

HOW HAS THE PANDEMIC AFFECTED SOCIAL MEDIA USE AND MENTAL HEALTH?

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The aim of the study was to explore patients' attitudes about using social networks during the pandemic and the impact of the pandemic on mental health in three countries (Croatia, Bosnia and Herzegovina, and Serbia). The research was conducted in December 2021 on a sample of 303 patients. The questionnaire was delivered to the patients by the pharmacists, electronically and contained 16 questions, the most important of which were the following. Has the Covid-19 pandemic increased the need to use social media? Have you searched a social network for a recommendation for herbal preparation for calming/sleeping?(1) Do you think that during the Covid-19 pandemic, awareness of the importance of maintaining mental health was neglected? The findings were following: When asked what feelings the pandemic caused, 95 respondents answered that they feel good, while the rest were accompanied by depression, anxiety, fatigue, difficulty in relaxing or concentrating. The majority of respondents (79.9%) said that the pandemic affected the increase in time spent on social networks, and 128 of them used social networks as a source of health advice. The reason for concern was the neglected awareness of the importance of maintaining mental health during the Covid-19 pandemic (2), with which the majority of respondents (90.8%) agreed. Approximately one third of the respondents rated their health condition as good, while 68.7% had some kind of disorder or difficulty related to mental health. The obtained results show that the pandemic greatly affected people's mental health and caused an increase in the use of social networks. Based on the results, we can take measures in the future in the form of promotion and protection of mental health and treatment of this consequence of the pandemic.

References

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KAKO JE PANDEMIJA UTICALA NA KORIŠĆENJE DRUŠTVENIH MREŽA I MENTALNO ZDRAVLJE?

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Cilj istraživanja je ispitivanje pacijenata o stavovima o korišćenju društvenih mreža tokom pandemije i o uticaju pandemije na mentalno zdravlje u tri zemlje regiona (Hrvatska, Bosna i Hercegovina i Srbija). Istraživanje je sprovedeno u decembru 2021. godine na uzorku od 303 pacijenata. Upitnik koji su, elektronskim putem, farmaceuti dali korisnicima farmaceutske delatnosti sadržao je 16 pitanja od kojih su najznačajnija sledeća. Da li je pandemija Covid-19 uticala na povećanje potrebe za korišćenjem društvenih mreža? Da li ste na nekoj društvenoj mreži tražili preporuku za preparat na biljnoj bazi za smirenje/spavanje?(1) Smatrate li da je tokom pandemije Covid-19 zanemarena svest o važnosti očuvanja mentalnog zdravlja? U istraživanju se došlo se do sledećih saznanja: Na pitanje „Kakve je osećaje u Vama izazivala pandemija, 95 ispitanika je odgovorilo da se oseća dobro, dok ostale prati depresija, anksioznost, umor, poteškoće sa opuštanjem ili koncentracijom. Većina ispitanika (79,9%) se izjasnila da je pandemija uticala na povećanje vremena provedenog na društvenim mrežama, a njih 128 je koristilo društvene mreže kao izvor zdravstvenih saveta. Razlog zabrinutosti je zanemarena svest o važnosti očuvanja mentalnog zdravlja tokom pandemije Covid-19(2), sa čime se složila većina ispitanika (90,8%). Približno trećina ispitanika je svoje zdravstveno stanje ocenilo kao dobro dok 68,7% ima neki vid poremećaja ili poteškoća vezanih za mentalno zdravlje. Dobijeni rezultati pokazuju da je pandemija u velikoj meri uticala na mentalno zdravlje ljudi i uzrokovala porast korišćenja društvenih mreža. Na osnovu rezultata možemo u budućnosti preduzeti mere u vidu promocije i zaštite mentalnog zdravlja ali i lečenja ove posledice pandemije.

Literatura

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