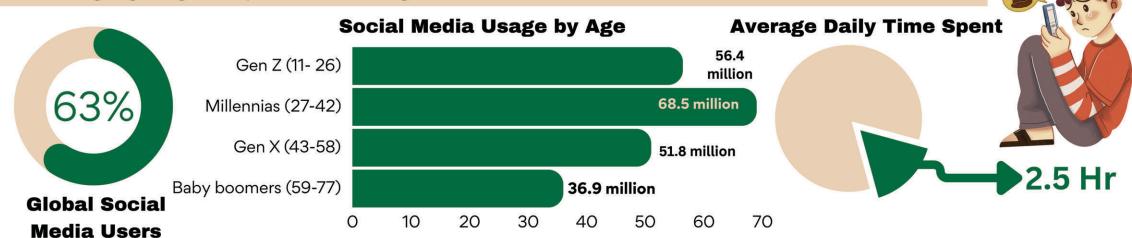
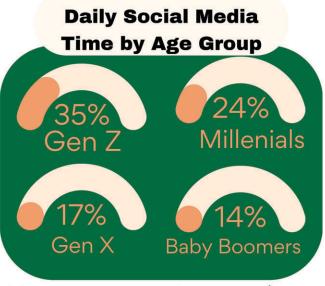
# Impact Of Social Media On Mental Health

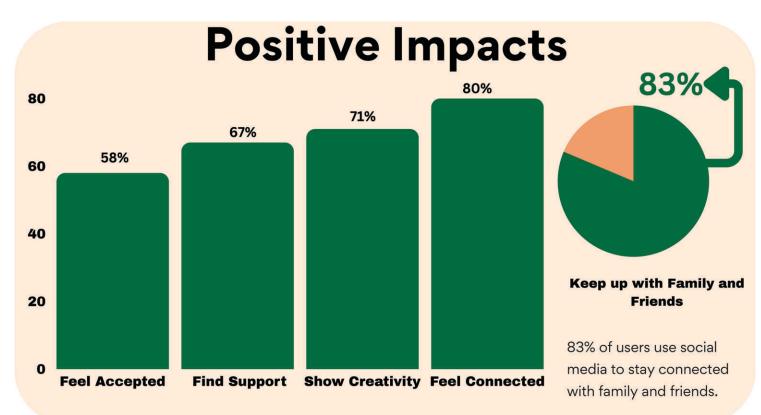
Ayush Gupta, Tripti, Mansukhleen Kaur, Sridhar, Moses

The report presents key findings from a research study on the impact of social media on mental health, highlighting both positive and negative effects.





Younger generation spend significantly more time on social media as compared to others.





Educational **Programs** 



**Parental Guidance** 



**Family Activities** 



**Mental Health Features** 



**Parental Guidance** 



**Support Research** on social media and mental Health

## Recommendation Negative Impacts



56 % of social media users are affected by Fomo.

**Depression Anxiety** Loneliness

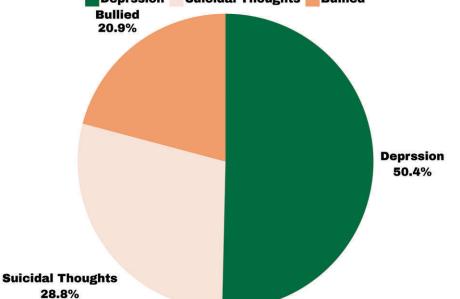
Addiction **Body Image Issues** Cyberbullying

**Sleep Problemss** 

Distraction **Suicidal Thoughts Fear** 

**Stress** 

**Overuse** Suicidal Thoughts Bullied Deprssion



## Do you Know?



Cyberbullying **Victimization** 

On average, 72% of children and young people have been cyberbullying victims at least once in their lives.

### **Body Image Concern**



About 8 out of 10 girls felt worse about their bodies due to social media use

Source:Consumer Notice. (2023, August 15). 2023 Social Media & Mental Health Statistics | Top Negative Effects. Consumer Notice, LLC. https://www.consumernotice.org/personal-injury/social-media-harm/statistics/

Beshay. (2024, April 14). Teens and social media: Key findings from Pew Research Center surveys. Pew Research Center.

https://www.pewresearch.org/short-reads/2023/04/24/teens-and-social-media-key-findings-from-pew-research-center-surveys/Government of Canada, Statistics Canada. (2021, March 24). Canadians' assessments of social media in their lives. https://www150.statcan.gc.ca/n1/pub/36-28-

0001/2021003/article/00004-eng.htm