

The social media (syndrome?) and its effects on health (articles review).

Raid Mubarak Ali, MBChB, FICMS Ortho.

Firas Mizher Saed, MBChB, FJMC. A&E

Amer Saleh Sultan, MBChB, HD ortho.

Nibras Salim; MBChB, HD ORTHO., alkarama teaching hospital, Baghdad.

Abstract:

The ((Syndrome)) as a word, it's derives from the Greek word "σύνδρομον" "concurrency", it's means a set of medical signs and symptoms which are correlated with an each other and often associated with a particular disease, disorder or condition, the concurrent things (such as emotions or actions) usually form an identifiable pattern.

While the ((social media)) is an internet-based tools, it's websites and computer programs that allow people to communicate and share information on the internet using a computer or mobile phone, it's an umbrella term for communication and social interaction through online formats.

In this articles reviews we numerate most of health impactation by the wrong usage of social media and how can we minimize or prevent it.

Key words: social media, effects, health, problems, prevention.

Date of Submission: 06-08-2022

Date of Acceptance: 21-08-2022

I. The effects of social media

The companies, organizations, and government recently and dramatically increased the use of the social media for encouraging their readership, members and public in general to take part, engage to create, share, and/or exchange information and ideas in virtual communities and networks[1], in order to promote their cooperation and the desire to raise their activities and in turn to increase the distribution of their products.

Data of this article indeed obtained and published depend on the websites and internet information and its facilities, however anything in your life that takes up large amounts of your time and demanding, including doing work, watching TV, exercising or driving, has some impact on our health.

There are a number of ways that social media can have an influence on our health.

Addiction

To the social media is a real phenomenon today, most of people now carry around all the time their smartphones and other devices wherever they go and becomes harder to escape the internet, increasingly spend their online time on social media sites which impact on their daily activities.

sleep

The use of different types of social media at bedtime might have different implications for sleep. For example, in a cross-sectional study of 11-13 year olds in the United Kingdom, difficulty falling in asleep was associated with social networking, frequent mobile phone use, video gaming, and with those who listened to music showing the greatest effect[2].

Stress

When you spend your time searching problems, scout about vice, meddle in other lives, or arguing with people, you may experience stress, which can have a negative impact on the health, many research suggested that adolescents who engage more with general media with their phones and have larger network sizes may experience higher rises in cortisol after waking up and raising the rates of interleukin-6[3], in other hand another studies show that playing games for example can help transiently decrease physical stress, and improve one's mood after playing[4].

Emotional connections

Social media connect with more people, old friends and family, help you to stay in touch with them, the connecting with people has proven to effects on health in unhelpful comparisons, Jealousy may raise because of snooping people privacy, making the social media addiction is a real phenomenon.

Information

You can find a large amount of health-related information on social media. This can be quite helpful to instructing and learning, but on the other hand, if you take random advice without doing proper research and in poor base of prolegomena, it can also be harmful, so always listen to the healthy professional first.

Overeating, sedentary and overweight

Because of the heavy internet usage it may interfere with participation in clubs and sports activities, social media can reduce the time you might be spending it outdoors or exercising. Whereas moderate use has shown to be supportive of participation [5].

Musculoskeletal discomfort and posture:

Carpal and cubital Tunnel Syndromes, as the nerves entrapments, again if you do too much keying, and spending time with mouse you may experience problems that affect your hands and wrists.

There are also specific problems associated with keying on mobile phones in playing games or texting can strain the tendons of your fingers, these problems not all caused by social media, it can just as easily be caused by having to type papers for school or reports at work.

Back and neck pain due to extreme head or neck flexion in long time using phones, or asymmetrical postures or lying in a prone position [6], increase the paravertebral muscles strain and spasm lead to back and neck ache.

Eye problems You can get eyestrain from staring at screens for too long, and the light of the phones in dark rooms or at night.

Fatigue This is another symptom of overusing social media. If you're staying up too late posting you may be losing valuable sleep.

Distraction One of the most dangerous potential consequences of social media addiction is driving while being distracted causing many road traffic accidents.

radiofrequency exposure

people are exposed to in everyday environments The risks of radiation exposure has become especially prominent, although data in adults tends to show weak or non-causal links between radiofrequency exposure and brain cancer and different head tumors [7]. There is some evidence that suggests a higher risk of certain cancers (e.g. glioma) with increased mobile phone use especially on the side of the head that is preferred for cell phone use [8, 9].

