

## A Brief Understanding about Suicidal Thoughts Connection with New Online World

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**Abstract:** In today's world, online SM platforms have become incredibly popular and ingrained in our daily lives. They have become essential to every aspect of our daily actions. There has been a significant increase in the number of suicide cases, attempted suicides, and deliberate self-harm incidents due to the prevalent use of SM, especially among teenagers. This review will focus on suicidal behavior, the influence of SM on MH, the factors that contribute to suicidal thoughts, and preventive measures. Consequently, there is a heightened level of concern regarding the influence of SMU on people's daily routines. In the future, it is crucial to emphasize the importance of implementing guidelines for reporting suicides through legislative enforcement and media lobbying.

**Keywords:** SM, suicides, legislative enforcement, media lobbying, daily actions, suicidal behavior, influence, MH, factors, thoughts.

### Introduction

Since the beginning of the twenty-first century, there has been a significant change in lifestyle brought about by the progression of technology, which has led to an increase in the number of suicides that have been reported across all social categories. The way in which people form relationships and share information has undergone a significant transformation. There has been a broad adoption of certain terms as a result of social media (SM), which has also emerged as a main source of information on current events on a worldwide scale. These need a condition of equilibrium in order to avoid the significant effects that they have on mental health and well-being before they can be prevented. Unfortunately, the usage of SM has increased the number of people

who are aware of and accept the act of suicide, and this has occurred in both direct and indirect ways. The reason for this is that the platform has the capacity to transmit knowledge and has an effect on the mental well-being of its users.<sup>1</sup> In the adolescent population, specifically in early adolescence, which is a critical period between childhood and full adolescence, typically occurring between the ages of 10 and 14, the issue of suicidal ideation is a matter of great concern.<sup>1</sup> A significant number of teenage suicides occur during early adolescence. Given the alarming statistics, it is crucial to address the issue of suicide, as it ranks as the second leading cause of death globally.<sup>2,3</sup>

Despite the fact that research suggests various incidence percentages, it is certain that the problem is pervasive. As an example, a study conducted by Sampasa-Kanyinga et al. in 2020 discovered that 11% of students reported having suicidal thoughts, while 3% of students claimed having attempted suicide by themselves.<sup>4</sup> According to the results of another study (Baiden & Tadeo, 2020), around 18% of adolescents said that they had already had suicidal ideation during the preceding year.<sup>5</sup> Miotto and colleagues conducted a study in 2003 that demonstrated the significant impact of suicidal ideation and its frequent correlation with other indicators of psychological distress.<sup>6</sup> Suicidal ideation (SI) is also closely connected to a number of other behaviors and psychosocial factors that are seen as being associated with a high psychological risk.<sup>6</sup> As an instance, a study that was carried out

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by Peltzer and Pengpid (2012) found that SI in this specific youth population seems to be impacted by psychosocial factors, behaviors that have the potential to be harmful to one's health, and a lack of protective factors.<sup>7</sup> According to Esposito and Clum (2002), the severity of symptoms that are connected with mood disorders is the most accurate indication of SI.<sup>8</sup>

### **Suicidal Behaviour<sup>1</sup>**

1. Feeling of worthlessness & hopelessness
2. Neglect of personal welfare
3. Lack of interest in usual fun activities
4. Irregular sleeping & eating habits
5. Social withdrawal
6. Overwhelmed feeling of pain
7. Anxiety & irritability
8. SI thoughts on how to end one's life
9. Suicidal plan to end his/her own life
10. Suicidal attempt to die

### **New SM World Impacts on Mental Health (MH)**

SM is associated with MH issues such as stress, psychological discomfort, depression, and anxiety. Recent research projects have demonstrated a connection between lifestyle, SM, and MH.<sup>1</sup> According to research, during the last 25 years, there has been a 70% increase in anxiety and depression as a result of SM usage (U).<sup>9</sup> Another MH problem that results from constant SMU in a constant manner according to a study is FOMO (Fear of Missing Out). The FOMO on exciting and gratifying events that others may be enjoying triggers this anxiety disorder.<sup>10</sup> According to him, FOMO is a common mental health issue that results in feelings of inadequacy, unhappiness with life, mood fluctuations, poor self-esteem, isolation, and despair.<sup>10</sup>

