

# Effects of Social Media on Student's Mental Health

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**Abstract:** *The teaching and learning process of today has been admittedly influenced by the advancement of information and communication technology. Social media is a combination of two words such as Social and Media. Social means interacting and communicating information with other people and receiving the feedback and information from them and Media means the vehicle, channel or instrument to disseminate or circulate the information such as TV, newspaper, radio, social networking etc. It is used to interact and communicate with friends, family and widely used in business world as it provides quick and instant communication and feedback. The users are presumes who create, produce and consumes the content which includes information, audio-visual, photos, digital media and documents etc. social media use may be problematic if it causes you to neglect face-to-face relationships, distracts you from work or school, or leaves you feeling envious, angry, or depressed. Social media can and does have a positive effect on children and teens, whether by teaching social skills, strengthening relationships or just being fun. Persistent use of these social platforms can also have a negative impact, particularly on the mental health and well-being of young users. Smartphone overuse can be a sign of Smartphone addiction and can affect both social and health aspects of users' lives.*

**Keywords:** Social networking, Psychological Consequences, Social Media, Media Technology, Mental Health.

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