

SECTION A (Source-Based Case Study)

Answer **all** questions.

Being Part of a Globalised World

Study the Background Information and the sources carefully, and then answer all the questions.

You may use any of the sources to help you answer the questions, in addition to those sources which you are told to use. In answering the questions, you should use your knowledge of the issue to help you interpret and evaluate the sources.

1 Study Source A.

What is the message of the source? Explain your answer using details from the source. [5]

2 Study Source B.

Why did the minister make this speech? Explain your answer. [6]

3 Study Sources C and D.

Having read Source C, do you find Source D surprising? Explain your answer. [7]

4 Study Source E.

How useful is the source in providing recommendations to reduce the risks brought about by the prevalent use of social media? Explain your answer. [7]

5 'Social media is bad for young people in Singapore.'

Using the sources in this case study, explain how far you would agree with this statement. [10]

How has social media impacted the mental health of Singaporean youths?

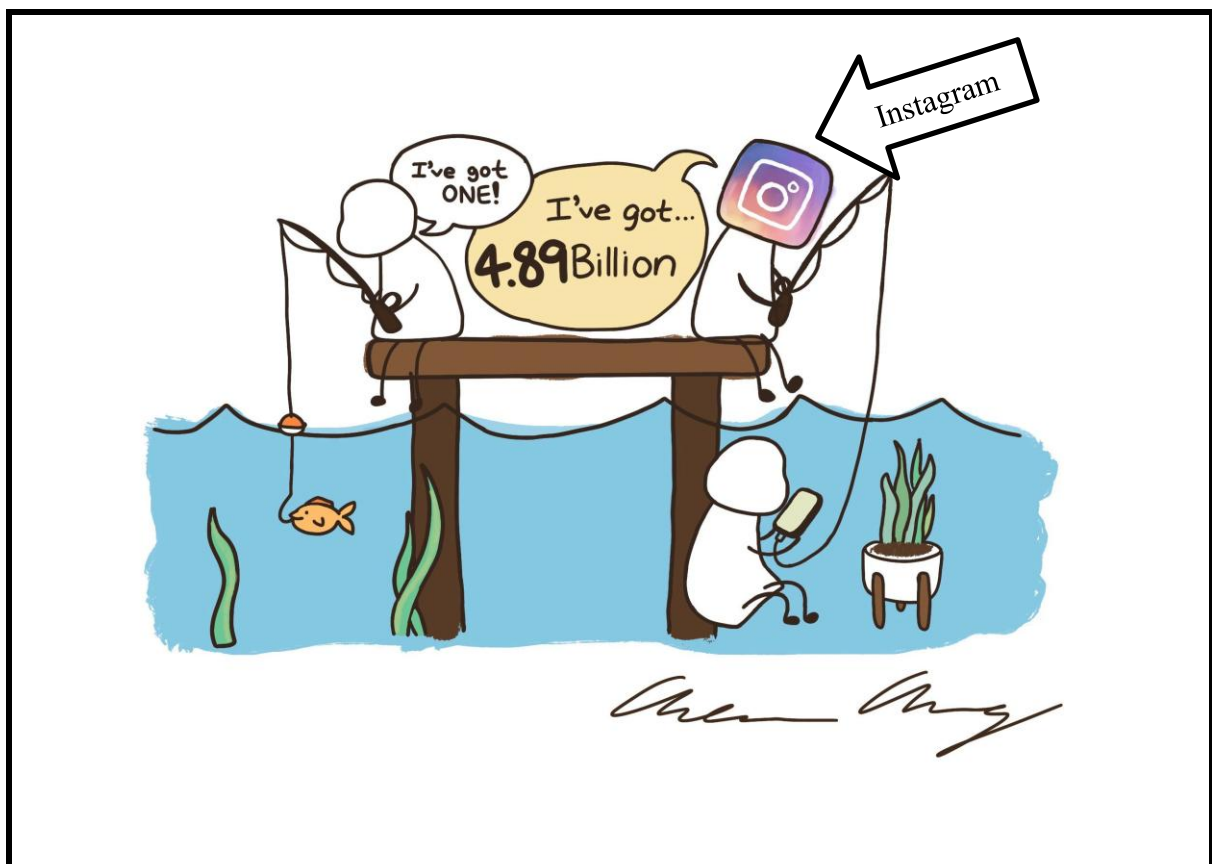
BACKGROUND INFORMATION

Read this carefully. It may help you to answer some of the questions.

The increasing prevalence of social media among Singaporean youths has sparked significant debate about its impact on mental health. While some argue that social media provides a platform for connection and support, others highlight its potential to contribute to anxiety, depression, and other mental health issues.

Study the following sources to find out how social media affects the mental health of young people in Singapore.

Source A *A cartoon published on a youth website in 2024.*



Source B *An excerpt from a speech by Deputy Prime Minister Lawrence Wong in Parliament, 7 February 2024.*

As we confront the surge in mental health issues among our youths, it is evident that social media plays a significant role. Social media often perpetuates unrealistic standards and exposes youths to cyberbullying, negatively impacting their well-being.

Recognising the urgent need to understand social media's effects on youth mental health, we are launching extensive research initiatives to gather comprehensive data. This will help develop targeted, evidence-based interventions to address these challenges effectively.

