



THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH:

A STUDY OF YOUNG ADULTS

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Abstract

This study examines the impact of social media on mental health among young adults that is 18-25 years, focusing on anxiety, depression, and self-esteem. It explores usage patterns, correlations, and mitigation strategies.

Keywords: Social Media, Mental Health, Young Adults, Anxiety, Depression

Introduction

Social media profoundly influences young adults' lives, impacting mental health. This study investigates associations between social media usage (like Whatsapp, Facebook, Instagram, TikTok) and mental health outcomes like anxiety, depression, and self-esteem in urban India.

Statement of Problem

Excessive social media use correlates with increased anxiety, depression, and low self-esteem among young adults.

Scope of Research Study

Focuses on young adults 18-25 years in rural and urban India.



Significance of Research Study

The main significance of present research study is as under -

1. Educational Significance: Informs digital literacy programs.
2. Functional Significance: Guides mental health support strategies.
3. Social Significance: Raises awareness about social media impact.
4. Political Significance: Informs policies on social media regulation.

Relevance of Research Study

The main relevance of present research study is as under -

1. National Relevance: Supports India's mental health initiatives.
2. International Relevance: Contributes to global mental health discourse.

Objectives of Research Study

The main objectives of present research study is as under -

1. Assess social media usage patterns.
2. Examine correlations with mental health outcomes.

Hypotheses of Research Study

The main hypothesis of present research study is as under -

1. Null Hypothesis (H0): No significant correlation between social media use and mental health.

Alternative Hypothesis (H1): Significant correlation exists.

Research Methodology

1. Research Design: Cross-sectional survey.
2. Research Sample: 200 young adults 18-25 years in rural and urban India.
3. Limitations: Self-reported data, focus on urban areas.

Findings

The main findings of present research study is as under -



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1. High social media usage: Linked to increased anxiety (60%) and depression (50%) among young adults.
 2. Comparison and FOMO: Major contributors to mental health issues.
 3. Usage patterns: Average 3+ hours/day on social media.

Recommendations

The main recommendations of present research study is as under -

1. Promote digital wellness: Encourage mindful social media use and screen time limits.
2. Mental health support: Provide counseling resources for young adults.
3. Digital literacy: Include mental health awareness in education curriculums.

Contribution towards Society and Stakeholders

1. Young Adults: Awareness and coping strategies for social media impact.
2. Educators/Parents: Guidance on healthy social media use and monitoring.
3. Policymakers: Insights for regulations and support systems on social media use.

Conclusion

Social media significantly impacts young adults' mental health. Mitigation strategies like digital wellness and support systems are crucial for healthier usage.

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