Thus, the concern has grown over the influence that SMU has on daily life. An rising number of people are suffering from mental health conditions, which is a cause for concern on a global basis. To put it simply, it is essential for people to acquire the information necessary to properly utilize SM for their own benefit as well as for other purposes.

## **Reasons for Suicidal Thoughts Because of SMU**

### **1. Cyber- Bullying**

There are a few more names for this, including online bullying and cyberharassment via the utilization of electronic devices such as cell phones and laptops. In this, the perpetrator harasses the victim by publishing posts, comments, and materials that are cruel, negative, and inaccurate about the victim. This is done within the framework of the internet.<sup>11</sup> It has been shown that cyberbullying is a contributing factor in the suicide and suicidal behavior that occurs among adolescents.<sup>12</sup> Teenagers who experience bullying in any form, including this, are at a higher risk of developing anxiety, sleep deprivation, poor academic performance, dropping out of school, and despair. This is because bullying can take many forms.<sup>13</sup>

### **2. Body Image Bullying**

It is possible to characterize this as the feelings and attitudes that a person has regarding their body that are more negative. These beliefs are often impacted by a variety of variables, including personal judgments of weight growth, societal standards surrounding an ideal body, and the look of the body.<sup>14</sup> A study revealed that social media may have a considerable influence on young women's and teenage girls' views, causing them to participate in body comparisons that commonly lead to feelings of inadequacy and dissatisfaction with their appearance.<sup>15</sup> When people are concerned about their body image, they are more likely to experience feelings of depression and suicidal ideation. Both sexes are exposed to photos online that they prefer to establish as their ideal and faultless bodies, despite the fact that women are more likely to feel male body dissatisfaction. Young people have a huge effect on the standards that they aim to follow as they strive to emulate their online fans. This influence is substantial because of the activities and pictures that celebrities and social media influencers present. The results of BI dissatisfaction include commonly felt feelings of poor self-esteem, depression, low body confidence, and eating disorders.<sup>16</sup>

### **3. Drug abuse**

Since social media may not only encourage individuals to use drugs, but it also offers a platform for easy access to hard narcotics, the link between social media usage and substance misuse

is apparent. This makes it much simpler to obtain deadly narcotics online, since drug traffickers are increasingly using social media to contact customers all over the globe. Social media constantly exposes adolescents to the popularity of drug use, and celebrities frequently showcase their heavy drug usage online. Adolescents who follow celebrities and influencers on social media who advocate for drug misuse have a significant impact on how they think.<sup>17</sup> To fit in with their social media friends who seem to be loving their lifestyle, adolescents may participate in risky behaviors in order to appear more like them. These occurrences may increase the risk of suicide, potentially having a negative impact on mental health.<sup>1</sup>

### Prevention<sup>1</sup>

1. Increase awareness about MH problems related SM
2. Proper diagnosis & treatment alongside providing appropriate guidance.
3. Media role need to use in proper way

### Conclusion

The internet has inaugurated an age of global connectedness via social media, and this wave of technology has been interwoven in practically all human efforts, leaving an everlasting imprint of both pros and cons on the fundamental fabric of society. During this time period, suicide and suicidal behavior have skyrocketed, particularly among young people, who are the most active users of SM.

Thus, priorities for the future that were highlighted included doing further inquiries and research into the safety and ethics of providing suicide prevention treatments online while simultaneously defining and enforcing guidelines related to service delivery. The implementation of suicide reporting guidelines by legislative bodies and the acceptance of these guidelines by the media should also be aggressively sought.

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