

Impact of Social Media on Mental Health

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Abstract: *This research explores the impact of social media on both physical and mental health. We discovered that excessive social media use, especially among the youth, can lead to addiction and increased screen time, potentially causing health problems. Our study suggests practical strategies to control social media use, emphasizing the importance of balancing benefits and challenges*

Keywords: Social media, Impact, Addiction, Screen time, Health problems, Harmful effects, , Benefits, Challenges.

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