

# Impact Of Social Media On Mental Health

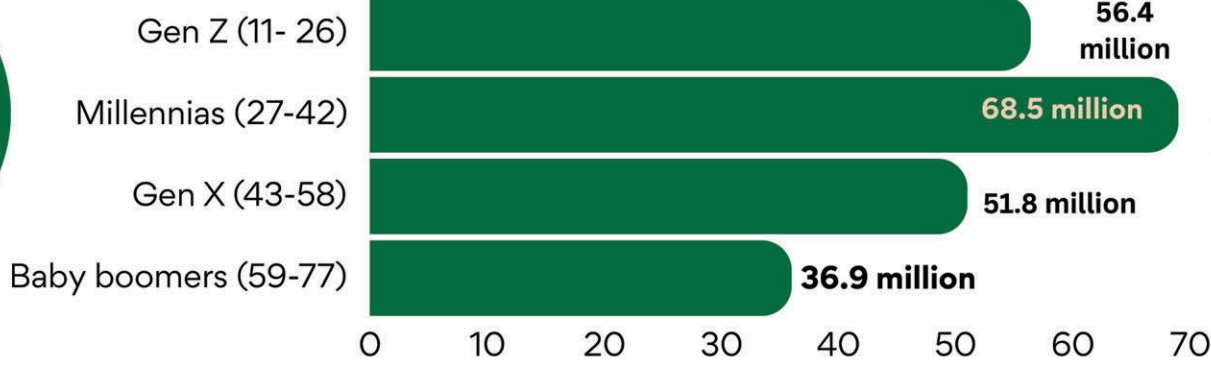
Ayush Gupta, Tripti, Mansukhleen Kaur, Sridhar, Moses

