

Negative Effects of Social Media on Youth Today!

Mrs. Tejashri Prashant Jadhav and Miss. Aqsa Iqbal Antule

Hirwal Education Trust's College of Computer Science and Information Technology, Mahad-Raigad, India
tejashrichavan578@gmail.com

Abstract: *This study investigates the effects of social media on youth health and wellbeing. Because social media platforms are spreading so quickly, it is imperative to investigate the potential effects on mental, emotional, and physical health. Understanding this significant problem's objectives, details, and sources is the study's main objective. After conducting a thorough literature review, this paper evaluates the various ways that social media can affect youth health and provides recommendations for mitigating negative effects. The present study explores the complex relationship between the use of social media and the mental, emotional, and physical well-being of youth.*

Keywords: Social media

REFERENCES

- [1]. <https://www.headspace.com/mindfulness/negative-effects-of-social-media>
- [2]. Annie E. Casey foundation. <https://www.aecf.org/>
- [3]. Child Mind Institute. <https://childmind.org/article/how-using-social-media-affects-teenagers/>
- [4]. HHS.gov. <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/social-media/index.html>
- [5]. Mayo Clinic. <https://www.mayoclinic.org/>
- [6]. University of utahhealth. <https://healthcare.utah.edu/>
- [7]. Help Guide. <https://www.helpguide.org/>
- [8]. <https://www.investopedia.com/terms/s/social-media.asp>
- [9]. https://www.researchgate.net/figure/Negative-impact-of-social-media_fig1_342254286
- [10]. <https://www.headspace.com/mindfulness/negative-effects-of-social-media>
- [11]. <https://everydaypower.com/stop-negative-effects-of-social-media/>
- [12]. <https://www.headspace.com/mindfulness/negative-effects-of-social-media>