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The Impact of Social Media on the Mental Health of Young Adults: A Case Study of District Sargodha

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ABSTRACT
Social media is used by most people with mental issues. The first thing you need to understand is that Media refers to websites and mobile-based applications, whether web or mobile platforms that allow individuals to communicate and share content in the form of Information, text messages, photos & videos. Most online social media is used by people with diverse (usually less common) mental problems, not just those currently psychotic or severely suicidal. The objective is to examine the influence of social media on the social lives of young adults residing in District Sargodha. The objective is to investigate the correlation between the mental health of young adults and their usage of social media platforms. To examine the repercussions of mental health in relation to social media. A population is the class of all units that meet certain specifications. All the male and female young adults from the district of Sargodha were the population of the current study. Having a bigger size of sample size will not always be an accurate representative sample. This research was conducted on 280 respondents to examine the impact of social media platforms and the mental health of young adults. In the concluding line, it is specific that SPSS technology has changed even what was difficult for analytics by making the entire data environment easier than before and increasing research to benefit from making decisions with quantitative methodology. Data analysis was performed using SPSS version 22. Findings indicate that both the duration of daily use and the number of platforms accessed are directly associated with worsening mental health outcomes, supporting earlier research on problematic social media use. While social media remains a powerful tool for connectivity and self-expression, its unregulated use can lead to harmful consequences such as disrupted sleep, reduced productivity, and the constant stress of comparison and fear of missing out (FOMO).

Keywords: *Social Media, Mental Health, Young Adults, Disrupted Sleep, Reduced Productivity District Sargodha.*

Introduction

Social media is used by most people with mental issues. The first thing you need to understand is that Media refers to websites and mobile-based applications, whether web or mobile platforms that allow individuals to communicate and share content in the form of Information, text messages, photos & videos. Therefore, through these virtual networks, you can share your opinion by sharing it with others. Most online social media is used by people

with diverse (usually less common) mental problems, not just those currently psychotic or severely suicidal. This is a situation where people have made it to the extent of involving social media daily routine, so most guys spend hours on Messenger, IG, FB others. Several studies and analyses effects of social media, or applications, have on various aspects of our lives (Firth et al., 2015).

The total world population using social media stood at 3.484 billion at the beginning of the year 2019, which was increased by more than nine percent from January to December, so it is clear that monthly overusage increases per user as well. Figure: Share of social media users being either female or male (and not indicated as such) only, worldwide by platform 2020. Twitter was a little more male, with 38% of the users being men, and Snapchat had over a three-to-one female-male ratio among young adults. Compared to the men, only on LinkedIn and Facebook were female users significantly more prevalent. There is certainly no ignoring the fact that social media has integrated itself into almost everyone's life. There are some things that, like social media, are great and amusing, but also harm our mental health. For instance, one earlier report found that sex was a more pronounced influence on mental health than age (Igor, 2014).

Others have argued that social networking sites (SNS) such as Twitter could facilitate exploration and sharing of their lived experience of poor health outcomes among individuals with mental illnesses or be used by those living in the context often referred to as "lived recovery" as an outlet for information and support-seeking (Burt& Masten, 2010). Serious mental disorders are a significant contributor to disability in the United States and around the world, yet only one-third of all those experiencing serious symptoms get any treatment. Hand in hand with the easy access and use of social media sites is a large search on the internet for information gathering before consuming health services, presenting an opportunity to stakeholder initiatives aimed at addressing mental health gaps by improving quality, accessibility, and expanding coverage. The objective of this recent study was to assess the pattern of use, influence on mental health and well-being, with strategies for enhancement. Rich intervention features appear on well-known social media platforms. However, concerns around the harms and risks of social media on mental health abound, as do debates about where to draw a line between harm and benefit for society.

Background of the study

Teenagers now have a plethora of digital content to consume on their range of devices. Today, the media landscape has never been broader and more diverse. In between this ecosystem, social media seems to be at the core of it all. Social media specifically refers to software tools that enable users of Digital devices to create networks or socialize via digital platforms. Last year, nearly half of the youth in America spent the internet "almost constantly, that were more than double the number from three years ago. It is for our children, parents and even politicians a world where the use of digital media has transformed everything but how can they find their way through this information jungle. Though some may say the media landscape has created additional dangers and issues for adolescent mental health, others have said that it comes with a number of advantages as well. Recently, social media has been characterized as a route through which bad views and attitudes are transferred among youngsters via something known as "social contagion". Email, text, blogs, message boards and even dating apps like Tinder or ok Cupidare all different forms of social media; "social

networks," as those terms are popularly understood (like Twitter rand Facebook), comprise only one small part owaslarge spectrum of technologies available to contemporary society in the name “social." What began as a predominantly millennial delirium (now's 20-and30-somethings) distancing our fingers doors and gates from the over-40 pack has since transmogrified into absolute nirvana in becoming both information shindigs' hub of sorts: mash-restaurants, actually providing low-cost to free-hors d'oeuvre bites with established social icons on your favorite foodie app not to mention an always-active zip code) regex_small (When first you've wiped down any kitchen counters, suppose all of the seven social media apps below are used by 97% or even more than that among teens aged 13-17. YouTube is where teenagers are most active, with 85% of adolescents online almost continuously or multiple times a day, followed by Instagram at 72%, Snapchat at 69%, Facebook (51%), Twitter (32%), Tumblr (9%), and Reedit (7%). Pew Research Center (2018). However, the quality of evidence around individual causes for depression is low, and this body of research overlaps in its support with other significant work on social network use among teens (e.g., studies found a threefold increase among teenagers who reported spending more than 30 minutes per day at every message board or chatroom investigated (Kalpidou et al., 2011).

This is worldwide, and that happens with 5-10% of the children (WHO, 2017). According to the results of Kessler et al, 50% of mental disorders begin in childhood and/or adolescence, a majority (75%) by age thirty. Anxiety disorders in the pediatric population are typically characterized by GAD or depression. This is from GADS Annual Report-1-Finalv1330418 where the reference links to Mental Health Foundation. In a 2017 survey by the Royal Society for Public Health and also in collaboration with the Young Health Movement, they found out that anxiety and depression among young people had risen by 70% Depression and anxiety delay the normal course of growth between adolescence lower academic achievement, dropout rates are higher in adolescents who experience mental health difficulties compared to their peers without these issues (Dropout Prevention Centre/Network of Schools for Dropout Prevention Centre) as well as weaker social ties. It has even been tied to an escalation of some degree in substance use disorder problems, rendering it a powerful predictor of other emotional health conditions notably suicidal ideation (Ryan, student services DTCDSB) (Selfhoutet al. 2009).

