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Impact of Internet and Social Media on All Age Groups: Case Studies from a Mental Health Facility in Lagos State

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Abstract

This paper explores the impact of internet and the social media on the functioning of people from different age groups, beginning with a discussion of how the internet and social media use has influenced the day-to-day productivity of man in the present generation. Several reviewed findings and interactions with patients of Federal Neuro-psychiatric Hospital, Yaba, Lagos State suggested that there is an explosion of the negative impacts of the internet and social media in terms of addiction, early exposure to pornography and sexual activities among children and teenagers, poor attention span, poor academic performance and reduced work productivity and poorer mental health. Some personality types were also found to have a propensity to get addicted to the internet and social media according to findings from patients in this facility. Evidence was found for poorer mental health which was observed in increased anxiety, depression, acute stress disorder, post-traumatic stress disorder, poor body image and poor self-esteem. Such increase in the poor concept of self may reflect a deleterious effect on academic performance, interpersonal relationship and work productivity which in turn results in possibly severe mental disorders. The paper concludes by noting that research devoted to understanding the impact of internet and social media on individuals from all ages and social strata is at a crossroad, on one hand, stimulating questions, preliminary investigations, and intervention potentials while on the other hand, raising some significant theoretical and empirical obstacles

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Introduction

In its twenty-three years of existence in Nigeria, the use of the internet has grown exponentially. Though internet use in Nigeria can still be considered relatively young in comparison to the developed countries, however it has shown profound impact in influencing the lives of many, be it young, old, male or female (Undiyaundeye, 2014; Sarkar, Agarwal, Ghosh, & Nath, 2015). More so, the internet has been posited to have usefulness for all religious affiliations and social strata. At its inception, the internet was developed as a mechanism for world-wide broadcasting, dissemination of information and a medium through which individuals of all ages and from all works of life may collaborate and interact without the limitations of being in different geographical locations (Leiner, Cerf, Clark, Kahn, Kleinrock, Lynch, Postel, Roberts, & Wolf, 1997). This view was expanded in the twenty-first century, at the advent of social media globally and in Nigeria which led to the beginning of variant media platforms that would facilitate social integration and have potentials for consistent and illimitable media engagement (Adaga & Ayodele, 2013). The media was developed to establish and improve interpersonal relationships and interactions, accessibility as well as information dissemination. From the invention of this media innovation, it was seen that the new media epitomized both the telecommunication ways of old and the latest trends in emerging media through the medium of internet technology.

With the improved technological advancement in the twenty-first century, the face of human communication took a turn positively with the enhanced quality, accessibility, speed and the effortless availability of information as well as the volume of these information being turned out every second of the day in a heterogenous global community. As a new communication trend at the time of inception, the social media was set in motion by the advent of technology which allowed the interaction between and among the different generations from Baby Boomers down to the subsequent generations. This showed that it was not limited to a single gender, people of a particular tribe or race or those from similar or differing socio-economic strata, religion or culture. However, it has been found that a limitation to the use of social media and internet technology in the scope of economics, politics, communication, technology and education, was illiteracy in the use of its software and/or hardware mechanisms maximally (Adaga & Ayodele, 2013).

In fulfilling the needs for their creation, internet technology with the speed of information dissemination has brought about changes to the traditional means of receiving information as it integrates speedy transmission of messages with the comprehensive scope of newspaper reporting which makes it an excellent source for news and other information coverage. With its wide coverage, the internet technology and later the social media were created to work together for a series of beneficial purposes in the society. Highlighted below are some of the functional and valuable roles of the internet and social media which has enhanced human relationships.

Communication and the need for social connectedness

It has been posited that among both young and elderly as well as the different genders, communication with friends and family is positively impacted by the internet use (Nimrod, 2009), and feelings of social connectedness is enhanced by the social supports built and maintained through the numerous social media platforms developed in the past few decades. With the ever-increasing movement of young adults to urban regions and other countries, the need to connect as well as communicate with their immediate family left behind while they sort greener pastures has been made easier by the advent of internet and social media usage. In addition, with the strengthened social support network found on the internet and social media, individuals have been found to thrive well psychologically as highly evidenced by the improved well-being and quality of life of

the young and elderly (Aggarwal, Xiong and Schroeder-Butterfill, 2020). Furthermore, it was discovered that with improved communication and a strong social connection, older adults experience a reduced propensity for depression and loneliness (White, McConnell, Clipp, Branch, Sloane, et. al and Box, 2002; Sum, Mathews, Hughes, and Campbell, 2008). More so, in the interest of seeking companionship, finding advice on spirituality, relationships, cookery, health and other challenges, the social media has been of magnanimous service to all age groups (Sarkar, Agarwal, Ghosh, and Nath, 2015).

