


## DEPRESSION IN THE INTERNET: TRIVIALIZATION OF DISORDER OR A GENERATION EXPOSICIONISTA REFLECTIONS?

DEPRESSÃO NA INTERNET: BANALIZAÇÃO DO TRANSTORNO OU REFLEXOS DE UMA GERAÇÃO EXPOSICIONISTA?

DEPRESIÓN EN INTERNET: ¿BANALIZACIÓN DEL TRASTORNO O REFLEJOS DE UNA GENERACIÓN EXPOSICIONISTA?


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### ABSTRACT:

This article deals with issues related to wide exposure on the Internet of psychological disorders is depression or related distress to anxiety among adults, youth and children, either through social networks or any other type of digital platform approach from design the disorders, the emergence of digital media with the internet, the relationship that people have with the devices, as well as the relationships between content producers and their followers.

**KEYWORDS:** Social networks; Internet; Disorders; Depression; Melancholy.

## Introduction

The growing realization that every day, the mental problems of depression has found more and more space in society, moving between age groups, social and gender classes, has generated many discussions and forums, psychological support agencies, clinics and public sectors seek causes, effects and treatments. Meanwhile, with the advent of social networks and democratic access to the internet, more people feel comfortable sharing aspects of their daily lives, be molded, through a filter, assembly and selective exposure, or revealing your reality and intimacy, one who has a minimally technological device with internet access, you can share: your mood, your preferences, your lunch.

As a result of this democratization of the Internet, the process of globalization strode connecting people through social networks, *chats* of chatting and digital platforms, people who felt little or nothing relevant, now have assiduous followers, enjoying its publication, walking you through the web.

As we know, proximity, whether in physical or virtual sense, makes us know various aspects of each other, of course, in the virtual sense selectivity of who put makes it

become more guarded. What then, emotional and sociological order issues have to do with the advent of the internet and social networking? Why a teenager put a picture or make lives video talking about their frustrations and psychological problems? How to explain the phenomena of suicides committed with virtual audiences amid a transmission to thousands of people, most of whom have never personally met the person who is on the other side of the screen?

We proposed this study, so that the discussion on the possible reasons that lead to the exacerbation exposicionista to the point of guidelines that were treated within offices, to controlled medication based and family suffering, now being exposed to "interested outsiders ". Depression is emphasized, suffering even a glamourization reaching outstanding level which consequently ends up leading to more cases. Schools, shopping malls and other social spaces serve as study resources for this growing phenomenon.

### **Social networks and the need of a human possibilitação**

It is not uncommon today, amid conversations, especially among young people listen terms arising from the English related to social networks: *Live, streaming, stories* and the term that brought the primary interest to fans: Like. Friendships, previously went through a "rigorous process" selection, currently limited to a click on the screen and sending an invitation, which will later accept (or not) and thus add up to thousands or millions of friends that a social network behaves.

With the intensification of technological race between companies, electronic instruments have become essential elements in the lives of people. It therefore the study of the behavior of this generation that has influenced the routine of the world. (Cruz Dea, Neto, Pereira & Pirolo, 2014).

[...] digital social networks (RSD), even with all its content and economic bias, created at a time when society is highly verticalized, began to provide their user experiences flatter social relations (Bertonello, Velho & Vermelho, 2015).

We understand that although the original reason that led to the creation of social networks, as we know, has been economic for reasons of promoting products and brands, popularization occurred mainly by the relationship factor. The desire to have contact with others, meet and meet people, led to the great popularity of networks.

The man, from the very beginning, is considered a being of social relations, which incorporates standards, existing values in the family, in

their peers in society. Thus, the formation of human personality is the result of a socialization process (Savoia, 1989).

