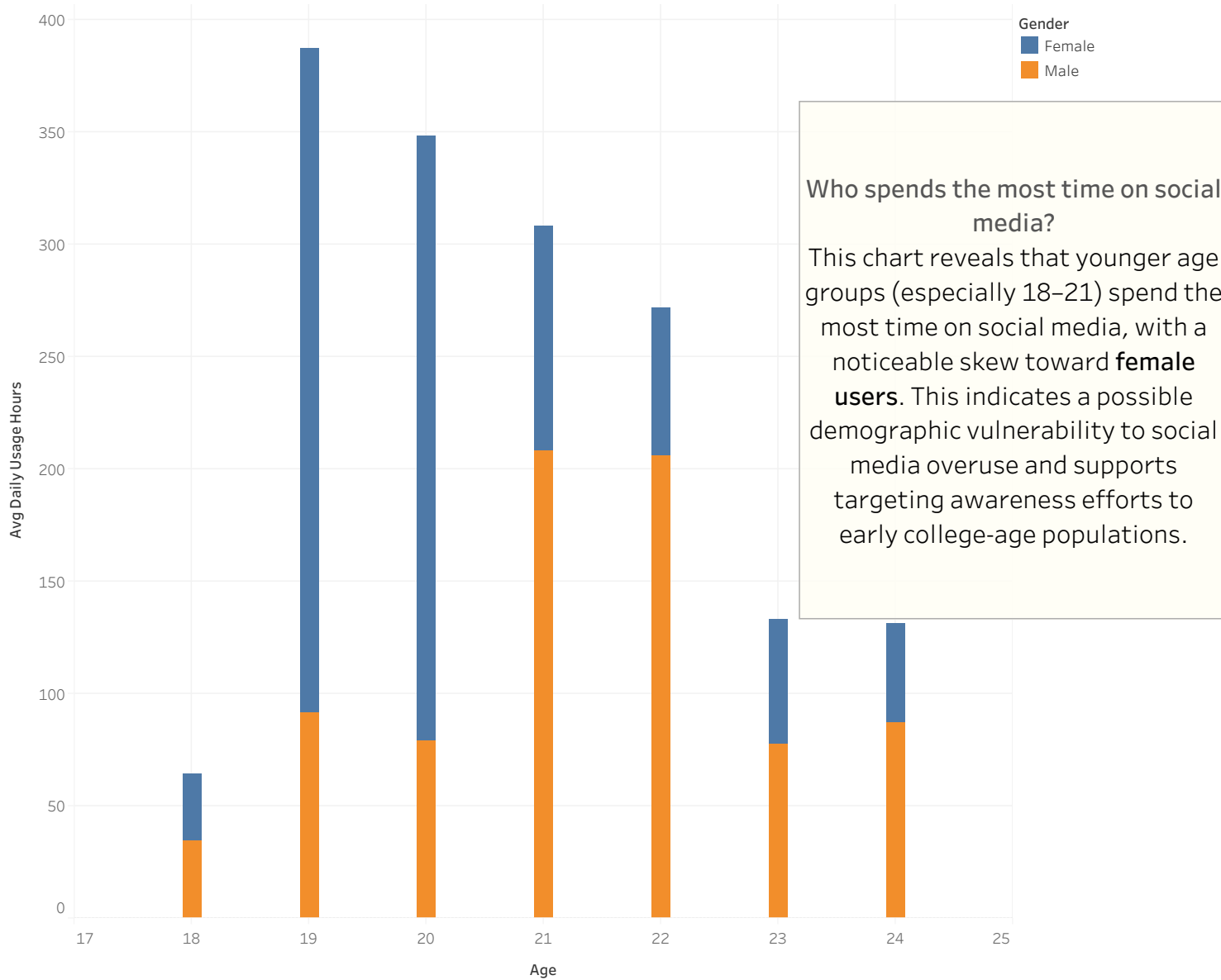
