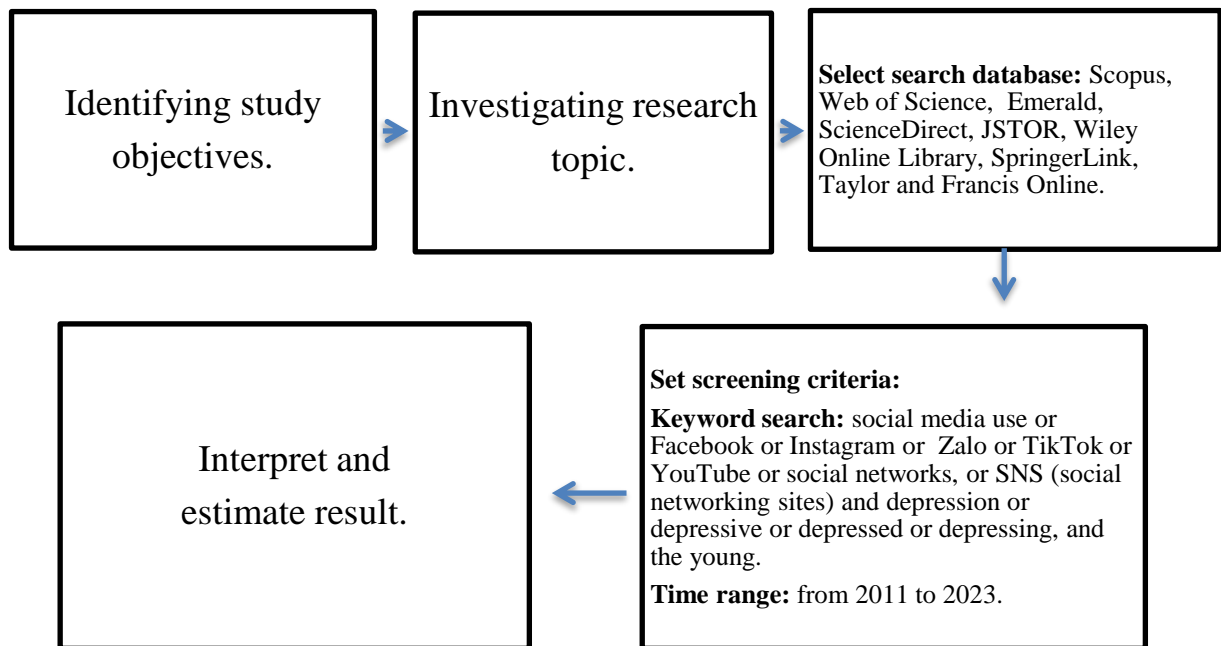


Table 1: Literature review process

3.2 **Data**

A total of 455 papers were ultimately considered after each article title was approved. Following the second screening of the literature, 17 papers that satisfied all of our criteria were selected.

In order to ensure the quality of the selected publications and prevent possible publication bias, this research obtained papers in the field of social media use and depression for the young from several databases, namely Scopus, Web of Science, Emerald, Science Direct, JSTOR, Wiley Online Library, SpringerLink, Taylor and Francis Online. From these top databases, we adopted the following keyword search query, including filters, namely social media use or Facebook or Instagram or Zalo or TikTok or YouTube or social networks, or SNS (social networking sites) and depression or depressive or depressed or depressing, and the young.

In the COVID-19 context, Jabłońska et al. (2021) stated that a surge in anxiety among young respondents was determined to be correlated with the level of mental discomfort caused by misinformation. The increased frequency of Facebook and Instagram usage was enforced by the same rule of law. Nonetheless, anxiety levels declined with TikTok and other websites' increased frequency. Throughout the lockdown, high levels of depression and anxiety coexisted with limited web-based exchanges and the lookout for COVID-19 information on social media. Those who reported consuming social media messages about viruses were more common among those who were delighted with their lives; nevertheless, those who suffered from severe depression found that reading such content made them feel more anxious and even worse. Western youngsters prefer Instagram, whereas Asian ones are into TikTok. Among generations, Gen Z emphasizes more on TikTok than does Gen Y (Moharam & Mukherjee, 2023). Mental disorders caused by COVID-19 increased among young Europeans, especially when reading about the virus on social media, particularly Instagram. Moreover, Asians experienced lower life satisfaction while being quarantined. Another point is that the more dissatisfied their lives were, the more frequently they used the media.