So this desire for relating and socializing is something that is intrinsically linked to the human condition, in the case of a vehicle that enables relationship, albeit virtual, with a lot of people, with their specificities, culture and context, the internet and their social networks become indeed something extremely interesting that attract many people. What to expect then about this process of socialization? The teacher Savoia (1989), proposes that:

The socialization process consists of a social learning through which we learn social behavior considered appropriate or not and motivate members of society itself to praise us or punish us (Savoia, 1989).

Although still act much disagreement about the types of relationships that appear on the web, or by conditions that attest to the validity of friendships (know personally have contacts in other ways, be geographically closer), or even by the need to create a new nomenclature for those people who "just" follow other on the internet, why the person then is a media celebrity or otherwise, relationships in social networks end up meeting the needs of socialization, at least in part, by the illusion of it exposing, but at the same time having the security of a device that needs no physical contact.

From the moment in which the subject chooses and / or selects who can be your "friend" in a digital social network, in the case of Facebook, you are staking out a territory, (re) building the subjectivity / identity. In this sense, the user creates its own rules and / or regulations, resulting in the acceptance criteria of relations, establishing, thus, for example, what kind of content is important in your reading, which should be published for others (sharing) and who can promote communication, namely to establish interaction (Santos; Santos, 2015).

In this sense, the current generation has transformed the virtual environment in a second home, as if there was a parallel life which should be nurtured with the same information that exists in "real life", and even information that can not be accepted, either as a way to achieve credibility by multiple interests or simply for not being happy with life in the real world and try ideality a new and better.

With regard to some dichotomies resulting from this use, some authors have found that the use of social network Facebook the notions of public and private mingle, making it difficult to distinguish the boundaries between these two concepts, and young people consider Facebook as an extension of your private sphere (Asunción & Matos, 2014).

Come then, in this context, self promotion and self-promotion of the image, the so-called: filters that modify photographs, putting those who put in a more acceptable standard of beauty (according to the current standard), Clickbaits, titles and sensational messages, fictional stories produced for attract the attention of uninformed readers, and more recently, FakeNews, news transmitted in order to sound truthful, but are also the result of manipulation or complete fabrication.

In this sense, strengthening the link between fake news and the emotional aspect called into question by the post-notion of truth, the studies confirm the tendency of users to share much the featured news by language and sensational and exciting content (Baldi, Cardoso, Cuirassier, Paes, Couraceiro & Quintanilha, 2018).

We note the manipulative potential that exists on the Internet through social networks, but at the same time, the content production capacity for discussion and debate, a young woman has a disagreement at home with a family member, exposes this discussion in the network and soon several people indirectly are participating in a family disagreement. We realize that there is no privacy or limit access, so let us turn to talk about health issues related to order this high exposure.

### **Psychological disorders and their relationship with social networks**

The human mind and its operation is a fascination for the human being, however, many jobs have been and are still produced related to psychological reasons, to names like Freud, Cullen, Foucault to our contemporaries are thinkers who produced great research developed theories and methods that helped us to understand the conception of the psyche. As a subject that attracts the attention of several people, depression is in the hall of diseases linked to this century, both by the medical field, as the very popular culture, movie theme being, songs, paintings among other media and arts, classified by vehicle information and magazines such as: the evil of the century. Data from recent years on the impact and diagnosis of the disease reveal that even conviveremos for some time with her,

In the latest report of the World Health Organization (WHO), depression lies in fourth place among the leading causes of burden among all diseases, and the outlook is even more bleak. If the incidence of depression persist, by 2020 it will be in second place. Worldwide, only to ischemic heart disease to supplant (Gonçalves & Machado, 2007).

Because it is a matter so delicate, long regarded as intimate and familiar disorders, depression remained for some time as (if not the still is) a kind of social taboo, where little

was known and talked about. Effects possibly generated by classification and treatment methods, while still known only as melancholy:

[...] melancholy was considered by many to be intractable. Thus, people who suffered the most severe forms were subjected to terrifying treatments such as causing physical pain to distract from the pain of the mind [...] (Gonçalves & Machado, 2007).

