

8th International Conference on Neurology and Psychology March 17-18, 2025 | Webinar

Volume : 08

The impact of social media and technology on mental health on adult and children in UAE

Dr Faisal Almualla Sheikh

Assistant Professor in Learner College University, UAE

The rising incidence of social media and technology in the UAE has raised concerns about the potential positive and negative effects of these technologies on mental health so this study examined the impact of social media and technology on mental health in the UAE, mainly for children and adults that would result a potential risk in cyberbullying, body image, addiction, depression and anxiety.

The research was conducted through a literature review, surveys of parents and teachers, and unconstructed interviews with children and adolescences. The findings suggest that social media and technology can have both positive and negative effects on mental health. Positive influences include the ability to communicate with friends and family, build relationships, and obtain information and support. On the contrary, Negative impact entails cyberbullying, unrealistic expectations about body image, addiction, depression and anxiety. The study also found that parents and educators need to be aware of the potential risks of social media and technology to mental health and take steps to mitigate these risks. These steps include talking to children and teens about the dangers of social media, setting limits on screen time, monitoring children's social media accounts, and setting positive role models for technology which is used properly The study concludes that more research is needed on the impact of social media and technology on mental health in the UAE. However, the findings of this study suggest that parents and teachers should be aware of the potential risks of this technology and take steps to mitigate them.

Keywords: social media, technology, mental health, children, UAE, cyberbullying, body image, addiction

Biography

: Holding several academic degrees from Royal Military Academy Sandhurst, BA in Strategy, MBA in Strategic Psychology, MA in Political Science, MRes in Business Psychology and PhD in Business Psychology. Published a number of papers in different fields and was selected as best Research paper in Arab youth platform in 2021. Board Advisor in RIT, Member of board Advisors in Africa Business Chamber, Research Fellow in The Emirates Centre for Strategic Studies and Adjunct Professor at Learner University College.

Faisalalmualla86@gmail.com

Abstract received : December 30, 2024 | Abstract accepted : February 02, 2025 | Abstract published : 22-04-2025