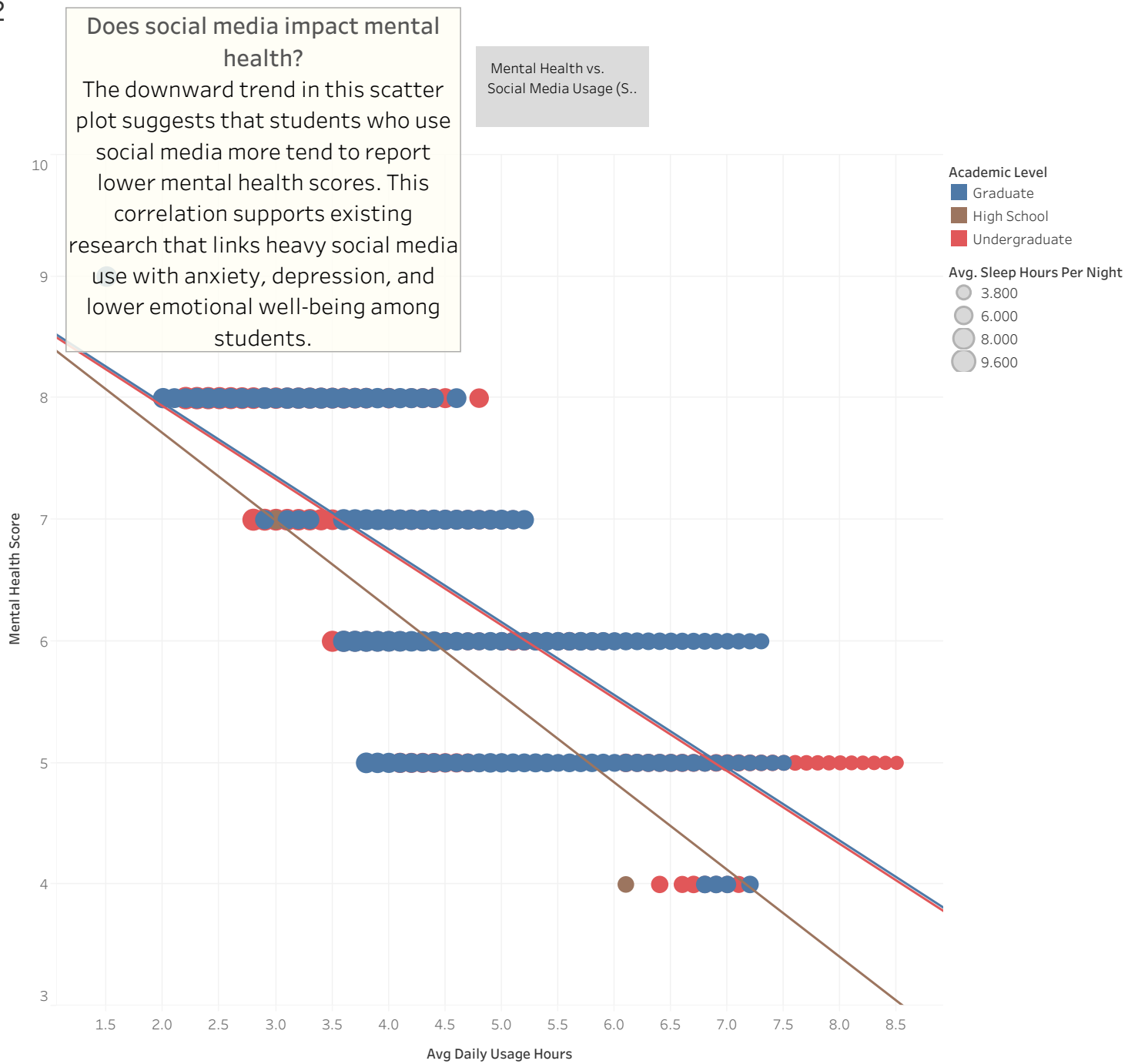
