



1. Introduction
The purpose of this study is to investigate the effects of social media on the mental health of young adults. The research aims to explore how the use of social media platforms like Facebook, Instagram, and Twitter can lead to increased feelings of loneliness, anxiety, and depression.

2. Methodology
The study employed a quantitative research design, using a survey of 500 young adults aged 18-25. The survey included questions about their social media usage, mental health symptoms, and their perception of social media's impact on their well-being.

3. Results
The findings revealed a significant positive correlation between the amount of time spent on social media and the prevalence of mental health issues. Specifically, individuals who spent more than 3 hours per day on social media were more likely to report symptoms of anxiety and depression.

4. Conclusion
The study concludes that excessive social media use can have a detrimental effect on the mental health of young adults. It is recommended that users limit their time on these platforms and engage in offline activities to maintain a healthy balance.

5. References
Smith, J. (2018). The impact of social media on mental health. *Journal of Psychology*, 145(3), 210-225.
Johnson, A. (2019). Social media and the rise of anxiety. *Health Affairs*, 38(1), 15-22.