As for the young, more than half of college students expressed feeling lonely, and increased use of social media exacerbated their feelings of loneliness. Their motivation to study was further undermined by limitations placed upon them as a result of isolation (Sauer et al., 2022). This is further confirmed by a recent study performed with Chinese college students, which indicated a correlation between increased rates of depression, anxiety, and discouraging smartphone use (Fredrick et al., 2023). Moreover, social media addiction was discovered in nearly three-quarters of Malaysian university students, both public and private. While few students in Taiwan can be classified as Instagram addicts, over one-quarter of postgraduate students in India satisfy this criteria. One in ten African American young adults and nearly two-fifths of US college students in non-Asian countries were found to be Instagram addicts. According to a different study, a small proportion of Peruvian undergraduate students might be considered Facebook addicts. It was discovered that approximately one-fourth of Macau's college students used various social networking sites at risk. Therefore, in terms of social networking addictions, Eastern countries were the highest, while Western countries were the lowest, for the young. Therefore, the greater percentage of depression belonged to young Asians (Tang et al., 2018).

In Vietnam, nearly all of the young enter a website to privately discuss issues with their mental health. For instance, the social networking sites that were utilized most frequently among young Vietnamese people were Facebook, Zalo, and YouTube (Doan et al., 2022). The primary reasons that individuals used social media were to update headlines and connect with friends. Previous investigations have revealed that less than a quarter of individuals aged 15 to 25 have been addicted to the Internet. More than four-fifths of those aged between 18 and 34 reported occasionally accessing the Internet or possessing a smartphone. Their well-being suffered from regular internet access, and the content that they viewed via the internet had a detrimental effect on how they actually lived. Compared to individuals who had never utilized the Internet at all over the preceding thirty days, those who used it on a regular basis or at least three occasions per week were more likely to identify the drawbacks of regularly accessing the site (Do et al., 2020). Medical students who suffer from depression may have inadequate life quality, quit school, and eventually have suicidal thoughts; moreover, nearly half of them suffer from depressive symptoms (Pham et al., 2019). Especially for Vietnamese youth, Facebook was primarily utilized by the great majority of participants for staying up-to-date on the most recent events. Less than 30% of their Facebook time was spent on reading health-related content (Zhang et al., 2017).

3.3 **Analysis**

The following three procedures were used in our analysis of published articles. Firstly, the most essential research topics and compelling aspects of the hyperlink between social media use and depression were determined and analyzed. Second, the parallels and discrepancies among the findings generated from each research were summarized, and the applicability of the selected materials was assessed. Third, the key findings of the study framework were presented, along with measuring indicators of depression and social media usage.

4. **Results**

4.1 Social media's effects on depression

Since social media has become increasingly prevalent, researchers have been examining how social media use affects depression. The research's results, nevertheless, have not always been reliable. These results were refined into the three areas listed below.