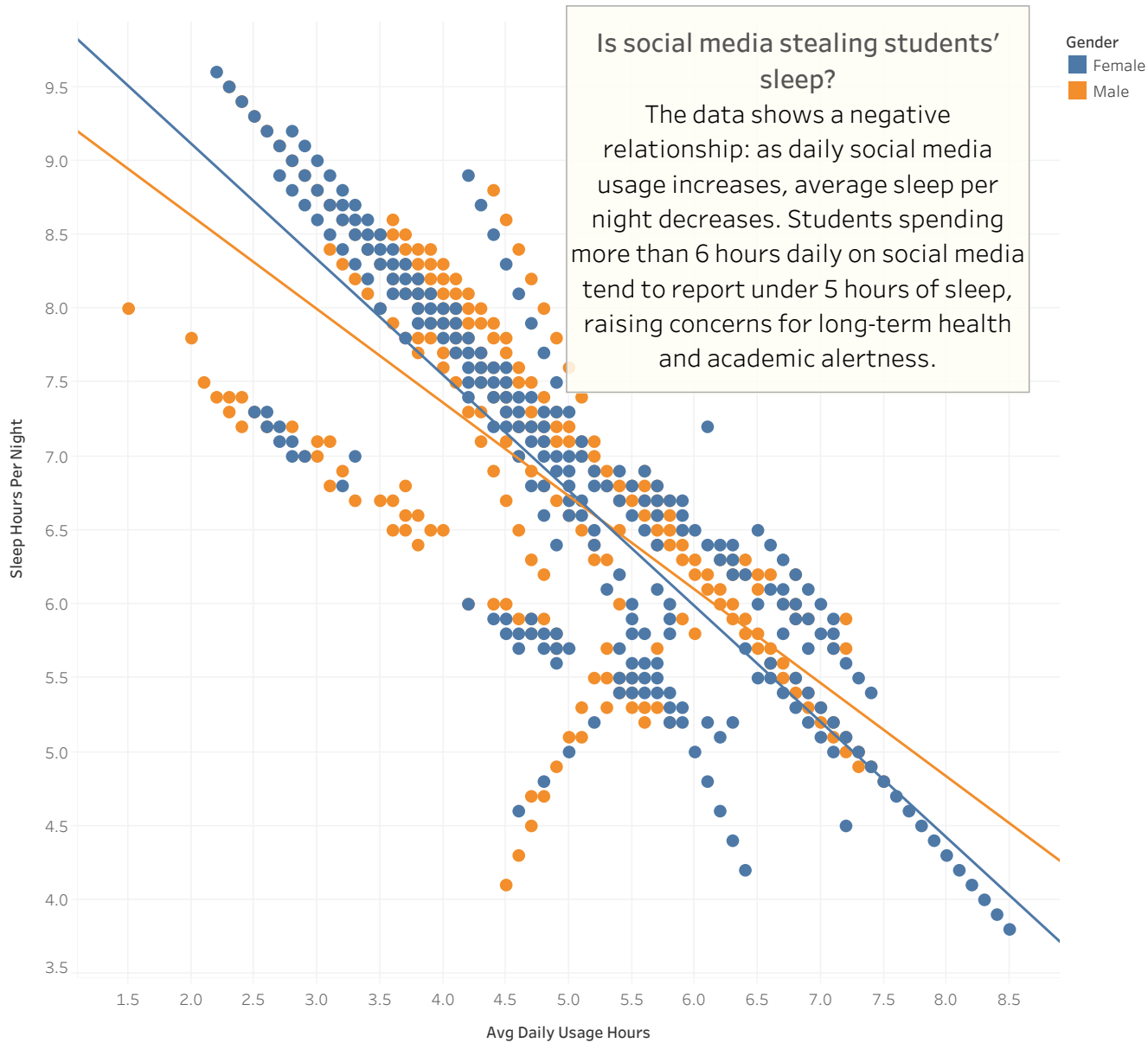