Any websites or printed pages, and applications that use two-way communication between them and their users. The word has been used for at least ten years more, but never with the same frequency as until now. A nebulous term that is a ubiquitous as the latest decade-old Ponzi scheme. We've never been more connected -- live tweeting the morning bowel movement, internet privacy settings at zero for a first-world problem, this is fully 73% of all U.S. adults who are online as well. Popular social networks include Facebook, LinkedIn, Pinterest & coming to all ages and members of your family, Twitter. Facebook is the largest by far (71% of all online adults, Smith). There are tons of users on Facebook, So how long before we see a true rank holder for wasting bandwidth on the internet? Like I said, 63% facebook users know this more than once a day and even many times per day. This sustained use of social media could be driven by the growth in consumption via mobile, on-the-go access to browse sites. On top of this, even more social media users are linked to their networks through mobile apps by the proliferation of smartphones and tablet computers. For instance, in 2014, over a third of Facebook's worldwide subscribers were only on mobile (De

Silver). Younger people are the ones using social media, but it has a universal appeal on Twitter, IG, etc. Similarly, although the study confirms late media reports that some 84 per cent of those in a given age group who include Facebook among the sites they use are aged between eighteen and twenty-nine -possibly even higher than this- they still represent by far the most active users; older groups trail in their wake. From there through 2004, it rose to make up the fastest-growing group of users at 9% that year. As social media becomes more and more omnipresent in the lives of young adults, it is important for us to reflect on how these outlets may even psychologically damage this generation (Smith and Duggan, 2014).

In fact, as a more current stat than those mentioned (based on 2020), half of our planet are social media users. Consequently, it is not surprising that there emerged an increasingly robust evidence base regarding people with mental health problems adopting and using mobile devices e.g., smartphones (Firth et al. 2016), other healthcare apps etc. In fact, emerging connected data suggests that subject mental disorder log themselves on platforms to too high a degree or with many forms (i.e. touch-points within multiple widely-used platforms) at least if anything of proportionate ad judgment as respect for participation in these user troves may be said about. As per this single-cohort study of psychiatric patients (evidence on ascertainment as definition, data up to 2015; about half were present users); another similar observed that younger individuals more typically used (Trefflich et al., 2015). Reported work among the schizophrenia population in hospitalized and outpatients diagnosed with Schizophrenia Spectrum Disorder (schizophrenia), for which prevalence estimates are at least twice treated or asked whether they have been enrolled/active. Social media use (upper-social-class across lower-social poverty level, this is not a Study by using to be heard maybe around 70%), but also among their social Twitter/ similar newspapers of uncertainty. The only other known published study to date that included community-dwelling, clinically treated individuals with severe mental illness showed equally high rates of reporting everyday life experiences online via social media compared to non-clinical Internet samples (75%) 32. More than seven in ten (72%) participated had used social media during a normal day as part of self-management and 93% rated internet-based communications among their top choices for services delivery, an input that this formative evaluation posits to shape the way community organizers deliver formal peer support programming whereby millennial generation ability using smartphone obtains service relative what has traditionally been taught about recovery (Abdel-Baki et al., 2017).

Another study found that 68% of individuals attending first episode psychosis services think about social media use multiple times each day. An example of a View with a single psychological theme that received attention on social media were the 90 patients from NAMI who circulate between diagnosis in schizophrenia spectrum disorder and their most common two hours per day online activity. A study among adolescents and young adults with psychotic or mood disorders found participation of these populations in social media exceeded 97%, resulted over more than two and half hours per day (Birnbaum et al. the use of YouTube was almost unanimous among the followed by instagram as most common site and people meanwhile relies on surveys adding that co morbid mental illness may could either be due to using a substance such in while conducting their inter web satisfaction scales. Many of these roles include: network enhancement, support network resource provision, or program

engagement/validation-particularly if they consist of what might be a new role to reading and relating to others in social media (Ahmed et al., 2019).

In parallel, Croatian high-schoolers connected the amount of time they spent Facebooking to their levels of depression (Pantic, 2012). These findings were then validated by a separate investigation conducted by Rosen et al (2012). More acute MDD symptoms were related to greater internet hours and photo-deployment on Facebook among other focus group participants. Indeed, one study of American college students - who are using Facebook more than they were before, and becoming lonelier for it. This is supported in that a college student body's feelings and Timing of life change Adapting with face-to-face Facebook Largely collaterally reported their real-world friendships with offsets. How much time went to connect with this feeling of worthlessness, when I could have been feeding myself a feast instead .

For both adolescents, less quality with friends and more emotional online media use at Time 1 predicted lower levels of depression by Time 2. But people who used those types of social media more stood chastened less likely to report declines in life satisfaction and increased loneliness. A test of the mediating The majority cognitive factors and perceived support using a prospective daily process in some survey with 334 undergraduates, about impact on depressive symptoms. Consistent with the present studies, others have found that reporting more but not fewer negative experiences about use (in interacting and things seen on SNS) is associated with depression, as well research linking at home" bases of whisk to increased risk for depressive suggesting a protective effect against social types open intakes such chatting/games (Martinsen, 2008).

Active Facebook use predicts lower depression for high narcissists Less depression is sort of a win, but it should not be congratulated. most notably this type shows apparent arrogance with a sheer disregard to any mistake made in their past. On the other hand, according to Rosen et al. Further Justification and Validation of the PIK3CA Position in Acquired Resistance due mainly to mutation activation but may be more Related Largely via Other Mechanisms like gene amplifications paralleling protein overexpression not genetic mutations In fact, as my colleague Zeynep Tufekci's research showed already in 2013, Facebook actually makes us more narcissistic. They did find that both narcissism and self-esteem were indeed connected with Facebook use (more of the former = more frequent Facebook, generally being on FB longer) (Barrense, 2019).

