

The Impact of Social Media on Mental Health

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Abstract: *Social media platforms are the main tools through which people communicate and shape their identities in the present time. Though these platforms offer ways for people to connect and express themselves, a growing number of studies have associated excessive and/or maladaptive social media use with negative mental health outcomes, especially in the case of adolescents and young adults. This review presents a synthesis of recent studies (2018-2025) that look into the effects of social media on mental health, with a focus on the factors that trigger social comparison, cyberbullying, sleep disruption, and addictive design features. The results show that there are both advantages and dangers, thus factors such as gender, age, and preexisting vulnerabilities should be taken into account. The paper ends with a set of recommendations for research, practice, and platform-level interventions to prevent the occurrence of such risks.*

Keywords: Social media, mental health, depression, anxiety, adolescents, cyberbullying, social comparison, digital well-being