Avg Daily Usage by
Age & Gender

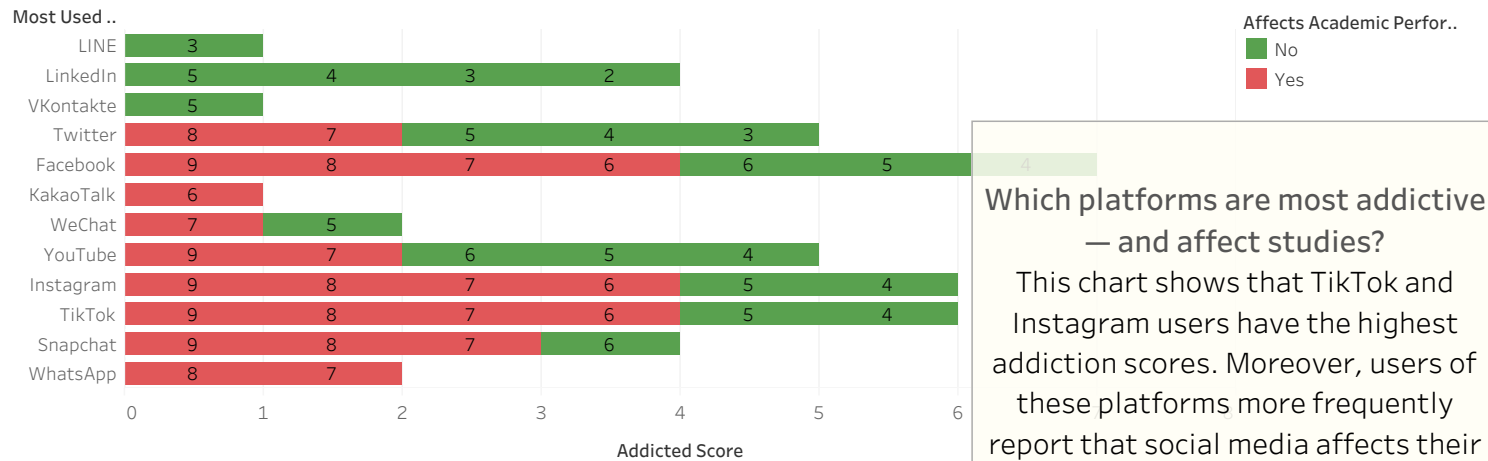




Sleep vs. Social Media Usage (Scatter Plot)



Platform vs. Addiction
& Academic Performa..



Which platforms are most addictive — and affect studies?

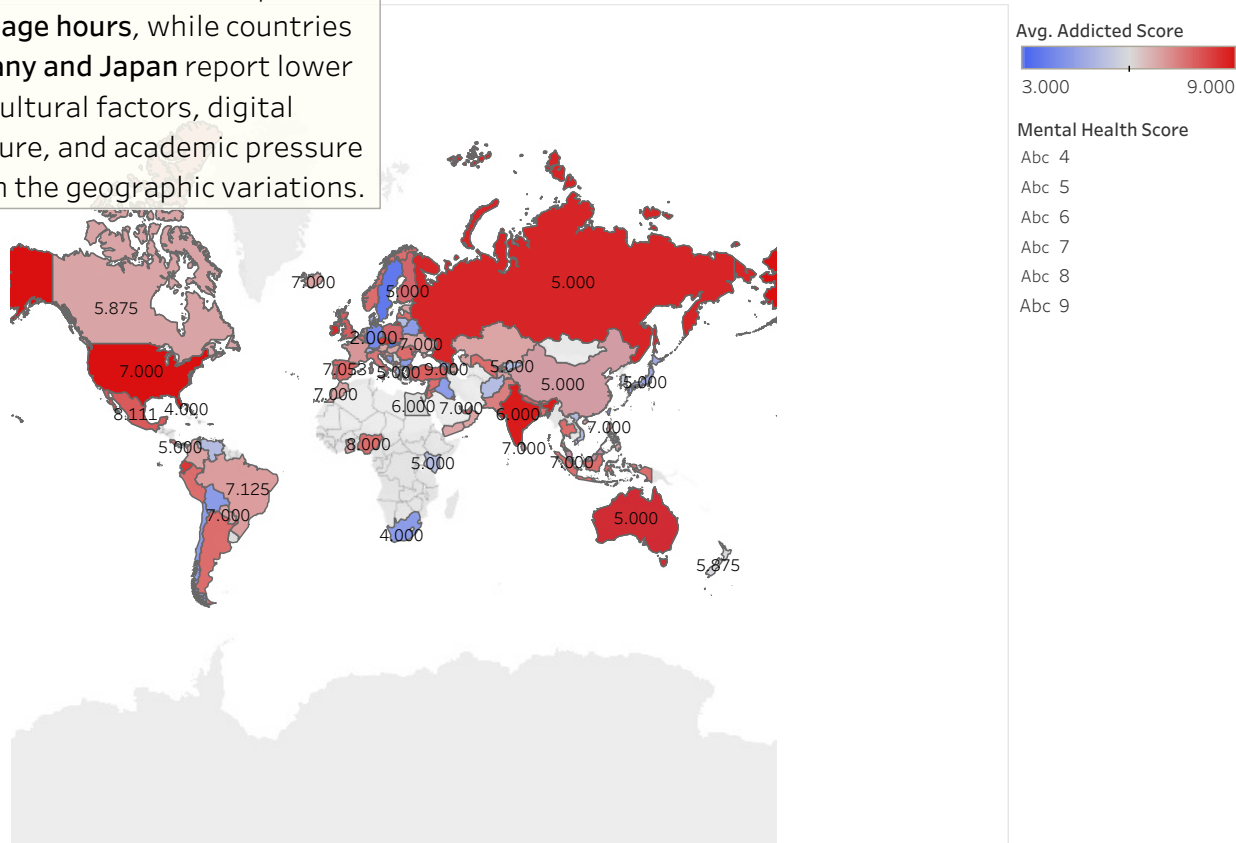
This chart shows that TikTok and Instagram users have the highest addiction scores. Moreover, users of these platforms more frequently report that social media affects their academic performance. Targeted digital wellness campaigns may need to focus on these high-risk platforms.

