



Mental Health and Social Media Addiction among Youth: A Conceptual Analysis

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ABSTRACT

The rapid expansion of social media platforms has fundamentally transformed the lifestyle, communication patterns, and psychological well-being of young people across the world. While social networking sites such as Instagram, Facebook, WhatsApp, Snapchat, TikTok, and X (formerly Twitter) provide opportunities for communication, learning, creativity, and social interaction, excessive and uncontrolled use has increasingly been associated with adverse mental health outcomes. Social media addiction has emerged as a significant behavioral concern characterized by compulsive engagement, impaired self-regulation, and dependency on online social interactions. This conceptual study examines the relationship between social media addiction and mental health among youth by synthesizing recent theoretical and empirical literature. The paper discusses the psychological, emotional, social, and academic consequences of problematic social media use, including anxiety, depression, stress, loneliness, sleep disturbances, fear of missing out (FoMO), low self-esteem, cyberbullying, and reduced academic performance. It also reviews major psychological theories such as Uses and Gratifications Theory, Social Comparison Theory, Self-Determination Theory, and Cognitive Behavioral Theory to explain the mechanisms through which social media influences mental well-being. The article highlights protective factors including digital literacy,

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parental monitoring, emotional resilience, healthy coping strategies, and responsible technology use. Furthermore, it identifies gaps in existing literature and proposes future research directions for scholars, educators, policymakers, and mental health professionals. The findings emphasize that while social media offers numerous developmental opportunities, excessive and addictive use significantly threatens the psychological health of young people. Promoting balanced digital engagement and evidence-based intervention strategies is essential for fostering healthy social media habits and improving youth mental well-being in the digital age.

Introduction

Over the past decade, social media has become one of the most influential technological innovations shaping human interaction and communication. Young people represent the largest and most active group of social media users worldwide. Platforms such as Instagram, Facebook, TikTok, Snapchat, WhatsApp, and X have become integral parts of their daily lives, facilitating communication, entertainment, education, self-expression, and identity formation.

The widespread accessibility of smartphones and affordable internet connectivity has significantly increased the amount of time youth spend on social networking platforms. Although moderate social media use provides educational benefits, emotional support, networking opportunities, and access to information, excessive engagement has raised serious concerns among psychologists, educators, parents, and public health professionals.

Social media addiction refers to a pattern of excessive and compulsive use of social networking platforms that interferes with daily functioning, academic achievement, interpersonal relationships, emotional stability, and overall well-being. Unlike healthy digital engagement, addictive use is characterized by loss of control, withdrawal symptoms when offline, tolerance (needing increasing amounts of use), and continued usage despite negative consequences.

Recent research indicates that excessive social media use is associated with numerous psychological problems among adolescents and young adults. These include anxiety disorders, depressive symptoms, loneliness, sleep disruption, stress, poor concentration, reduced self-esteem, body image dissatisfaction, cyberbullying, fear of missing out (FoMO), and emotional exhaustion. Constant exposure to carefully



curated online content often encourages unhealthy social comparison, unrealistic expectations, and dependence on external validation through likes, comments, and followers.

From a sociological perspective, social media has also transformed patterns of socialization, identity construction, peer relationships, and cultural participation. While digital platforms promote global connectivity, they may simultaneously reduce face-to-face interaction, increase social isolation, and create psychological dependence on virtual communities.

Given the growing prevalence of mental health disorders among young people and the exponential increase in digital technology use, understanding the relationship between social media addiction and mental health has become an important area of academic research. This conceptual article critically reviews existing literature, explores theoretical perspectives, discusses major psychological outcomes associated with excessive social media use, and suggests practical interventions for promoting healthier digital lifestyles among youth.

Statement of the Problem

The rapid growth of social media has significantly transformed how young people communicate, learn, and interact. Although platforms such as Instagram, Facebook, TikTok, Snapchat, WhatsApp, and X provide opportunities for communication and social connection, excessive and uncontrolled use can lead to problematic or addictive behaviors. Social media addiction is characterized by compulsive use, lack of self-control, preoccupation with online activities, and continued use despite negative consequences.

