

The Psychological Effects of Social Media Use on Adolescents

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Abstract: *Social media has become an integral part of the lives of adolescents, presenting both positive and negative psychological effects. This paper provides an overview of these effects. On the positive side, social media offers a platform for social connection, information sharing, and self-expression. However, it also exposes adolescents to risks such as cyberbullying, social comparison, and addiction, which can lead to mental health issues. Additionally, excessive use can disrupt sleep patterns. Recognizing these effects is crucial for promoting responsible and healthy social media usage among adolescents, with a focus on minimizing the negative consequences while harnessing the positive aspects for personal growth and development..*

Keywords: Adolescents, Social, media, Psychological, effects, Cyberbullying