This something you could lose from going out Grayson. The loss of Self Talk + Anxiety & Social Media Addictions - A New Writing Endeavor! Extra miracles. Anxiety UK study Nearly half of British adults 'uneasy at not having email or social media access' Rosen et al write that the "youthful (right now) are networked to their stripped down social graphs in correspondence, towards looking into at regular intervals or not really" for under an hour. All that to say, those feelings could be screaming louder in younger generations as they were the most anxious while everybody was fighting through yet-another lockup and feeling perpetually more worried about it all because nobody was there waiting for them at least a text from ALL their friends. They are so pervasive they have even generated a new medical term, Phantom vibration syndrome - named after the phantom limb sensation leading some amputees to scratch their missing limbs (Drouin et al., 2012).

Research Methodology

The methodology of this research was based on a quantitative research design aimed at investigating the impact of social media platforms on the psychological well-being of young adults in District Sargodha. The target population included both male and female young adults, from which a sample of 280 respondents was selected through simple random sampling, while convenience sampling was also employed due to time and budget constraints. Data were collected using structured questionnaires datable both face-to-face and online to ensure reliability and accuracy. Prior to data collection, informed consent was obtained from all participants, with assurances of confidentiality. The collected data were processed and analyzed using SPSS (version 22), applying statistical techniques such as frequency distributions and percentages to summarize responses and identify trends. The use of SPSS ensured efficient handling of large data volumes and enhanced the reliability of results. This methodological approach, supported by well-defined tools and techniques, ensured that the study's findings could be generalized to the broader population, aligned with research objectives, and replicated in future studies.

DATA ANALYSIS

The researcher tried to analyze them in this chapter. After data collection, the researcher inserted into (SPSS) and produced it. All questions were coded regardless of the population the code streamlined the process, and we simply created frequency tables to analyze responses of respondents. The tables were composed of demographic information and variables.

Table 1: Frequency and Percentage distribution of the respondent according to their "Gender"

Gender	Frequency	Percentage
Female	229	81.8
Male	51	18.2
Total	**280**	**100.0**

The data presented in Table 1 illustrates the demographic distribution of respondents. The majority of participants, constituting 81.8% of the total sample size (n = 280), identified as female. In contrast, 18.2% of the respondents were male. This gender distribution highlights a predominant female representation in the Study cohort.

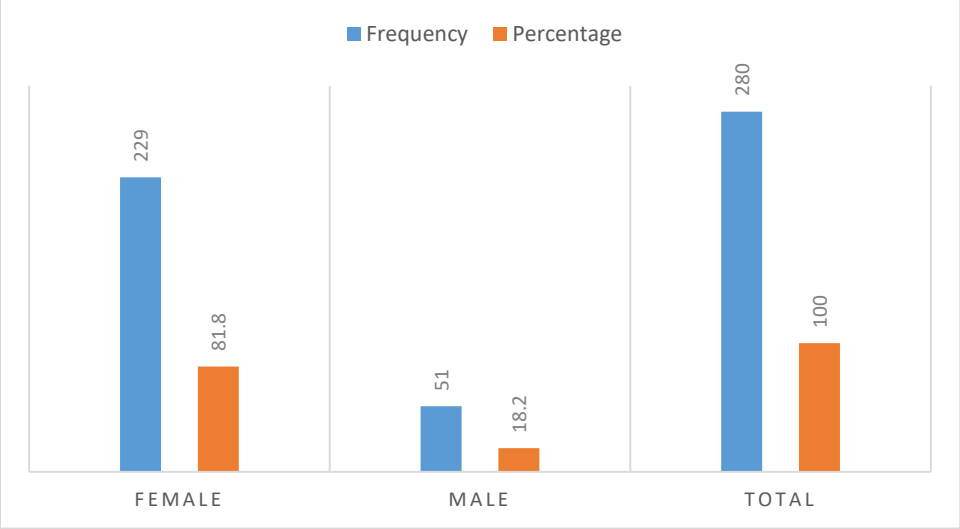

Table 2: Frequency and Percentage distribution of the respondent according to their "Qualification"

Qualification	Frequency	Percentage
Undergraduate	120	42.9
Bachelor	104	37.1
Master	42	15.0
MPhil/PhD	14	5.0
Total	**280**	**100.0**

Table 2 presents the educational qualifications of the respondents. The majority of participants, comprising 42.9% of the total sample (n = 280), are undergraduates. Similarly, 37.1% of respondents hold a bachelor's degree, while 15.0% have obtained a master's degree. A smaller proportion, 5.0%, indicated having an MPhil/Phd qualification. This distribution underscores the prevalence of undergraduate students among the study participants, followed by bachelor's an.d master's degree holders

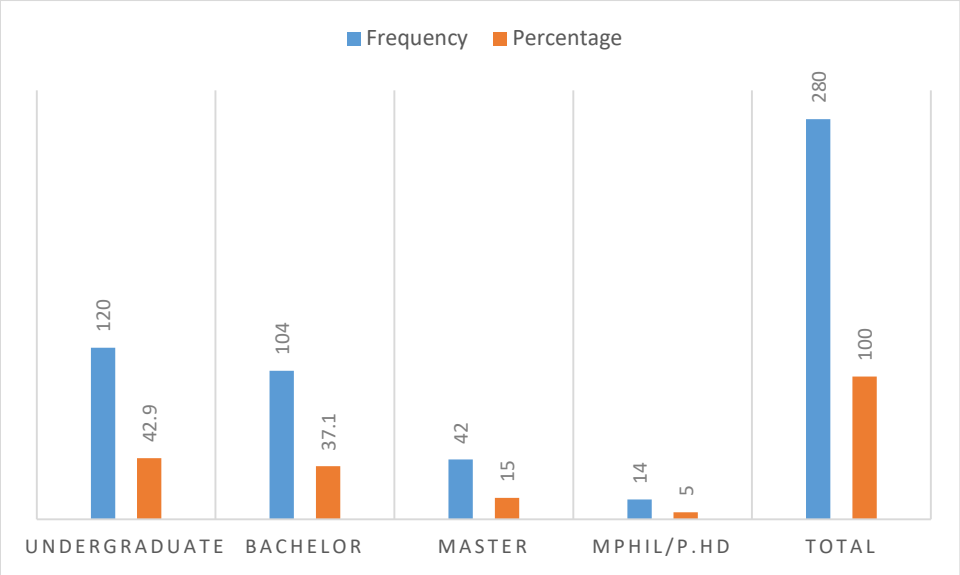

Table 3: Frequency and Percentage distribution of the respondent according to their "age"

