

Review of Social-Media Dissociation During COVID-19 Pandemic

¹Dr. Anuj Singh,
Senior Resident

Department of Preventive Oncology
Mahamana Pandit Madan Mohan Malviya Cancer centre /
Homi Bhabha Cancer Hospital, (Units of Tata Memorial
Centre under Dept. of Atomic Energy, GOI)
Varanasi, Uttar Pradesh, India

²Dr. Neha Singh Chauhan
Senior Resident

Department of Ophthalmology
ESIC Hospital, Pandeypur,
Varanasi, Uttar Pradesh, India

³Dr. Shailendra Kumar Singh
Assistant Professor

Department of Rognidan
Government Ayurvedic College and Hospital Varanasi, Uttar Pradesh, India

Abstract:- The pervasive mental breakdown of COVID-19 with compulsion of social distancing and isolation barricaded the human relation. This calamity has built up new rules in the society for survival of mankind. Compelling technological based interaction through social media as the safest mode of interaction. But excessive social media networking leads addiction, obsession and finally to depression respectively. As proven with previous literature, there is almost 50% surge in social media usage, resulting in three fold enhancement of depression during this pandemic. This review is attempted to emphasis, how excessive social media networking hampers mental well being of the community along with suggestive measure to overcome this issue.

Keywords:- Social-Media, Pandemic, Depression.

I. INTRODUCTION

No doubt despite the scientific advancement of 21st. century has landed the human to other planets. The COVID-19 pandemic will always remain the darkest phase of mankind history. The disease not only affected physically but emotionally too, whether we were infected or not. The fear of contagious pandemic imprisoned people in homes and barricaded the human relations. This social distancing and isolation cost the mental as well as physical well being [1]. Meta analysis_proven long-term social isolation associated with higher risk of mortality by 29% [2].

The pervasive mental breakdown of COVID-19 with compulsion of social distancing and isolation. The calamity has built up new rules in the society for survival of human being. Enforcing to rely on technological based interaction, this way social media networking became an integral part of life and a safest way to interact or to relieve stress of loneliness either at home or at isolation centres. But social media has its own cost, though it has revolutionised the

way we interact with time and distance overrule. The other aspect turning us, salve of technology and transforming society completely dependent of smart phones, tablets and other gadgets.

Previous literature shows, people spend nearly 7 years of total life span in just staring their mobile phones, leading to long-term physical-mental health issues [3]. This scene is more worsening in Covid-crisis. Witnessing 46.28% surge in time spent on social-media with rise of 49.23% in engagement and a 29.55% spike in routine active users, leading to three fold surge of depression during pandemic[4,5]. Social platform like, twitter, instagram, whatsapp, facebook and many more, introduces the user to digital, virtual world, where they can share and interact countless people and remain updated anywhere. The initial curiosity never let the user realize how often this pleasure changes to obsession and disrupt the peace of mind.

Cyber Bullying: Newcomer in social-media world, without former knowledge of instructions and precautions get register and start using unfamiliar social media sites. Resultantly, victimised by cyber bullies. Online bullies cause harassments by using abusive language, threatening and blackmailing. Ultimately, young and innocent get exploited on these platforms.

Sexting: Comprises the act of receiving, sending or forwarding pornographic content in the form of text messages, videos or images via computers or mobile phones. Sexting may lead to addiction that ruins the relation s and destroys the life and in the same ways as other addiction do.

Viral post/messages: Viral posts or messages are the new trend for gaining immediate likes, share and popularity within few minutes on social-media platform. The content may be comedy, sensational or wrong information inflicting social peace and harmony.

Fraudulent transaction: Widespread lockdown has layoff many people from their profession, which has given rise to fraudulent transaction on social media platforms. People are being cheated by the fake ids and profiles of their known one, asking for urgent financial help in emergency.

II. SUGGESTIVE MEASURES:

To address the stress-anxiety induced by COVID-19 and social media, coping strategies needs to assimilate collaborative efforts from individual to community and government as well.

At personal level- Instead of undue surfing on mass media during this pandemic and lockdown phase, people should explore and indulge themselves in recreational activities like yoga-meditation, exercise, reading, gardening and other pursuits. There should be open forum in the family for discussion and sharing quality time, while being at home. Further there should be appropriate referral and consultation for any symptoms of dissociation or depression in the family member.

At community level- Discourage the spread of myths and rumours that create an environment of fear and anxiety in community. Social distancing not to cause stress and depression, community support and coordination needed especially for geriatric population and nuclear families to ameliorate the social distraction. Creating community awareness with optimistic approach will not only build confidence in public but also develop positive attitude to overcome this crisis.

At government level- Comprehensive management of covid-crisis cannot be attained through escaping mental health component. Present guidelines are basically diagnostic and therapeutic oriented for management of clinically symptomatic cases. Therefore, a psychological therapy integrated health care approach is needed, to counter stress and anxiety among patients as well as general public.

III. CONCLUSION

Certainly, the social media safeguarding vivacity of human relationship during this pandemic. But, people are using social media as a resort of stress and loneliness caused by preventive measures of COVID-19 i.e. social distancing and isolation. This practice leads to social media obsession and finally to depression. Therefore, psychological morbidity enhanced by social-media during this pandemic, needs timely intervention, in order to mitigate long term psychological complications of covid-crisis.

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