Information and Free Advertisement

This benefit has been shown to have positive impact on the young and elderly because prowess in the use of this technological advancement empowers their independence, increases access to fast and updated health information, adaptation to societal changes such as online banking and shopping, games as well as online educational classes which is particularly of tremendous benefits to people who have physical challenges (Karavidas, Lim and Katsikas, 2005; Shapira, Barak and Gal, 2007). Furthermore, the use of internet services grant persons of all ages easy access to current news and trending social events worldwide. With the ease of real time chatting, it has been found that using the social media via internet connections has facilitated exchange of information, for instance, during the recent corona virus pandemic, these platforms served as a succor to the anxiety related to the pandemic in terms of dissemination of relevant information. More so, for youths in Nigeria without physical structures for sales of their products, the internet and social media has become mobile shops where advertisement can be placed and products purchased without hardship.

Influence among Children and Teenagers

Among children and teenagers, the use of the internet and social media platforms have been substantial in interconnectedness with family and friends, creating new friendships, exchanging stories, images, creative ideas, emotional support; which are sometimes not gotten from both physical and virtual environments. With the start of the use of parental control in guiding what children and adolescents watch on social media, quality programmes that ensure positive childhood experiences have been the outcome (Undiyaundeye, 2014). With the parents as guides and viewing such sites together, there is increased bonding due to the camaraderie as well as the advantage of having more learning opportunities. This has also been posited to have helpful contributions to the moral, social and cognitive development of these children and adolescents (John and MacArthur, 2010). In the Nigerian context, adolescents go steps further to acquire social identity and integration, peer relationships, and status symbol as well as assertiveness in communications by the use of electronic mails, chats on Facebook, Whatsapp, Twitter, Instagram, Tiktok among others, and as maturity sets in, their view expands to use of the internet and social media as a ground for career opportunities and advancement, business connections and professional visibility.

It's been observed that teenage females have different usefulness for social media compared to their masculine counterpart. According Jochen and Valkenburg in 2008, female teenagers use the media to keep in contact with friends, establish new social interactions, work on assignments, make enquires in search of their knowledge base, chat with friends and lovers, break new grounds career-wise. On the other hand, males majorly prefer the internet for online computer and video games which strengthens their connection with their peers, asides shared information and download opportunities of entertainments (Beard & Wharf, 2001).

Subjective Well-being

According to Reinecke & Oliver, 2017, subjective well-being is the perception one has about life conditions and it consists of one's general satisfaction with life (cognitive component) and the accompanying moods or

emotions (affective component). This was buttressed by Diener in 2009 who referred to subjective well-being as a person's affective and cognitive appraisal of his or her own life. Irrespective of who a person is or what the person represents, Nimrod (2009) proposed that the use of internet technology to engage in activities during leisure encourages and enhances inter-generational social connections (Burdick, 2001) and has a potential for improved subjective well-being. This was also supported by a study by Heo, Kim, and Won, in 2011 who found the use of internet is positively significant in the total well-being of the elderly. Furlong who did a study of the Senioret network in 1989 posited that when older adults are exposed to the internet and the social media as is the current trend, it strengthens their self-image, self-confidence and feelings of independence. Similarly, in a 2009 study by Koopman-Boyden and Reid, they proposed that internet use fosters independence among the elderly and subsequently increases their psychological well-being and quality of life (Mynatt and Rogers, 2002; Xie, 2007).

Involvement in the virtual world of the social media, for all individuals, has also been shown to be significant in inducing feelings of happiness and contentment, life satisfaction, fulfilment and positive general life functioning as well as negating unhealthy emotions such as isolation and feelings of abandonment (Lelkes, 2012) that might lead to depression and anxiety (Osman, Poulson, and Nicolle, 2005). However, in practice, it has been observed that among some non-educated persons and older generations, there is great difficulty in actually operating smart phones to access the internet and social media hence their disinterest in use of internet facilities and subsequently these people experience lower psychological well-being. This was argued by authors who proposed that between older adults who were trained in the use of the internet and social media and those who were not, there was no correlation between these means to access information, communication or social integration purposes in relation to attainment of life satisfaction (Dorin, 2007; Elliot, Mooney, Douthit, and Lynch, 2013). Notwithstanding their numerous benefits and usefulness to people of all ages in Nigeria, the use of the internet technology and social media has resulted in tremendous damages and the aim of the paper is to highlight these deleterious effects as well as showcase two case studies from a mental health facility of what goes on among the different age groups and socio-economic strata as well as the management that was carried out on these selected cases.

