

Human Emotions Social Connections and Personal Well-Being

Editors

Dr. Soumya Pandey

Assistant Professor (Psychology)
Faculty of Humanities and Social Sciences &
Counsellor, Students Counselling Cell
Integral University
Lucknow (U.P.)

Dr. Divya R. Panjwani

Assistant Professor
Faculty of Education, Integral University
Lucknow (U.P.)

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CHAPTER 14

The Impact of Social Media on Emotional Development and Social Relations: A Sociological Analysis

Dr. Vandana Mishra¹

Abstract

This paper examines the social impact of social media on emotional development and social relations through qualitative and secondary data sources. A review of the literature indicates that social media influence is dual in nature. On one hand, social media enhances self-expression, emotional support, and social connectivity, fostering a sense of community and belonging. On the other hand, it is linked to increased anxiety, depression, and lowered self-esteem, presenting significant mental health challenges. Social media reshapes social interactions, enabling long-distance relationships and social support, yet it often results in superficial connections and social isolation. The study emphasises the necessity of focused mental health interventions, technological proficiency learning, and moderate social media use. This sociological investigation advances our knowledge concerning social media's function in contemporary society. offering strategies to maximize its positive effects while mitigating its negative impacts, thereby promoting healthier emotional development and more meaningful social relationships.

Introduction

The pervasive use of social media has fundamentally changed how individuals communicate, interact, and perceive their social world (Ellison et al., 2007). Platforms such as Facebook, Instagram, and Twitter have become essential tools for self-expression and social connection.

¹ Assistant professor, Department of Humanities of Social Sciences ,
Integral University Lucknow.

Nonetheless, significant concerns concerning these platforms effects on social interactions and emotional growth are brought up by their broad usage. Understanding social contexts as structures of social networks that both shape and are shaped by social interactions provides a crucial approach to addressing this issue. Since social networks have become integral to the social, natural, and physical sciences, this perspective creates a shared foundation for integrating sociology's extensive theoretical and methodological knowledge. However, effectively implementing this requires meeting three conditions. First, all levels relevant to health and healthcare, including the genetic-biological level—which is often the most unfamiliar to sociologists—must be considered, delineated, and connected through network mechanisms. This level offers the most significant need and potential for advancing sociologically grounded solutions. Second, models must be adaptable to specific populations, whether defined by social or medical criteria. Third, sociologists need to establish a presence within "big science" to address issues ranging from social construction to social causation, thereby contributing to fundamental social processes and health outcomes. The development of the Network-Episode Model serves as a theoretical starting point for this approach.(Pescosolido, 2006)

Objectives

1. Analyze the impact of social media on emotional development.
2. Investigate how social media influences social relations.

Literature Review

In her research, **BSW Jenna Palermo Christofferson(2016)** looks at how social networking sites (SNS) affect the social and emotional growth of teenagers. The research report is a component of a clinical research project for the Master of Social Work at the University of St. Thomas School of Social Work and St. Catherine University in St. Paul, Minnesota.

The study examines how social media shapes adolescents experiences and opportunities while focusing on how SNS affects their social and