



Mental Health Condition on Social Media Users Over Millennials

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Abstract

Mental Health has taken a tone on everybody's lifestyle especially during COVID-19 and recent phase is the main reason for this research. Today, all that people had to do is staying positive and continuously testing negative which came out to be a tough task. The investigation or data collection is based on a focused group that is millennials as they are the most active with trend be it anything traditional, inspiring or be it mental health. This research paper is a descriptive study of how mental health is creating an impact on the younger generation and how various factors like sleep, social media, societal stigmas are affecting their understanding of the topic.

Keywords: Depression; Anxiety; Millennials; Sleep disorder; Feigning; Genuine illness; Eating disorder

Introduction

Mental health

Most trending hashtag among millennials. This title is chosen for research wherein the aspects of mental health is "accepted", "acknowledged" and even "Feigned" by millennials is being discussed. In the world of social media and hashtag, this is one of the most common ones. Today, everything is all about the vibes, trends and being up to date. The race to catch up or I should say FOMO (Fear of Missing Out) is getting into the nerve of millennials. The internet generation considers every issue as easy as they use hashtags or captions in their posts online. So, this research paper is all about on what platter millennials put mental health. The study is conducted on three parts-An online survey, expert interviews and a longitudinal study of past patients.

Effect of societal stigma

This word has always been used in a negative sense and so is followed when health is added up with this world. "Mental Health" is not a topic to eradicate from any of the goals of development. In 2015, Millennium Development Goals (MDGs) focused the world's attention to a group of health challenges and mental health was one of them. According to one of their report, 1.5 million people are going to die every year by suicide and the estimate of the number of people

making attempt to do so will be approximately 15 million and 30 million. Spilling a little light on such an alarming issue will never go into vain, more than the snatching attention "mental health" needs a widespread of awareness among all age groups, all genders. This research paper is serving a purpose and that is breaking the "Societal Stigma" and more than that breaking self-deception within oneself. There is a very thin line between actually being depressed and feel depressed all the time. Be cautious with your mind, after all, it's about your mental health.

Materials and Methods

National alliance for mental health

It talks about the generation gap between parents and kids on each aspect of life. How physical things like homes, cars are important for the anxious generation or so-called GEN-Z? It also defines; how mental health was a taboo back then? Some other diverse things that came out was about the internet that can make life better and complicated at the same time. Millennials often compare their personal and professional life with the fake world online.

It is a discussion on "Why millennials are the most anxious generation in history?" The author draws a parallel between the tabs opened on the screen to the things going on in mind. As this is from an Australian vogue; so most facts are based for Australians only.

According to the National Health Survey by Australians bureau of statistics-anxiety affected 3.8% in 2011-2012 and 11.8% in 2014-2015. Social researcher and anthropologist Hugh Mackay quoted "All is not well".

A story about anxiety

We make the beast beautiful this book talks about various effects or pains which anxiety gives to a person. It could be insomnia, teenage bulimia, obsessive-compulsive disorder, depression, hypomania, bipolar disorder and many more. It talks about how there is a misunderstanding or a disconnect between expectations and reality. According to author primary use of social media is not to communicate or connect but to brag.

According to the author, He defines millennials as "burn-out" generation (jealousy, competition between peers is most common). He also concluded one bizarre and unexpected thing that women are 20% less healthy than men in case of mental health. Author praise the Gen-Z for taking up the holistic approach towards mental health and break the general social stigma about it.

Writer defined millennials in three terms-"Lonely, Burn-out, depressed". According to Harvard Medical school-A severe and persistent low mood, profound sadness or a sense of despair are prominent symptoms. The author said that stress is also related to money or financial independence in the mind of millennials.

Mental health foundation

Their main focus is on the "greener place" and "sleep". The second thing is much understood, Sleep is an integral part of one's health not only for the mental thing but the new aspect they came up is "Green places" that can help a person grew mental peace and health. Another relevant aspect is related to kindness. Kindness towards a person can

help them settle their mindset and help them cope with life's toughest situation with kindness and with calm.

This article talks about what are the few pointers that came into youngster's mind which end up making them sad, lonely and depressed. Shaky employment and life worries are taking a toll into mental health. Everyone is so busy in racing to stand out in the society that they forget to stand for them and stay kind or humble to themselves. As this is an excerpt based on Canadian mental health; so facts are based on their folks. They mentioned about 63% of Canadian are at "high risk" for mental health issues. The Canadian mental health association estimates that 4000 Canadians died from suicide each other that too because of mental illness.