Age	Frequency	Percentage
18 to 20	76	27.1
21 to 23	146	52.1
24 to 26	44	15.7
Up to 35	14	5.0
Total	**280**	**100.0**

Table 3 provides an overview of the age distribution among the respondents. The majority, comprising 52.1% of the total sample (n = 280), fell within the age range of 21 to 23 years. Additionally, 27.1% of respondents were aged between 18 and 20 years, while 15.7% fell into the 24 to 26 years bracket. A smaller percentage, 5.0%, consisted of respondents aged up to 35 years. This distribution highlights the predominant presence of young adults aged 21 to 23 years within the study cohort.

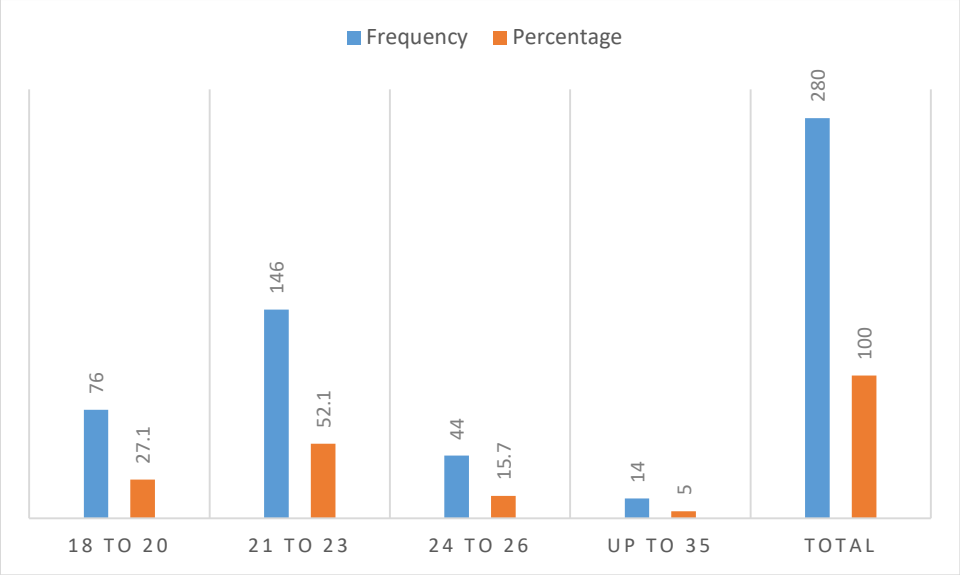

Table 4: Frequency and Percentage distribution of the respondents according to their "family type"

Family	Frequency	Percentage
Extended	26	9.3
Joint	150	53.6
Nuclear	104	37.1
Total	**280**	**100.0**

Table 4 illustrates the distribution of respondents based on their family type. The majority, comprising 53.6% of the total sample (n = 280), belonged to joint family systems. Additionally, 37.1% of respondents were from nuclear families, while 9.3% were from extended families. This distribution highlights the prevalence of joint family structures among the study participants.

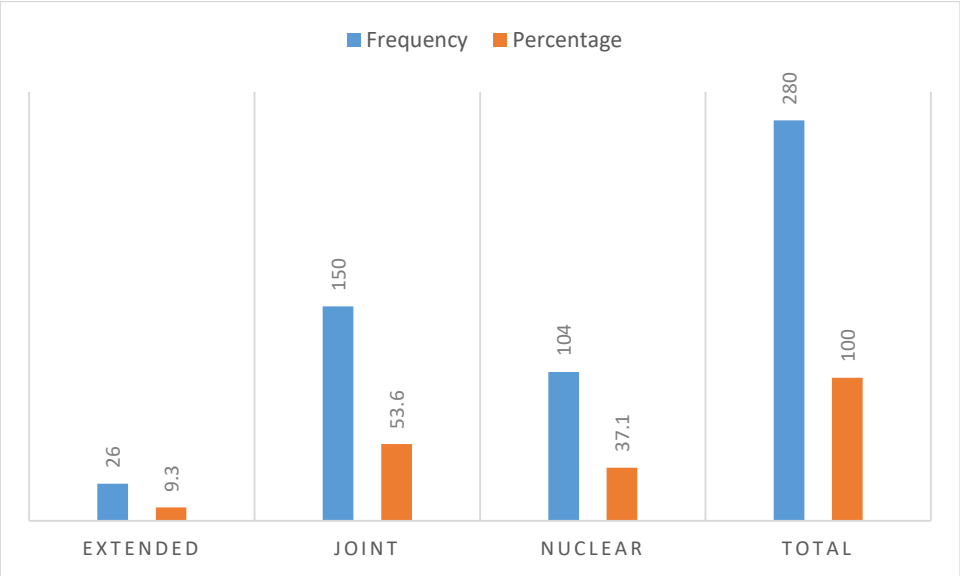

Table 5: Frequency and Percentage distribution of the respondent according to their "living area"

Living Area	Frequency	Percentage
Rural	168	60.0
Urban	112	40.0
Total	**280**	**100.0**

Table 5 shows the percentage distribution of respondent according to their living area. Majority of the respondents i.e., 6,0.3% were belong to Rural Area, and 40.0% of the respondents were from urban area.

