



IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

Diya Vyas

Student of Computer Studies and Emerging Technology,
TransStadia University, Ahmedabad.

Under the guidance of

Manthan Khopkar

Assistant Professor

Computer Studies and Emerging Technology
TransStadia University, Ahmedabad

DECLARATION: I AS AN AUTHOR OF THIS PAPER /ARTICLE, HERE BY DECLARE THAT THE PAPER SUBMITTED BY ME FOR PUBLICATION IN THE JOURNAL IS COMPLETELY MY OWN GENUINE PAPER. IF ANY ISSUE REGARDING COPYRIGHT/PATENT/OTHER REAL AUTHOR ARISES, THE PUBLISHER WILL NOT BE LEGALLY RESPONSIBLE. IF ANY OF SUCH MATTERS OCCUR PUBLISHER MAY REMOVE MY CONTENT FROM THE JOURNAL WEBSITE. FOR THE REASON OF CONTENT AMENDMENT /OR ANY TECHNICAL ISSUE WITH NO VISIBILITY ON WEBSITE /UPDATES, I HAVE RESUBMITTED THIS PAPER FOR THE PUBLICATION.FOR ANY PUBLICATION MATTERS OR ANY INFORMATION INTENTIONALLY HIDDEN BY ME OR OTHERWISE, I SHALL BE LEGALLY RESPONSIBLE. (COMPLETE DECLARATION OF THE AUTHOR AT THE LAST PAGE OF THIS PAPER/ARTICLE

ABSTRACT— Social media has become an essential part of daily life, especially for adolescents and young adults. Although it helps in communication, information sharing, and social connection, its excessive use raises serious concerns regarding mental health. This paper presents a review of eight research studies that examine the impact of social media on mental health. The findings show that high usage of social media is linked to anxiety, depression, stress, sleep disturbances, and low self-esteem. Factors like social comparison, cyberbullying, and fear of missing out contribute to these issues. However, some studies also highlight positive effects such as emotional support and reduced loneliness when these platforms are used appropriately. This study aims to analyze existing research to understand the relationship between social media usage and mental health outcomes. The paper also identifies key factors that influence both positive and negative effects. Overall, the impact of social media depends on usage patterns and user behavior.

keywords— Social Media, Mental Health, Adolescents, Anxiety, Depression, Cyberbullying, Social Comparison, Digital Addiction, Sleep Disturbance.



I. INTRODUCTION

Social media platforms have greatly changed how people communicate and interact. Platforms like Instagram, Facebook, Twitter, and WhatsApp let users share information, images, and opinions instantly. As a result, social media has become a core part of daily life for adolescents and young adults.

While social media offers benefits like communication, entertainment, and information sharing, researchers have found that too much use can harm mental health. Problems such as anxiety, depression, loneliness, low self-esteem, and stress often link to high social media use.

Many researchers worldwide have studied this topic to understand both the positive and negative effects of social media. This paper presents a review of eight different research studies that analyze how social media influences mental health among various groups.

Over time, social media has evolved from a communication tool to a space for personal expression, identity building, and connection with the world. For many young users, checking social media is one of the first things they do in the morning and the last thing at night. This constant presence makes social media a powerful influence on thoughts, feelings, and behaviors in daily life.

At the same time, it is important to recognize that not all social media use is harmful. The impact often depends on how individuals use these platforms and how much time they spend on them. Some users benefit from online support, creativity, and learning, while others may feel negative emotions due to comparison, lack of engagement, or overuse. Given these mixed effects, it is necessary to study social media thoughtfully to understand its true influence on mental health. The following section reviews existing literature for a clearer understanding of these impacts.

II. LITERATURE REVIEW

The reviewed research papers show that social media significantly influences mental health. Many studies suggest that excessive social media use connects to problems like anxiety, depression, stress, and low self-esteem, especially among adolescents and young adults.

In [1], the authors looked at how social media affects the psychological well-being of young individuals. The study found a strong link between excessive use and mental health problems like anxiety, depression, and emotional stress. It also noted issues such as sleep problems and lower academic performance, suggesting that balanced usage can offer social and emotional benefits.

The study in [2] explored the relationship between social media addiction and mental health among college students. The findings showed that higher levels of addiction connect to increased stress, anxiety, and depression. However, factors like social support and resilience can help reduce these negative effects.

In [3], researchers reviewed both positive and negative effects of social media across different age groups. The study indicated that younger users often experience negative impacts such as depression, anxiety, concerns about body image, and fear of missing out. At the same time, it highlighted that social media can lessen loneliness, particularly among older adults.

Similarly, [4] provided a thorough analysis of social media's influence on mental health. The study emphasized that while social media can raise awareness and provide support, too much use can lead to issues like cyberbullying, low self-esteem, and psychological distress. The authors advocated for responsible usage and digital awareness as key solutions.

Finally, [5] investigated how different social media usage patterns affect mental health. The study found that passive use, such as merely viewing content, associates with more mental health problems, whereas active engagement—like interacting and posting—may help reduce negative effects.

The study in [6] examined the link between social media use and depressive symptoms among children and adolescents. The findings showed a clear connection between increased social media use and higher levels of depression. However, it also noted the difficulty in determining whether social media directly causes these issues or if individuals with existing mental health problems tend to use social media more often.

In [7], researchers focused on specific behaviors like social comparison and seeking validation through likes and comments. The study found that individuals who frequently

compare themselves with others or depend on online approval are likelier to experience higher levels of depression and emotional distress over time, especially among adolescents. The study in [8] provided a broad overview of both positive and negative effects of social media on mental health. It highlighted issues like anxiety, stress, fear of missing out, and sleep disturbances caused by excessive use. At the same time, the study showed that social media also offers emotional support, raises awareness about mental health, and helps individuals connect with supportive communities.

