

Depression; A by-product of Social Media

There are many adverse effects of social media usage, chief among which is developing mental conditions such as depression. The excessive use of social media leads to the problems of comparisons and increase the feelings of isolation in teens and adults.

The usage of social media has increased manifold over the past years, teens and adults have become addicted to the screens. However, social media presents the distorted view of reality and the ~~un~~filtered images and exaggerated realities takes a toll on young adults mental health.

Recent studies have shown that teens are more likely to have depressed mood if they spend a lot of time on social media. Thus, social media plays a major role in developing mental health problems.