

Portfolio entry 2

For my final essay I decided to choose topic 3, Social Media and mental health, with the question being; How does social media affect the sleep quality and mental health of teenagers? Being a teenager myself I have found that as the older I get the more and more my life becomes surrounded and entangled with social media. And having struggled in the past with my mental health, I found that this would be the best topic for my essay.

As I began to conduct my research for this topic, I first looked in the readings section for Reading, Writing and Creative thinking where I found an article titled: "Interplay between social media use, sleep quality, and mental health in youth". In this article Alonzo et al. (2021) made the link that having poor sleep will lead to poor mental health, as well as social media consumption by teens leads to bad mental health. This article is extremely crucial to my essay because it covers all of the topics that I stated in my topic question.

After having read the previous article I had the idea to continue my research by reading through the articles listed in the reference section of the article. In the reference list I found 'Sleep and use of electronic devices in adolescence: results from a large population-based study', where Hysing et al. (2015) found that 60% of young adults will use a screen an hour before bedtime. Having established the link between poor sleep, social media consumption and bad mental health, this article helps with my essay by establishing a connection between the 3 topic areas. As I begin to delve more and more into this topic I am certain that I am going to be able to confidently speak about how social media affects teens mental health and sleep.

Reference:

Alonzo, R., Hussain, J., Stranges, S., & Anderson, K. K. (2021). Interplay Between Social Media Use, Sleep Quality, and Mental Health in Youth: A Systematic Review. *Sleep Medicine Reviews*, 56(101414), 101414. <https://doi.org/10.1016/j.smrv.2020.101414>

Hysing, M., Pallesen, S., Stormark, K. M., Jakobsen, R., Lundervold, A. J., & Sivertsen, B. (2015). Sleep and use of electronic devices in adolescence: results from a large population-based study. *BMJ Open*, 5(1), e006748–e006748. <https://doi.org/10.1136/bmjopen-2014-006748>

