

“Impact of Social Media on Mental Health of Young Adults”

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Abstract

• This study examines the impact of social media usage on mental health among young adults. Excessive use leads to anxiety, stress, and poor academic performance. The study is based on survey data and highlights the need for digital awareness.

Introduction

- Social media is widely used by youth for communication and entertainment.
- Excessive use negatively affects mental health and productivity.

Literature Review

- Studies show increased anxiety and stress due to overuse.
- Platforms like Instagram and Snapchat impact self-esteem.

Objectives

- Study usage patterns
- Analyze mental health impact
- Suggest healthy habits

Scope of Study

- Focus on Indian students aged 18–25
- Study major social platforms
- Analyze sleep and emotional effects

Problem Statement

- Excessive use causes anxiety, low self-esteem, poor concentration

Significance

- Helps students understand impact
- Guides teachers and parents
- Supports awareness programs

Analysis

- 70% students spend 4+ hours daily
- High screen time = high anxiety
- Late-night use affects sleep

Observations

- Reels cause comparison
- Notifications disturb studies
- Students want digital detox

Findings

- High usage = stress
- Sleep disturbance common
- Awareness helps reduce usage

Conclusion

- Strong link between social media and mental health
- Need awareness and control usage

References

- Andreassen (2015)
- Valkenburg & Peter (2013)
- Twenge (2019)
- Frison (2020)
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