This excerpt is about "feigning of mental illness". This is something different from other stuff. Does this particular journal look at mental health or illness from a different perspective that is how people are pretending to be ill? People these days just convince themselves that they are suffering from some illness by continuously hovering their mind upon it and they finally do a kind of self-deception.

British broadcasting corporation

This particular article talks about a murderer who pretended to be mentally ill; so that he wouldn't be proven guilty. Ian Brandy: How easy is it to fake mental health/illness? Ian Brandy who is the murderer of moors, killed 5 children were detected with paranoid schizophrenic. If someone is proved with a weird illness of multiple personality disorder, they can plead not guilty because of insanity.

This article talks about "why WHO (World Health Organisation) choose mental health as its focus this year?". The main reasons mentioned in the excerpt are mainly to create awareness about what is feigning or what is genuine mental illness? And no one is immune to mental health, it can hit you at any age group, any gender, any person. So one should respect a person suffering from it and support therapy and in general kindness to the patient.

This article talks about the "Imposter Syndrome". This term was first discovered in the 1970s. This is an extreme observation of behavioural science by these two gentlemen. When a person doesn't feel confident about the success they have achieved or consider that they don't deserve it and someday or the other they will be called fraud. This fear of being called fraud is called "Imposter syndrome". This is yet another aspect of mental stress in all age groups. It is reported in the International journal of mental science that 70% of millennials have imposter syndrome.

World health organisation

This article is about mental health in the workplace. It is evident and reported that 264 million people are suffering from depression and it is considered to be one of the leading causes of disability and it came out as shock that most of them suffer from anxiety issues too. Being Unemployment is an integral part of feeling depressed or useless but having a negative workspace can't do any better. WHO has responded on that in the truest health organisation, at a global policy level, WHO's Global Plan of Action on Worker's Health (2008-2017) and Mental Health Action Plan (2013-2030) proposes critical objectives and agenda to put forward a healthy work environment.

Objectives

To study the viewpoint of millennials about mental health The study proves that millennials are the most active on catching up the trends and they are even termed as the "most anxious generation". They are active on digital trend by catching up with various digital platforms and they are active offline also at various stages of life. They are most accepting to therapy and treatment for mental illness and they are even most aware generation about this topic but at the same time, some people are taking advantage of this illness and try to create some nuisance behaviour of feigning illness which is a very vague thing to do just for the sake of having some sympathy or for achieving some unfair advantages with the help of this illness.

To study the diverse interlinks between "depression" and "anxiety". The study proves that "Depression" or having "Anxiety" at various point of time in your life is as normal as having flu. Indeed, there is a difference between mere anxiety which is pretty normal to feel at various instances in your life be it your engagement ceremony or a job interview but "Depression" is not an as normal concept like anxiety and one need to use this word very carefully and this word is completely different theory and it is not justified to term your nervousness or occasional anxiety as "Depression".

To study the various instances of feigning mental illness. The study proves that there have been instances where people try to feign mental illness to get away from serious crimes as murdering someone. Recently, a web series on amazon prime is also witnessing the same situation. A web series named "Breathe" featuring Abhishek Bachchan in the lead who murdered a lot of people throughout the serious heinously but he is not found guilty because he has "Bipolar Disorder". There have been similar instances in real life too. Millennials are using this as a tool to gain sympathy from their love partners and forcing them to stay in the relationship even if they don't want to but they have to stay and take care of that person for that fake illness.

Hypothesis

- Millennials are the "therapy generation". Millennials are more accepting about these words "anxiety" or 'depression' and always ready to chase for its cure rather than chasing the precautions beforehand.
- It is found to be true after analyzing all the data that is collected by various research method
- Depression is not merely a word, it's a huge theory altogether and millennials are unaware of the whole concept behind it.
- This hypothesis is also found to be true data collected to give a transparent difference between Depression and feeling occasional lonely or sad.

Results

The research methods used to collect the fresh data for analytic research is stated below:

- An online survey with a sample space of 300 millennials with subject-specific questions.
- Interview of experts to collect a detailed and fact proved data about the issue.
- A longitudinal study was conducted on 10 millennials who have earlier experienced that they have undergone any depression or anxiety attacks [1].

Data analysis

Data analysis is a crucial part of any sort of research paper. So, to start with let's focus on some of the key highlights how this research paper is different, more efficient and fact-based from every other paper on mental health [2].

Researchers have touched upon the topic of mental health in one direction only. So, this research paper is looking at several diverse milieus of mental health or mental illness. It is not always about being sympathetic to such patient but there are individuals out there who are feigning mental illness too. Such individuals are not betraying the outer world only but they are being deceptive to themselves too. Discussion on mental health is something which is being featured on every platform possible but they are not looking at it from the digressive viewpoint which is much needed now.

