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### **New media use and Healthy lifestyle A literature review**

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#### **Abstract**

A key component of sustainable socioeconomic growth and development is healthy living. Healthy people are better able to handle life's problems and enjoy higher standards of living. This study attempts to emphasize the value of health and the media's function as a significant social institution for fostering a healthy lifestyle and awareness. The authors made a point of new media can play a role in promoting healthy living by providing access to information and resources that can help people make healthier choices. For example, people can use their smartphones or other digital devices to track their physical activity, access healthy recipes, and connect with others who are also interested in living a healthy lifestyle. However, it's important to use new media in moderation and to be mindful of the potential negative effects it can have on physical and mental health. Prolonged use of screens and devices can lead to issues such as eyestrain, neck and back pain, and sleep disturbances. It can also contribute to feelings of social isolation and disconnection, as well as negative impacts on mental health.

#### **Keyword**

New media, Living lifestyle, user, WHO, physical and mental health

#### **Introduction**

New media has had a significant impact on the way we approach healthy living. From social media platforms and blogs to online fitness classes and telemedicine, the internet has provided us with endless resources to help us lead

healthier lives.(Yom-Tov et al., 2018) One of the biggest benefits of new media for healthy living is the ability to connect with others who are also striving to improve their health. Social media platforms like Instagram and Twitter have become hubs for people to share their health journeys, offer support and advice, and motivate one another to stay on track. There are also numerous online support groups and forums where people can connect with others who are dealing with similar health challenges.(Banerjee & Ho, 2020)

In addition to connecting with others, new media has also made it easier to access accurate and reliable information about health and wellness. (Elareshi et al., 2022)There are countless blogs, articles, and videos available online that provide guidance and tips on how to live a healthier life. This information can be particularly helpful for people who may not have access to traditional sources of healthcare or who are looking for alternative approaches to health and wellness. Another way that new media has impacted healthy living is through the proliferation of online fitness classes and workout programs. With the help of apps and streaming services, it is now possible to access high-quality fitness classes from the comfort of your own home.(Habes, Ali, et al., 2023) This is particularly useful for those who may not have the time or resources to attend a gym or fitness studio.(Strømme et al., 2014)

Flags are symbols that represent a particular country, organization, or cause. They are often used as a way to represent and promote national pride, unity, and identity. (Habes, Ali, et al., 2022) Flags are also used as a way to communicate and disseminate information about a particular topic or issue. One way in which flags can be used to promote health awareness is by incorporating health-related symbols or messages into their design.(Subica et al., 2016) For example, the World Health Organization (WHO) has a flag that features the organization's logo, which is a stylized version of the Rod of Asclepius, a symbol of healing in ancient Greek mythology. The WHO flag is used to promote the organization's work in improving global health and providing healthcare to people around the world. In addition to using flags as a way to promote health awareness, they can also be used as a tool for advocacy and activism.(Castells, 2007) For example, during World AIDS Day, people often display the red ribbon flag, which is a symbol of solidarity with people living with HIV/AIDS and a call to action to support those affected by the disease.(Enshassi et al., 2015)

Another way in which flags can be used to promote health awareness is by using them as a way to raise funds for health-related causes. Many organizations, such as the American Cancer Society, sell flags or other items featuring their logos as a way to raise money for research and support for people affected by cancer.(Estreder et al., 2020) In addition to promoting health awareness, flags can also be used as a way to encourage healthy behaviors. For example, the Australian government has a program called "Get Active Flags" which provides flags to schools and community organizations as a way to encourage physical activity and promote healthy living. In conclusion, flags can be a powerful tool for promoting health awareness, advocacy, and activism. Whether they are used to represent a

particular health organization, raise funds for a health-related cause, or encourage healthy behaviors, flags can serve as a visual reminder of the importance of taking care of our health and the health of others.(Petric, 2019)

Telemedicine has also become increasingly popular in recent years as a way to access healthcare services remotely. (Abid & Barech, 2017)Through telemedicine, people can consult with healthcare professionals, get diagnoses, and receive treatment without ever having to leave their home.(Zhang et al., 2020) This can be particularly beneficial for those who live in rural areas or who have mobility issues. In conclusion, new media has had a major impact on healthy living. By providing us with the ability to connect with others, access reliable health information, and access fitness and healthcare services remotely, it has made it easier for people to make positive changes in their lives and improve their overall health and wellness.(Eytan, 2011)

### **Methodology**

The term "method" refers to the procedures used to direct a study's efforts to gather pertinent data and analyze it both systematically and empirically.(Habes, Al-Adwan, et al., 2022; Wang et al., 2022) The current inquiry uses an applied-descriptive methodology since it enables the application of knowledge in the real world and aids in characterizing a particular scenario by highlighting its most unusual characteristics and outlining all of its essential elements. (Al Olaimat et al., 2022; Habes, Pasha, et al., 2023) According to Habes, Elareshi, *et al.*, ( 2022) the epistemological stance, this research is pragmatic and critical as the extensive discussion will lead the researchers to reality. This research is crucial and pragmatic from an epistemological perspective because it will bring the researchers closer to reality thanks to the prolonged debate.