Additionally, we will train 28,000 more individuals to provide mental health support within the community.

Source C *An excerpt from an article titled "Social media use and its impact on adolescent mental health: An umbrella review" published by the American Psychological Association in 2023.*

Recent research suggests that the link between social media use and the mental health of young people is complex and not solely negative. The review indicates that while social media can have both positive and negative effects, many studies have found no significant correlation between social media use and adverse mental health outcomes. In fact, some findings highlight that social media can enhance social connections and provide emotional support, contributing to positive mental well-being.

The review underscores that the effects of social media are highly individual, varying significantly based on how it is used and the specific context. Positive interactions and supportive online communities can promote well-being and provide a sense of belonging. Conversely, negative experiences, such as cyberbullying or excessive comparison, can be detrimental. Thus, the relationship between social media use and mental health is not straightforward and requires further investigation to understand its multifaceted nature.

Source D *An excerpt from an interview with Josiah, a 17-year-old student, published in Channel News Asia, 24 July 2023.*

Before the pandemic, I didn't think social media impacted my mental health much. I enjoyed gaming and watching YouTube videos as part of my daily routine, balancing it with friends, sports, and schoolwork. However, during the COVID-19 pandemic, my social media and gaming addiction spiraled out of control. I was spending six to seven hours a day on my devices, mostly gaming and watching YouTube. I even used my phone during meals and while crossing the road. When my parents tried to intervene, I became very angry and once locked my mom out of the house after she turned off the Wi-Fi.

The pandemic worsened things because I couldn't play sports or see friends, leading to isolation and avoiding my family, even rejecting offers for my favorite meals. Eventually, my mom convinced me to seek help through a boxing and group therapy program by Impart. This program helped me manage my addiction and reconnect with my family and friends. It was a tough journey, but I'm grateful for the support that helped me through it.

Source E *An excerpt from the U.S. Surgeon General's Advisory on social media and Youth Mental Health, published in May 2023. Surgeon General's office is a leading public health authority in the United States, responsible for providing clear and evidence-based recommendations on various health issues.*

The widespread use of social media among youths has raised significant concerns about its impact on mental health. Up to 95% of youth aged 13-17 use social media, with more than a third using it almost constantly. This high level of engagement is linked to increased rates of mental health challenges.

We recommend several actions to mitigate these risks, including enforceable age limits for social media use, enhancing platform designs to reduce harm, and promoting digital literacy. One specific recommendation is implementing health and safety labels on social media platforms to inform users of potential risks, like tobacco warning labels. The advisory also calls for increased research to better understand these impacts and for tech companies to share relevant data with independent researchers.

Urgent action is needed to create safe and healthy digital environments that minimize harm and safeguard the mental health of children and adolescents.

Source F *An excerpt from an article published by Private Space in 2024. Private Space is a mental health clinic in Singapore offering comprehensive psychiatric and psychological services.*

According to Dr. Victor Kwok, Senior Consultant at Private Space, social media can significantly enhance mental well-being when used mindfully. Platforms like Facebook, Instagram, and Twitter provide opportunities for social connection, especially for individuals who might feel isolated. These connections can offer emotional support, foster a sense of belonging, and help combat loneliness.

Social media is also a powerful tool for raising awareness about mental health issues and promoting resources. Users can share experiences, offer support, and spread positive messages, creating an uplifting environment. Communities centered around mental health advocacy provide valuable information and a safe space for discussions.

Dr. Kwok emphasises that, while moderation is key, the benefits of social media, such as enhanced social support and increased awareness about mental health, should not be overlooked.

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- Source A © https://youthmedia.kqed.org/submission/NiQ1YTIkNDQ4NWl5ZjU2ZGFiZjdhNGEz?t&utm_source=perplexity
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 Source F © <https://privatespace.com.sg/scrolling-and-sanity-social-medias-impact-on-mental-well-being/>

SECTION B (Structured-Response Questions)

Answer **both** questions.

Living in a Diverse Society

Study the extracts carefully, and then answer the questions.

Extract 1

The diversity of nationalities living in Singapore has been the result of Singapore's openness to foreigners, both migrants and immigrants. This openness has long been the country's approach to meeting its manpower needs and boosting the economy, and to mitigating the impacts of low birth rates and an ageing population in the citizen population.

Extract 2

Individuals' responses towards issues arising from socio-cultural diversity makes a difference. Singaporeans can do their part by responding constructively to raise awareness and address areas of ignorance.

Extract 3

Singapore's approach to managing socio-cultural diversity has consistently been that of integration, with the belief that diverse identities complement the Singapore national identity. The government has implemented policies and programmes to encourage interaction between locals, immigrants, and foreigners. These include the bilingual policy, the Community Integration Fund and naturalisation initiatives.

- 6 Extract 1 shows that Singapore's diversity of nationalities is a result of its openness to foreigners, which addresses manpower needs, economic growth, and mitigates low birth rates and an ageing population.

In your opinion, how does Singapore's openness to foreigners impact Singaporeans? Explain your answer using **two** consequences.

[7]

- 7 Extracts 2 and 3 discuss the role of individuals and government in managing socio-cultural diversity in Singapore.

In building a more socially inclusive society in Singapore, do you think the role of individuals is more significant than the role of government? Explain your answer.

[8]