Social Media Addiction
Literature has shown that the terminology addiction, is commonly used in relation to physiological responses to substance use (Aydin, Koçak, Shaw, Buber, Akpinar and Younis, 2021). In the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders, it was indicated that addiction is not defined strictly as the pathological use or abuse of any substance, howbeit, internet addiction is defined as the use of the internet which is problematic or pathological behaviourally (Davis, 2001). Notwithstanding this definition, Mayda in 2015 described internet addiction as the use of the internet in the presence of impaired control or impairment in brain inhibitory mechanisms which may negatively impact the cognitive, psychological, physical, and social development of a person. Different types of technological addiction, such as smartphone, game, and which social media and internet addiction is also prominent, fall under the category of behavioural addiction, which is defined as the inability to resist an inclination and an incentive to execute an action that damages the user or others (Senturk, 2017).

As a technological addiction, social media addiction was illustrated by Starcevic (2013) as a behaviour in which people compulsively use social media excessively because they are overly anxious about the social media and compelled uncontrollably to use the platform almost every minute of the day (Andreassen & Pallesen, 2014). It has further been discovered that the symptoms of social media addiction include an individual's display of

cognitive, affective, physical, and psychological difficulties, as well as impairment in social interactions (Balakrishnan & Shamim, 2013; Zaremohzzabieh, Samah, Omar, Bolong, & Kamarudin, 2014; Tang, Chen, Yang, Chung, & Lee, 2016; Błachnio, Przepiorka, Senol-Durak, Durak, & Sherstyuk, 2017). According to some authors, about 12 percent of social media users globally have presented with the above-mentioned symptoms across social networking sites which include Facebook, Instagram, Twitter, Whatsapp among other sites. According to Wu, Cheung, Ku, & Hung (2013), around 12% of users on social networking sites suffer from social media addiction. This was similar to the findings of Alabi (2012) among Nigeria University undergraduates and their addiction to Facebook.

Early Exposure to Sexual Activities and Pornography
In the last three decades, the rate at which children and adolescents are exposed to the prevailing culture of sexual activities and pornographic materials on the internet and among the various social media platforms has become a menace to the society. Lofgren-Martenson & Mansson (2010) proposed that exposure to these internet materials have altered youth culture and adolescence in diverse unparalleled ways. With the use of internet-enabled devices such as smartphones, tablets, desktops and laptops, persons of all ages, gender, socioeconomic strata, religion and culture have encountered, consumed, conceived and indiscriminately circulated and broadcasted sexually explicit content globally (Wolak, Mitchell, & Finkelhor, 2007; Flood, 2007).

Wolak and his colleagues (2007) further explained in their study that there is a growing increase among children and the youthful populace who encounter this sexually explicit content online. This is due to the fact that compared to traditional forms of media, the internet-enabled media environment is excessively sexualized in nature (Peter & Valkenburg, 2011). According to some authors, it has been proposed that among the younger generations, a pervasive compulsive use of the internet which has gradually invaded societies, is also associated with the increasing cases of exposure to internet pornography and cybersex activities such as unsolicited videos, images and texts from friends and strangers (Delmonico & Griffin, 2008; Lam, Peng, Mai, & Jing, 2009; Owens, Behun, Manning, & Reid, 2012).

Furthermore, with poor realization of such events going on among their children and wards, parents and guardians are unaware of the dangers posed due to such early exposures, thereby giving continued unregulated access to the internet and social media platforms. These therefore, form a symbolic and weighty risk factor for developing risky sexual behaviours among children as they grow into their teenage years. Additionally, it promotes risky sexual behaviours in form of unsolicited videos, images and texts to and from known and unknown persons, which are not regulated by their parents or guardians, that serves as a key driver for deviant sexual behaviour among adolescents (Bantebya, Ochen, Pereznieto, & Walker, 2014; Nagaddya, Kiconco, Komuhangi, Akugizibwe, & Atuhairwe, 2017).