### **New Media and drugs**

Media and drugs have a complex and often controversial relationship. On one hand, media can play a powerful role in shaping public perceptions and attitudes towards drugs, both legal and illegal. This can have significant impacts on policy and public health, as well as on the lives of individuals who use drugs. (Chakiso, 2015) At the same time, media coverage of drugs can also be distorted or sensationalized, leading to misinformation and stereotypes that can further perpetuate harmful societal attitudes and behaviors. (Ke et al., 2020) One way that media can influence attitudes towards drugs is through the way it portrays drug use and abuse. In the past, media coverage of drugs has often focused on negative consequences and depicted drug users as immoral or criminal. This type of coverage can contribute to the stigmatization of drug users and may discourage people from seeking help for substance abuse problems.(Porto et al., 2017)

On the other hand, more recent media coverage of drugs has begun to shift towards a more nuanced and balanced approach. For example, there has been an

increase in coverage of the opioid epidemic and the role of prescription drugs in contributing to this crisis.(Khalid & Yousaf, 2018) This has helped to shed light on the complex factors that can contribute to substance abuse and addiction, and has spurred efforts to address the root causes of the problem.(Tayarani et al., 2013) In addition to shaping public attitudes, media can also play a role in shaping policy decisions related to drugs. For example, media coverage of the war on drugs has influenced public opinion and policy related to drug prohibition and law enforcement efforts. Similarly, media coverage of the legalization of marijuana in some states has helped to shape public opinion and policy on this issue.(Ke et al., 2020)

While media can have a powerful influence on public attitudes and policy related to drugs, it is important to be aware of the potential biases and limitations of media coverage. Media coverage of drugs can be distorted or sensationalized, leading to misinformation and stereotypes. It is important to seek out reliable and balanced sources of information and to critically evaluate media coverage of drugs(Ke et al., 2020). In conclusion, media and drugs have a complex relationship that can shape public attitudes and policy decisions. (Muriithi et al., 2018)While media can play a powerful role in raising awareness and understanding of drug-related issues, it is important to be aware of the potential biases and limitations of media coverage and to seek out reliable sources of information.

### **Influence of New Media on Healthy Living**

New media, including social media, websites, and apps, has had a significant impact on how people learn about and practice healthy living. One of the main ways that new media has influenced healthy living is by providing easy access to information. With a few clicks or taps, people can find information about nutrition, exercise, and other aspects of healthy living. This includes access to articles, videos, and even virtual consultations with healthcare professionals. New media has also made it easier for people to track and monitor their health. There are a variety of apps and wearable devices that can help people track their physical activity, sleep patterns, and even nutrition.(Al-Shakhanbeh & Habes, 2022) This can help people identify areas where they need to make changes in order to improve their overall health.(Alan Maryon-Davis, 2012)

In addition to providing information and tracking tools, new media has also made it easier for people to connect with others who are interested in healthy living. (Alghizzawi et al., 2019)Online communities and support groups can provide motivation and encouragement to help people stay on track with their health goals. However, it's important to note that not all information found on the internet is accurate or reliable. It's important to critically evaluate the source of the information and consult with a healthcare professional before making any significant changes to your health routine. Overall, new media has had a significant impact on healthy living by providing easy access to information, tracking tools, and social support. However, it's important to use caution and rely on trusted sources when seeking information about health and wellness. Using social media

can have both positive and negative effects on health. Here are some potential impacts of using social media: (Al-rahmi & Othman, 2013; Alghizzawi et al., 2019; Alhumaid et al., 2021; Sallam et al., 2020)

1. Connecting with others: Social media can provide a sense of social connection and support, especially for people who may feel isolated or lonely in their offline lives.
2. Sharing information and knowledge: Social media can be a useful tool for finding and sharing health-related information and resources. For example, you might discover a new exercise routine or learn about a new treatment option through social media.
3. Encouraging healthy behaviors: Some social media platforms, such as fitness apps, can help to motivate people to adopt healthy behaviors and track their progress.
4. Providing emotional support: Social media can be a source of emotional support and encouragement, particularly during difficult times. For example, a person dealing with a chronic illness might find comfort and support from others who have similar experiences.