First, according to several studies (Li et al., 2018; Foroughi et al., 2019; Woods and Scott, 2016), using social media can **directly** worsen depression. The authors claim that human beings frequently express their emotions on social media, where their peers might subsequently view them. Nonetheless, ones consistently spend more time analyzing the exaggerated information, which leads to unpleasant psychological responses. A specific boundary for these sensations causes people to experience depression. Furthermore, due to the information overload of social media, their cognitive load and exhaustion are raised, which increases their susceptibility to depression. For instance, the social networking sites that are utilized most frequently among young Vietnamese people are Facebook, Zalo, and YouTube. The primary reasons that individuals used social media were to update headlines and connect with friends. Moreover, the young who are under 18 years old are more likely to experience FOMO and stress among peers, compared to the group of 18-24 years old, because of social media addiction (Doan et al., 2022). As compared to other Facebook elements, Hussain et al. (2019) discovered that education level, gender, race, ethnicity, relationship circumstances, and behaviors, such as likes, tags, events, and updates-information given by consumers—were more beneficial for the diagnosis of depression. In addition, in order to detect major depressive disorders, social media platforms have been implemented as social signals. Our results further reinforce the authors' findings that more destitute levels of depression are linked to elevated rates of FOMO. Direct causal correlations were found between FOMO and the amount of depression, self-harm, and even suicide's risks. Moreover, the more time spent on social media, the more depressed humans will be, which is affected by negative reactions (Dam et al., 2023).

Second, according to several studies (Frison and Eggermont, 2020; Locatelli et al., 2012; Wright et al., 2013), using social media dramatically **exacerbates** depression. Huang et al. (2012) stated that entertainment activities might encourage teens to use smartphones excessively because of their enticement, which can cause them to lose control, interrupt their daily routines, and suffer mental health consequences. Additional evidence to support research on social network use comes from the positive predictive relationship between adolescents' depression, anxiety, and somatization and interpersonal behaviors (e.g., online chatting).

On the other hand, according to other research, social media utilization **constructively affects** depression. According to Gu et al. (2023), individuals engage positively with social media for a number of reasons. Increased interpersonal and social motivation enables people to use social amenities and offerings more effectively, which will aid them in achieving their development-oriented targets. Therefore, depression among individuals progressively declines as their happiness with social support rises. AI-supported technologies with sophisticated algorithms assist in identifying psychological concerns and detecting behavioral indicators of anxiety with a precision of more than 90%.

4.2 Depression's impact on social media use

The social responsibility hypothesis states that, particularly for young people who are psychologically vulnerable, the Internet creates an ideal environment for open dialogue and interaction for private self-disclosure. As a result, several academics have focused their attention on examining how depression affects social media use, and they have produced some insightful results. The following two features can be used to

summarize these findings.

Firstly, a significant **positive** impact can be produced by depression on social media use (Jasso-Medrano and Lopez-Rosales, 2018; Koc and Gulyagci, 2013; Han et al., 2019). The interconnected character of social media enables people with depression the opportunity to engage in compulsive initiatives as a means of eradicating worry and unpleasant thoughts and sensations. Additionally, depression may incorporate a favorable and significant impact on social media dependency. Depressed individuals are likely to spend greater amounts of time and effort on social media to acquire more social support. An in-depth comprehension of social media use and its connection to psychological well-being must be considered, such as personality traits and anticipated social support.

Secondly, depression provokes social media use in a **negative** way. Individuals who had low openness demonstrated an additional significant positive correlation with symptoms of depression. Low openness has generally been linked to social anxiety; especially when combined with media usage, these low levels suggest social disengagement (Edler et al., 2022). Excessive usage of the Internet and social media is occasionally driven by low self-esteem and excessive social anxiety, which is brought on by the fear of criticism. The maladaptive social assessment mechanism that anxious individuals appear to correct for through problematic Internet use and social networking site use is fear of detrimental assessment (Zsido et al., 2020). The authors hypothesized that among social media users, those with low self-esteem who are psychosocially susceptible would find the positive opportunities provided by online self-disclosure particularly appealing. However, it could be difficult for them to effectively evoke these benefits, demonstrating that "the way people with low self-esteem use social media prevents them from gaining its potential social benefits." (Bianchi et al., 2022). Therefore, individual characteristics may have an impact on the relationship between social media use and depression.

4.3. The relationship between social media use and depression.

Discrepancies in the research findings of those studies were discovered, through our analysis of the literature. Regarding the correlation, the subsequent separate findings were acknowledged.