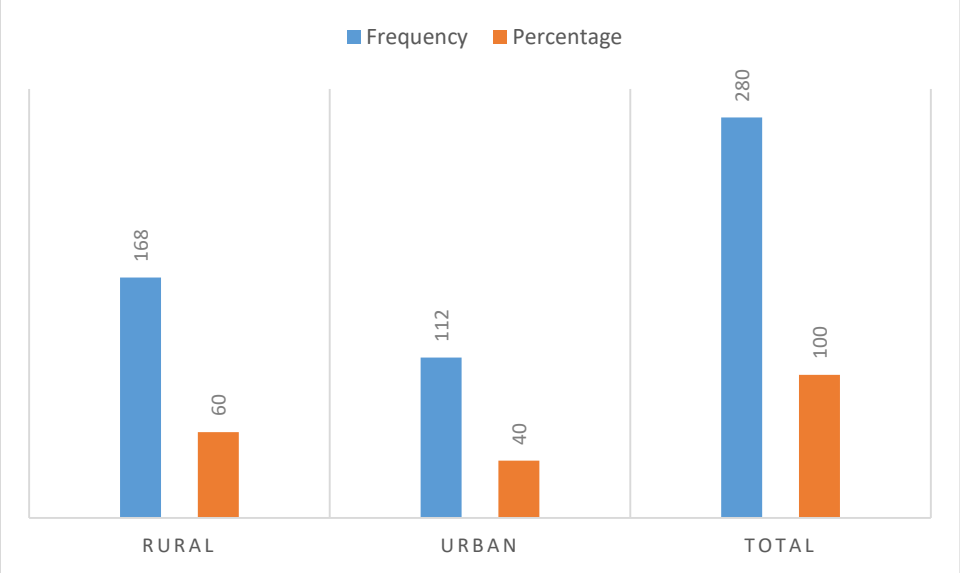

Table 6: Frequency and Percentage distribution of the respondent according to their "Background education"

Education institute	Frequency	Percentage
Government institute	171	61.2
Private institute	109	38.8
Total	280	100.0

Table 6 presents the distribution of respondents based on their educational background sector. The majority, accounting for 61.2% of the total sample (n = 280), received their education from government educational institutions. In contrast, 38.8% of respondents obtained their education from private sector institutions. This distribution underscores the predominance of government educational backgrounds among the study participants.

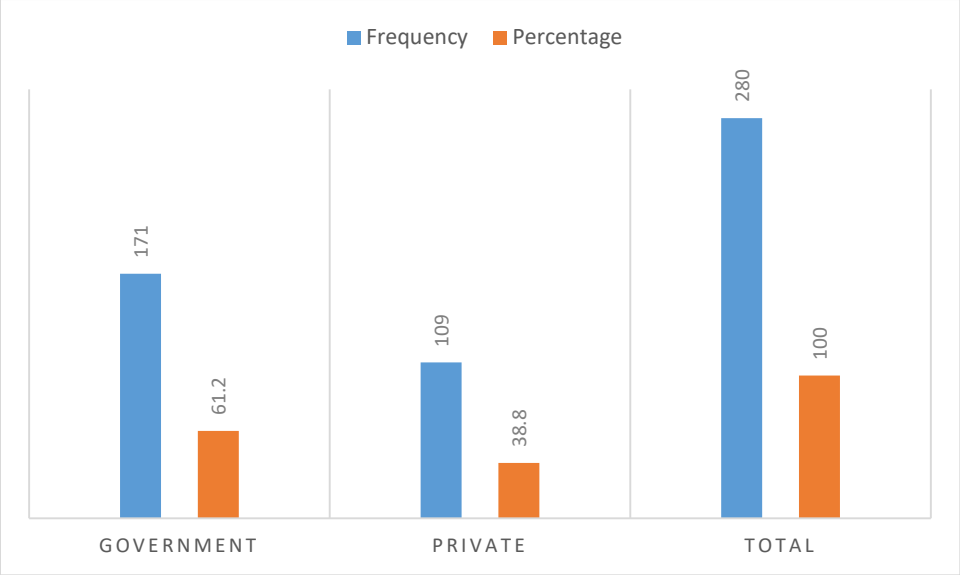

Table 7: Frequency and Percentage distribution of the respondent according to their "family income"

Family Income	Frequency	Percentage
20000 to 35000	95	33.9
36000 to 40000	77	27.5
41000 to 55000	44	15.7
above 55000	63	22.5
Total	**280**	**100.0**

Table 7 displays the distribution of respondents based on their family income. The majority, comprising 33.9% of the total sample (n = 280), reported a family income between 20,000 to 35,000. Additionally, 27.5% of respondents reported an income range of 36,000 to 40,000, while 15.7% fell within the 41,000 to 55,000 bracket. A further 22.5% indicated a family income above 55,000. This distribution highlights the varying income levels among the study participants.

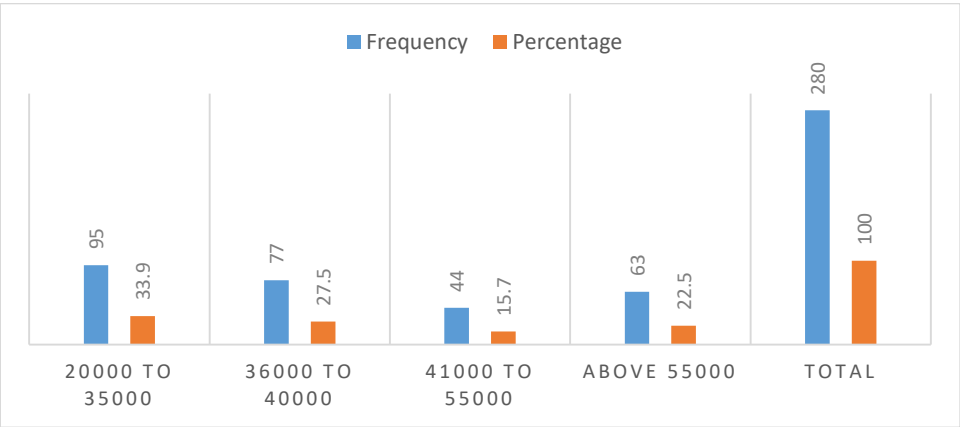

Table 8: Frequency and Percentage distribution of the respondents according to the statement: Do you use social media

Category	Frequency	Percentage
Yes	261	93.3
No	19	6.7
Total	**280**	**100.0**

As table no.8 shows that Majority of the respondents, i.e. 93.3% replied that they have used social Media, while 6.7 % responded that they don't use social Media.