### **Negative effects**

1. Comparing oneself to others: Seeing others' highlight reels on social media can lead to feelings of inadequacy or low self-esteem. It's important to remember that social media often presents a skewed and incomplete picture of people's lives.
2. Cyberbullying and online harassment: Social media can be a breeding ground for bullying and harassment. This can have serious negative effects on mental health, including feelings of anxiety, depression, and loneliness.
3. Spread of misinformation: Not all information on social media is reliable or accurate. It's important to fact-check and be cautious about believing or sharing information without verifying its credibility.
4. Time spent on social media: Spending excessive amounts of time on social media can lead to decreased face-to-face interactions and reduced physical activity, which can have negative impacts on physical and mental health.

There is a complex relationship between media exposure and awareness of health behaviors. On one hand, media can be a useful source of information about health behaviors, and can help to raise awareness about the importance of certain behaviors, such as exercising regularly or eating a healthy diet. (Alghizzawi et al., 2018) For example, seeing a television commercial about the benefits of exercise may motivate someone to start exercising regularly. (Kobayashi & Kondo, 2019) On the other hand, media exposure can also have negative effects on health behaviors. For example, media may promote unhealthy behaviors, such as smoking or drinking alcohol, or may present unrealistic or unhealthy body standards that can lead to unhealthy behaviors such as disordered eating or excessive exercise. (Kobayashi & Kondo, 2019) Overall, it's important to use social media mindfully

and in moderation. While it can be a useful tool for staying connected and informed, it's important to be aware of the potential negative effects and take steps to protect your health and well-being. (Rovetta & Bhagavathula, 2020)

### **Media templates affecting health**

Media templates refer to the standardized formats and structures that are often used in the creation of media content, such as news articles, television shows, and movies. (Habes et al., 2018) These templates can have a significant impact on public health by shaping the way that health information is presented and perceived. In this essay, we will explore some of the ways in which media templates can affect health and consider the implications of these effects. (Pradesh et al., 2020) One way in which media templates can affect health is through the way that they depict health behaviors and outcomes. (Alghizzawi et al., 2018) For example, media content that portrays smoking as cool or fashionable may encourage people to take up smoking, while content that portrays healthy behaviors, such as exercising or eating a nutritious diet, may encourage people to adopt these behaviors. Similarly, media content that presents medical treatments or procedures in a positive light may encourage people to seek out these treatments, while content that presents them in a negative light may discourage people from seeking them out. (Kitzinger, 2000) Another way in which media templates can affect health is through the way that they portray health risks and harms. (Alhawamdeh et al., 2020; Elareshi et al., 2022; Habes, Salous, et al., 2022) For example, media content that downplays the risks of unhealthy behaviors, such as smoking or binge drinking, may discourage people from taking precautions to protect their health. On the other hand, media content that exaggerates the risks of certain behaviors or conditions may create unnecessary fear and anxiety. (Amzat & Razum, 2014) Media templates can also affect health by shaping public attitudes and beliefs about health and wellness. For example, media content that portrays certain health conditions, such as mental illness or addiction, in a stigmatizing or negative way may discourage people from seeking help or treatment for these conditions. On the other hand, media content that portrays these conditions in a more positive and understanding way may encourage people to seek help and support. (Ayala Garay et al., 2011) Another way in which media templates can affect health is through the way that they present health information. For example, media content that oversimplifies complex health issues or presents misleading or inaccurate information may lead people to make poor health decisions. On the other hand, media content that presents accurate, reliable, and nuanced information about health issues can help people make informed decisions about their health. (Baker, 2015)

In conclusion, media templates can have a significant impact on public health by shaping the way that health information is presented and perceived. By being aware of these effects, media creators can strive to present health information in a responsible and accurate way, helping to promote public health and well-being. (Aoun et al., 2022; Hinds & Giardino, 2017; Wani et al., 2020)

1. New media types, such as social media, streaming platforms, and online gaming, have become increasingly prevalent in recent years and have had a significant impact on health. Here are some ways in which new media types are affecting health:
2. Social media: Social media can have both positive and negative effects on health. On the one hand, it can facilitate social connections and provide a sense of belonging, which can have a positive impact on mental health. On the other hand, excessive use of social media can lead to feelings of loneliness, isolation, and depression. Studies have shown that the more time people spend on social media, the more likely they are to experience negative mental health outcomes.
3. Streaming platforms: Streaming platforms, such as Netflix and Hulu, have become popular sources of entertainment, but they can also have negative effects on health. Research has found that binge-watching, which is defined as watching multiple episodes of a TV show in one sitting, can lead to a sedentary lifestyle and increase the risk of obesity, heart disease, and other health problems.
4. Online gaming: Online gaming can be a fun and engaging activity, but it can also have negative effects on health. Excessive gaming can lead to a sedentary lifestyle, sleep problems, and eye strain. It can also contribute to the development of internet addiction, which is a recognized mental health disorder.
5. Cyberbullying: New media types have made it easier for people to harass and bully others online, which can have serious consequences for the mental health of victims. Cyberbullying can lead to feelings of depression, anxiety, and low self-esteem. It can also increase the risk of self-harm and suicide.
6. Disinformation: New media types have made it easier for misinformation to spread, which can have serious consequences for public health. For example, during the COVID-19 pandemic, there was a proliferation of false and misleading information about the virus and how to prevent its spread. This can lead to people making harmful or dangerous decisions based on incorrect information.