The earlier researcher had a much-concentrated paper either in one direction or just covering a small part of this huge theory named "Depression". There are reports stated that depression is not just to do with age but gender too. In a paper published by Blue cross blue shield, they claimed women are 20% less healthy than men. This research paper is all about revealing the hidden aspects of mental health. One of the main focus of this research paper is to break the social stigma about mental health and bring transparency into the thin line of being depressed or feeling depressed [3].

The data collected in this research paper is using two basic or ideal research tools that are Survey and interview and one is sort of unusual and innovative that is "longitudinal study" of a selected sample size.

The survey has been the basis of collecting data from a larger audience. The key findings of the survey are very well pointed, well-analyses and well researched.

Key findings of the survey are

- The survey conducted is on a focused group that is millennials of Delhi NCR. The first finding that came out is about the generation that no one is prone to mental illness [4]. The result shows a diverse result. Results show that it is not the millennials (also known as Generation Y) who are found facing the problems of mental health but also Generation Z (Gen Z) and Generation X (Gen X). While it is proven that approximately 43% are millennials while another section is covered by Gen Z and Gen (Figure 1).

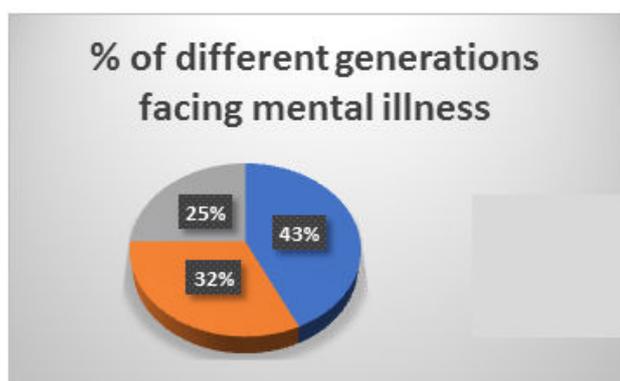


Figure 1: Different generation facing mental illness. **Note:** ■ Millennials, ■ Gen Z, ■ Gen X

Mental Health is a very sensitive topic in one's life. One needs to recognize their behaviour well to figure out the real symptoms of

depression. Millennials these days consider aftereffects of every bad situation happening in their life as "Depression". Depression is a huge theory or a chronic illness. People can't misunderstand lack of sleep for a day or two or a bad appetite as "Depression". It is important to consult a doctor if that persists for a longer duration as it could be a consequence of any other illness too. Results show that approximately 70% of people relate to lack of sleep or eating disorder for even a day or two directly to "Depression"(Figure 2).

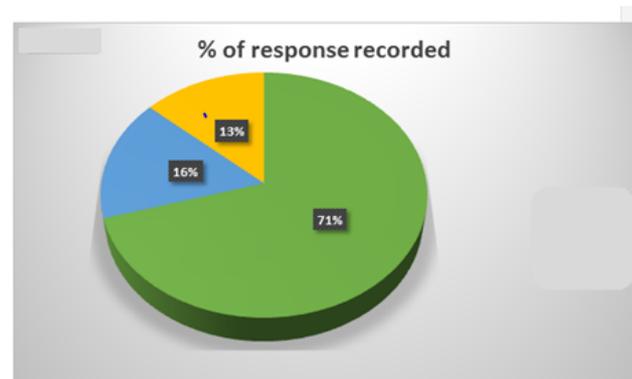


Figure 2: Response record. **Note:** ■ Yes, ■ No, ■ Sometimes.

A sort of mixed response is recorded while feigning of mental illness was talked. This is because people are not recognizing or exploring this factor of illness. Experts had talked about it and feigning is not very common with every generation but it is common in millennials (the anxious generation) and among criminals. There is a lot of web series or movies one can watch where the criminal is not found not guilty because they have bipolar disorder or any other mental illness. A lot of cases have come up where the criminal is feigning illness so that he can plead not guilty. BBC (British Broadcast Corporation) stated in one their research study that a suspect of five murders was pleading not guilty as he was detected a paranoid schizophrenic[5]. It is by the law if someone is proved to have multiple personality disorder they can plead not guilty by the reason of insanity. This has been a common trick to betray the legal authority. In the case of millennials, they are not even aware that they are feigning illness and they are not being deceptive to others but themselves[6].