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

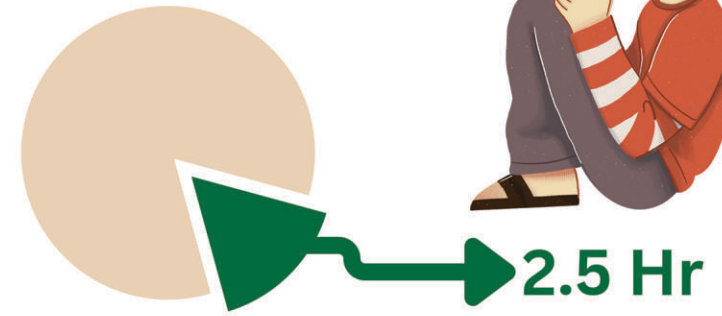


**Global Social Media Users**

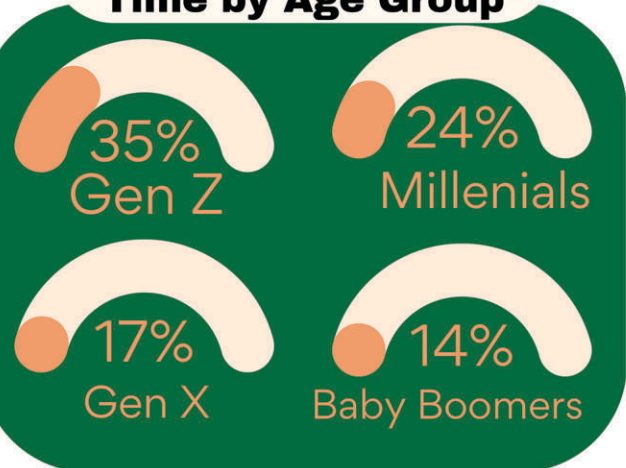
## Social Media Usage by Age



## Average Daily Time Spent

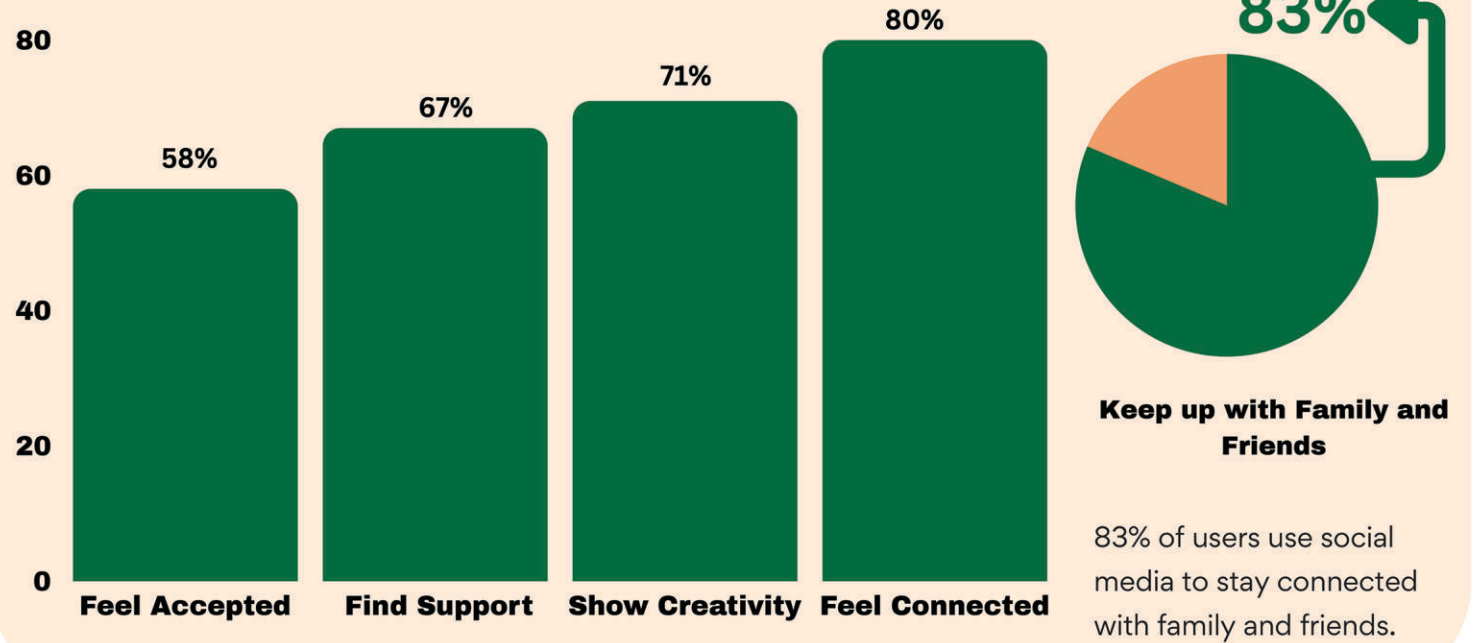


## Daily Social Media Time by Age Group



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

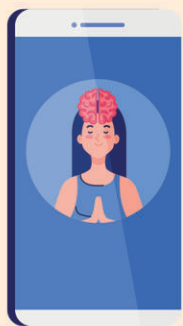
## Positive Impacts



## Recommendation



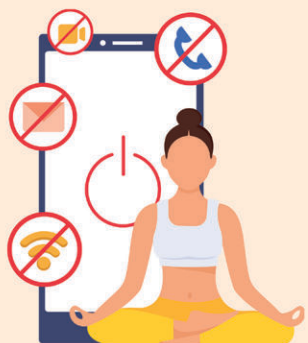
**Educational Programs**



**Mental Health Features**



**Parental Guidance**



**Parental Guidance**

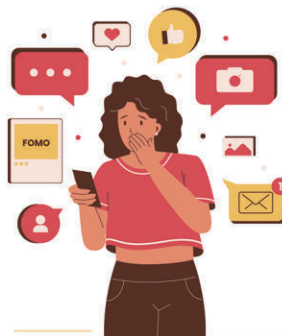


**Family Activities**



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

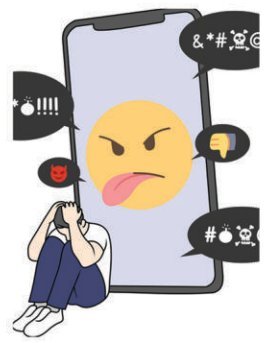
## Negative Impacts



56 % of social media users are affected by Fomo.

- Depression
- Loneliness
- Anxiety
- Addiction
- Body Image Issues
- Cyberbullying
- Fomo**
- Sleep Problems
- Distraction
- Stress
- Fear
- Suicidal Thoughts
- Overuse

## 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