Social media and covid 19:

The tragedy of 2020 was not because of the corona disease only, but due to the mistrial and rumor Halley that was built around the disease story made by many professional and nonprofessional persons and for many reasons such as:

1-The poor knowledge of the scientific fields workers across the world to the personality of the newest presentation of the viruses.

2-It was the golden era to the traditional and heritage folk healer to take part in the battle, and the humbug for their financial reasons.

3-The bad rule of social medias is provoked and reverse the direction of rockets fire to wrong directions, which leads to delay the progress of managements.

The challenge was how to raise up the immunity of both the patients and peoples in general against the disease and the rumor circles to reach the core of the disease and its managements.

All world was involved either patients or medicals fields fighter, all scientific staff gathers trying to end this drama, and the social media play great role in help and support the healthy workers in their battle against the disease in hand, and on other hand many sites cracking the paddles of the white coated army.

II. Conclusion:

The question is whether social media is good or bad for us. The simple answer is that it can be both.

The great benefits of the social media as transformed the way of billions people around the globe access information and interact with one another. The Governments are increasingly using social media to interact with their citizenry as well as foreign publics. during past 10 years, social media caused a great change in people connections and play an important role in our daily activities.

However, every new development has positive and negative impacts on society, so the social media facilitates people in sharing their knowledge, information, news, daily family events, and communicating all over the world, but it also can cause a serious problems if the information is mistaken, i.e. misguiding concepts

about disease spread or cure in the healthy issues for example . Such rumors that made about the viral in the social media by not experts personals and without proper information.

III. Recommendation:

In the wide progress of technology such as the usage of the Internet, computer, and mobile phones, often makes one socially isolated because most of the contacts are by machines, this is why it's very important to increase the living human contacts in families, institutional, medical living meetings, and it's important to the people spend more time together.

Encourage whenever and however friendly facial expression, understanding, politeness and respect among human beings, regardless of their age, nationality, color, language they speak, religious beliefs or points of view.

It's important to manage the misguiding information and correct the delivery way of health information by the health agencies and other authentic organizations among individuals.

Writing an articles and booklets on these subjects for publications in newspapers and magazines anywhere in the world.

Parental, scholar, and ethical educations and supports to earn the proper way to use the media and filtrating the time that should be spend daily on.

Reference:

- [1]. Pantic I (2014) Online social networking and mental health. *CyberpsycholBehavSocNetw* 17(10): 652- 657.
- [2]. Arora, T. et al. (2014), "Associations between specific technologies and adolescent sleep quantity, sleep quality, and parasomnias", *Sleep Medicine*, Vol. 15/2, pp. 240-247.
- [3]. Afifi, T. et al. (2018), "WIRED: The impact of media and technology use on stress (cortisol) and inflammation (interleukin IL-6) in fast paced families", *Computers in Human Behavior*, Vol. 81, pp. 265-273.
- [4]. Russoniello, C., K. O'Brien and J. Parks (2009), "EEG, HRV and Psychological Correlates while Playing Bejeweled II: A Randomized Controlled Study.", *Studies in health technology and informatics*, Vol. 144, pp. 189-92.
- [5]. Romer, D., Z. Bagdasarov and E. More (2013), "Older Versus Newer Media and the Well-being of United States Youth: Results From a National Longitudinal Panel", *Journal of Adolescent Health*, Vol. 52, pp. 613-619.
- [6]. Ciccarelli, M. et al. (2015), "Managing children's postural risk when using mobile technology at home: Challenges and strategies", *Applied Ergonomics*, Vol. 51, pp. 189-198.
- [7]. World Health Organization (2010), WHO Research Agenda for Radiofrequency Fields.
- [8]. Morgan, L. et al. (2015), "Mobile phone radiation causes brain tumors and should be classified as a probable human carcinogen (2A) (Review)", *International Journal of Oncology*, Vol. 46/5, pp. 1865-1871.
- [9]. Khurana, V. et al. (2009), "Cell phones and brain tumors: a review including the long-term epidemiologic data ☆", *Surgical Neurology*, Vol. 72, pp. 205-214.

Raid Mubarak Ali, MBChB, et. al. "The social media (syndrome?)and it's effects on health(articles review)." *IOSR Journal of Dental and Medical Sciences (IOSR-JDMS)*, 21(08), 2022, pp. 01-03.