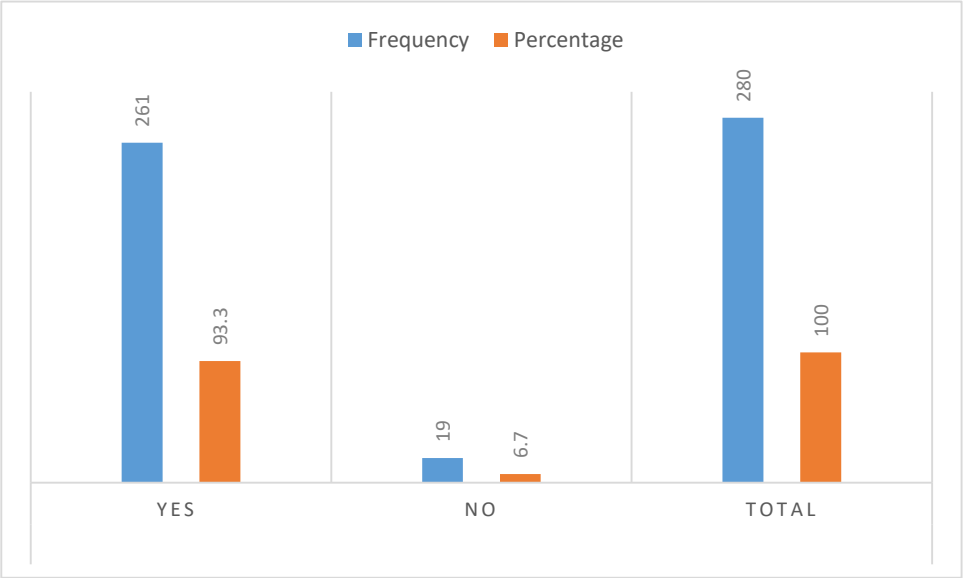

Table 9: Frequency and Percentage distribution of the respondents according to the statement: How much time do you spend on social media per day on average?

Category	Frequency	Percentage
Less than 30 minutes	35	12.5
30 minutes to 1 hour	70	25.0
1-2 hours	80	28.6
2-4 hours	95	33.9
Total	**280**	**100.0**

Table 9 illustrates the distribution of respondents based on their daily social media usage. The majority, accounting for 33.9% of the total sample (n = 280), reported spending 2-4 hours daily on social media. Additionally, 12.5% of respondents spent less than 30 minutes, while 25.0% spent between 30 minutes to 1 hour, and 28.6% spent 1-2 hours on social media daily. This distribution provides insights into the varying levels of daily social media engagement among the study participants.

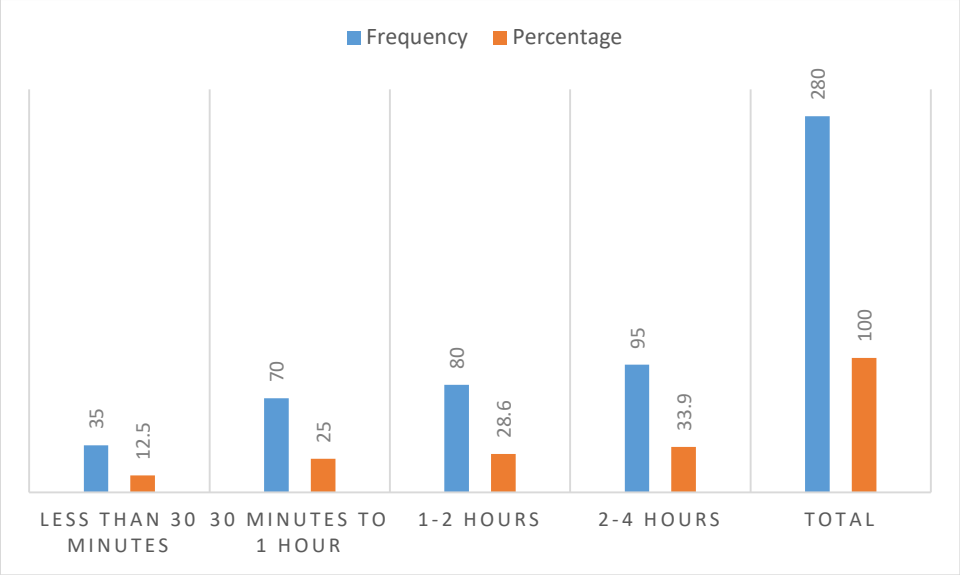

Table 10: Frequency and Percentage distribution of the respondents according to the statement: Which social media platforms do you use regularly? (Select all that apply)

Category	Frequency	Percent
Facebook	100	35.7
Instagram	68	24.3
Twitter	55	19.6
LinkedIn	58	20.7
Total	**280**	**100.0**

As table no.10 shows, the Majority of the respondents, i.e., 35.7% replied that they have used Facebook the most. While 24.3% respondents used Instagram and 19.64% uTwittertter, and 20.7% used LinkedIn.

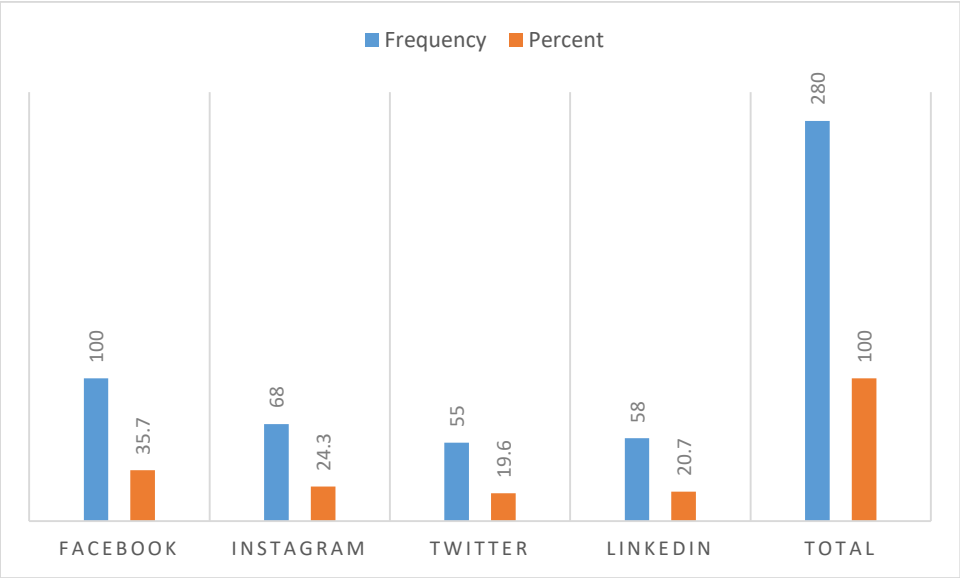

Table 11: Frequency and Percentage distribution of the respondents according to the statement: Have you ever compared your life to others on social media?