In a study carried out in South-West Nigeria by Asekun-Olarinmoye and colleagues in 2014, they opined that about 40 percent of undergraduate students had been initiated to early sexual risky behaviours in early adolescence. They discovered that when it was acceptable to access sexually explicit items on the Internet, there was a significant likelihood of early sexual involvement; and the frequency of visiting the social media for these illicit materials or unintentionally encountering them was predictor for such a teenager to have multiple sexual partners.

In addition, while children and teenagers are shaped by their life experiences, sexually explicit information on social media may offer these young ones new ideas, which can influence the development of values and perceptions of unhealthy sexual relationships. Since these solicited or unwanted pornographic contents are

frequently misinforming and harmful to its viewers, it often results in lack of intimacy and emotional detachment during sexual intercourse in real-time relationships as the viewers grow. In clinical practice, these factors have been found to influence the individual's sexual attitudes, values and behaviours as well as hinder healthy sexual interactions.

Poor Attention Span

Another darker side to use of the internet and social media is the associated poor attention span which distractibility from these platforms can cause among both the young and old. For instance, among the younger generations, it has been observed in clinical practice that while studying, some students return to the social media platforms on their phones especially Facebook, Twitter, Instagram and Whatsapp to check for new notifications and updates. This easily results in distractions and if unaddressed by the teachers or lecturers early, leads to loss of focus and concentration in class. Consequently, the prevalence of use of social media during classes culminate in declined academic performances (Manasi, 2019; Azizi, Soroush, & Khatony, 2019). The lack of concentration was also mostly reported by patients of the facility who presented with poor work productivity due to their internet and social media hyper-engagement or addictions. With outstanding academics performances comes a successful and secure future. However, with poor focus in learning due to the attention directed towards usage of the internet and social media, and the eventual poor academic grades, chances of a good and secure future for youths are indirectly affected. Studies have shown that a lot of adolescents, younger adults and middle age generations, solely use the social media to network, chat and while away time which could have been directed at more productive activities. Howbeit, with the poor time management and waste of quality time, class and work assignments are procrastinated, uncompleted or even abandoned and the outcome of all these, might be repetition of classes, expulsion if the students have very poor grade point average, or job losses due to unproductiveness at work among adults.

In view of the poor academic performance and poor work productivity and the possible repetition of class, school expulsion and loss of employment, a trending presentation of poor mental health has been evident in clinical practice. It has been shown that when these affected individuals present with a mental health challenge in relation to the above-mentioned risk factors, some of the mental illness diagnosed were anxiety, depression and low self-esteem.

Poorer Mental Health

Inasmuch as poor academic performance leading to repeating a grade level or expulsion as well as poor work performance resulting in loss of employment can generate mental health challenges. Social media and the internet have been found from studies as far back as late 20th century with one of the first by Kraut, Patterson, Lundmark, Kiesler, Mukophadhyay, & Scherlis (1998), who proposed that the use of the internet before the advent of the presently trending social networking sites significantly affect social relationships and active participation within a community. The authors discovered that with increased online time, there was a significant degeneration of communication and engagement with family members as well as social withdrawal from friends which gradually declined to increased feelings of loneliness and depression. Though the use of the social media may give an idea of being connected to a global online community of friends, these relationships are superficial at most and cannot adequately take the place of physical connectedness with immediate friends and family (Pantic, 2014).

In addition, with the accelerating online and virtual engagements, interaction within the family unit has become decreasingly important as each individual in the family basically lives within the internet connected device. The outcome being isolation within the home and build-up of online identities. As a result of the revolving features

liked by social media and internet users, creators of these platforms increasingly remove features that are of human quality for interaction and communication such as tone of voice, body language, facial expressions and basic verbal communication. Furthermore, considering the current generation of children and adolescents are growing in a world where the family unit is barely existing and the online world has eroded family time together, there is a problem of building social and communication skills in the real world. This was also suggested in a paper by Sarkar and colleagues in 2015.

In recent times, these mental health challenges have been on the rise with other mental illnesses such as increased anxiety, acute stress disorders, post-traumatic stress disorders (PTSD), poor body image and poor self-concept. The incidences of increased anxiety, depression, acute stress disorders, and PTSD could be traced to the fact that on a daily basis, a lot of internet and social media users from the children to the older adults are exposed directly and indirectly to gory images of barbaric killings and distributed pictures of banditry, kidnappings and various forms of threats to life, family and property within the country, every second of the day. For other frequent users who are interacted with at the facility, it is the context of comparing themselves to the perceived perfect lives and body images of their friends and role models on social media. Due to preconceived thoughts that they are not living up to such high standards of these peers and other social media influencers, they develop feelings of anxiety, depression, poor self-concept, and poor self-image which sometimes result in Body Dysmorphic Disorder (a mental health condition that affects all genders but is mostly common among teenagers and young adults who spend a lot of time worrying about flaws in their physical appearances; though these flaws are often not noticed by others).

