The Impact of Social Media on Mental Health: A Comparative Study of Adolescents in Urban and Rural Communities

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Abstract: *This paper explores the impact of social media on the mental health of adolescents in urban and rural communities. The researchers explore how geographical settings shape social media use and its consequences for mental well-being. Initial findings indicate that, while social media is prevalent among adolescents in both areas, urban youth exhibit higher engagement and greater susceptibility to negative mental health outcomes. The paper contributes to the ongoing discourse on digital well-being, emphasizing the need for targeted interventions to foster a healthier approach to social media among adolescents.*

Keywords: Adolescents, Digital Well-being, Mental Health, Social Media, Urban and Rural Environments

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