

# **The Impact of Social Media on Mental Health**

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**Abstract:** *Social media has become an integral part of daily life, especially for children, adolescents, and young adults. While it provides opportunities for socialization, self-expression, and mental health support, it also presents significant risks, such as increased depression, anxiety, and social isolation. This paper examines both the positive and negative effects of social media on mental health, discussing its role in fostering connections, providing access to mental health resources, and enabling self-expression. Conversely, it examines the adverse impacts of excessive use, cyberbullying, and social comparison. Additionally, strategies for promoting positive mental health through mindful social media use are outlined. Understanding this complex relationship is essential for researchers, mental health professionals, policymakers, and social media platforms to create a safer and healthier digital environment. Future research should explore the evolving trends and long-term effects of social media use on mental health across diverse demographics*

**Keywords:** Social media, mental health, depression, anxiety, cyberbullying, social comparison, adolescents

