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Mental Health vs. Social Media

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Mental Health vs. Social Media

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Abstract

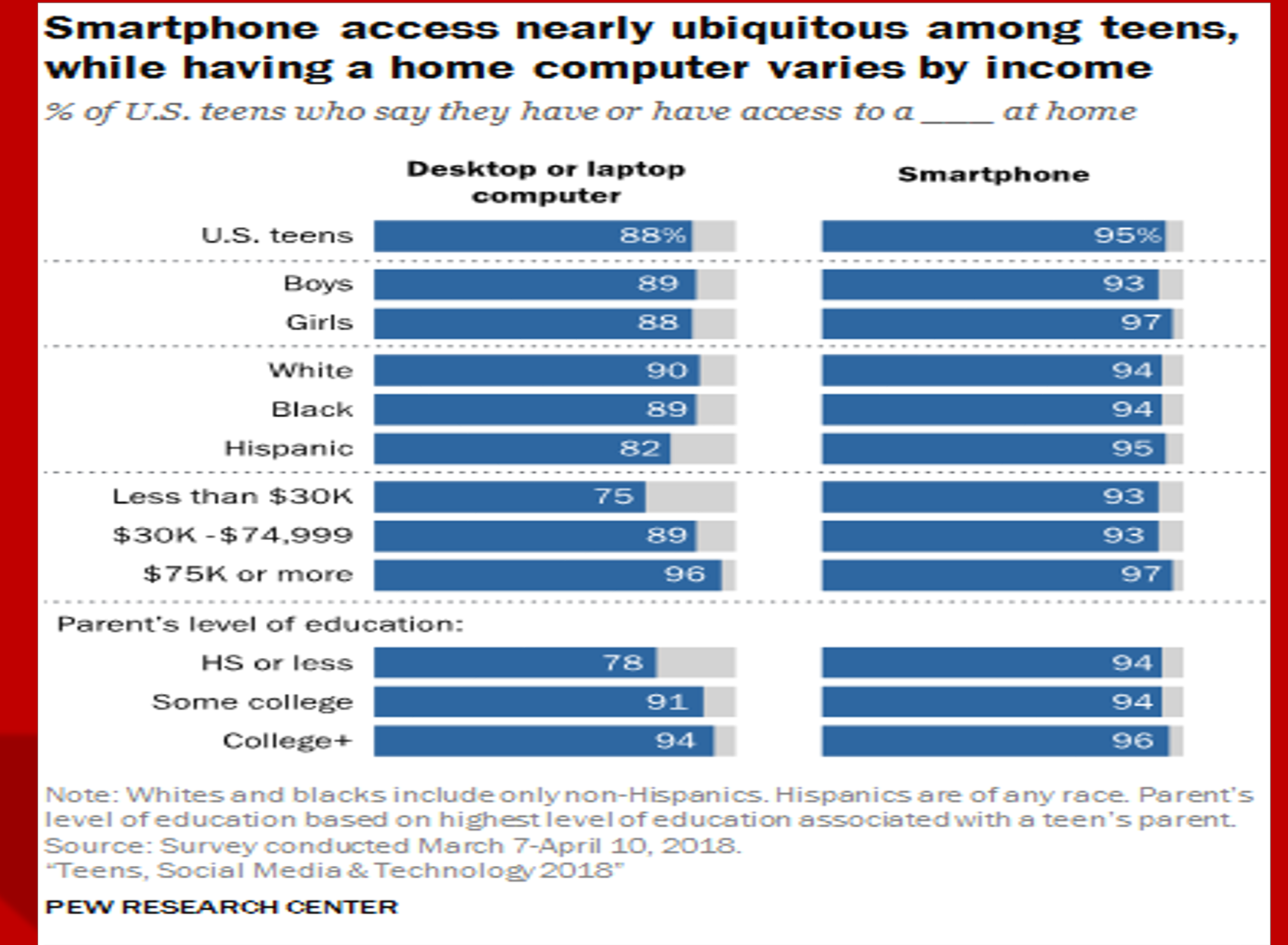
Mental health is a person's condition with their emotional well-being and social well-being. A person's mental health is so important because it affects how you feel, think and act. Your mental health can determine how motivated you are or how you handle stress and or stressful situations. Social media has impacted people's mental health especially in teenagers that depression rates are higher, as well as anxiety and self image issues.

Key points

- 95% percent of teenagers had smartphones in 2018.
- Between the years 2012-2015 depression in boys increased by 21%
- Studies have found that more than 3 hours of social media use a day gives you a higher risk of getting depression and or anxiety.

Works cited

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Conclusion

Social media has had a large impact on everyone's life, especially young adults both negative and positive. Research shows that 24% of social media use is used negatively but this percentage could be too low. Someone always has something mean to say to someone and people get bullied/harasses constantly. Yes social media has its positives like being able to communicate with friends and family, or catch up with old friends but that doesn't cancel out the negatives, the bullying escalates quickly and can affect someone's mental health and lead to suicide or depression.