

The Dual Nature of Social Media: Impacts on Mental Health

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Abstract: *The impact of social media on mental health is a complex and widely studied topic. Overall, social media can have both positive and negative effects on mental well-being. Positive effects include increased social connectivity, support, and information sharing. However, negative effects often revolve around issues like cyber bullying, social comparison, and excessive use, which can lead to anxiety, depression, and reduced self-esteem. Ultimately, the effects of social media on mental health vary from person to person and depend on factors like individual usage patterns, the nature of content consumed, and personal susceptibility to negative online experiences. It's a nuanced and evolving area of research.*

Keywords: Social, Media, Mental, Health