

Title: The Impact of Social Media on Mental Health

In recent years, social media platforms have become an integral part of daily life for millions of people across the world. However, its effects on mental health are still not fully understood. Some researchers claim that social media can increase feelings of loneliness, anxiety, and depression. On the other hand, others argue it provides social support and connectivity.

Moreover, the correlation between screen time and psychological well-being remains controversial. Many studies do not take into account other factors such as pre-existing mental health conditions, socioeconomic status, or offline social networks.

It is also important to mention that most people use social media differently. For example, some individuals passively scroll while others actively engage in discussions or share creative content. This distinction may play a significant role in determining whether social media use has positive or negative outcomes.

However, further research is necessary to understand these dynamics. Researchers must employ longitudinal methodologies to better isolate causal relationships and mitigate biases. [Citation needed]