

Psychological Well Being of Instagram Users and Non-Users

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Abstract: This research explores the psychological well-being of Instagram users and non-users, considering the platform's influence on individuals' mental health and functioning. Psychological well-being encompasses various dimensions of emotional, cognitive, and social well-being, reflecting individuals' overall state of fulfillment and happiness. The study employs a mixed-methods approach, combining quantitative surveys and qualitative interviews to comprehensively assess participants' psychological well-being. Findings from the study suggest that while Instagram use may impact certain aspects of individuals' lives, it does not significantly influence overall psychological well-being. The research highlights the complex relationship between social media engagement and mental well-being, emphasizing the need for further investigation into the nuanced effects of platforms like Instagram. Ultimately, this study contributes to the growing body of literature on social media and mental health, informing efforts to promote psychological well-being in an increasingly digital world.

Keywords: psychological well-being, Instagram users, non-users, mental health, social media, mixed-methods approach, quantitative surveys, qualitative interviews, digital world

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