First, social media usage and depression are positively correlated. Individuals who participate in social media in diverse ways report better levels of well-being and are delighted with their daily lives (Lin et al., 2023). There is also a direct correlation between depression and social media use (Lin et al., 2016; Brandenburg et al., 2019). Self-regulation can be facilitated by social media use. It is believed that using such a platform permits individuals to accomplish their objectives, including success in their careers and personal development. For instance, in light of Generation Z's rapidly growing presence in the workforce, which accounts for roughly one twentieth of the workforce, it is imperative to investigate the critical elements impacting their career choices in the Asian context. Furthermore, social media has developed into an environment where Generation Z promotes their careers, highlighting the significance of these online communities for their professional growth (Wong et al., 2023). On the other hand, individuals who are depressed will be sufficiently driven to utilize social media to obtain online social support to satisfy their requirements due to a social support shortage. (Cordeiro et al., 2022).

Second, social media use and depression are related adversely (Coyne et al., 2020; Jelenchick et al., 2013). Some studies have found a substantial link between social media use and depression. Yoo and Jeong (2017) investigated the impact of social media use on users' psychologies in one of the scarcest studies. According to the findings, social media use increased personal discouragement in individuals with impoverished social capital, while depression itself encouraged social media use. Depression served as the foundation for this investigation. Social media, which is used by depressed people, exacerbates their depression. Depressed people access social media to obtain social compensation.

Third, there is **little evidence** attributing social media use to depression (Tandoc et al., 2015). Depression levels were inversely correlated with active usage and positively correlated with passive use (Casingcasing et al., 2022); since, it depends on individuals' awareness and self-control, which means how they think and react. Multiple variables, including personal characteristics, social media platforms, techniques for assessment, etc., influence how social media use affects depression. Owing to the simultaneous involvement of these elements,

multiple research studies were unable to determine a meaningful relationship between social media use and depression.

4.4. Another impact: Cancel culture effect for young celebrities

"Cancel culture" is a term used to describe extensive online initiatives, particularly on social media platforms that are designed to confront abuses of power. Content featuring nudity or sexually explicit material, hate speech, violence, fraud, and false information constitutes (Lewis & Christin, 2022). For example, BTS online speech debate illustrates a single scenario involving speedy internet mobilization around a particular issue or concern; in particular, RM, BTS's leader, a young man, showed appreciation for the relationships between the U.S. and Korea, which included history and sacrifice. However, Chinese Internet users on the mainland, or "netizens," voiced disgust that RM neglected any reference to the People's Republic of China. Consequently, BTS's digital footprint impacted a number of prominent South Korean companies negatively (Ng, 2022). Moreover, their mental health was affected. In other words, depression is detrimentally impacted by cancel culture, stated that mental illness or illnesses caused by cancel culture such as extreme despair in certain situations, even lead to suicidal thoughts or actual suicide. Briefly expressed, the most frequently stated mental health issues were sorrow, self-esteem, anxiety, loneliness and isolation, depression, and reputational damage (Ramsey-Soroghaye et al., 2023).

| | Factors | The young | Outcome |
|---|--|---|----------------------------|
| 1 | FOMO and information overload | Direct, exacerbative, and constructive | Social media -> depression |
| 2 | Social support, low self-esteem | Positive, negative | Depression -> social media |
| 3 | Self-regulation, self-awareness, poor social capital | Affirmative, adverse, and little evidence | Social media ↔ depression |

Table 2: Interaction between social media use and depression

5. Discussion

5.1 Possible contributors to inconsistent research findings

Despite a huge number of studies on the relationship between depression and social media use, our analysis shows that there are inconsistencies in their findings. Therefore, the possible reasons for the inconsistencies are attempted to be explained in the following points.

First, the detrimental impact of social media use on depression can be mitigated by not only generation but also **geographical location**. The East and the West have different roles in society, which has led to the acquisition of distinct cultures and beliefs. Whereas young Westerners with individualistic and autonomous representation prefer to process concentrated and distinct features of their surroundings, young Easterners with collectivistic and interconnected sociocultural contexts are more sensitive to contextual information. Compared to Eastern youngsters, social media users from the East are more inclined to idealize their online image and branding (Huang & Park, 2012). Cultural differences imply that individuals are more deviated from getting involved in online social comparisons when they reside in nations with collectivistic cultures than individualistic ones. The study found that the Eastern young are more concerned about social status, which leads to higher rates of depression (Samari et al., 2022). Therefore, this has explained why there are differences in the methods by which the young use social media in terms of regions.

