Cognitive Psychology is a field dedicated to understanding mental processes such as perception, memory, and reasoning, and it extensively investigates how these processes are influenced by social media. Psychologists in this domain explore the effects of social media on cognitive functions, particularly focusing on how digital interactions can foster aggressive behavior and bullying. One pivotal study in "A Cognitive Psychology of Mass Communication" highlights how exposure to aggressive content on social media can distort perceptions of reality and increase hostile cognitive biases (Lee 208). This perspective posits that social media platforms, by manipulating the accessibility of aggressive stimuli, can alter cognitive processing, resulting in desensitization to violence. Moreover, textbooks and recent journal articles consistently support the notion that these cognitive distortions are exacerbated by the pervasive and interactive nature of social media, which amplifies the effects on users' thought patterns and subsequent behaviors (Lee 208).