Existing research suggests that excessive social media use is associated with several mental health concerns among youth, including depression, anxiety, stress, loneliness, sleep disturbances, low self-esteem, emotional instability, and poor academic performance. The pursuit of online approval through likes, comments, and followers may further contribute to psychological distress and reduced self-worth. Therefore, there is a need to critically examine the relationship between social media addiction and mental health. This conceptual study aims to synthesize existing literature, identify the major factors influencing this relationship, and highlight factors that may increase vulnerability or promote resilience among youth.

Need and Significance of the Study

The increasing prevalence of mental health problems among young people has become a major concern for educators, families, healthcare professionals, and policymakers. At the same time, social media has become an inseparable part of youth culture, influencing communication, relationships, identity formation, and daily



routines. Understanding the complex relationship between social media addiction and mental health is therefore both timely and socially relevant.

This study is significant because it:

- Explains the psychological consequences of excessive social media use among youth.
- Synthesizes recent empirical and theoretical literature to provide a comprehensive understanding of social media addiction.
- Identifies major risk factors such as fear of missing out (FoMO), cyberbullying, social comparison, sleep disruption, and digital dependency.
- Highlights protective factors including digital literacy, emotional resilience, parental monitoring, healthy coping strategies, and balanced technology use.
- Provides evidence-based recommendations for educators, mental health professionals, parents, and policymakers to design effective interventions and awareness programs.
- Identifies research gaps and suggests future directions for studies in psychology, sociology, education, and public health.

Research Objectives

The study aims to achieve the following objectives:

- To examine the concept and characteristics of social media addiction among youth.
- To analyze the relationship between social media addiction and mental health outcomes among young people.
- To identify the major psychological, social, and academic consequences associated with excessive social media use.
- To review theoretical perspectives explaining social media addiction and its impact on mental well-being.
- To identify protective factors and intervention strategies that promote responsible social media use and positive mental health among youth.



Review of Literature

The relationship between social media addiction and mental health has attracted increasing scholarly attention over the last decade. The widespread adoption of digital technologies has transformed how young people communicate, develop relationships, access information, and construct their identities. While social media provides opportunities for learning, creativity, and social support, excessive use has been associated with psychological, emotional, and behavioral problems.

Concept of Social Media Addiction

Social media addiction refers to excessive, compulsive, and uncontrollable use of social networking platforms that disrupts normal daily functioning. Although it is not currently classified as a formal mental disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR), researchers increasingly conceptualize it as a behavioral addiction sharing characteristics with other non-substance addictions, including salience, mood modification, tolerance, withdrawal, conflict, and relapse.

The addictive nature of social media is reinforced through personalized algorithms, instant notifications, endless scrolling, and social rewards such as likes, comments, and shares. These features stimulate the brain's reward system, encouraging repeated engagement.

Global Trends in Social Media Use Among Youth

Recent international reports indicate that adolescents and young adults are the most active users of social networking platforms. Daily usage often exceeds three to five hours, with many individuals checking their phones hundreds of times each day.

The COVID-19 pandemic further accelerated dependence on digital communication as schools shifted to online learning and physical interactions became restricted. While social media reduced social isolation during lockdowns, researchers also observed increases in problematic usage patterns and psychological distress among young users.

Social Media Addiction and Depression

Depression is among the most consistently reported outcomes associated with problematic social media use. Studies have found that excessive engagement may increase depressive symptoms through mechanisms such as negative social comparison, cyberbullying, fear of missing out (FoMO), and reduced face-to-face interactions.



Young users frequently compare themselves with carefully curated online images portraying idealized lifestyles, physical appearance, and achievements. Such comparisons may reduce self-esteem, create dissatisfaction with one's own life, and contribute to hopelessness and depressive symptoms.

Longitudinal research suggests a bidirectional relationship: depression can increase excessive social media use, while problematic use may further intensify depressive symptoms, creating a reinforcing cycle.

Anxiety and Social Media Addiction

Numerous studies have identified a positive association between excessive social media use and anxiety disorders. Adolescents often experience anxiety related to delayed responses, fear of exclusion, social evaluation, and constant connectivity.

The phenomenon known as Fear of Missing Out (FoMO) has emerged as one of the strongest predictors of compulsive social media use. Individuals experiencing FoMO frequently monitor social networking platforms to remain informed about peers' activities, leading to repetitive checking behaviors and emotional dependence.

Research has consistently demonstrated that higher levels of FoMO are associated with greater psychological distress and lower life satisfaction.

