

The Impact of Social Media on Teenagers Mental Health

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Abstract: *Social media plays an important role in shaping the lifestyle and social interactions of teenagers today. With easy access to smartphones and the internet, teenagers spend a considerable amount of time on social networking platforms. These platforms allow users to communicate instantly, share experiences and express opinions. However, continuous exposure to online content and social comparison has raised concerns about its effect on mental health. Digital platforms like Instagram, snapchat and WhatsApp are commonly used for communication, entertainment and sharing information. While social media provides several advantages, excessive usage for raised concerns related to mental health. This research paper discusses the impact of social media on teenager mental well-being by examining both its negative and positive effects. The finding suggests even though social media helps teenagers stay connected, overuse may lead to stress, anxiety and reduced self-esteem.*

Keywords: Social Media, Teenagers, Mental Health, Anxiety, Well Being

How to cite?

World Health Organization-Adolescent Mental Health, Educational Psychology and Mental Health Activities, Online Resource on Social Media Awareness