The Impact of Social Media on Mental Health of Young Adults: A Literature Review

*Sarinah Sabar, Natasha Dzulkalnine, Masrur Mohd Khir
Universiti Teknologi Mara, Faculty of Business and Management, Selangor, Malaysia
*sarinahs@uitm.edu.my, natashad@uitm.edu.my, masrur@uitm.edu.my
Corresponding Author: Sarinah Sabar

Abstract: This concept paper explores the complex relationship between social media usage and the mental health of young adults. The paper introduces the notion of social media and its significance in the lives of young adult, emphasizing the importance of studying its effects on their mental health and psychological well-being. Social media platforms have become an integral part of daily activities in the lives of young people. It has also become an invasive element in the lives of youth, shaping their social interactions, self-perception, and access to lots of information. Even though these platforms offer opportunities for social connection, creative expression, and educational engagement, they also present significant mental health challenges, including anxiety, depression, and low self-esteem, which are often driven by social comparison, cyberbullying, and the pressure to maintain an idealized online image. The paper investigates key areas of concern, including the rise of anxiety, depression, and low self-esteem linked to social comparison, cyberbullying, and the relentless pursuit of online validation. It also examines the addictive nature of social media, its impact on sleep, and the destruction of face-to-face social skills. By analysing existing literature and identifying research gaps, this paper aims to provide a comprehensive framework for understanding the two-edged nature of social media's influence on mental health. It advocates for the development of digital literacy programs, mental health support systems, and balanced usage strategies to help young people navigate the challenges posed by social media while maximizing its potential benefits.

Keywords: *Social media, Trends, Mental Health, cyberbullying, Social Participation, Social Comparison, Self-Presentation, Young Adults*

1. Introduction and Background

The rapid rise of social media (formerly referred to as social network sites) has profoundly transformed the social landscape for young adults, who are among the most active users of these platforms. Social media, as defined by Carr and Hayes (2015), refers to online platforms that facilitate interactions through sharing pictures, comments, and reactions to content. With many teenagers being regular users of social media (Anderson & Jiang, 2018), understanding its impact on their mental health is crucial. Young adults, typically aged 18 to 30, are the most users of social media, with studies showing that they spend substantial amounts of time on these platforms daily (Pew Research Center, 2021). Social media provides avenues for social interaction, information sharing, and entertainment, aligning with the developmental needs of young adults who are navigating major life transitions such as completing education, starting careers, and forming intimate relationships. Social media has redefined how they interact, communicate, and perceive themselves and others. The Internet Users Survey 2020 undertaken by the Malaysian Communications and Multimedia Commission (MCMC) showed that Internet users in the country were mainly adults aged between 20-29, accounting for 46%. This makes youth aged between 20-24, the biggest group of internet users in Malaysia (MCMC, 2020). The national survey revealed that people used the internet for text communication (98.1% of respondents), social media (93.3%), to watch videos (87.3%), voice/video communication (81.1%) and to get information (74.3%). 43% of internet users had shared online content. In 2023, Malaysia had approximately 30.25 million active social media users.

Representing about 91% of the country's total population of around 33.57 million people. Social media platforms such as Facebook, Instagram, TikTok, and Twitter are particularly popular among Malaysians, with a significant portion of the population using these platforms daily for communication, entertainment, news, and commerce. This high level of social media penetration reflects the growing importance of digital platforms in the everyday lives of Malaysians. Thus, this paper discusses the imperative areas that revolve the social media and its impacts on users such as the emerging trends of social media use, its implications on mental health, social participation and social behaviour, identity formation and self-representation and regulatory enforcement of social media in Malaysia.

Social media platforms such as Facebook, Instagram, Twitter or X, and TikTok, have evolved rapidly over the past decade. These platforms offer users the ability to share content, engage with others, and participate in virtual communities. For young adults, social media serves as a primary means of communication and self-expression, playing a central role in their social lives and identity formation. This paper also clarifies the key term 'psychological wellbeing,' which described by Waterman et al. (2010), relates to an individual's ability to live meaningfully according to their deeply held values. According to the World Health Organization (WHO, 2018), mental health is defined as a state of well-being where an individual can flourish by realizing their potential, engaging in positive social interactions, and contributing to society. Although existing research in this area has been mainly quantitative, providing evidence for the association between social media use and mental health outcomes, it has offered limited insight into how young adults perceive and experience these effects. To address this gap, this paper introduces a narrative review that aims to synthesize recent qualitative research focusing on young adults' perspectives regarding the impact of social media on their mental health and psychological well-being. This approach seeks to deepen the understanding of how social media influences the lives of young people from their viewpoints, offering valuable insights beyond what quantitative data can provide.

With sorts of social media platforms, young adults have unparalleled access to global networks, enabling them to stay connected with peers, share experiences, and access diverse information. However, this digital shift has also introduced new challenges that affect their mental health and social participation. Young adulthood is a critical developmental stage characterized by significant emotional, psychological, and social changes. During this period, individuals are particularly sensitive to external influences, including peer approval and social feedback, both of which are magnified in the context of social media. Recent studies confirm that identity formation continues throughout young adulthood, influenced by personal experiences and social interactions (Downes & Kim, 2019). Other than that, the need for social validation, often measured through likes, comments, and followers, can foster a sense of self-worth that is contingent on external approval, further worsening mental health issues. The pressure to maintain an idealized online image, combined with constant exposure to curated portrayals of others' lives, can contribute to feelings of inadequacy, anxiety, and depression. The phenomenon of social comparison where young adults measure their worth against the unrealistic standards set by their peers and influencers can intensify these mental health issues.

Cyberbullying is another significant concern associated with social media use. Unlike traditional bullying, cyberbullying can occur at any time, 24/7, with the potential for wide and rapid dissemination, making it more pervasive and damaging (Alim, 2016). Victims of cyberbullying are at increased risk of experiencing anxiety, depression, and even suicidal thoughts. Furthermore, the anonymous nature of online interactions can lead to a lack of accountability, making it easier for bullies to target their victims. Social media also impacts young adults' social participation. While these platforms offer opportunities for community building and activism, they can also lead to social isolation and a decrease in face-to-face interactions. The reliance on virtual communication can weaken real-world social skills, making it difficult for young adults to form and maintain meaningful relationships outside the digital realm. Moreover, the constant connectivity associated with social media can disrupt sleep patterns, further affecting young adults' mental health and social functioning (Nesi, 2024). Despite these challenges, social media is not without its benefits. It can provide a sense of belonging,

Particularly for those who may feel marginalized in their offline communities. Online support networks can be invaluable for young adults dealing with issues such as mental health struggles, identity exploration, or social stigma. Additionally, social media can be a platform for positive self-expression, creativity, and civic engagement, allowing young adults to connect with like-minded individuals and causes they care about.