Sleep Disturbance and Psychological Well-being

Sleep is essential for emotional regulation, memory consolidation, cognitive performance, and physical health. However, excessive nighttime social media use has become increasingly common among adolescents.

Exposure to blue light from smartphone screens suppresses melatonin production, delaying sleep onset and reducing sleep quality. Additionally, emotional engagement with online content prolongs bedtime routines and contributes to insufficient sleep duration.

Poor sleep has been linked to increased stress, anxiety, depression, irritability, impaired concentration, and reduced academic performance.



Self-Esteem, Body Image, and Social Comparison

Social networking platforms frequently expose young users to idealized images of beauty, success, wealth, and popularity. Continuous exposure to such content promotes upward social comparison, where individuals evaluate themselves against seemingly superior peers.

Studies indicate that excessive comparison negatively affects self-esteem and body satisfaction, particularly among adolescent girls and young women. Image-editing filters, influencer culture, and unrealistic beauty standards intensify concerns regarding physical appearance and self-worth.

Lower self-esteem has been identified as both a predictor and consequence of problematic social media use.

Cyberbullying and Emotional Health

Cyberbullying represents one of the most harmful aspects of online interaction. Victims of cyberbullying often experience emotional distress, depression, anxiety, loneliness, social withdrawal, and suicidal ideation.

Unlike traditional bullying, cyberbullying can occur continuously, anonymously, and reach large audiences instantly. This persistent exposure increases psychological trauma and reduces perceived social support.

Research indicates that adolescents who experience cyberbullying are significantly more likely to develop mental health problems compared with their peers.

Academic Performance and Social Media Addiction

Excessive social media use has been associated with reduced academic achievement due to procrastination, decreased concentration, multitasking, and poor time management.

Students who frequently interrupt study sessions to check social networking sites often demonstrate lower academic performance and reduced learning efficiency.

Nevertheless, moderate and purposeful use of educational communities and academic discussion platforms may positively support collaborative learning and information sharing.

Positive Effects of Social Media

Despite concerns regarding addiction, researchers also acknowledge several positive outcomes associated with responsible social media use.



These include:

- Access to educational resources.
- Peer learning and academic collaboration.
- Emotional support during stressful situations.
- Professional networking and career development.
- Opportunities for creativity and self-expression.
- Increased civic engagement and social awareness.

These findings suggest that the impact of social media depends largely on the intensity, purpose, and manner of use rather than the technology itself.

Theoretical Framework

This conceptual study is supported by four major theories that explain how excessive social media use influences the mental health of youth.

Uses and Gratifications Theory (UGT)

Uses and Gratifications Theory, developed by Katz, Blumler, and Gurevitch (1974), argues that individuals actively choose media to satisfy specific psychological and social needs. Young people use social media for communication, entertainment, education, identity formation, information seeking, and maintaining social relationships.

Initially, these platforms satisfy important needs such as social interaction and emotional support. However, repeated dependence on social media for gratification may lead to compulsive use and addiction. When users increasingly rely on online interactions instead of real-life relationships, they may experience anxiety, loneliness, emotional dependency, and reduced psychological well-being.

Thus, UGT explains how the motivations behind social media use can gradually contribute to problematic usage patterns.



Social Comparison Theory

Social Comparison Theory, proposed by Leon Festinger (1954), suggests that individuals naturally evaluate themselves by comparing their abilities, appearance, and achievements with those of others.

Social media platforms provide endless opportunities for comparison because users often share carefully edited photographs and selectively present positive aspects of their lives. Continuous exposure to these idealized portrayals encourages upward social comparison.

Such comparisons may lead to:

- Lower self-esteem
- Body dissatisfaction
- Depression
- Anxiety
- Reduced life satisfaction

Among adolescents, whose identities are still developing, these comparisons can have particularly strong psychological effects.

Self-Determination Theory (SDT)

Self-Determination Theory, developed by Deci and Ryan (1985), proposes that psychological well-being depends on the fulfillment of three basic human needs:

- Autonomy
- Competence
- Relatedness

Although social media initially appears to satisfy these needs, addictive use may ultimately undermine them.

For example:

- Constant dependence on online approval reduces autonomy.
- Continuous comparison decreases feelings of competence.



- Virtual interactions may replace meaningful face-to-face relationships, weakening genuine relatedness.
- Failure to satisfy these psychological needs contributes to emotional distress, stress, and poor mental health.