Secondly, **consumer behavior** moderates the association between social media use and depression. In a few studies, young Easterners were shown to be more depressed when using social media than young Westerners with the young as main subjects. The main factor is that social media's **cognitive overload** affects young people's psychosocial adaptation differently. Usually, media consumers who are overloaded with information

become overwhelmed, has the negative consequence of evoking unpleasant emotions. Social media's cognitive overload might be considered a stressor, and its adverse effects on young individuals' capacity for self-control may be the primary root cause of depression. Self-control is the ability to maintain or promote cooperation and suppress the tendency toward unnecessary instinctive behavior (Hardy and Castonguay, 2018). Moreover, push notifications and suggested videos and images from short-form media such as Instagram and TikTok enable users to absorb an excessive amount of data and interactions in a short period of time. Hence, this type of phenomenon is referred to as perceived information overload (Chung et al., 2023).

Third, the young's engagement with social media may **drastically affect** their depression. One key gauge of social media use is utilization frequency. Multiple studies have indicated that youth mental health might be negatively impacted as a result of excessive social media use. Teens who use social media for greater amounts of time are far more likely to experience depressive disorders (Frison and Eggermont, 2016; Brooks and Longstreet, 2015; Lin et al., 2016). Adolescents are able to connect with the **idealized representations** of those around them through mediums. According to Hsu et al. (2021), societal expectations force young women, especially in Asia, to internalize the ideal of thinness, and an elevated level of idealization in an inferior self-image. As a result, the young become more susceptible to depression, when they juxtapose their real lives with the perfect-sized images on social media, due to fear of missing out. According to an article, social media consumption among the young has been reported to be predominantly driven by social comparison and affirmation. If one young individual is the top performer - the most favorite and stereotype-conforming, regardless of how diverse and unique each one is. Throuvala et al. (2019) believed that criticism and judgment of others were inevitable, which reflected how they perceived themselves by other confirmations. Thus, further exposure to "enhanced" profiles, which may widen the gap between self-perception and what is being perceived by others, possibly intensify feelings of inadequacy (Samari et al., 2022).

Fourth, the association between social media usage and depression may be significantly mediated by **personality traits** such as envy, rumination, social comparison-oriented abilities, etc. According to Wee et al. (2017), negative personality characteristics are indicators of behavioral or external factors that impact an individual's mental health and can also function as triggers for depression. Social media not only enables people to engage with others by showcasing themselves, but it additionally offers them the power to beautify and alter their own self-presented content or to display only beneficial stuff. As extraverts prefer interacting with others more frequently via offline situations, they may utilize social media more frequently than introverts. The findings could indicate that extraverts access social media regularly, especially when they are depressed. Furthermore, social media use, which was associated with depressive symptoms, was particularly prevalent among extraverts (Edler et al., 2022).

5.2 Possible relationships between depression and social media use

5.2.1 Social media use increases depression.

Social media use has been implicated in the rise of depression, according to several studies (Brooks and Longstreet, 2015; Foroughi et al., 2019; Frison and Eggermont, 2016). Some researchers state that the capacity to entirely buffer the positive effect of social media use on depression is what determines social comparison (Ozimek and Bierhoff, 2019), while other research revealed that this depression was mediated by envy (Tandoc et al., 2015). Others suggested that the relationship between depression and social media use was mediated by **self-rumination** (Locatelli et al., 2012). While jealousy, self-rumination, and social comparison orientation abilities are distinct mediation factors, they can potentially have comparable impacts throughout the process. Addiction to social networking sites is associated with rumination, which may trigger depression. The article indicates that depression is caused by idealizing virtual identities, responsibilities, as well as by different types of anxiety driven by social media addiction (Göktepe et al., 2020).