### **New media Influence on Healthy Lifestyle**

New media, such as social media, blogs, and online news sites, can have both positive and negative influences on healthy lifestyles. (Yom-Tov et al., 2018) On the positive side, new media can provide a wealth of information and resources about healthy living, including tips for nutrition, exercise, and stress management. It can also help people connect with others who have similar health goals and provide a sense of community and support. (Banerjee & Ho, 2020) However, new media can also have negative influences on healthy lifestyles. For example, it can be easy to get caught up in comparison and "perfectionism" on social media, which can lead to unhealthy behaviors and negative self-perception. Additionally, the

constant stream of information and stimulation from new media can make it difficult to disconnect and relax, which is important for overall well-being. Overall, it is important to be mindful of how new media is affecting your healthy lifestyle and to use it in a balanced and healthy way. This may involve setting limits on your time spent online, being selective about the sources of information you follow, and being aware of the potential risks and benefits of using new media.(Lee, 2009)

New media has had a significant influence on people's lifestyles, including their approach to healthy living. Here are some ways that new media has impacted healthy lifestyles:(Lee, 2009; Wang et al., 2022):

1. **Access to information:** One of the main ways that new media has influenced healthy living is by providing easy access to information. With a few clicks or taps, people can find information about nutrition, exercise, and other aspects of healthy living. This includes access to articles, videos, and even virtual consultations with healthcare professionals.
2. **Tracking and monitoring:** New media has made it easier for people to track and monitor their health. There are a variety of apps and wearable devices that can help people track their physical activity, sleep patterns, and even nutrition. This can help people identify areas where they need to make changes in order to improve their overall health.
3. **Social support:** In addition to providing information and tracking tools, new media has also made it easier for people to connect with others who are interested in healthy living. Online communities and support groups can provide motivation and encouragement to help people stay on track with their health goals.
4. **Convenience:** Many people lead busy lives, and new media can make it easier to find and incorporate healthy habits into their daily routine. For example, there are apps that offer virtual exercise classes, meal planning and delivery services, and even virtual therapy sessions.
5. **Personalization:** New media can also help people tailor their approach to healthy living to their specific needs and goals. For example, there are apps that allow users to input their personal health data, such as age, weight, and medical history, and provide personalized recommendations for exercise and nutrition.
6. It's important to note that not all information found on the internet is accurate or reliable. It's important to critically evaluate the source of the information and consult with a healthcare professional before making any significant changes to your health routine.

Overall, new media has had a significant impact on healthy lifestyles by providing easy access to information, tracking tools, social support, convenience, and personalization. However, it's important to use caution and rely on trusted sources when seeking information about health and wellness.(Habes, Ali, et al., 2022, 2023).



## **Conclusion**

New media, including social media, mobile apps, and online communities, have had a significant impact on the way people access information and interact with each other, including in the realm of healthy living. Here are some key findings from the literature on the influence of new media on healthy living. New media can facilitate access to health information: People can easily access a wide range of health-related information through new media platforms, including information on diseases, treatments, and self-care strategies (Enshassi et al., 2015; McHugh, 2012). This can be especially beneficial for individuals who may not have access to traditional sources of health information, such as healthcare providers or print materials. New media can provide social support for healthy behaviors: Online communities and social media can provide a sense of social support and motivation for individuals seeking to adopt or maintain healthy behaviors. For example, people may join online groups or forums dedicated to healthy living, or use social media to connect with others who are pursuing similar goals. New media can promote unhealthy behaviors: While new media can be a powerful tool for promoting healthy behaviors, it can also facilitate the spread of unhealthy behaviors, such as the promotion of unhealthy diets or the glorification of unhealthy lifestyles. New media types have both positive and negative effects on health. It is important for individuals to be aware of these effects and to use new media in a healthy and balanced way. It is important for individuals to be aware of this potential downside and to use new media responsibly. New media can be used to promote health interventions: Health professionals and organizations can use new media to deliver health interventions, such as virtual support groups or online self-care programs. This can be especially useful in reaching populations that may not have access to traditional forms of healthcare. There is a need for further research: While there is a growing body of literature on the influence of new media on healthy living, there is still much that is not understood about how these platforms can be used most effectively to promote health. Further research is needed to better understand the potential benefits and risks of new media for health.

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