Overall, the literature suggests that the impact of social media depends not just on how long it is used but also on the type of engagement and individual behavior.

Looking at all these studies together, one clear point emerges: social media affects people differently based on their usage. It is not solely about the amount of time someone spends online, but also about what they do during that time. For example, simply scrolling through posts without interaction can leave users feeling disconnected or insecure, while meaningful conversations and sharing can foster a sense of belonging and support.

Another important point is that age and personal factors significantly impact outcomes. Younger users, particularly adolescents, are more likely to be affected since they are still developing emotionally and socially. Furthermore, individuals already feeling stressed, anxious, or lacking confidence may be more vulnerable to negative experiences on social media. Thus, understanding these differences is crucial when examining its overall effect on mental health.

Another important point that comes out of these studies is that age and personal factors play a big role. Younger users, especially adolescents, are more likely to be affected because they are still developing emotionally and socially. In addition, individuals who already feel stressed, anxious, or lack confidence may be more vulnerable to negative experiences on social media. Therefore, understanding these differences is important when studying its overall impact on mental health.

III. METHODOLOGY

This research paper uses a secondary data analysis approach. eight previously published research papers related to the impact of social media on mental health were chosen for review. These papers were selected based on their relevance, credibility, and focus on diverse groups, such as adolescents, college students, and general users.

The selected studies were carefully analyzed to identify common patterns, similarities, and differences in findings. Key factors like anxiety, depression, stress, self-esteem, and behavioral changes were important during the analysis.

This methodology does not involve primary data collection but instead focuses on interpreting and comparing existing research. This approach presents a clear and comprehensive understanding of how social media affects mental health.

IV. RESULTS

The analysis of the selected research papers shows that social media has both positive and negative effects on mental health. Most studies indicate that excessive social media use strongly connects to anxiety, depression, stress, and low self-esteem.

Factors like social comparison, cyberbullying, and fear of missing out significantly contribute to negative mental health outcomes. Additionally, passive social media use, such as scrolling without interacting, increases psychological distress.

However, some studies also revealed positive outcomes. Active engagement, social interaction, and emotional support through social media can help reduce loneliness and improve well-being.

Overall, the results suggest that the impact of social media primarily depends on how it is used rather than simply how much it is used.

V. CONCLUSION

This research paper reviewed eight different studies to understand the impact of social media on mental health. The findings show that social media has both positive and negative effects depending on how it is used.



Excessive and passive social media use is linked to problems like anxiety, depression, stress, and low self-esteem. Conversely, active and balanced use can offer emotional support, enhance communication, and lessen loneliness.

Therefore, users need to maintain a healthy balance while using social media. Awareness and responsible practices can help reduce negative effects and boost overall mental well-being.

Future research should focus on long-term studies and explore how different age groups and cultural backgrounds experience social media. This will help in developing better strategies to promote healthy digital habits.

VI. REFERENCES

- [1] A. N. Alansari et al., "A systematic review of social media impact on psychological well-being," *Asian Journal of Psychiatry*, 2026.
- [2] F. Cai et al., "The impact of social media addiction on college students' mental health," *Scientific Reports*, 2023.
- [3] L. Kakkar et al., "Social Media and Mental Health: A Review," *International Journal of Indian Psychology*, 2020.
- [4] W. A. W. Sulaiman et al., "The Impact of Social Media on Mental Health: A Comprehensive Review," 2022.
- [5] Y. Yu et al., "The Impact of Social Media Use on Mental Health of Adults," 2021.
- [6] A. M. Khalaf et al., "The Impact of Social Media on the Mental Health of Adolescents and Young Adults: A Systematic Review," 2023.
- [7] M. Marquez and N. J. Karling, "Impact of Social Media on Mental Health: A Look at Cohort Differences," 2022.
- [8] O. E. Ajewumi et al., "The impact of social media on mental health and well-being," 2024.



Author's Declaration

As an author of the above research paper/article, here by, declare that the content of this paper is prepared by me and if any person having copyright issue or patent or anything otherwise related to the content, I shall always be legally responsible for any issue. For the reason of invisibility of my research paper on the website /amendments /updates, I have resubmitted my paper for publication on the same date. If any data or information given by me is not correct, I shall always be legally responsible. With my hole responsibility legally and formally have intimated the publisher (Publisher) that my paper has been checked by my guide (if any) or expert to make it sure that paper is technically right and there is no unaccepted plagiarism and hentriacontane is genuinely mine. If any issue arises related to Plagiarism/ Guide Name/ Educational Qualification /Designation /Address of my university/ college/institution/ Structure or Formatting/ Resubmission /Submission /Copyright /Patent /Submission for any higher degree or Job/Primary Data/Secondary Data Issues. I will be solely/entirely responsible for any legal issues. I have been informed that the most of the data from the website is invisible, shuffled, or vanished from the database due to some technical fault or hacking and therefore the process of resubmission is there for the scholars/students who find trouble in getting their paper on the website. At the time of resubmission of my paper I take all the legal and formal responsibilities, If I hide or do not submit the copy of my original documents (Andhra/Driving License/Any Identity Proof and Photo) in spite of demand from the publisher, then my paper may be rejected or removed from the website anytime and may not be consider for verification. I accept the fact that as the content of this paper and the resubmission legal responsibilities and reasons are only mine then the Publisher (Airo International Journal/Airo National Research Journal) is never responsible. I also declare that if publisher finds any complication or error or anything hidden or implemented otherwise, my paper may be removed from the website, or the watermark of remark/actuality may be mentioned on my paper. Even if anything is found illegal publisher may also take legal action against me.

Diya Vyas
Manthan Khopkar
