Study on Influence of Social Media on Mental Health

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Abstract*: Social media has occasionally improved in quantity, quality, and usability during the past 20 years. The same way as a person's body is fed by the intake of essential minerals received via diet, so too is the human mind fed by the availability of food for thinking. The development of technology has made information widely available today, providing a forum for debate on the relationship between social media and modern mental health. Human resources in the modern world have evolved since the advent of the internet and social networking sites, becoming more sociable digitally but less so physically. This virtual existence is separating the modern man from other living things, which has an impact on his total equilibrium and physical and mental health. Parents, society, and scholars are concerned about the rising use of social networking among adults in the modern period since every invention has both positive and harmful aspects. The current study aims to investigate how social media affects mental health. The researcher read and compiled relevant literature in order to fulfil the stated objective. The literature we have read so far as a whole show how susceptible the younger generation is. Younger generations are a challenging demographic in the modern day since they are in the infancy of life and are more likely to have major mental health issues. The younger generation of this generation is using social media in a way that is particularly susceptible to issues with mental health. Knowing the connection between social media and mental health issues is just the beginning of a deeper knowledge of the current dangerous scenario. The next step that can shed light on the relationships that are at play between these aspects of the current younger generation's life is to investigate and comprehend how social media affects that generation's mental health.*

Keywords:*.* literature, younger generation, mental health

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