In addition to these psychological impacts, social media has also reshaped the way young adults participate in social life. Social media has fundamentally transformed how young adults lead their social lives, influencing everything from interpersonal relationships and social interactions to identity formation and community engagement. In other words, social media has reshaped the social landscape for young adults, offering new opportunities for connection and expression while also introducing complexities and challenges that influence their social experiences and mental well-being. The multidimensional social media platforms offer avenues for building connections and engaging in community activities, they can also lead to social isolation, reduced face-to-face interactions, and an over-reliance on virtual relationships. This can distort their perception of

what is normal or achievable, leading to dissatisfaction with their own lives and increased pressure to conform to these ideals (Chou & Edge, 2012). The constant exposure to idealised and often unattainable standards on social media can create unrealistic benchmarks for success and happiness. As a result, individuals may feel inadequate or pressured to align their lives with these portrayed ideals, which can intensify feelings of dissatisfaction and contribute to a range of psychological issues, such as anxiety or nervousness, depression, and low self-esteem.

The digital environment, with its relentless pace and the potential for negative interactions such as cyberbullying, can create stressors that undermine mental well-being. Despite the potential risks, social media also offers significant benefits, including access to support networks, educational resources, and opportunities for creative expression. For many young adults, these platforms provide a sense of belonging and a means to connect with like-minded individuals, particularly those who may feel marginalized in their offline lives. Understanding the impact of social media on the mental health of young adults is crucial for developing strategies that promote healthy online behaviours and support mental well-being (Zhao, Da & Yan, 2020). As social media continues to evolve and embed itself in the composition of young adults' lives, it is essential to address the complex ways it influences their mental health and social participation. This exploration will provide insights into how to balance the advantages of social media with the need to mitigate its potential harms, ensuring that young adults can navigate the digital world in a way that supports their overall well-being.

In summary, recent literature features on new trends and developments in social media use, focusing on its impact on mental health, social behaviour, and societal issues, while social media presents unique opportunities for young adults to engage with the world, it also poses significant risks to their mental health and social development. Understanding the dual impact of social media use on this critical age group is crucial for developing interventions that promote healthy online behaviours and support young adults in navigating the complexities of the digital world.

2. Literature Review

Emerging Trends in Social Media Use
The field of social media research has rapidly evolved, reflecting the dynamic nature of digital platforms and their growing influence on various aspects of life. Recent literature highlights the evolving impact of social media on the social lives of young adults, emphasizing both the transformative effects and emerging challenges. The digital landscape continues to shape how young adults connect, communicate, and construct their social identities, with new trends and technologies influencing these processes. Several studies have examined the patterns of social media use among different age groups, particularly young adults. The latest research underscores the role of social media in expanding social networks beyond geographical boundaries. Young adults are now able to form and maintain relationships with peers across the globe, creating diverse and multicultural social networks (Boulianne & Lee, 2022).

The concept of hybrid socialization, where online and offline interactions blend seamlessly, is gaining more attention. Young adults increasingly navigate both worlds simultaneously, with social media enhancing face-to-face interactions through pre-event planning, post-event sharing, and continuous engagement with social circles (Robards & Lincoln, 2020). Global connectivity fosters cross-cultural exchange and broadens social perspectives. Research indicates that young adults engage with social media frequently, often using multiple platforms to fulfil various needs such as social interaction, entertainment, and information consumption (Smith & Duggan, 2013). Patterns of use are influenced by factors such as social norms, personal interests, and technological advancements (Myrow, 2024). Social media use has been escalated and integrated into many areas in recent years. Social media is becoming more incorporated into daily activities, including work and education. The rise of remote work and online learning has increased the use of social media for professional networking and educational purposes (Trunfio & Rossi, 2021). The concern about keeping the privacy has also created with growing awareness of data privacy issues, users are becoming more concerned about how their information is collected and used. Recent studies explore the impact of privacy policies and data breaches on user trust and engagement (Martin & Murphy, 2017). Studies emphasize the importance of giving users control over their data. Features that allow users to manage their privacy settings and understand the implications of

their choices contribute to greater trust and satisfaction. Providing users with control and autonomy over their information can enhance their overall engagement with the platform.

In terms of frequency and duration of social media use, young adults typically spend significant time on social media, with some studies reporting daily usage exceeding several hours (Vogel et al., 2014). The time spent on these platforms can vary based on individual preferences and the types of content consumed. Other than that, the purpose of use has also significantly emerged in the trend. According to Boyd and Ellison (2007), social media use among young adults serves multiple purposes, including maintaining social connections, seeking social recognition and validation, and engaging in self-expression. The motivations behind use can influence the nature of interactions and the impact on mental well-being. Platforms like Facebook, Instagram, and TikTok enable users to connect with people across the globe, facilitating cross-cultural exchanges and broadening social horizons (Ellison et al., 2021). These interactions not only expand social networks but also promote inclusivity and diversity, allowing young adults to engage with perspectives different from their own. Social media platforms are increasingly facilitating the creation of niche digital communities where young adults can engage with specific interests and identities. These communities, whether centred around hobbies, social causes, or shared experiences, offer a sense of belonging and validation that might be lacking in offline settings (Papacharissi et al., 2023). Recent studies have documented shifts in social media usage patterns, including the rise of new platforms and changes in user behaviour. The shift in social media usage is likely due to the emergence of platform diversification. The landscape of social media continues to diversify with the emergence of new platforms like TikTok and the evolving features of existing ones. Research indicates that younger demographics are increasingly gravitating towards platforms that offer short-form video content and interactive experiences (Anderson & Jiang, 2018).

Mental Health Implications
The relationship between social media use and mental health has been a major focus of research. While social media can offer support and connectivity, it is also associated with several negative mental health outcomes. The growing concern about mental health challenges among young adults has been discussed by many social media researchers, and the concern is particularly related to the impact of social media use per se. The data points out (WHO, 2020a, 2000b) that mental health issues increase prevalently among young adults, amounting to 16% of diseases in 10–19-year-olds. This number shows a significant portion of disease in young individuals, with social, emotional and psychological well-being being critical to their overall relationships and sense of belonging. According to a report by the CDC (2018), psychological well-being is also emphasized as essential for self-acceptance, personal growth, and effective coping strategies.

Numerous quantitative studies have established a clear link between social media use and various psychological problems, for instance, research by Keles et al. (2019) supports the association between social media use and increased rates of depression, anxiety or nervousness, and reduced self-esteem. Specific studies by Lin et al. (2016) and Dhir et al. (2018) underscore the rising rates of depression and anxiety linked to social media usage, whereas Woods and Scott (2016) focus on how social media can negatively impact self-esteem. All these studies suggest that while social media may offer some benefits, its potential to exacerbate mental health issues in young adults cannot be ignored. The findings call for a deeper understanding of the mechanisms behind these associations and the development of strategies to mitigate the negative effects of social media on young adults' mental health. In today's generation, many young people spend a significant amount of time on social media, often leading to prolonged periods online without breaks, which can result in insufficient sleep. According to Li et al. (2020), nearly 64.5% of young adults sleep less than 8 hours on weekdays. This lack of adequate sleep can disrupt their daily functioning and contribute to considerable personal distress, increasing the risk of psychiatric illnesses and engaging in risky behaviours such as drug abuse and dangerous driving. Sleep is crucial for long-term health and well-being; it plays a vital role in maintaining brain function, physical health, and cognitive abilities. Adequate sleep is essential for effective thinking, reaction, work performance, and learning, underscoring its importance in overall life quality.

