

COMMUNICATIVE SKILLS IN ENGLISH

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ABSTRACT

This study investigates the relationship between social media use and mental health outcomes in a sample of 1,000 adolescents. The results indicate that excessive social media use is associated with increased symptoms of depression, anxiety, and loneliness. However, moderate social media use is associated with positive outcomes, such as increased social support and self-esteem. The study concludes that social media can have both positive and negative effects on adolescent mental health, and that it is important for parents, educators, and clinicians to be aware of these effects.

Keywords: Social media, Adolescent mental health, Depression, Anxiety, Loneliness, Social support, Self-esteem.