As life grew, life problems grew too. That's reality but imagine our parents getting hyper for every problem we had and what if they relate it with mental illness each time. They have been in depression for nearly a million times by now. Studies prove that millennials relate each of their life worries with shaky employment or bad relationship. Career and relationship is the talk of life for millennials, there is probably no other thing left on their plates. According to the Canadians Mental Health Association (CMHA), approximately 63% of people are at high risk for mental health issues and the main cause is their unstable employment.

Before talking of cure, it's important symptoms should be known. Some of the common symptoms are continuous low mood, resist to interact with people, sadness, negativity, fear, fear of losing precious things, crying unnecessarily, lack of sleep and complete isolation too sometimes. According to Harvard Medical School (HMS) above mentioned are some of the prominent symptoms of being mentally ill while these symptoms vary with the type of illness like you have split personality disorder, schizophrenic, visual and hearing

Hallucinations. Though all can't be chronic if it's in the early stage, so; it's very important to get diagnosed on time [7].

With every problem, there comes a solution. What could be the possible cures for mental illness? Well, some of the best cures for mental illness are not some medicine or clinical treatment but some of the easiest and handy things like listening to some soothing music of your choice, keep yourself busy with things you like, greener places can make your mind-body feel at peace. One of the most important ones is to talk, and with a lot more kindness, love and generosity with the patient. Results show that approximately 60% of people agree that greener places and a little bit of kindness can help the patient to feel at peace (Figure 3).

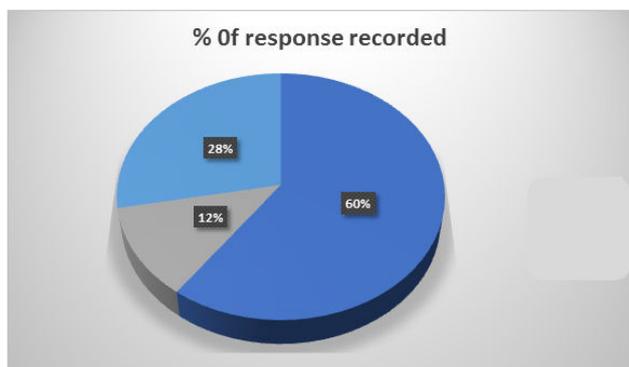


Figure 3: Response record. Note: ■ Agree, ■ Disagree, ■ Neutral.

Acceptance and Acknowledgement are two important factors or the first step towards getting cured. Millennials are called most lonely, burn-out, anxious generation yet accepting towards this not so physical illness [8]. Results recorded states that almost approximately 52% millennials are accepting and acknowledging towards this illness and they are the first one to contact for therapy without giving a per cent of importance to societal stigma (Figure 4).

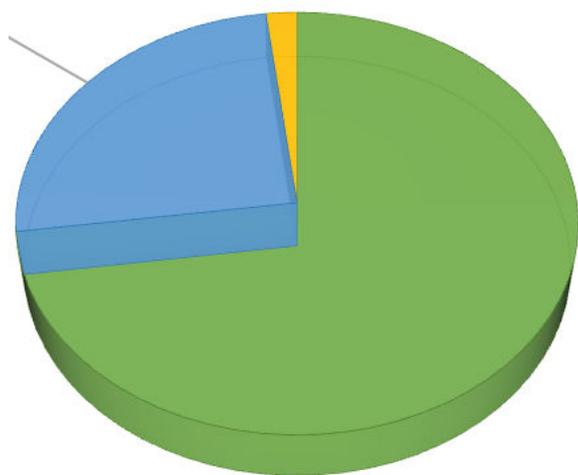


Figure 4: People who are accepting mental illness.

Note: ■ Millennials, ■ GenZ, ■ GenX.

Societal stigma has been a problem for many years. People make concepts around any topic without evening knowing a bit about it. This can harm a body, it can harm someone's sentiments, it can do maximum damage possible in case of mental illness. Mental health is

still a topic of gossiping among society while dealing with cancer is a real disease, they need to understand mental illness can be as bad as cancer. According to a study conducted by WHO (World Health Organization) 264 million people are facing mental health issue and it is one of the leading disability of the centuries. This issue needs to be polished with some awareness and who has planned to do so by attracting people's attention towards this issue and break the societal stigma (Figure 5).