5

How does usage vary across countries?

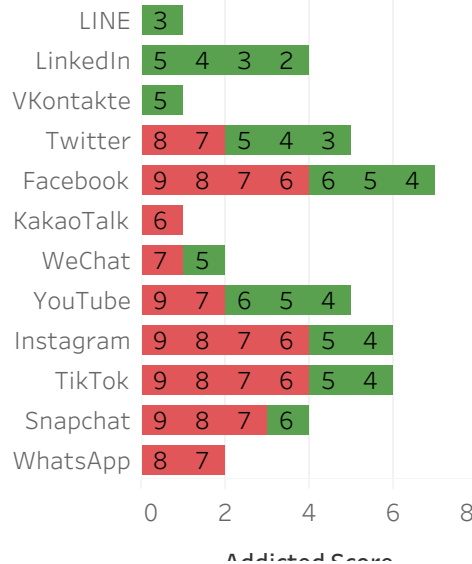
This map visualizes average daily social media use by country. Students from **Bangladesh, USA, and Brazil** report the **highest usage hours**, while countries like **Germany and Japan** report lower use. Cultural factors, digital infrastructure, and academic pressure may explain the geographic variations.

Country vs. Usage Patterns (Map)



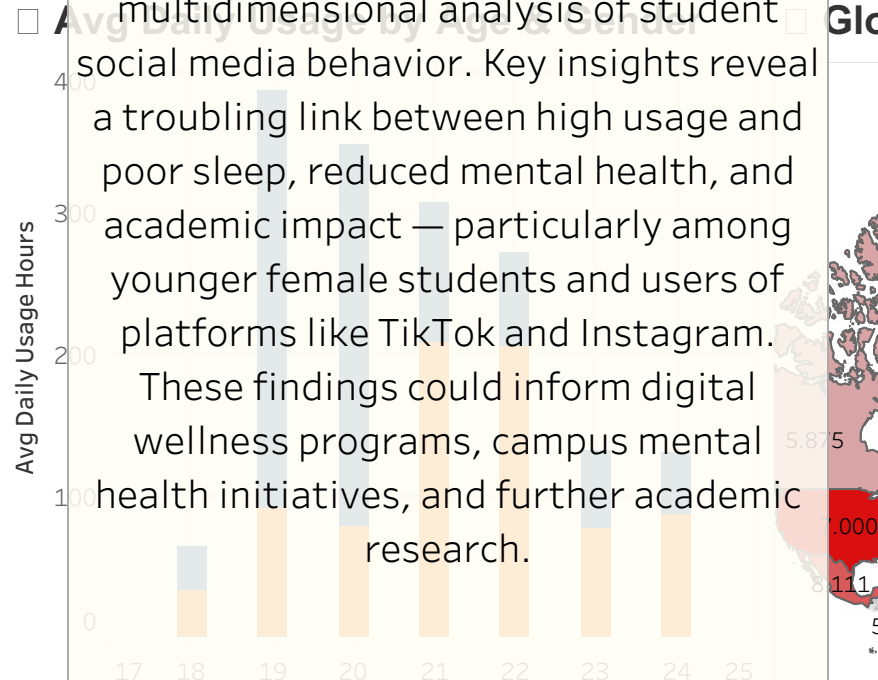
Platform vs. Addiction & Academics

Most Used ..



Summary: Understanding the Social Media Trap

This dashboard presents a multidimensional analysis of student social media behavior. Key insights reveal a troubling link between high usage and poor sleep, reduced mental health, and academic impact — particularly among younger female students and users of platforms like TikTok and Instagram. These findings could inform digital wellness programs, campus mental health initiatives, and further academic research.



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**Students & Social Media: Behavioral
Analysis Dashboard**