Excessive social media use, particularly before bedtime, can significantly disrupt students' sleep cycles due to social media addiction and related negative habits. The screens of digital devices emit blue light, which interferes with the production of melatonin which is the hormone crucial for regulating sleep-wake cycles (Newsom & Singh, 2024). This disruption can lead to difficulties falling asleep, staying asleep, and achieving

restorative sleep. Consequently, students may experience sleep-related disorders, including excessive daytime sleepiness, which has become increasingly common among this demographic. The impact of these sleep disturbances underscores the need to address the relationship between social media use and sleep health. The article highlights that excessive social media use among young adults and students can lead to internet dependence, with behavioural and emotional functioning showing psychopathological risk characteristics (Kline, 2014). This overreliance on social media may cause symptoms of melancholy and anxiety, particularly when access to the internet is restricted. Consequently, excessive use of social media can result in internet addiction and psychological issues, including depression and anxiety. The constant nature of social media, operating 24/7, disrupts sleep cycles, contributing to exhaustion and inadequate rest. Many students report staying up late and scrolling through social media, which is associated with increased stress levels and decreased resilience. Promoting healthy digital behaviours is crucial for improving well-being and mitigating the negative impacts of excessive social media use.

There are studies which address the concerning link between exposure to harmful content on social media and the increased risk of psychological harm, self-harm, and suicidal ideation, particularly among vulnerable young users. Arendt et al. (2019) highlight the troubling association between viewing self-harm content on social media and its detrimental impact on mental health. Given the central role social media plays in the lives of teenagers, the potential for such exposure to cause significant psychological distress is especially alarming. The term "psychological harm" encompasses a range of negative emotional experiences, including feelings of being threatened, intimidated, and excluded by others. Yoo and Smetana (2019) emphasize that the effects of psychological harm are influenced by the specific context in which it occurs, as well as individual factors that either protect against or heighten vulnerability to such harm. These findings underline the importance of understanding the contextual and personal variables that contribute to the impact of social media on mental health, particularly in adolescents. Thus, the studies suggest a critical need for protective measures and interventions to safeguard vulnerable young people from the negative effects of harmful content encountered online.

Social comparison always happens due to the inferiority and insecurity of young adults. Social comparison theory, first introduced by Festinger (1954), explores how individuals evaluate themselves by comparing with others. This concept is particularly relevant in the context of social media, where platforms provide constant opportunities for users to engage in social comparison. Social comparison can be categorized into upward and downward comparisons. Upward comparisons involve comparing oneself to those perceived as superior, which can lead to feelings of inadequacy or inspiration depending on the context (Wood, 1989). Downward comparisons, where individuals compare themselves to those they perceive as worse off, may enhance self-esteem but can also foster complacency (Morse & Gergen, 1970). Research indicates that frequent upward social comparisons on social media are associated with lower self-esteem and higher levels of depression and anxiety. This is because users often encounter idealized portrayals of others' lives, which can lead to negative self-evaluations and dissatisfaction (Vogel et al., 2014). Conversely, downward comparisons may temporarily boost self-esteem but can contribute to a skewed perception of one's life satisfaction (Bergagna & Stefano, 2018). Studies have shown that exposure to idealized representations of others' lives on social media can lead to negative self-evaluations and increased feelings of inadequacy (Festinger, 1954). This social comparison can contribute to anxiety, depression, and low self-esteem (Perloff, 2014).

Cyberbullying is a significant issue on social media platforms, with research indicating that victims are more likely to experience mental health issues such as depression and anxiety (Kowalski et al., 2014). The anonymity of online interactions can exacerbate the severity of bullying. Social media addiction is characterized by excessive use that interferes with daily functioning and well-being. The results of social media compulsive use were generated in previous research which asserted that social media is associated with addiction, and it is proven to increase stress, reduce the academic performance of students, and disrupt sleep patterns (Andreassen et al., 2016). One factor to consider is the potential link between the frequency of social media use and feelings of loneliness and social isolation among students. Even if, social media appears to foster social engagement and connection, research reveals that excessive dependence on digital communication can increase feelings of loneliness and isolation. People who spend an excessive amount of time on social media platforms may find themselves substituting meaningful face-to-face interactions with superficial online exchanges, leading to a sense of disconnection from their peers and the broader community (Nazari et al.,

2023).

Furthermore, the constant browsing through some picture collections and status updates on social media feeds may promote inaccurate ideas about others' lives, contributing to the phenomena known as "social comparison." As students repeatedly compare their own lives to the seemingly perfect portrayals of others online, they may experience heightened levels of self-doubt, inadequacy, and dissatisfaction (Ofuebe et al., 2022). This perpetual cycle of comparison and self-evaluation can significantly impact their mental well-being, potentially leading to increased feelings of depression and anxiety. According to Abd Rasid et al. (2024), constant investigation of the frequency of social media use among young adults reveals the intricate interplay between digital engagement and mental health outcomes. Researchers may acquire a better understanding of the multiple effects of social media on students' well-being by investigating how their online actions alter their experiences of loneliness, social comparison, sleep quality, and academic performance. With this understanding, interventions can be devised to promote healthy digital habits and foster a supportive online environment for students' mental health and overall well-being.

Current research continues to explore the nuanced relationship between social media use and mental health and shed exposure on both adverse effects and potential benefits. Social media could also lead to anxiety and recent studies have reinforced the link between excessive social media use and increased anxiety, for instance, Elhai et al. (2020) stated that research has shown that social media-induced anxiety is often related to exposure to negative content and the fear of missing out (FOMO). Other research has progressively focused on how social media affects body image and self-esteem. Studies indicate that exposure to idealized body images and beauty standards on platforms like Instagram can lead to body dissatisfaction and self-esteem issues, particularly among young women (Fardouly et al., 2018). Attention to positive mental health outcomes has been alarming to social media experts, thus several research have been conducted to investigate some prominent negative impacts. There is some topical literature which highlights the positive aspects of social media. Studies have found that social media can facilitate social support, foster positive relationships, and provide resources for mental health awareness and intervention (Naslund et al., 2016). From the literature above literature, most of it focuses on the negative consequences of social media use, such as addiction, FOMO (fear of missing out), and depression. To address this issue, it is recommended that future research is needed to explore the potential positive effects, such as social support, community building, and mental health awareness, which can offer a more balanced view.