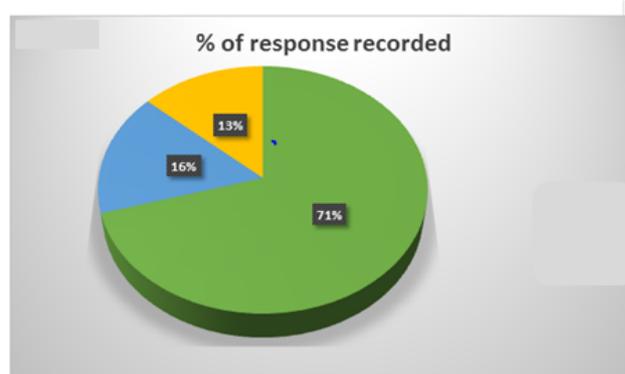


Figure 5: People agreeing mental illness as social stigma. Note: ■ Yes, ■ No, ■ It is but only for unaware people.

Key findings of expert's interviews. Apart from just the age groups, experts touch upon the factor of gender too. According to a report of Harvard Medical school, it is said that women are 30% most vulnerable to cause damage to themselves. Though experts have a point that each gender has its journey even if women are the creator of beings but it can't be denied that men are the catalyst to create and both have different hats to wear biologically and socially too. So, maybe it's to do with that but gender should also be kept in mind while talking about mental health. One of the experts shared the story of one of her patient who is suffering from hearing hallucinations, age was about 50 years, third stage depression, diabetic but the strong person in her soul can't let her body suffer. She fought with herself to make her body, soul and mind work in sync. So, if the inner you decided to fight nothing matters neither age, gender or any chronic disease. Everything can be fought with the ace [9].

"Meditation" and some technical exercises are suggested by experts to calm a constant overthinking mind bubbling with some crazy, weird and disturbing thoughts. The continuous restlessness inside the chirping mind can be settled with calm and some happy exercises and keeping one self busy with the things they love.

Experts highlight the self-deception and feigning of illness too, they thought that most possible cases like this came from the Gen Z and millennials. The individuals who are given less attraction, care or love often try to feign illness to get the sympathy. Some unjustified reasons like Deja-Vu, Paranoid thoughts are often seen as one of the prominent symptoms of memory disorders like OCD (Obsessive Compulsive Disorder) and BPD (Borderline Personality Disorder).

Bringing on some light on the transparency between the genuinely being depressed or merely feeling depressed experts said that depression has different scaling. Sometimes it's to do with simple lack of discipline in lifestyle or living an unhealthy life while sometimes it's to do with anhedonia. A person who is actively enjoying all the activities all day and tries to feel sad when the end is nothing to do with depression.

The active social media generation, therapy generation or millennials if they are reaching for therapy at the first place because the ones who came before the millennials are not ready to accept it or even to hear it. It's completely ok to reach out for help unless it is misused as some excuse to get an escape from usual struggles of life[10].

Discussion

Brief about the longitudinal study

A longitudinal study was conducted on a sample space of 35 who have felt that they have symptoms of "depression" or "anxiety". The observations are recorded based on their behaviour through 24 hours to 7 days. Factors like "the time they went to sleep", "Activities they do for entertainment", "Time they spent with family", "inclusion of any meditation, yoga or exercise in the daily routine", "How often they talk or meet their closed ones", "who all is an early riser and sleeping enough", "screen time given in one's routine".

Key findings of the longitudinal study

- "Sleep" is playing a very vital role in one's mental or physical stability. The people who went to sleep on time and had a good 7-8-hour sleep are more stable throughout the day and had a happier go lucky mood.
- Being social with real humans is another important thing. It is recorded that people are spending almost 1/2nd of their 24-hour using screen whether social media, work or just trying to chill on OTT platforms. The people who are less active on screen and trying to do other things like reading books, drawing or sketches or even talking to their loved ones are more likely and seen happier, stable and calm throughout the day.
- No one is prone to mental health and "Meditation" is one thing that will keep you away from all the mental illness. It is recorded that people who include activities like meditation, yoga, exercise or even a quick jog are not seemed physically fit but even have a healthy mind and they can handle the odds with the style of calmness and like a trinity.

Conclusion

As the study comes to end, all the objectives are achieved and the hypothesis is found to be true. Not only millennials but also GEN-Z is also the most vulnerable generation when it comes to mental health. A proper check on one's behaviour is mandatory to identify between the fine line between actually being depressed (mentally ill) or feigning illness.

Depression is a big theory and one need to differentiate between anxiety and depression. Sleeping late night and finding yourself uncomfortable next morning is not depression. Anxiety can be felt by any individual but one not need to panic and should reach for help to their loved ones. Some of the corrective measures are mentioned to stay yourself healthy and fit both mentally and physically.

This is the century of panicking due to the constant race either in career or in life but one needs to stay strong and not let their mind control their entire body. Feel happy, spread happiness and let others stay happy.

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