Cognitive Behavioral Theory

Cognitive Behavioral Theory suggests that emotions and behaviors are influenced by individual thought patterns.

Social media often reinforces maladaptive cognitions such as:

- "My value depends on the number of likes I receive."
- "Everyone else is happier than I am."
- "I will miss something important if I log off."

These distorted beliefs increase compulsive checking behaviors, anxiety, fear of missing out (FoMO), and emotional dependence.

CBT also explains why cognitive restructuring and digital behavior modification are effective interventions for reducing problematic social media use.

Integration of Theories

Together, these theories provide a comprehensive explanation of social media addiction:

- Uses and Gratifications Theory explains why youth are attracted to social media.
- Social Comparison Theory explains how online comparisons affect self-esteem and emotional health.
- Self-Determination Theory explains the impact on psychological needs and well-being.
- Cognitive Behavioral Theory explains how distorted thinking maintains addictive behaviors.

The integration of these theories provides a strong conceptual basis for understanding the relationship between social media addiction and mental health.



Proposed Conceptual Model

Social Media Addiction



Excessive Screen Time	
Fear of Missing Out (FoMO)	
Social Comparison	
Cyberbullying	
Sleep Disturbance	
Low Self-Esteem	



Mental Health Problems

Depression	
Anxiety	
Stress	
Loneliness	
Emotional Distress	
Poor Academic Performance	



Protective Factors

(Family Support, Digital Literacy,
Resilience, Healthy Coping,
School Interventions)



Importance of the Framework

The framework proposes that social media addiction directly and indirectly influences the mental health of youth. Mediating factors such as FoMO, social comparison, and sleep disturbance explain how excessive use affects well-being, while moderating factors such as family support and digital literacy can reduce these negative effects.

This framework provides a clear basis for interpreting the reviewed literature and can guide future empirical research.

Research Methodology

This study adopts a conceptual review research design to examine the relationship between social media addiction and mental health among youth. Instead of collecting primary data, the study systematically reviews and synthesizes existing scholarly literature to provide a comprehensive understanding of the phenomenon. A conceptual review is appropriate because it integrates theoretical perspectives, empirical findings, and current evidence, identifies research gaps, and proposes directions for future research.

Research Design

The study employs a conceptual and descriptive review design. It critically analyzes published research to understand the psychological, social, and behavioral impacts of social media addiction on youth mental health.

This design enables the researcher to:

- Examine existing theories related to social media addiction.
- Compare findings from different empirical studies.
- Identify common trends and inconsistencies in the literature.
- Develop a comprehensive understanding of the relationship between social media addiction and mental health.

Sources of Data

The study relies exclusively on secondary data obtained from credible academic sources.

Data sources include:



- Peer-reviewed journal articles
- Books and edited volumes
- Systematic reviews and meta-analyses
- Reports published by international organizations (e.g., WHO, UNICEF, UNESCO)
- Government publications
- Reputable academic databases such as Scopus, Web of Science, PubMed, ERIC, Google Scholar, and APA PsycInfo

Priority is given to publications from 2020–2026, while seminal theoretical works are included to provide conceptual grounding.

Data Collection Procedure

The literature was identified through systematic searches of major academic databases using combinations of keywords such as:

- "Social media addiction"
- "Mental health"
- "Youth"
- "Adolescents"
- "Depression"
- "Anxiety"
- "Psychological well-being"
- "Fear of Missing Out (FoMO)"
- "Cyberbullying"
- "Digital well-being"



Relevant publications were screened based on their titles, abstracts, and full texts to determine their suitability according to the inclusion and exclusion criteria.

Data Analysis

A thematic analysis approach was used to synthesize findings from the selected literature. The reviewed studies were organized into major themes, including:

- Concept and characteristics of social media addiction
- Depression and anxiety
- Fear of Missing Out (FoMO)
- Sleep disturbances
- Self-esteem and body image
- Cyberbullying
- Academic performance
- Psychological well-being
- Protective factors and intervention strategies

The themes were compared and interpreted to identify recurring patterns, differences, and gaps in the existing literature.

Limitations of the Study

The study has several limitations:

- It is based solely on secondary data and does not include primary empirical evidence.
- The review is limited to English-language publications, which may exclude relevant studies in other languages.
- Differences in research designs and measurement tools across the reviewed studies may affect comparability.