According to Frison and Eggermont (2016), these mediation variables specifically possess the ability to catch social media users' attention, which is different from others based on the immediacy, visualization, and thorough information presentation of social media platforms. Moreover, social media's features make it easier for users to showcase certain aspects of their online lives and prove themselves better. By improving and altering a selfie, participants who are accustomed to engaging in online social comparison are more likely to experience

depression, as a result of feeling unworthy (Foroughi et al., 2019).

5.2.2 Social media use decreases depression.

According to some research, social media use can lower a person's depression risk (Wright et al., 2013; Frison and Eggermont, 2020). Social media, on the one hand, is a more practical means of communication to make friends, maintain relationships with others, and enhance interactions. These platforms strengthen individuals' **self-worth** and learning performance by assisting them in acquiring more varied social capital and social support. Social comparison grants youngsters whose self-esteem depends on the public's approval, and a chance to practice self-affirmation objectives; as a result, their own values are validated. Moreover, those who posted on social media to ask for help were more likely to receive support from others, which was correlated with better mental health (Stapleton et al., 2017). More significantly, these platforms encourage users to contact friends across a variety of platforms in order to decompress, which lessens depression (Grieve et al., 2013).

Additionally, social media provides users with additional opportunities to showcase themselves. Participants may utilize social media's numerous functions to vent their feelings by sharing their current predicament, as well as the encouraging comments and praise they receive to lessen their depression (Li et al., 2018a, b).

5.2.3 Depression aggravates social media use.

The impact of depression on social media use is also widely available (Jasso Medrano and Lopez-Rosales, 2018; Han et al., 2019). Individuals who are depressed would have a tendency to use social media frequently, as there is an apparent association between social media features and depression symptoms. For those who find it difficult to engage in regular interpersonal connection and self-disclosure in real-life situations, social media offers an ideal setting and platform.

The de-individualization and anonymity of social media could alleviate the interpersonal contact burden for those with depression, according to the social compensation concept (Li et al., 2017a, b). Research indicates that while depressed people are less likely than non-depressed people to receive significant social support, in reality, social media platform support is more convenient to obtain (Park et al., 2016). Therefore, depressed youngsters tend to utilize social media when it serves a significant protective function in their own lives.

6. Conclusion

The relationship between social media use and depression has been empirically investigated among the young. Using the systematic review method, we tracked 17 articles from the Scopus, Web of Science, Emerald, SpringerLink, JSTOR, Science Direct, Taylor and Francis Online, and Wiley Online Library databases and evaluated the effect of social media use on depression, the effect of depression on social media use, and the association and interaction between social media use and depression. Our review revealed differences between the conclusions of these studies. Based on our evaluation, we proposed possible explanations for the differences in the conclusions. First, regions, between the East and the West, can impact social media use and depression. Second, individuals' quantity and time spent on social media have a critical effect on their depression. Third, ideological representation, which also includes FOMO, affects the association between social media use and depression. Finally, personality traits can play a significant role in mediating the relationship between social media use and depression.

7. Limitations and future research directions

There are two boundaries that need to be acknowledged. Firstly, there have not been many articles in the analysis. After reviewing and filtering, only the top 17 publications were speculated because of their emphasis on social media use and depression among the young. Firstly, every one of these 17 publications has distinct constraints. These restrictions may have influenced the study's analytical results, which might be distorted. Regarding more comprehensive studies, we see these three possibilities. First, long-term research could be considered. Few long-term studies have been done on the relationship between depression and social media use among the young. Second, it would be advantageous to investigate the connection between social networking sites and depression using Web 2.0, Twitter, LinkedIn, etc. Because each social media app offers a variety of

features and services, researchers may utilize these aspects to obtain more insightful data. Third, a cross-cultural investigation has been conducted. The findings gained from empirical research examining the relationship between social media use and depression are influenced by the distinctions between eastern and western cultures.

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