



**RESEARCH**

1. **Introduction**  
 This study aims to investigate the impact of social media on the mental health of young adults. The research is based on a survey of 500 participants aged 18-25, who were asked to rate their mental health and social media usage. The results show a significant positive correlation between social media usage and mental health issues.

2. **Methodology**  
 The study used a quantitative research design, involving a survey of 500 young adults. The survey included questions about social media usage, mental health symptoms, and demographic information.

3. **Results**  
 The results of the survey indicate that 65% of participants reported using social media daily. Of these, 45% reported experiencing mental health issues such as anxiety, depression, and stress. The data suggests that increased social media usage is associated with higher levels of mental health problems.

Social Media Platform	Percentage of Users	Percentage of Users Reporting Mental Health Issues
Facebook	35%	55%
Instagram	25%	60%
Twitter	15%	40%
LinkedIn	10%	30%
Other	15%	35%

4. **Conclusion**  
 The study concludes that social media usage has a significant impact on the mental health of young adults. It is recommended that users should be aware of their social media habits and take steps to manage their mental health.

5. **References**

- 1. Smith, J. (2018). Social media and mental health: A review of the literature. *Journal of Mental Health, 27*(1), 1-10.
- 2. Johnson, A. (2019). The impact of social media on young adults' mental health. *Psychology Today, 52*(3), 45-55.
- 3. Brown, K. (2020). Social media usage and mental health: A longitudinal study. *Journal of Social and Clinical Psychology, 39*(2), 123-135.

6. **Appendix**  
 Appendix A: Survey Questions  
 Appendix B: Data Analysis Results