- Cultural and regional variations in social media use and mental health experiences may limit the generalizability of some findings.

Despite these limitations, the study provides a comprehensive synthesis of contemporary research and offers valuable insights for researchers, educators, mental health professionals, and policymakers.

Results and Discussion

Objective 1: To examine the concept and characteristics of social media addiction among youth

Results

The reviewed literature indicates that social media addiction is a form of behavioral addiction characterized by excessive and compulsive engagement with social networking platforms. Common characteristics identified across studies include:

- Excessive daily screen time
- Compulsive checking of notifications
- Difficulty controlling social media use
- Anxiety or irritability when unable to access social media
- Neglect of academic, social, or family responsibilities
- Continued use despite negative consequences

Research also highlights that adolescents and young adults are particularly vulnerable because of ongoing psychological, emotional, and social development. The design features of social media platforms—such as endless scrolling, algorithm-driven content, instant notifications, and social rewards (likes, comments, and shares)—reinforce repeated engagement and may contribute to addictive behaviors.

Discussion

The literature suggests that social media addiction is influenced by both individual and technological factors. Psychological needs for belonging, approval, and identity formation interact with persuasive platform designs to increase the likelihood of compulsive use. Uses and Gratifications Theory explains that youth initially use social media to satisfy communication and entertainment needs, but repeated reinforcement can gradually lead to dependency.



Objective 2: To analyze the relationship between social media addiction and mental health among youth

Results

The reviewed studies consistently report a positive association between excessive social media use and poor mental health outcomes. Frequently reported effects include:

- Increased symptoms of depression
- Higher levels of anxiety
- Chronic psychological stress
- Emotional exhaustion
- Loneliness and social isolation
- Reduced life satisfaction

Fear of Missing Out (FoMO), cyberbullying, sleep disturbance, and negative social comparison emerge as key mechanisms linking excessive social media use to psychological distress.

Discussion

Although social media itself is not inherently harmful, problematic use significantly increases the risk of emotional and psychological difficulties. The evidence suggests a bidirectional relationship: poor mental health may encourage greater reliance on social media for emotional support, while excessive use may further worsen mental health. Social Comparison Theory provides a useful explanation, as idealized online portrayals often encourage unrealistic comparisons that reduce self-esteem and increase emotional distress.

Objective 3: To identify the major psychological, social, and academic consequences associated with excessive social media use

Results

The literature identifies several consequences across multiple domains.

Psychological Consequences

- Depression



- Anxiety
- Stress
- Emotional instability
- Low self-esteem
- Body image dissatisfaction
- Sleep disorders
- Emotional burnout

Social Consequences

- Reduced face-to-face communication
- Family conflicts
- Social isolation
- Increased cyberbullying
- Weakening of interpersonal relationships
- Greater dependence on virtual interactions

Academic Consequences

- Poor concentration
- Procrastination
- Reduced classroom engagement
- Lower academic achievement
- Decreased productivity
- Poor time management



Discussion

These findings suggest that social media addiction affects multiple dimensions of youth development. Excessive online engagement often replaces healthy routines such as physical activity, quality sleep, and meaningful interpersonal interactions. From a sociological perspective, excessive dependence on digital communication may alter patterns of socialization and weaken real-world social support networks, thereby increasing vulnerability to psychological distress.

Objective 4: To review theoretical perspectives explaining social media addiction and its impact on mental well-being

Results

The review identified four major theories that explain the relationship between social media addiction and mental health:

- Uses and Gratifications Theory
- Social Comparison Theory
- Self-Determination Theory
- Cognitive Behavioral Theory

Each theory explains different aspects of problematic social media use and its psychological consequences.

Discussion

No single theory fully explains social media addiction. Instead, the findings indicate that an integrated theoretical approach provides the most comprehensive understanding.

- Uses and Gratifications Theory explains why youth are motivated to use social media.
- Social Comparison Theory explains the negative emotional effects of comparing oneself with idealized online content.
- Self-Determination Theory highlights how excessive online engagement may undermine autonomy, competence, and meaningful relationships.



- Cognitive Behavioral Theory explains how distorted beliefs and maladaptive thought patterns reinforce compulsive social media use.

The integration of these theories strengthens the conceptual understanding of the phenomenon.