There is a growing focus on the impact of social media on mental health, with recent research exploring digital detoxication. The concept of digital detox refers to periods of intentional disconnection from social media that are gaining traction as users seek to mitigate the negative effects of excessive use (Ahn & Park, 2022). Besides, the platform providers spare some initiatives to promote positive mental health amongst its users. Robert and David (2022) asserted that social media companies are gradually incorporating features designed to promote mental well-being, such as reminders to take breaks, tools to manage screen time, and resources for mental health support. Other research has also found that ongoing research and advocacy efforts are addressing the mental health implications of social media, emphasizing the need for balanced usage and support strategies (O'Reilly et al., 2023).

Most people's mental health has been declining since Facebook became mainstream and took off in popularity circa 2008, from year to year it surpassed Myspace as the most-visited social media website and billions of people registered on Facebook. This trend has continually preceded, and researchers continued to observe a 40 per cent increase in depressive symptoms, suicidal ideation, and suicidal behaviour among young people in the decade before the pandemic (CDC, 2018). Moreover, the frequency of social media use can also intersect with other aspects of young adults' lives especially higher institution students' sleep quality and academic performance. Research indicates that excessive screen time, particularly before bedtime, can disrupt sleep patterns and impair overall sleep quality. The constant stimulation from social media notifications and content consumption may interfere with students' ability to unwind and relax, leading to difficulties in falling asleep and obtaining recuperative rest (Bragazzi et al., 2022). As a result, sleep deprivation caused by excessive social media use can aggravate weariness, irritability, and mood swings, jeopardizing students' mental health and academic performance.

3. Social Participation and Social Behavior

Social media has transformed social participation, offering both opportunities and challenges for young adults. There are also studies which examine the perspectives of social media's impact on the quality of interpersonal relationships, particularly within family settings. Several views presumed that social media diminishes quality time among family members as well as friends. According to Mulisa and Getahun (2018), many individuals reported that social media usage reduced the quality of time spent with family and friends, leading to feelings of emotional detachment. This suggests that the predominant presence of social media can interfere with meaningful, in-person interactions, potentially weakening the emotional bonds that are critical for healthy relationships. Moreover, Kennedy and Lynch (2016) found that adolescents often experienced tension and problems within their household dynamics when phone use was prioritized over face-to-face communication. This preference for digital interaction over direct engagement with family members can lead to misunderstandings, conflicts, and a sense of disconnection within the family. These findings emphasize the need for a balanced approach to social media use, particularly among young people, to ensure that it does not undermine important familial relationships and emotional well-being.

Social media enables young adults to enhance their connectivity with others across geographic boundaries, fostering engagement with diverse communities and support networks (Ellison et al., 2021). This increased connectivity can help cultivate a sense of belonging, allowing young individuals to feel more integrated within various social spheres. Additionally, social media provides access to a wide range of resources and information, which can be particularly valuable for personal growth, education, and emotional support. This digital interaction thus plays a critical role in broadening young adults' social experiences and enhancing their ability to connect with like-minded individuals or groups, regardless of physical distance. Despite the connectivity benefits that social media offers, its use can unexpectedly lead to social isolation. Research suggests that intense social media use is often linked to a reduction in face-to-face interactions, which in turn, increases feelings of loneliness (Primack et al., 2017). Social media facilitates communication and connection, nevertheless, the quality of these online interactions may not be sufficient to replace the depth and emotional fulfilment that comes from in-person engagement. As a result, individuals who rely heavily on social media for social interaction may experience a sense of disconnection and loneliness, despite being constantly connected online.

Relying heavily on digital communication can have significant effects on the development and maintenance of real-world social skills. Research indicates that extensive use of social media may impair the ability to effectively navigate face-to-face social situations (Uhls et al., 2014). This reliance on online interactions can lead to difficulties in reading social indications, engaging in meaningful conversations, and building strong interpersonal relationships in person. Undoubtedly social media has undeniably transformed social participation by offering new opportunities for connection and engagement, it also presents challenges for young adults, who must balance the benefits of online communication with the need to cultivate and maintain essential social skills in the offline world. The impact of social media on social participation and behaviour continues to be a significant area of research, with recent studies providing new insights into its effects.

Social media has been shown to significantly enhance social capital by connecting users with supportive communities and fostering social engagement. Recent research by Putnam (2022) suggests that online communities can play a crucial role in strengthening real-world social ties and promoting active community involvement. By providing platforms for users to share information, mobilize around common causes, and engage in meaningful dialogue, social media can contribute to the development of stronger, more connected communities. Social media platforms facilitate the sharing of information, mobilization around common causes, and meaningful dialogue among users. This ability to connect people and foster communication contributes to the development of stronger, more cohesive communities. Enhanced social capital, driven by these interactions, can lead to increased engagement in civic activities, such as volunteering, advocacy, and local initiatives. As a result, social media helps reinforce the social fabric of communities, both online and offline, by encouraging active participation and collaboration among members. This strengthened sense of community can enhance collective efforts and support for various causes, ultimately benefiting society. This enhanced social capital can lead to increased participation in civic activities, such as volunteering, advocacy, and local initiatives, thereby reinforcing the social fabric of communities both online and offline.

The role of social media in shaping political attitudes and behaviours has become a significant area of study. Recent research has focused on how social media platforms influence political participation, the formation of opinions, and the dissemination of misinformation (Tucker et al., 2018). These platforms provide a space for individuals to engage with political content, share their views, and mobilize around political causes. However, they also pose challenges by enabling the rapid spread of false information, which can shape public opinion and influence electoral outcomes. In parallel, the rise of digital activism and online social movements highlights the power of social media to mobilize collective action. Recent studies by Boulianne (2019) examine how social media platforms are leveraged to advocate for social justice issues and drive societal change. These platforms have become critical tools for organizing protests, raising awareness, and building support for various causes. The ability to quickly gather large groups of people around a common goal underscores the transformative potential of social media in facilitating grassroots activism and influencing public policy. Social media has emerged as a potent instrument for digital activism and the organization of social movements. Boulianne (2019) emphasizes the significant role of platforms such as Twitter and Facebook in facilitating collective action and advocating for social justice issues. These platforms enable users to efficiently coordinate protests, increase awareness about various social causes, and shape public opinion on a diverse array of issues. The ability to quickly disseminate information and mobilize support underscores the transformative impact of social media in driving societal change and fostering civic engagement.

Social Media, Identity Formation and Self-Presentation
Recent literature continues to investigate how social media influences identity formation and self-presentation. Studies have explored how young adults curate their online personalities and manage the balance between authenticity and self-presentation. Research by Marwick (2021) indicates that users often navigate a delicate balance between showcasing an idealized version of themselves and maintaining a sense of authenticity. This dynamic illustrates the broader challenge of balancing the presentation of a refined, idealized image with the need to remain true to one's authentic self in the digital space. Social media users often contend with the tension between crafting a strong personality that aligns with societal standards or personal aspirations and maintaining genuine self-representation. This interplay between self-presentation and authenticity is central to understanding how individuals navigate their online identities and the impact of these multiple personas on their real-world interactions and self-perceptions.