Personality traits

The five-factor model of personality is one of the most widely accepted measurement for personality traits and characteristics based on empirical evidences (Wehrli, 2008; Devaraj, Easley & Grant, 2008). With the model, a person's behaviour could be reviewed in diverse ways which include internet and social media use (Wehrli, 2008). The five factors are explained in relation to technology and internet use below:

Openness

This trait indicates that some people are open to new experiences because they are willing or eager to try out new ways of doing things positively. According to Ryan and Xenos (2011), individuals with a high openness to experience personality are more likely to be adventurous, creative, original, intellectually curious, and imaginative whereas those with a low openness to experience personality are conservative, realistic, traditional, and have little interest in tolerance of new experiences or settings. Therefore, according to the characteristics of this personality component, individuals that are open to new experiences are more likely to use social media features (Correa, Hinsley, & De Zuniga, 2010; Hughes, Rowe, Batey, and Lee, 2012).

Conscientiousness

This personality predisposes people to high level of ethical susceptibility in accordance with societal or professional prescribed norms, tidiness, delay gratification, orderliness, integrity and the ability to focus on goals and plan ahead. A study carried out in 2013 by Chemorro-Premuzic discovered that individuals with this trait are innately determined and are driven to be productive. In addition, because highly conscientious people are focused on achieving their goals quickly, they believe that using social media encourages distraction and procrastination., which are aversive to their personality traits, thus they avoid frequent usage of social media.

Extraversion

At one extreme of the five-factor model is extraversion. Individuals with high level of the features of extraversion are sociable and adventurous. They have a high tempo and could be quite vigorous and excitable within gatherings or on daily basis. Wehrli (2008) suggests that extraversion predisposes people with this trait positively to communication, and therefore they are exceedingly motivated to use the internet and social media. Furthermore, Correa et al., (2010) reported that extraversion is linked to a higher likelihood of using social media and communication with other users of the same platform. Having this personality therefore indicates that the highly active presence of the component features in a social media user correlates with more time spent on the platform comparing themselves with others and the conflict that might arise with the perception of the real self.

Agreeableness

Agreeableness in the five factor model of personality is basically described a person's ability to adapt socially as well as the inherent interpersonal qualities. People who have high agreeableness personality are hearty, courteous, diplomatic, affectionate and friendly. The readiness to tolerate others' desires and emotions identifies them as considerate. They are individuals who have a huge list of contacts because of their warm and accommodating personality. According to Moore & McElroy (2012), when interacting with others, an aggregable person would have a helpful attitude, cooperate with others, show warmth, kindness and affection. Moreso, they make new friends easily and keep long term friendships. Studies have found that in relation to use of the internet and social media, individuals with the agreeableness personality have the tendency to be prosocial and are more inclined to avoid any form of communication that does not require a face-to face interaction; meaning that such individuals prefer having physical social engagements to online interactions (Butt & Phillips, 2008).

Neuroticism

As a personality in the five-factor model, neuroticism was fundamentally defined as an indicator of a person's emotional control and affect. Those who have a high score on neuroticism were described to have greater labile moods which mostly present as negative emotions such as nervousness, anger, being sensitive, guilt, anxiety and depression, according to a study by Widiger in 2009. Low degrees of neuroticism, on the other hand, indicate that the person has demonstrated control over his or her affect and emotion. The primary mechanisms for neuroticism indicate that asides the absence of observable emotional stability, this personality also points to the absence of positive psychological adjustment (Seidman, 2013). For this personality, they have a strong interest in internet and social media use because these technological mediums meet their need to alleviate feelings of loneliness, therefore they spend quite a lot of time online meeting new people. Consequently, neurotics have a tendency to be addicted to internet and social media use and become sufferers of the psychological effects attached to the various adverse consequences of pathological use (Yao, He, Ko & Pang, 2014).

