

Impacts of Social Media on Mental Health of Teenagers

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1 INTRODUCTION

“Humans often mistake shadows for reality; in much the same way, Today's Teenagers scroll through filtered versions of other's lives, Mistaking them for truth - and suffering mental health consequences as a result”

(Plato)

Social media is an online platform that is easily accessible to everyone. In the era of digitalization, every age group is almost using social media for different purposes. Youth is heavily dependent on Social Networking Sites (SNS). Smart phones played an important role to make Social Networking sites more popular among young generation. Everyone holds global world in one's pocket & whenever wants

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can dive into this world.

Social media is being used for socialization, getting in touch with people & new trends, for education as well as for entertainment.

This Essay will provide an insight of How excessive use of social media can affect the mental health of Teenager. In

this Essay, social media usage as an entertainment, education, information & making connection will be discussed. This

will also provide the deep analysis of social media usage causes sleep disorder,

attention diverter, damaging cognitions,

leading towards isolation, causes behavioural disorders, created imaginary world &

leading towards anxiety & depression.