



TOPIC: IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

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ABSTRACT

Social media has become an undeniable force in our lives, but its effects on mental health are a subject of ongoing debate. This study investigates the relationship between social media use and symptoms of depression and anxiety in young adults. We analyze data from a survey of 1,000 college students, examining their social media habits and mental health scores. Our findings suggest a correlation between excessive social media use and increased depressive and anxious symptoms.