Additionally, the integration of online and offline identities has become a significant focus of research. Studies, such as those by Vasalou et al. (2008), examine how interactions on social media shape and reflect users' real-world identities. These studies suggest that online personalities can significantly influence offline behaviours and vice versa, emphasizing the interconnectedness between digital and real-life identities. This relationship highlights how interactions and self-representations on social media can shape real-world actions, attitudes, and relationships. Conversely, offline experiences and behaviours can also impact how individuals present themselves online, reflecting a continuous interplay between the digital and physical aspects of identity. Understanding this interplay is crucial for comprehending how social media affects personal identity and social media on how individuals perceive themselves and interact with others, both online and in person. How people develop and present their online personas can shape their self-image and influence their real-world behaviours and interactions. Similarly, offline experiences and social contexts can affect how individuals manage their digital identities. This dynamic interplay highlights the role of social media in shaping personal identity and social relationships, bridging the gap between virtual and physical experiences.

Much of the research focuses on the negative aspects of social media, but there are also notable benefits. Social media can serve as a valuable resource for individuals facing personal challenges or seeking information on specific issues. Online communities provide emotional support and practical advice, which can contribute significantly to overall well-being (Hampton et al., 2011). These platforms facilitate connections with others who share similar experiences, providing a sense of solidarity and valuable guidance. By joining online communities that align with their challenges or interests, individuals can find support, share advice, and receive encouragement from peers who understand their situation. This shared understanding fosters a supportive environment that can alleviate feelings of isolation and help individuals navigate their challenges more effectively. In addition to the above, social media platforms offer opportunities for creative expression and identity exploration. Young adults often use these platforms to showcase their talents, interests, and personal achievements, which can enhance self-esteem and self-awareness (Marwick & Boyd, 2014). By sharing their

creative work and personal milestones on social media, individuals can gain recognition and receive feedback, which can help them further explore and develop their identities. This process contributes to a more positive self-concept and enhances self-awareness by validating their abilities and achievements. Engaging with others through these platforms allows individuals to reflect on their talents and aspirations, fostering personal growth and a deeper understanding of their potential.

Social media plays a significant role in facilitating civic engagement and activism by connecting individuals with various causes and movements. Research by Tufekci (2017) demonstrates that these platforms are effective in mobilizing communities and amplifying voices on social and political issues. Social media facilitates the rapid dissemination of information, allows for widespread outreach, and enables coordinated efforts for advocacy and activism. By connecting like-minded individuals and organizations, social media helps to rally support, organize actions, and influence public discourse on various social and political matters. Social media also enables users to organize and participate in campaigns, advocate for policy changes, and spread awareness about pressing issues. The provision of a platform for the widespread dissemination of information and the coordination of collective action, social media significantly enhances individuals' ability to engage in civic activities and contribute to societal change. It allows for the rapid spread of information, mobilizes communities around shared causes, and facilitates the organization of events and campaigns. This capability not only amplifies individual voices but also fosters broader community involvement and participation in social and political movements.

4. Regulatory Enforcement of Social Media Usage in Malaysia

The literature on regulatory frameworks for social media usage among young adults in Malaysia focuses on the balance between protecting young users and ensuring their rights to free expression and access to information. This body of research highlights the role of laws, regulatory bodies, and public initiatives in managing the complexities of social media in the lives of young Malaysians. Social media regulatory enforcement for young adults in Malaysia is important since it faces several key concerns, reflecting the complexities of balancing regulation with freedom of expression, privacy, and the unique vulnerabilities of this age group. These concerns are particularly relevant in a rapidly evolving digital landscape where young adults are highly active online. Regulatory enforcement on social media usage among young adults in Malaysia is shaped by a comprehensive legal framework aimed at protecting users from online harms while balancing the need for free expression. The CMA, PDPA, and other laws provide the foundation for regulating social media, with the MCMC and other bodies playing critical roles in enforcement. However, the challenges of balancing regulation with civil liberties, adapting to technological changes, and ensuring effective enforcement remain central to ongoing discussions in this area. As social media continues to be an integral part of young adults' lives, the development of responsive and effective regulatory strategies will be crucial in ensuring their safety and well-being online.

The Malaysian Communications and Multimedia Commission (MCMC) is the primary regulatory body overseeing social media use in Malaysia. It plays a crucial role in enforcing some relevant acts and other related regulations in social media use. The MCMC has been active in monitoring and addressing issues such as cyberbullying, online harassment, and the spread of fake news, which disproportionately affect young adults (Balakrishnan & Norman, 2020). The commission also collaborates with social media companies to ensure that harmful content is removed and that platforms comply with Malaysian regulations. The cybersecurity agency in Malaysia works alongside the MCMC to protect young adults from cyber threats, including phishing, hacking, and online exploitation. It provides resources and support for victims of cybercrime and promotes cybersecurity awareness among young Malaysians (Jalapar, et al., 2024). Their efforts include educational campaigns aimed at teaching young adults to adopt safe online practices.

The legislative framework and regulatory policies for the usage of social media are governed by the Communications and Multimedia Act 1998 (CMA). The CMA 1998 is the cornerstone of Malaysia's digital regulation, providing the Malaysian Communications and Multimedia Commission (MCMC) with the authority to oversee and regulate internet and social media use if there should be any misuse of social media. The act provides a legal framework for regulating the communications and multimedia industry in Malaysia, and it has been a beneficial instrument for addressing various issues related to social media misuse such as cyber harassment, the spread of obscene or harmful online content, and the misuse of network facilities, all of which

are particularly relevant to young adults with the purpose to protect them from harmful online content (Ahmad & Othman, 2021).   In summary, the CMA 1998 plays a crucial role in Malaysia's legal landscape by allowing for the prosecution of social media misuse, with a strong focus on safeguarding young users from harmful content and online behaviours. This legislation serves as a key legal instrument to ensure that social media platforms are not used to exploit, harm, or endanger young individuals.

Besides the above regulations, the Personal Data Protection Act 2010 (PDPA) has its role in regulating the collection, processing, and storage of personal data, with significant implications for young adults who are active on social media. This act aims to protect users from data breaches and unauthorized use of personal information by social media platforms, ensuring that young adults' privacy is safeguarded (Camerini et al., 2020). Compliance with the PDPA is mandatory for companies operating in Malaysia, including social media platforms, which must ensure that user data is handled securely by the law.   In conclusion, compliance with the PDPA is essential for social media platforms operating in Malaysia. It ensures that user data is handled securely and by the law, protecting both the users' privacy and the platforms' integrity.