Narcissism

As a personality in the Diagnostic and Statistical Manual of Mental Disorders, Narcissism is defined by an inflated and grandiose sense of self, which is maintained by constantly seeking others' approval and admiration as well as shielding the real self from criticism by projecting a controlled and exaggerated representation of self. Due to the tendency to be liked for one's idealized or "edited" version of the self, Narcissists thrive well on social media platforms. This was supported by McCain & Campbell, 2018 who showed that as a result of the high tolerance of the idealized self on social media, its usage is highly associated with the level of narcissism in

a person. According to Gnambs and Appel (2018), in a meta-analysis of studies, they discovered that compared to previous works, while there was no overall association between use of the internet, social media and narcissism, there were some specific activities of these platforms that Narcissists relate to. It was found that Narcissists engaged in excessive self-aggrandizement by engaging in activities such as boasting about their achievements and posting appealing photos of themselves; gaining positive attention from social media users and expanding their acquired large social contacts (Bergman, Fearrington, Davenport, & Bergman, 2011; de Francisco Carvalho & Pianowski, 2017).

Additionally, when narcissists provide very little information about other people, particularly their intimate partners, Seidman, Roberts, & Zeigler-Hill, 2019 posited that, it was more likely as a show off of their relationship to other users. With this behaviour of presenting an ungenuine and unrealistic positive version of themselves, the use of the social media could increase narcissistic personality disorders because of the focus on self and image projected to other people on these platforms.

This was however argued by Gentile, Twenge, Freeman, and Campbell (2012) who conducted an experimental laboratory study in which participants were randomly assigned into experimental and control groups, and discovered that self-esteem, not narcissism, was increased, particularly among Facebook users, but that narcissism was increased among those who used MySpace (another social interaction app), due to the unrealistic image successfully portrayed to others without contradictory feedback from followers. Finally, Seidman (2020) found conflicting evidence for social media use directly predicting an increase in narcissistic personality tendencies, implying that if such a connection exists, the influence of social media as a risk factor for increased narcissistic personality tendencies might be considerably negligible.

Case Studies

Case Study#1. D.A. was a nineteen years old University student, when he was presented in the facility by his mother's assistant. During the interview, he reported that at the age of ten, while in Junior Secondary School class one (JSS1), due to his introversive nature and the personage of his parents, he was mostly left in the care of the family stewards. His father was an influential politician while his mother was a pastoress and both led busy lives. He stated that whenever he returned from school, he would go on the internet to make friends on online game sites. He acknowledged that over the years until the month prior his presentation in the hospital, he played these games with his unknown friends for most hours of the day. He reported that though he never met them physically, they chatted often on the private chat boxes of the gaming sites every single day and therefore he saw them as his friends. Furthermore, he indicated that he never made friends with his class-mates in school because he was shy and often became anxious when he had to speak in class or in the midst of his colleagues. Gradually, as D.A and his online friends grew, these friends started dropping off from the gaming sites one at a time because they grew out of a life of gaming to real life situations and interactions. This made D.A feel left behind until he started experiencing existential fear of what the future would hold for him, if all his friends left the site. In addition, he experienced anxiety, social withdrawal from his family and eventually depression which included weepy spells on numerous occasions. At nineteen, D.A gained admission into a public University and was unable to relate with his colleagues because he lacked appropriate skills of social interaction, self-confidence and had low self-esteem. Eventually, he was brought to the Clinical Psychologist for expert management when his mother could not understand why he was frequently having low moods and weeping.

Intervention

On presentation, the Clinical Psychologist administered a battery of psychological instruments which included the Minnesota Multiphasic Personality Inventory, second edition (MMPI-2), projective tests such as Draw a person test and Incomplete sentence blank-college form, Beck's depression inventory, second edition (BDI-II) and Hamilton Anxiety Rating Scale (HARS). On the MMPI-2, the configuration of the elevated validity scales indicates an individual who may be stressed and pleading for help. On the clinical scales, he achieved high elevation on scale for Hypochondriasis (T score = 66), Depression (T score = 80), Masculinity-Femininity (T score = 68), Paranoia (T score = 86), Psychasthenia (T score = 96), Schizophrenia (T score = 91) and Social Introversion (T score = 73). The configuration of his elevated clinical scales put his profile within the 7-8/8-7 code types.

