

The Impact of Social Media Use on Mental Health: A Comprehensive Study

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Abstract: *This paper explores the complex relationship between social media use and mental health. It examines how various aspects of social media—such as usage patterns, types of interactions, and content exposure—affect mental well-being. By reviewing existing literature, analyzing recent data, and incorporating case studies from companies like Facebook and Instagram, the study aims to provide a nuanced understanding of these dynamics and offer recommendations for healthier social media practices.*

Keywords: social media