

Impact of Social Media on Mental Health

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Abstract: *This research paper explores the multifaceted impact of social media on mental health, examining both positive and negative aspects. The study employs a mixed-methods approach, combining quantitative data analysis and qualitative insights to provide a comprehensive understanding of the subject. This research examines the intricate relationship between social media usage and mental health. Utilizing a mixed-methods approach, it explores positive aspects like online support communities and awareness campaigns, as well as negative impacts such as cyberbullying and social comparison. Demographic variations are considered, emphasizing the nuanced experiences of diverse groups. The study delves into social media addiction, body image influence, and coping mechanisms. Findings reveal the complex interplay between online interactions and mental well-being. The research concludes by discussing implications for mental health professionals and proposing intervention strategies. This nuanced understanding contributes to ongoing discourse and informs future research and policy initiatives.*

Keywords: Cyberbullying

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