



## **TITLE: The impact of social media on adolescent health**

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### **ABSTRACT (upto 300 words)**

Adolescence, a pivotal bridge between childhood and adulthood, undergoes transformative phases marked by self-identity emergence, intricate social interactions, and emotional expansion. The advent of social media has dramatically altered this landscape, providing unprecedented communication avenues. This chapter explores the intricate interplay between social media use and adolescent mental well-being, examining both positive and negative dimensions. From fostering mental health awareness to the pernicious effects of cyberbullying, body image concerns, FOMO, and addiction, the multifaceted impacts are scrutinized.

The section on cyberbullying reveals its prevalence and profound emotional toll on victims, necessitating collaborative efforts from schools, parents, and policymakers to implement stringent anti-bullying measures. Body image concerns delve into the impact of idealized social media imagery on heightened dissatisfaction, leading to potential mental health issues. FOMO, a unique social media-driven phenomenon, contributes to feelings of inadequacy, loneliness, and dissatisfaction, with suggested strategies for mitigation.

The section on addiction explores the consequences of excessive social media use, emphasizing the need for comprehensive approaches such as education, awareness, and moderation. Contrary to negative perceptions, the positive aspects section highlights the constructive role of social media in addressing mental health challenges through online support communities and awareness campaigns.

The chapter concludes with strategies for healthy social media use, emphasizing the importance of digital literacy education to navigate online content responsibly. Setting healthy boundaries and promoting positive online communities emerge as crucial strategies, offering adolescents guidance for maintaining a balanced relationship with social media. This comprehensive exploration aims to equip readers, including adolescents, educators, parents, and policymakers, to navigate the digital landscape with resilience and foster holistic mental health in the 21st century.

**Key words: Adolescence, Social Media, Mental Health, Cyberbullying.**



## BIOGRAPHY (upto 200 words)

Anguyo Milton, 33, a medical student at Gulu University, boasts diverse qualifications in nursing and medical sonography. Currently pursuing Bachelors of Medicine and Bachelors of Surgery, he's a dedicated global health researcher focusing on HIV/AIDS, mental health, climate change, and reproductive health.

Educationally, he completed an Ordinary Diploma in Diagnostic Ultrasound, a Diploma in Nursing, and certificates in Comprehensive Nursing and Midwifery Proficiency. His healthcare journey started in 2013 as a certificate nurse, evolving into a registered nurse and Sonographer.

Anguyo is the CEO of All Saints' Institute of Health Sciences Yumbe & Milhen Medical

Centre-Gulu, actively involved in healthcare leadership. His roles also include Sonographer at Access Health Services and Critical Care Nurse at City Ambulance Limited.

Passionate about research, he's won awards, including a \$5,000 grant for projects addressing adolescent contraceptive knowledge, factors associated with abortion, climate change, and mental health awareness in Northern Uganda. Notable achievements also include abstract presentations at FIGO Paris and CIRHT-UM International Conference in Kigali, Rwanda, and a published book chapter on "The Impact of Social Media on Adolescent Mental Health", and several other oral presentations at national conferences. Contact: Email: [miltonanguyoosk@gmail.com](mailto:miltonanguyoosk@gmail.com), Mobile: +256 (0) 784641884.



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