

1. Introduction : The purpose of this study is to investigate the impact of social media on the mental health of young adults. The research is based on a survey of 500 participants aged 18-25. The findings suggest that excessive use of social media is associated with increased levels of anxiety and depression. This study contributes to the understanding of the psychological effects of digital technology in the modern era.

The research methodology employed a quantitative approach, utilizing a self-report questionnaire to measure the frequency of social media use and the presence of mental health symptoms. The data was analyzed using statistical software to identify correlations between the variables. The study's limitations include the cross-sectional design, which does not allow for causal inferences, and the potential for self-report bias.

Future research should explore the underlying mechanisms of the relationship between social media and mental health, such as the role of social comparison and cyberbullying. Additionally, longitudinal studies would be beneficial to track changes in mental health over time. The implications of this research are significant for public health and clinical practice, highlighting the need for digital literacy education and mental health support for young adults.

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