Because of so many complex issues related to depression, this became at the same time terrifying and interesting, something you know little or nothing about. When we analyze this evil light of postmodernity and the popularization of the Internet, we realized that this second became a fertile ground for the spread of content related to that, but it is also necessary to point out, it would be that one of its causes is also linked to high exposure to the internet, responsible for generating anxiety disorders:

While time spent online is becoming more and more excessive, psychological well-being of some Internet users is being prejudicado<sup>15</sup>. In the present study, there was no significant association between the amount of time spent on the Internet and the presence of anxious and depressive symptoms. Young people seem to access the Internet mainly for positive reasons (social mobility), while negative reasons (self-affirmation) seem to be less important (Moromizato, Ferreira, Souza, Leite, Macedo & Pimentel, 2015).

That is, the internet is not only a vehicle of information and exhibitions will of depression, but also an aggravating disturbances and generator related to the disease. Is the need to be seen, or the melancholy for lack of achievements and dissatisfaction with their lives, people who have many hours of internet access become more anxious and restless, then they can develop disorders more serious to the very state of depression.

Understanding how the mind and reasoning ability of a digital native, is confused with understanding the functioning of social networks: trends in fashion, music, food, environments, work, study, social networks today expanded its field of mere entertainment to be used as digital marketing tools, standards are set and when that happens, those who can not fit, either monetary, social or physiological condition, have to deal with internal crises of need for acceptance unserved.

The era of social media has brought great influence on the way in which men and especially women, see and idealize their bodies from a young age, bringing with it a idolatry to the body and a perfect search of something that is often non-existent or impossible to be achieved by generating, therefore, large rates of eating disorders, depression and self-image distortions compared (Carvalho, Goulart, 2017).

We understand the statement of psychologists, there is a concern on the part of those who use social networks to understand what the "social market" is demanding as the aesthetic beauty, accessories, physical classification as a feedback for those who seek to be attractive and desired, thereby achieving the acceptance by the majority. Imagine this scenario: a teenage girl combing hair, use makeup and other aesthetic features, wears his best clothes, not to go out with her friends, her parents or even a boyfriend, but to make a live, a live broadcast by Instagram, in order to garner more followers, many likes and compliments to his appearance, in short there are not many reasons for concern. It is not an unusual scenario of many teens not only in Brazil but in general, but what happens when that person, when after receiving much attention, stop taking it for various reasons?

The media represent information flows, some remain in height more than others, but a phenomenon called: Viral or Meme, strong humorous appeal of content, artistic or moving, are elevated to the overall relevance level, but fall by the wayside as quickly as They surfaced. This generation is transitive and needs constant flow of information and content, not holding anything specific.

Celebrities (media), are supported solely through the fame generated by the media, which appear as many times possible. The constant need, society itself, for news, celebrities end up having very short trajectories (Cruz, Dea, Neto, Pereira & Pirolo, 2014).

Content producers respond to a demand of society itself, meaning that if more is being required, production should also increase to meet this demand, so every day more people are trying to conform to established standards by changing their values and concepts in some cases, their own identity:

It is also believed that the identity can be managed, precisely because it is changeable and therefore, it would be necessary to project a desired image so that the identity was shaped according to results expected (Cruz, Dea, Neto, Pereira & Pirolo, 2014).

This mutability required by the demands of this generation, linked to the feeling of belonging, puts these individuals in a high sensitivity position, that when faced with no deception have so many likes, followers, not be accepted by those who once filled him with praise, enter in a deep sadness which extends may develop into a melancholy anguish.

## Contemplative glamor of other people's pain

What to do when high exposure to social networks and Internet content cause disorders, which in many cases prevent individuals to interact in a healthy way, either on the internet or in the "real world"? Some young people (but not only), dip once in pain and outsourcing, posts, which previously exposed the achievements, joys, celebrations, standardized beauty, become that pessimistic empty realities posts, shades darker in photographs, filters shades of blue and black, referring to the dark, modern gothic and other social movements, who idolize melancholy as a philosophy of life.

