

Negative effect of social media on Youth.

The excessive use of social media can have severe effects on the mental health of youth. Social media can be harmful because it encourages constant comparison and limits in-person communication often leading to increased feeling of depression, anxiety, poor body image and loneliness. According to the Pew Research Center 69% of adults and 81% of teens in the U.S. use social media. This puts a large amount of population at an increased risk of feeling anxious, depressed, or ill over social media use. Another research done by Child Mind Institute and The National

Center for health Research suggest people who frequently use social media feel more depressed and less happy with life than those who spend more time on non-screen-related activities. In a survey (2020) of more than 6,000 individual aged 10-18 years, researchers found that about half of them had experienced cyberbullying which may trigger mental health. The 2021 study confirms that girls who used social media at least 2 hours each day from the age of 13 years had a higher clinical ^{sadness,} risk of suicide as adults. The social media impacts of adults ^{& teens} are not hidden anymore, its excessive use can lead tremendous stress, pressure to compare oneself to others and increased sadness and isolation. So, mindful use is essential to social media consumption.