In Malaysia, the Penal Code and the Sedition Act 1948 are two significant pieces of legislation that have implications for social media use. These laws can be invoked to address issues such as hate speech, defamation, incitement, and other forms of harmful content that may be shared or disseminated through social media platforms. These laws have been applied in cases where social media usage involves hate speech, defamation, or content that threatens public order. Young adults are often the subject of enforcement actions under these laws, particularly in cases involving the spread of seditious or defamatory content online (Soyleyici & Kalkan, 2023). The use of these laws has sparked debates about the impact on freedom of expression, especially among the younger population who are more active on social media. Acts related to social media usage are important in Malaysia for several reasons, primarily because the acts help to regulate online behaviour, protect individuals and communities, maintain public order, and ensure that digital platforms are used responsibly. Given the extensive influence of social media in modern society, these regulations play a critical role in addressing the challenges and risks associated with digital communication. Addressing these challenges requires ongoing efforts to refine regulations, enhance digital literacy, and foster collaboration among stakeholders to create a safer and more supportive online environment for young adults. Regulatory efforts in Malaysia have increasingly focused on addressing cyberbullying and online harassment, which are significant concerns for young adults. The CMA and Penal Code have been used to prosecute cases involving these issues, with the MCMC actively working to remove harmful content and support victims (Ismail & Ahmad, 2020). Nonetheless, enforcement remains challenging due to the unknown nature of online interactions.

The spread of misinformation and hoax news on social media has also been a growing concern, particularly in how it affects young adults' perceptions and behaviours. The MCMC has implemented measures to counter fake news, including public awareness campaigns and collaboration with social media platforms to flag and remove false content (MCMC, 2020). These efforts aim to protect young users from being misled by inaccurate information online. Other than that, there has been a push to improve digital literacy and online safety among young adults in Malaysia, to promote responsible social media use. Educational initiatives led by the government and non-governmental organizations (NGOs) focus on teaching young people about privacy, data protection, and the risks associated with social media use (Ayub et al., 2020). These programs are designed to empower young adults to navigate social media safely and make informed decisions about their online activities. One of the main criticisms of Malaysia's regulatory approach to social media is the potential for overreach, which could stifle free expression, particularly among young adults. The use of the Sedition Act and Penal Code to penalize online speech has raised concerns about the impact on civil liberties (Sreedharam & Ramayah, 2020). Critics argue that while regulation is necessary to protect young users, it should not infringe on their rights to express themselves freely.

Despite the robust legal framework, the effectiveness of enforcement remains a challenge. The vastness of social media platforms and the speed at which content can spread make it difficult for regulatory bodies to monitor and address all issues in real-time (Al-Dheleai et al., 2020). This has led to calls for more sophisticated tools and increased collaboration between the government, social media companies, and civil society to ensure that regulations are effectively enforced. As social media platforms continue to evolve, there should also the regulatory frameworks that govern the emerging technology. There is an ongoing need to update laws and

enforcement strategies to keep pace with new developments, such as the rise of encrypted messaging apps and the increasing use of artificial intelligence in content moderation (Balakrishnan & Norman, 2020). Ensuring that regulations remain relevant in the face of technological change is a key challenge for policymakers.

In summary, acts related to social media usage are vital in Malaysia for maintaining public order, protecting individuals, promoting responsible digital citizenship, balancing freedom of expression with legal boundaries, and adapting to the challenges of the digital age. These regulations ensure that social media remains a positive force in society while mitigating its potential risks.

5. Conclusion

The literature review on the impact of social media on the mental health of young adults presents a nuanced picture of both positive and negative influences. Social media, while offering significant benefits, also poses substantial risks to the mental well-being of this demographic. Social media platforms facilitate enhanced connectivity, enabling young adults to engage with diverse communities, form supportive networks, and participate in civic activities. These platforms offer opportunities for creative expression, identity exploration, and the development of a sense of belonging, all of which contribute positively to self-esteem and overall well-being. Studies often treat social media as a massive entity without differentiating between platforms like Instagram, TikTok, X (Twitter), or Facebook, each with unique features and user interactions. Hence, there is a need to examine the specific effects of different platforms on mental health, considering variations in user behaviour, content exposure, and platform design.

Despite these benefits, excessive social media use has been linked to adverse mental health outcomes, including increased rates of depression, anxiety, and diminished self-esteem. The pressure to maintain idealized online personas and the prevalence of social comparison can lead to dissatisfaction with one's own life. Additionally, exposure to harmful content and the disruption of sleep patterns due to social media addiction further exacerbate these mental health challenges. Most existing studies are cross-sectional, providing a glimpse of the relationship between social media use and mental health at a single point in time. It is proposed that future research should conduct a longitudinal study to monitor and track changes in mental health over extended periods to better understand causality and long-term effects. Other than that, the existing research frequently highlights associations between social media use and mental health issues, such as anxiety, depression, and low self-esteem, but often lacks depth in explaining the underlying mechanisms. Nevertheless, further exploration of how factors like social comparison, cyberbullying, validation-seeking behaviour and algorithm-driven content consumption impact mental health is necessary to be research in the future.

The literature highlights the importance of regulatory frameworks and educational initiatives in mitigating the negative effects of social media. In regions like Malaysia, regulations such as the Personal Data Protection Act (PDPA) and the Communications and Multimedia Act (CMA) aim to protect young adults from the harmful impacts of social media while promoting safe and responsible use. However, the effectiveness of these measures in addressing mental health concerns is still under examination, emphasizing the need for continuous evaluation and adaptation of policies.

The overall conclusion from the literature suggests that while social media offers valuable tools for communication and self-expression, it also carries significant risks to mental health, particularly when usage becomes excessive or unregulated. Addressing these challenges requires a balanced approach that includes promoting digital literacy, encouraging healthy social media habits, and implementing effective regulatory measures. By fostering a more informed and mindful approach to social media use, stakeholders can help young adults navigate the digital landscape in a way that supports rather than undermines their mental health.

The interplay between social media regulation and mental health among young adults in Malaysia underscores the need for a nuanced approach to digital governance. Social media platforms have a profound impact on the mental well-being of young people, presenting both opportunities for positive engagement and risks that require careful management. The regulatory enforcement of social media in Malaysia plays a critical role in shaping the mental health outcomes of young adults. By addressing mental health risks, protecting privacy, balancing freedom with regulation, and fostering digital literacy, Malaysia can create a safer and more

supportive online environment. Effective regulation, combined with educational and supportive measures, can help young adults navigate social media in a way that enhances their overall well-being and mitigates potential negative impacts.

References

Abd Rasid, N., Sa'ad, S., & Johari, R. J. (2024). Investigating The Factors Influencing User Acceptance and Attitude towards Technology Usage in Online Learning.

Ahmad, N. and Othman, N. (2021). Information Privacy Awareness Among Young Generation In Malaysia. Journal of Science, Technology and Innovation Policy, 5(2) 2021,1-10.

Ahn, H., & Park, E. (2022). Determinants of Consumer Acceptance of Mobile Healthcare Devices: An Application of the Concepts of Technology Acceptance and Coolness. Telematics and Informatics, 70, 101810.

Al-Dheleai, Y. M., Tasir Z., & Jumaat N. F. (2020). Depicting students' social presence on social networking sites in course-related interaction. SAGE Open.

Alim, S. (2016). Cyberbullying in the World of Teeenagers and Social Media: A Literature Review International Journal of Cyber Behaviour, Psychology and Learning, 6(2), 68-95.

