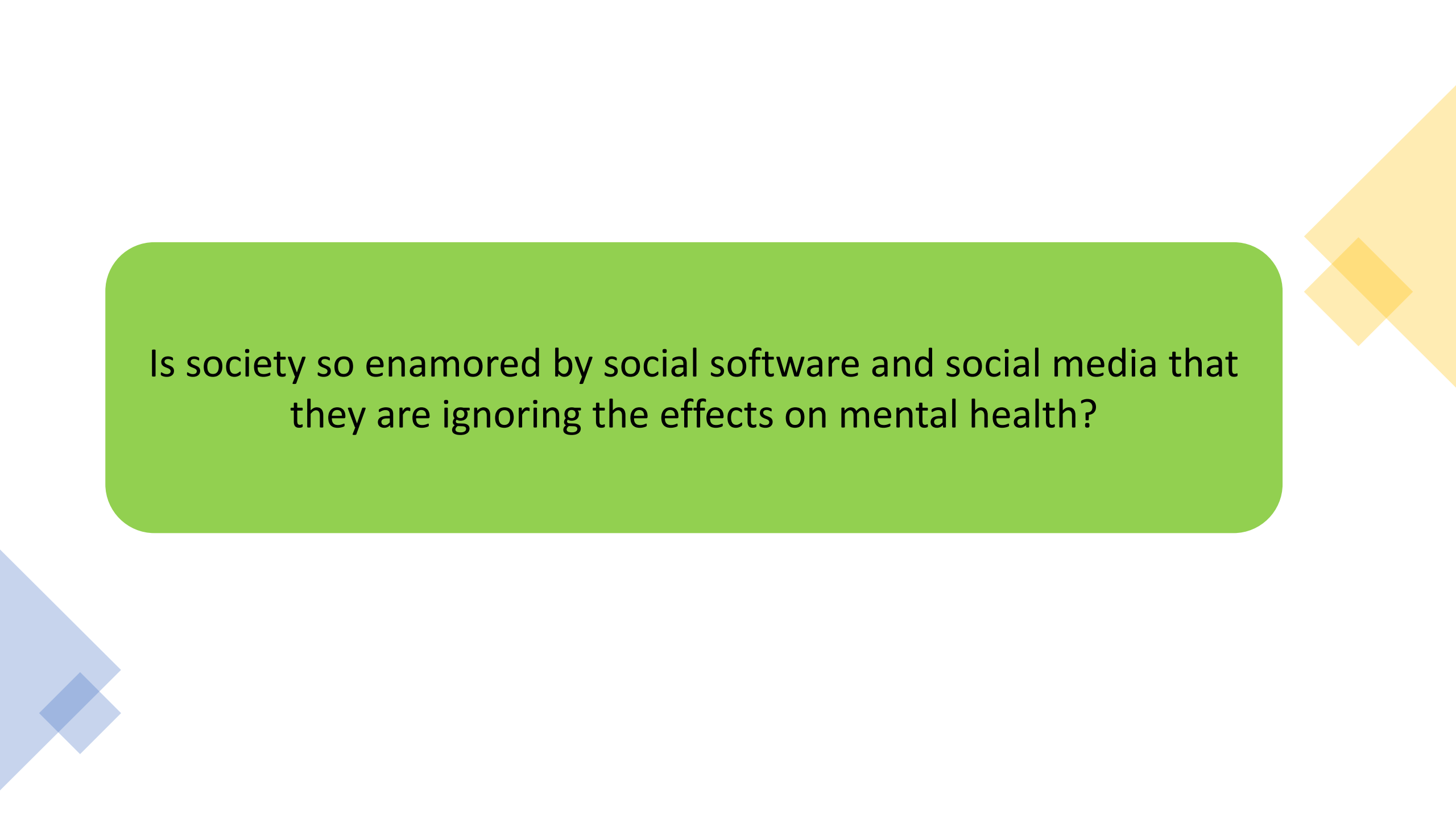




The Impact of Social Software and Social Media on Mental Health

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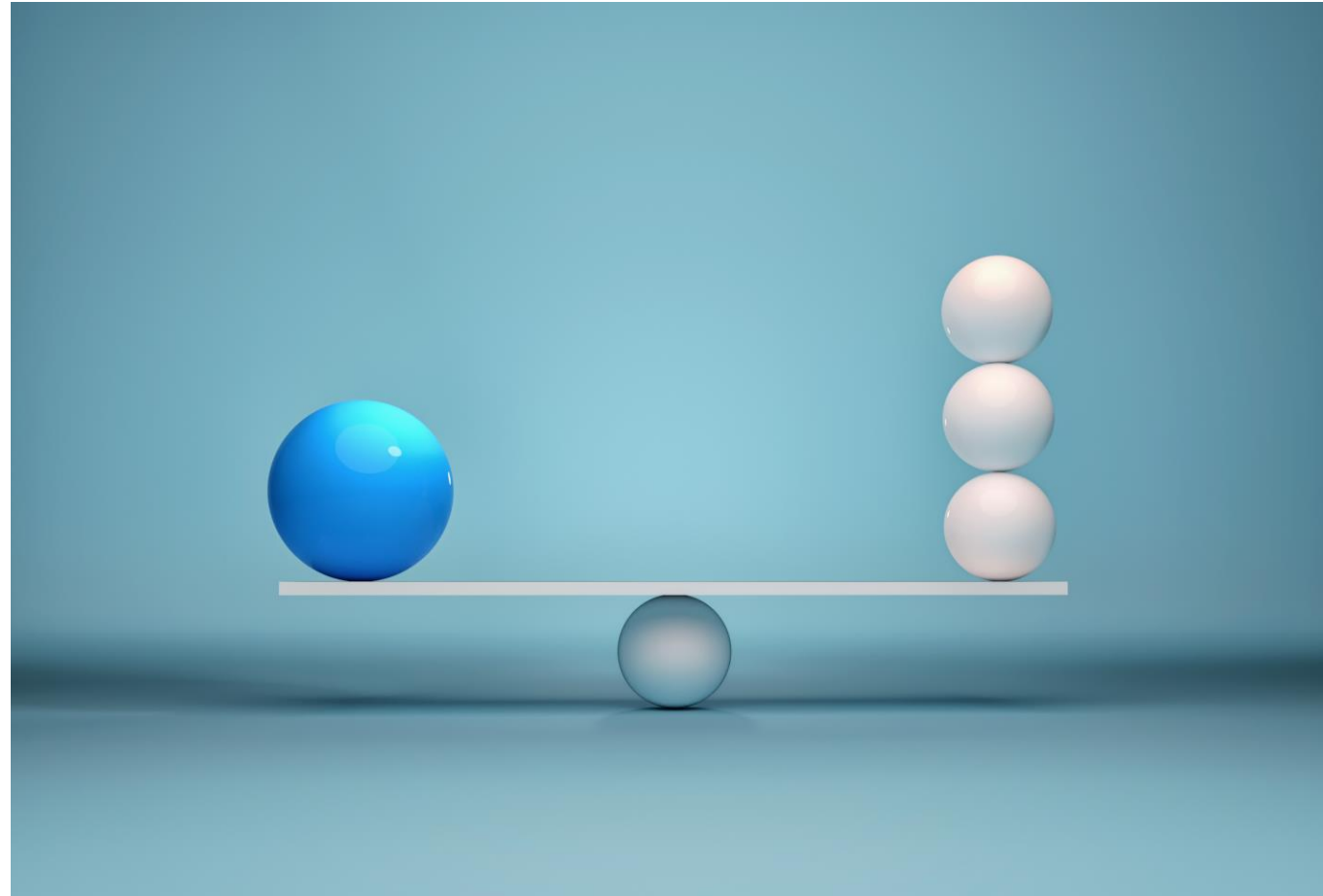
Is society so enamored by social software and social media that they are ignoring the effects on mental health?

Positive and Negative Effects

This paper will examine the positive effects of social software and social media on a person's mental health. Some of the positive effects include strengthening social connections, boosting self-worth and reducing risk of depression

This paper will examine the negative effects of social software and social media on a person's mental health. Some of the negative effects include overconsumption which can lead to increased feelings of loneliness and isolation, cyberbullying and feelings of inadequacy

Do the positive effects outweigh the negative effects?



Protecting Your Mental Health

There are ways to protect your mental health while still using social software and social media. Some of these ways include a reduction in screen time, being strategic about your usage of these tools and maintain in-person social connections.