For most parents, care for mental health / emotional of their teenage children, is not as complex and serious, to be compared to their experiences themselves, which does not always apply because we are dealing with different generations, or simply by difficulty in establishing a relationship of trust and healthy dialogue, resulting in more serious consequences, Explains Abreu and Sousa (2017):

The teenager thinks in the future considering a much shorter time than their parents [...] that is when parents are frustrated with their children, highlighting the lack of preparation to face this new adolescent phase they have at home [...] the teenager can understand as an alternative to solve their conflicts threaten the life, and this phenomenon a mixture of several biological changes, psychological and social. (Abreu & Sousa, 2017).

With the advent of content aimed at the glamourization emotional disorders and repressed identity disorders, is the most melancholy music, books of romantic tragedies, vampires and other fantastic fictions returning to be relevant to pop culture, loneliness and anguish in movies and series, as expected, content related to these issues attract the attention of anyone who tries to deal with the uncertainty, anguish and psychological problems in their own reality.

So another type of posting is gaining fame, related to glimpse the human tragedy, combined with a pessimism about life, a flirtation with existentialism and hopelessness in life, something that attracts the eyes and the views, especially young people, in internet, we know that such content attracts view, it becomes demand, no wonder we have considerable amounts of content with these characteristics. According to studies of related posts to the topic, it was found that:

[...] people who post a tweet with messages, which tend to be from someone with symptoms of depression, use social networks as a way to express what they feel at the time [...] (Oliveira, Sabino, Pupo, Aragusuku, Lima & Trigo, 2018).

We understand that, although there is a lot of manipulation of a current demand, looking view, there are those people who post their pain and anguish they feel that in some way can better handle the situation, either through comments of support or otherwise.

## Final Considerations

We can not only establish a rule bias why people who have access to internet, use it as a means to express their emotional crises or mental disorders, but the fact that the internet is part of a contemporary reality that in estimate will remain for long evident, since every day a growing number of digital natives, as well as market setup and personal character. Few people living in urban areas have no access to online content, which makes this an important part of people's lives, so that each individual with its specificity has different motivations.

However we can establish a direct relationship with the demand of exposure in exchange for status that exists in social networks and streaming platforms, not only for people who already have his reputation established by thousands of followers, but those who consume online content and decides to part of that group of content producers. Therefore, it came to the attention of a dispersed public or seeking some form of help producers and online content consumers remain posting their ills in search of who cares.

There are numerous other issues to raise in this regard, so fitting the production of new studies and analysis on hasstirs.

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**RESUMO:**

Este artigo trata de questões relacionadas a ampla exposição na internet de transtornos de ordem psicológica, seja depressão ou angústia relacionada à ansiedade, entre adultos, jovens e crianças, seja por meio de redes sociais ou quaisquer outro tipo de plataforma digital, abordamos desde a concepção dos transtornos, o surgimento das mídias digitais com a internet, a relação que as pessoas estabelecem com os dispositivos, assim como os relacionamentos entre os produtores de conteúdo e seus seguidores.

**PALAVRAS-CHAVE:** Redes Sociais; Internet; Transtornos; Depressão; Melancolia.

**RESUMEN:**

Este artículo aborda temas relacionados con la exposición generalizada de trastornos psicológicos en internet, ya sea depresión o angustia relacionada con la ansiedad, entre adultos, jóvenes y niños, ya sea a través de redes sociales o cualquier otro tipo de plataforma digital, lo abordamos desde la concepción de desórdenes, el surgimiento de los medios digitales con internet, la relación que las personas establecen con los dispositivos, así como las relaciones entre los productores de contenidos y sus seguidores.

**PALABRAS CLAVE:** Redes sociales; Internet; Trastornos; Depresión; Melancolía.