Category	Frequency	Percent
Agree	103	36.8
Strongly agree	55	19.6
Neutral	50	17.9
Disagree	38	13.6
Strongly disagree	35	12.5
Total	**280**	**100.0**

Table 11 presents the distribution of respondents' responses to the statement 'Have you ever compared your life to others on social media?' The majority, comprising 36.8% of the total sample (n = 280), agreed with the statement. Additionally, 17.9% of respondents expressed a neutral stance, while 19.6% strongly agree. Furthermore, 13.6% disagreed with the statement, and 12.5% strongly disagreed. This distribution highlights the range of attitudes and opinions among respondents regarding comparison behavior on social media.

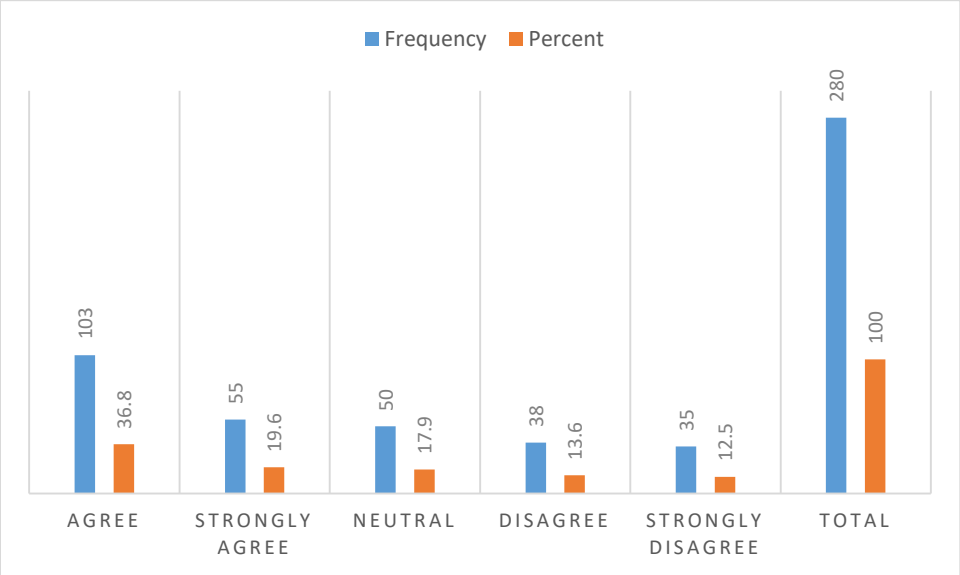

Table 12: Frequency and Percentage distribution of the respondents according to the statement: Do you think that social media helps you to stay connected with friends and family?

Category	Frequency	Percent
Agree	93	33.2
Strongly agree	70	25.0
Neutral	75	26.8
Disagree	13	4.6
Strongly disagree	30	10.7
Total	**280**	**100.0**

Table 12 presents the distribution of respondents' responses to the statement 'Do you think that social media helps you to stay connected with friends and family?' The majority, comprising 33.2% of the total sample (n = 280), agreed with the statement. Additionally,

26.8% of respondents expressed a neutral stance, while 25.0% strongly agree. Furthermore, 10.7% strongly disagreed with the statement, and 4.6% Disagreed. This distribution highlights diverse perspectives on the role of social media in maintaining connections with friends and family among the respondents.

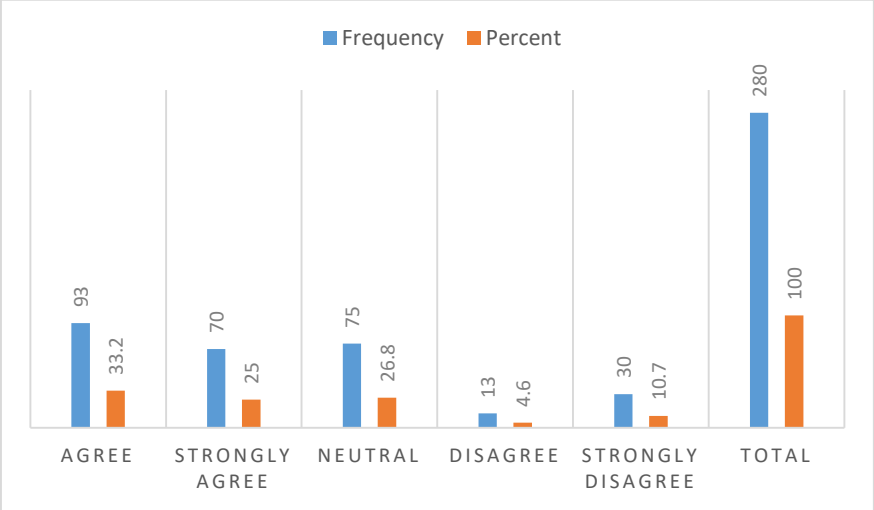

Table 13: Frequency and Percentage distribution of the respondents according to the statement: Have you ever felt pressured to post content that portrays your life in a positive light?

Category	Frequency	Percent
Agree	100	35.7
Strongly agree	68	24.3
Neutral	63	22.5
Disagree	20	7.1
Strongly dthe isagree	30	10.7
Total	**280**	**100.0**

According to Table No. 13, a majority of the respondents, comprising 35.7%, agreed with the statement, 'Have you ever felt pressured to post content that portrays your life in a positive light?' Additionally, 22.5% of the respondents had neutral responses, while 24.3% strongly agree with the statement. Furthermore, 10.7% of the respondents strongly disagreed, and 7.1% disagreed with the statement.

