

The Influence of Social Media on Adolescent Self-Esteem and Mental Health

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Abstract. This study examines the impact of social media use on adolescent self-esteem and mental health. By analyzing patterns of social media engagement and their psychological effects, the research identifies potential risks and benefits associated with digital interactions. Findings indicate that excessive social media use correlates with lower self-esteem and increased mental health issues. However, positive online experiences can enhance social connections and support mental well-being. The study emphasizes the need for balanced digital consumption and the importance of developing guidelines for healthy social media use among adolescents.

Keywords: Social Media, Adolescents, Self-Esteem, Mental Health, Digital Consumption

Introduction

The proliferation of social media platforms has dramatically transformed the way adolescents interact and communicate, offering both opportunities and challenges for their mental health. While social media provides avenues for self-expression and social connectivity, it also presents risks related to self-esteem and psychological well-being. This study aims to explore the complex relationship between social media use and adolescent mental health, focusing on how digital interactions influence self-esteem and emotional states. By examining patterns of online behavior and their psychological impacts, the research seeks to identify strategies for promoting healthy social media use. The findings highlight the dual nature of social media as both a potential source of support and a risk factor for mental health issues, underscoring the importance of balanced digital consumption and informed guidelines for adolescents.

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References

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