Anderson, M., & Jiang, J. (2018). Teens, Social Media and Technology 2018. Retrieved August 12, 2024.

Anderson, M., Faverio, M., & Gottfried, J. (2023). YouTube, TikTok, Snapchat and Instagram Remain the Most Widely Used Online Platforms among U.S. Teens. Retrieved August 15, 2024.

Andreassen, C.S., Billieux, J., Griffiths, M.D., Kuss, D.J., Mazzoni, E., Demetrovics, Z. & Pallesen, S. (2016). The Relationship Between Addictive Use of Social Media and Video Games and Symptoms of Psychiatric Disorders: A Large-Scale Cross-Sectional Study. Psychology of Addictive Behaviours, American Psychological Association 2016, 30(2), 252–262.

Arendt, F., Scherr, S., & Romer D. (2019). Effects Of Exposure to Self-Harm on Social Media: Evidence from A Two-Wave Panel Study Among Young Adults. New Media & Society, 21(11–12), 2422–2442.

Ayub, Z.A., Yusoff, Z.M., & Haq, M.Z. (2020). Legal Framework on Protection of Children against Cyberbully in Malaysia: A Cause of Great Concern. *International Journal of Advanced Science and Technology*, 29(8), 150–151.

Balakrishnan, V., & Norman, A. A. (2020). Psychological Motives of Cyberbullying Among Malaysian Young Adults. Asia Pacific Journal of Social Work and Development.

Bergagna, E. & Stefano, T. (2018). Self-Esteem, Social Comparison, and Facebook Use. Europe's Journal of Psychology, 2018, 14(4), 831-845.

Boulianne, S. (2018). Twenty Years of Digital Media Effects on Civic and Political Participation. Media and Communication 2018, 47(7).

Boulianne, S., & Lee, S. (2022). Conspiracy Beliefs, Misinformation, Social Media Platforms, and Protest Participation. Media and Communication, 10(4), 30-41.

Boyd, D., & Ellison, N. (2007). Social Network Sites: Definition, History, and Scholarship. Journal of Computer-Mediated Communication 13 (2008), 210–230.

Bragazzi, N.L., Garbarino, S., Puce, L., Trompetto, C., Marinelli, L., & Curra, A. (2022). Planetary Sleep Medicine: Studying Sleep at The Individual, Population, and Planetary Level, October 2022, 18(10), 1005100.

Camerini, A. L., Marciano, L., Carrara, A., & Schulz, P. J. (2020). Cyberbullying Perpetration and Victimization Among Children and Adolescents: A Systematic Review of Longitudinal Studies. Telematics and Informatics, 49.

Carr, C.T., & Hayes R.A. (2015). Social Media: Defining, Developing, And Divining. Atlantic Journal of Communication, 23(1), 46–65.

CDC (2018). https://www.cdc.gov/hrqol/wellbeing.htm.

Chou, G., & Edge, N. (2012). "They are happier and having better lives than I am": The impact of using Facebook on perceptions of others' lives. Cyberpsychology, Behaviour, and Social Networking, 15(2), 117–120.

Dhir, A., Yossatorn., Y., Kaur, P., & Chen S. (2018). Online Social Media Fatigue and Psychological Wellbeing—A Study of Compulsive Use, Fear of Missing Out, Fatigue, Anxiety and Depression. International Journal of Information Management, 40, 141–152.

Downes, L., & Kim, M. (2019). Critical discourse analysis in transcultural spaces. Emerging Perspectives: Interdisciplinary Graduate Research in Education and Psychology, 3(1), 42-53.

Elhai, J.D., Yang, H., McKay, D., Asmundson, J.G. (2020). COVID-19 Anxiety Symptoms Associated with Problematic Smartphone Use Severity in Chinese Adults. Journal of Affective Disorders, 274, 576-582.

Ellison, S., Guidry, J., Picou P., Adenuga, P., & Davis, E. (2021). Telehealth and Autism Before and in the Age of the COVID-19: A Systematic and Critical Review of the Last Decade. Clinical Child and Family Psychology Review. 2021(24), 599–630.

Fardouly, J., Willburger, B.K., & Vartanian, L.R. (2018). Instagram Use and Young Women's Body Image Concerns and Self-Objectification: Testing Mediational Pathways, 20(4).

Festinger, L. (1954). A Theory of Social Comparison Processes. 7(2), 117-140.

Festinger L (1954) A theory of social comparison processes. Human Relations 7: 117–140.

Hampton, K.N., Sessions, L.F., & Her, E.J. (2011). Core Networks, Social Isolation, and New Media: Internet and Mobile Phone Use, Network Size, and Diversity. Information, Communication & Society, February 2011, 14(1), 130–155.

Ismail, N.N., & Ahmad, N.R. (2020). An Overview Of The Legal Framework Governing Cyberbullying Among Children In Malaysia. IIUM Law Journal 2022, 30(1), 207-228.

Jalapar, M.S, Kumar, P.S., Md Rozi, N.S., Lan Hawari, N.M., & Mohd, F. (2024). Cybersecurity Awareness of TikTok Application Among Generation Z in Kelantan. Faculty of Entrepreneurship and Business, University Malaysia Kelantan.

Keles, B., McCrae, N., & Grealish, A. (2019). A Systematic Review: The Influence of Social Media on Depression, Anxiety and Psychological Distress in Adolescents. International Journal of Adolescence and Youth, 25(1), 79–93.

Kennedy, J., & Lynch, H. (2016). A Shift from Offline to Online: Adolescence, The Internet and Social Participation. Journal of Occupational Science, 23(2), 156–167.

Kline, C.E. (2014). The Bidirectional Relationship Between Exercise and Sleep: Implications for Exercise Adherence and Sleep Improvement. American Journal of Lifestyle Medicine, 2014, 8, 375–379.

Kowalski, R.M., Giumetti, G.W., Schroeder, A.N., & Lattanner, M.R. (2014). Bullying in the Digital Age: A Critical Review and Meta-Analysis of Cyberbullying Research Among Youth. Psychological Bulletin, 140(4), Jul 2014, 1073-1137.

Li, Y., Bai, W., Zhu, B., Duan, R., Yu, X., & Xu, W. (2020). Prevalence And Correlates of Poor Sleep Quality Among College Students: A Cross-Sectional Survey. Health Qual Life Outcomes 18, 210 (2020).

Lin, L.Y., Sidani, J.E., Shensa, A., Radovic, A., Miller, E., Colditz, J.B., Hoffman, B.L., Giles, L.M., & Primack, B.A. (2016). Association Between Social Media Use and Depression Among U.S. Young Adults. Depression and Anxiety, 33(4), 323–331.

Martin, K., & Murphy, P. (2017). The Role of Data Privacy in Marketing. Journal of the Academy of Marketing Science 2017, 45, 135–155.

Marwick, A.E. (2021). Morally Motivated Networked Harassment as Normative Reinforcement. Social Media and Society,7(2), April-June 2021.