This code-type portrayed D.A as a person who is typically in a great deal of turmoil. He is not hesitant to admit to psychological problems, and seem to lack adequate defences to keep him reasonably comfortable. He reports feeling depressed and pessimistic, and may experience suicidal ideation. He also tends to be worried, tense and anxious, and is preoccupied with health problems. When first seen professionally, he appeared to be confused and in a state of panic. He shows poor judgment and does not seem to profit from experience. He is introspective, ruminative, and over-ideational. He harbors chronic feelings of insecurity, inadequacy and inferiority, and tends to be indecisive. He lacks even an average number of socialization experience, is not socially poised or confident, and withdraws from social interactions. He is also passive-dependent and is unable to take a dominant role in interpersonal relationships.

His incomplete sentence blank – college form assessment indicated existential fear of failure, anxiety, loneliness, uncertainty, preoccupation with thoughts, and need for Affection. His Draw-A-Person projective assessment indicated paranoia, preoccupation with thoughts, infantile aggression, ambivalence about life achievements, personality Imbalance and Ideas of reference. His BDI-II indicated Severe Depression while his HARS indicated Moderate-Severe Anxiety.

However, before the commencement of the psychotherapy sessions, his mother pulled him out of therapy, with her reasons being that nothing was wrong with D.A because she believed that he will cope when he took time to interact more with his colleagues in school.

Case Study #2. N.O. was a twenty-one years old 300level University student when she was presented in the facility by her parents. During the intake interview, her parents reported that four years prior presentation, N.O. suddenly became socially withdrawn because she would barely relate with her relatives at home. Her mother stated that prior to N.O's sudden social withdrawal, the family had the habit of eating their meals together on the dining table, however since onset of this sudden behavioural change, N.O. would only take her meals in her room while pressing her phone without pause to stay engaged on her social media platforms which included Instagram, Tiktok, Twitter, Whatsapp and Facebook. She was also reported to have stopped going on outings which she formerly enjoyed. Furthermore, N.O. began neglecting her personal hygiene and only cleaned up after much scolding from her relatives. In addition, N.O. was indicated to always become easily irritable at home, especially when asked to leave her room to do house chores because she believed these were distractions to her online activities. This irritable mood eventually progressed to verbal and physical aggression at home. More so, she started losing focus at school which led to a decline in her academic performances. Due to her use of social media, she always slept late and prepared for school late, therefore she was the last to leave the house which resulted in lateness to class, poor continuous assessment performances and sometimes absenteeism from

writing these tests. Consequently, she was expelled from the University due to her poor academic performance. Her aggressive behaviour at home and disinterest in her former physical social involvements led to her presentation in the mental health facility.

Intervention

When N.O. presented in the facility she was referred to the clinical psychologist who planned her intervention based on eclectic approach. The management plan was meant to involve an assessment, insight-oriented therapy, cognitive restructuring as a technique of cognitive behavioural therapy and family therapy. However, after the initial intake interview at the emergency unit of the hospital, N.O. never returned for the psychological management plan.

Conclusion

Understanding the influence of the internet and social media on people of all ages looks to be at a crossroad, with compelling findings and intervention possibilities on one side and critical theoretical and empirical challenges on the other. This current study explored and examined how the internet and social media impact people of all ages, social-economic strata, religion and culture with special emphasis on what presents in a mental health facility in Lagos. Investigating the internet and social media usage also found that they were risk factors for addictive behaviour particularly with the features of some platforms such as Instagram, Tiktok, Facebook, Whatsapp and Twitter. This paper found that the negative effects of the use of technology and social media directly predicted poorer mental health status as evidenced by feelings of loneliness, isolation, low self-concept, poor body image, anxiety, depression, acute stress disorder and PTSD. Use of social media also had an adverse effect on some personality traits measured using the Big Five Factor Model, such as conscientiousness and agreeableness, while the effect of social media on narcissistic personality tendencies as a risk factor for internet and social media addiction had a mixed reaction.

Limitation

A potentially major limitation to this positional paper is the lack of data to show the rate of presentation of internet and social media addiction as a diagnosis in the mental health facility. Furthermore, for the few who presents for treatment, with little or no appropriate education and awareness of these addictions on the part of the patient or client as well as the relatives, there exist high attrition rate of such patients who lack insight into the major symptoms that led to being brought or coming on their own to the facility.

Suggestions

With few presentations of patients diagnosed with the negative impacts of use of internet and social media, the association to comorbid psychoactive substance use could not be investigated. With the availability of data and participants who fall within this comorbidity, there will be addition to the body of knowledge when such studies are conducted. More so, the relationship between internet and social media use and other personality disorders especially the known clusters A, B and C would also improve on available knowledge and yield more intervention studies.

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