



1. Introduction  
The purpose of this study is to investigate the effects of social media on the mental health of young adults. The research is based on a survey of 1000 participants aged 18-25.

2. Methodology  
The study used a quantitative approach with a cross-sectional design. Data was collected through an online survey distributed via social media platforms.

3. Results  
The results show a significant positive correlation between social media usage and anxiety levels. Participants who spent more than 3 hours daily on social media reported higher anxiety scores.

4. Conclusion  
The findings suggest that excessive social media use can contribute to mental health issues. It is recommended that users limit their screen time and engage in offline activities.

5. References  
Smith, J. (2020). Social media and mental health: A review of the literature. *Journal of Digital Health*, 7(1), 1-15.