Furthermore, the ultimate effects of social media use on mental well-being are intricately tied to comparison culture and self-esteem issues. Research indicates that social media platforms, such as Instagram, can amplify social comparison, which subsequently decreases self-esteem and heightens social anxiety (Ref-f422876). From a personal perspective, constantly comparing oneself to curated images of peers can lead to persistent feelings of inadequacy and diminished self-worth. Additionally, studies suggest that a strong orientation towards social comparison on social networking sites negatively affects psychological well-being by eroding self-esteem and perceived social support (Ref-f422876). These experiences underscore the long-term mental health challenges posed by social media, where the relentless cycle of comparison perpetuates a decline in self-esteem, ultimately impacting users' emotional health.