

Impact of Social Media on Depression in Early-Year Students

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Abstract: *The pervasive use of social media among early-year students has raised significant concerns regarding its impact on mental health, particularly the prevalence of depression. This study explores the multifaceted relationship between social media usage and depressive symptoms in young students. Key mechanisms such as social comparison, cyberbullying, sleep disruption, and the fear of missing out (FOMO) are identified as primary contributors to increased levels of depression. The research highlights the extent of the issue through empirical evidence, demonstrating a strong correlation between excessive social media use and heightened psychological distress. To mitigate these adverse effects, the study suggests comprehensive strategies including education and awareness programs, promoting digital literacy, setting boundaries for social media use, providing robust support systems, and encouraging parental involvement. This integrative approach aims to foster a healthier online environment and support the mental well-being of young students navigating the digital landscape.*

Keywords: cyberbullying.