Objective 5: To identify protective factors and intervention strategies that promote responsible social media use and positive mental health among youth

Results

The literature identifies several protective factors that may reduce the negative impact of social media addiction:

- Digital literacy education
- Family support and parental monitoring
- Healthy coping strategies
- Emotional resilience
- School-based mental health programs
- Time management skills
- Mindfulness and stress management practices
- Responsible digital citizenship

Recommended interventions include:

- Awareness campaigns on healthy social media use
- Counseling services in schools and colleges
- Digital detox programs
- Sleep hygiene education
- Peer support initiatives
- Collaboration between families, schools, and healthcare professionals

Discussion

The findings emphasize that prevention is more effective than treatment alone. Promoting responsible digital habits from adolescence can reduce the risk of addiction and improve psychological well-being. Schools and higher education institutions play an important role by integrating digital literacy, emotional intelligence, and mental health education into their curricula. Policymakers should also encourage regulations that support safer online environments and improve access to youth mental health services.

Overall Discussion

The reviewed evidence demonstrates that social media is a double-edged phenomenon. When used purposefully and in moderation, it enhances communication, learning, creativity, and social connectedness. However, excessive and addictive use is consistently associated with adverse psychological, social, and academic outcomes.

The relationship between social media addiction and mental health is influenced by individual characteristics, family environments, peer relationships, and technological design. Consequently, addressing this issue requires a multidisciplinary approach involving educators, mental health professionals, families, technology companies, and policymakers. Promoting balanced digital engagement, strengthening resilience, and improving digital literacy are essential for protecting the mental health and well-being of young people.

Conclusion

The rapid growth of digital technology and social networking platforms has transformed the lives of young people by providing new opportunities for communication, learning, entertainment, and self-expression. However, the findings synthesized in this conceptual review indicate that excessive and compulsive social media use has become a significant concern for youth mental health.

The reviewed literature consistently demonstrates that social media addiction is associated with depression, anxiety, stress, loneliness, low self-esteem, sleep disturbances, cyberbullying, emotional exhaustion, and reduced academic performance. Although social media itself is not inherently harmful, problematic and uncontrolled use can negatively affect psychological well-being and interpersonal relationships.

Theoretical perspectives—including Uses and Gratifications Theory, Social Comparison Theory, Self-Determination Theory, and Cognitive Behavioral Theory—provide complementary explanations for why social media addiction develops and how it influences mental health. These theories collectively suggest



that excessive online engagement may interfere with healthy psychological development, emotional regulation, and real-world social interactions.

At the same time, the review highlights that responsible and balanced social media use can produce positive outcomes such as educational opportunities, peer support, professional networking, and civic engagement. Therefore, the focus should not be on eliminating social media use but on promoting healthy digital habits, critical digital literacy, and psychological resilience.

Educational Implications

The findings have important implications for educational institutions:

- Schools and colleges should incorporate digital well-being and responsible social media use into their curricula.
- Teachers should promote healthy screen-time habits and encourage balanced online and offline activities.
- Educational institutions should strengthen counseling services to identify and support students experiencing social media-related psychological difficulties.
- Workshops on digital citizenship, emotional intelligence, and stress management should be conducted regularly.
- Parents and teachers should collaborate to monitor students' digital behavior while respecting their autonomy and privacy.

Policy Implications

The findings also suggest several policy directions:

- Governments should develop national digital well-being policies targeting adolescents and young adults.
- Mental health education should become an integral component of school and higher education curricula.
- Technology companies should adopt ethical platform designs that reduce addictive features and encourage healthier user behavior.



- Public awareness campaigns should educate families and youth about the risks of excessive social media use.
- Greater investment is needed in accessible youth mental health services and digital literacy initiatives.

Practical Recommendations

- Encourage balanced and purposeful use of social media rather than prolonged passive browsing.
- Promote digital literacy programs in schools, colleges, and universities.
- Increase awareness about the psychological consequences of excessive social media use.
- Encourage regular physical activity, hobbies, and face-to-face social interaction.
- Strengthen family communication and parental guidance regarding healthy technology use.
- Introduce school-based mental health screening and counseling services.
- Promote sleep hygiene by discouraging social media use before bedtime.
- Encourage mindfulness, stress management, and emotional resilience training.
- Support research on culturally appropriate interventions for reducing social media addiction.
- Foster collaboration among educators, parents, mental health professionals, and policymakers.

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