

# The Impact of Social Media on Mental Health Across Generations

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**Abstract:** *This research paper studies how social media affects the mental health of people from different age groups—teenagers, young adults, middle-aged, and older people. Social media has both positive and negative effects. On one side, it helps people stay connected, raise awareness, and share ideas. On the other side, it creates problems like anxiety, depression, stress, sleep issues, and misuse of information. Recent events in Nepal, where the government blocked platforms like Facebook, Snapchat, and Instagram for some time, showed how strongly people, especially the youth, depend on social media. Data from our survey, along with real-world examples, shows that each generation experiences different impacts. This paper also gives some suggestions to balance social media use in a healthy way.*

**Keywords:** Social Media, Mental Health, Generations, Nepal, Youth, Anxiety, Stress, Connection