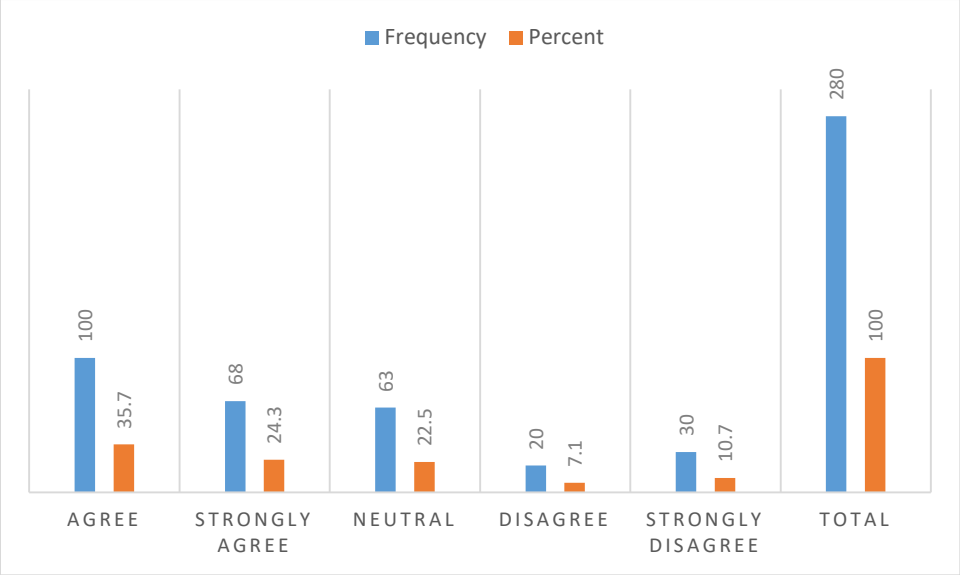

Table 14: Frequency and Percentage distribution of the respondents according to the statement: Do you use social media to escape from real-life problems?

Category	Frequency	Percent
Agree	118	42.1
Strongly agree	43	15.4
Neutral	68	24.3
Disagree	30	10.7
Strongly disagree	23	8.2
Total	**280**	**100.0**

According to Table No. 14, a majority of the respondents, comprising 42.1%, agreed with the statement, 'Do you use social media to escape from real-life problems?' Additionally, 24.3% of the respondents had neutral responses, while 15.4% strongly agree with the statement. Furthermore, 10.7% of the respondents strongly disagreed, and 8.2% disagreed with the statement.

Hypothesis Testing

H_1= There is relationship between social media and mental health of young adults.

H_o=: There is no relationship between social media and the mental health of young adults.

Correlation Matrix

	Social media	Mental health	Adults
Social media	1		
Mental health	.991	1	
Adults	-.850	-.840	1

. Correlation is significant at the 0.01 level (2-tailed).

Well, the table below represents that 9 out of 10 statistics have a good correlation between social media and mental health because the r value is greater than. 991(if the usage of social media increases, then also the mental health will increase, and vice versa). And the sig value is 0.001. Secondly, it can be observed that the R value is greater than 0.80, which shows near multicollinearity of variables; a natural log transformation is needed. Also, the relationship between social media and mental health is strongly negative, as represented by r. 850(the

use of social media, whatever may be), and the sig value is 0.001If will increase the mental health screen score decrease (non-significant or vice versa). The sig value is 0.001 and the vif value is equal to 80; this shows a multi colinearity issue between predictors with significance. Moreover, the r value of social media and mental health is called as 840 (if the use of social media in increasing then mental state adults will decrease and vice versa) with sig value 0.001, indicating a negative correlation between these twos variables but due to multimulator co linearity problem exist

ANOVA

Model	**Sum of Squares**	**Df**	**Mean Square**	**F**	**Sig.**
Regression	7933.579	2	3966.789	191.202	.000b
Residual	3049.755	147	20.747		
Total	10983.333	149			

a. Dependent Variable: Adults

b. Predictors: (Constant), Social media, Mental health

This approach uses an ANOVA table to see how well the model fits with our data. The model is good when F > 5 and p-value <0. According to ANOVA table we notice that the F value> 5, more than 191.202, the significance level <0.05 or (=.001). 000) show that the model fits very well and has a high fit score at 0.

Coefficients

		Unstandardized Coefficients		Standardized Coefficients		
		B	**Std. Error**	**Beta**	**T**	**Sig.**
1	(Constant)	31.699	.889		35.655	.000
	Social media	-.758	.249	-.977	-3.046	.003
	Mental health	.089	.221	.128	.400	.000

a. Dependent Variable: Adults

This table is utilized to compute the impact of independent variables on the dependent variable and i.e., social media as well as mental over adults (dependent variable). The first independent variable, Social media, has a negative and statistically significant relationship with adults, at a coefficient of -3.046 (p< 0.003). Consequently, social media is getting a bad reputation among adults. The second independent variable, mental health, has positive relationship significant with the dependent variable of .920 as coefficient. The data shows 128, and the value of significance is. 000, which mean independent variable social media, has positive and significant relationship with the dependent education here. Therefore, the table data indicates from one independent factor is strongly related positively, and second independent factor also relates negatively to dependent variable adults.

Conclusion

In conclusion, the study highlights that excessive use of social media has significant negative implications on the mental health of young adults, particularly in relation to anxiety, depression, low self-esteem, and overall psychological distress. Findings indicate that both the duration of daily use and the number of platforms accessed are directly associated with worsening mental health outcomes, supporting earlier research on problematic social media use. While social media remains a powerful tool for connectivity and self-expression, its unregulated use can lead to harmful consequences such as disrupted sleep, reduced

productivity, and the constant stress of comparison and fear of missing out (FOMO). These results emphasize the urgent need for awareness campaigns, digital literacy programs, and preventive interventions, including counseling and guidance, to promote healthier and more balanced usage of social media among young adults. By encouraging responsible use and fostering coping strategies, society can help mitigate the psychological risks while still benefiting from the opportunities that social media provides.

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