Marwick, A.E., & Boyd, D. (2014). Networked Privacy: How Teenagers Negotiate Context in Social Media. New Media Society, July 2024. DOI: 10.1177/1461444814543995.

MCMC (2020). 'Internet Users'. at: https://www.mcmc.gov.my/skmmgovmy/media/General/pdf/IUS-2020-Infographic.pdf

Morse, S., & Gergen, K. J. (1970). Social Comparison, Self-Consistency, and the Concept of Self. Journal of Personality and Social Psychology, 16, 148-156.

Mulisa, F., & Getahun, D.A. (2018). Perceived Benefits and Risks of Social Media: Ethiopian Secondary School Students' Perspectives. Journal of Technology in Behavioural Science, 3(4), 294–300.

Myrow, R. (2024). As Congress Lags, California Lawmakers Take on AI Regulations. Retrieved August 12, 2024, from https://www.npr.org/2024/02/21/1233024001/as-congress-lagscalifornia-lawmakers-take-on-ai-regulations

Naslund, J.A., Bondre, A., Torous, J., & Aschbrenner, K.A. (2020). Social Media and Mental Health: Benefits, Risks, and Opportunities for Research and Practice, April 2020, 5(10).

Nazari, A., Hosseinnia, M., Torkian, S., & Garmaroudi, G. (2023). Social Media and Mental Health in Students: A Cross-Sectional Study During the Covid-19 Pandemic – BMC Psychiatry. BMC Psychiatry.

Nesi, J. (2020). The Impact of Social Media on Youth Mental Health Challenges and Opportunities. Retrieved July 28, 2024 from https://www.researchgate.net/profile/JacquelineNesi/publication/.

Newsom, R., & Singh, A. (2024). Obstructive Sleep Apnea: What it is, how to recognize it, why it matters, and how it can be treated, April 16, 2024.

Ofuebe, J. I., Nweke, P. O., & Agu, F. U. (2022). Social Media Use on the Mental Health of Undergraduate Students with Depression: Sociological Implications.

O'Reilly, M., Levine, D., Donoso, V., Voice, L., Hughes, J., & Dogra, N. (2023). Exploring the Potentially Positive Interaction Between Social Media and Mental Health: The Perspectives of Adolescents.

Papacharissi, Z., Lunenborg, M., & Rottger-Rossler, B. (2023). Affective Publics and Their Meaning in Times of Global Crises.

Perloff, R.M. (20140. Social Media Effects on Young Women's Body Image Concerns: Theoretical Perspectives and an Agenda for Research. Sex Roles 71, 363–377.

Primack, B.A., Shensa, A., Sidani, J.E., O'Whaite, E., Lin, L.Y., Rosen, D., Colditz, J.B., Radovic, A., & Miller, E. (2017). Social Media Use and Perceived Social Isolation Among Young Adults in the U.S. American Journal of Preventive Medicine, July 2017, 53(1),1-8.

Putnam, M., Morgan, K., Heeb, R., Yan, Y., Chen, S.W., & Stark, S.L. (2022). Ageing with Disability Symptoms and Ability to Participate in, and Satisfaction with Social Participation among Persons Aged 45–64. Healthcare 2022, 10, 903.

Robards, B., & Lincoln, S. (2020) Growing up on Facebook, Peter Lang.

Roberts, J.A., & David, M.E. (2023). On The Outside Looking In: Social Media Intensity, Social Connection, and User Well-Being: The Moderating Role of Passive Social Media Use. Canadian Journal of Behavioural Science, 55(3), 240–252.

Smith, A., & Duggan, M. (2013). Online Dating and Relationship. Retrieved August 17, 2024, from https://www.pewresearch.org/internet/2013/10/21/online-dating-relationships-3/

Soyleyici, G. T., & Kalkan, A. (2023). A New Problem Emerging With the Internet and Digital Media: Cyberbullying. Handbook of Research on Bullying in Media and Beyond. IGI Global.

Sreedharam, R.K., & Ramayah, B. (2020). Sedition Law and the Bloggers' Freedom of Expression in Malaysia. Jurnal Undang-undang Malaysia 2020, 26(10),85-96.

Teens, Social Media and Technology 2023 https://www.pewresearch.org/internet/2023/12/11/teens-social-media-and-technology-2023/.

Trunfio, M., & Rossi, S. (2021). Conceptualising and Measuring Social Media Engagement: A Systematic Literature Review. Italian Journal of Marketing 2021, 267–292.

Tucker, J.A., Guess, A., Barbera, P., Vaccari, C., Siegel, A., Sanovich, S., Stukal, D., & Nyhan, B. (2018). Social Media, Political Polarization, and Political Disinformation: A Review of the Scientific Literature.

Tufekci Z. (2017). Tear Gas and Twitter: The Power and Fragility of Networked Protest. New Haven, CT: Yale University Press.

Uhls, Y.T., Michikyan, M., Morris, J., Garcia, D., Small, G.W., Zgourou, E., & Greenfield, P.M. (2014). Five Days At Outdoor Education Camp Without Screens Improves Preteen Skills With Nonverbal Emotion Cues. Computers in Human Behaviour, 2014, 39, 387-392.

Vasalou, A., Joinson, A.N., & Courvoisier, D. (2008). Cultural Differences, Experience With Social Networks and The Nature of ''True Commitment'' in Facebook. International Journal of Human-Computer Studies, 68 (2010), 719-728.

Vogel, E., Rose, P., Roberts, R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. Psychology of Popular Media Culture, 3(4), 206–222.

Woods, H.C., & Scott, H. (2016). Sleepy Teens: Social Media Use in Adolescence is Associated with Poor Sleep Quality, Anxiety, Depression and Low Self-Esteem. Journal of Adolescence, 51, 41–49.

Waterman, A.S., Schwartz, S.J., Zamboanga, B.L., Ravert, R.D., Williams, M.K., Agocha, V.B., Kim, S.Y., & Donnellan, M.B. (2010). The Questionnaire for Eudaimonic Well-Being: Psychometric Properties, Demographic Comparisons, And Evidence of Validity. The Journal of Positive Psychology, 5(1), 41–61.

WHO.Int (2020. a). Adolescent mental health. https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health. Accessed 18 August 2024 [online]. [Google Scholar]

WHO.Int (2020. b). Obesity and overweight. Retrieved 21 August 2024, from https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight. [Google Scholar]

Wood, J.V. (1989). Theory and Research Concerning Social Comparisons. The American Psychological Association, 1989, 106(2), 231-248.

Yoo, H.N., & Smetana, J.G. (2019). Children's Moral Judgments About Psychological Harm: Links Among Harm Salience, Victims' Vulnerability, And Child Sympathy. Journal of Experimental Child Psychology, 188, 104655.

Zhao, Y., Da, J., & Yan, J. (2020). Detecting health misinformation in online health communities: Incorporating behavioural features into machine learning based approaches. Information Processing & Management, 58(1), 101-122.