

# **Social Media and Student Mental Health: Analyzing the Effects of Online Engagement**

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**Abstract:** *Social media has become a crucial component of students' everyday lives, affecting their mental health in both beneficial and harmful ways. This research investigates the influence of online interaction on student well-being, concentrating on anxiety, depression, self-esteem, and academic performance. Utilizing a secondary data analysis method, this study integrates findings from prior literature, reports, and research regarding social media's psychological impacts. While social media promotes connectivity and knowledge exchange, excessive use has been associated with mental health issues such as cyberbullying, sleep disruptions, and social comparison. The research emphasizes the significance of content consumption, patterns of interaction, and digital behaviors in influencing students' mental health. By examining secondary sources, this paper offers insights into alleviating the adverse effects while enhancing the positive aspects of social media for students.*

**Keywords:** Social media, student mental health, online engagement, digital well-being, psychological effects

