**Project Proposal:**

Nowadays, people use social media a lot, and there are concerns about how this affects their mental health. Some believe that spending more time on social media might worsen mental health issues, while others think certain mental health problems are connected. This study will explore these questions by analyzing a dataset with information about people's age, gender, social media habits, and mental health conditions. Our main hypotheses are that increased time spent on social media does not lead to more mental health issues among different groups, and there is a positive connection between at least one pair of mental health issues (anxiety, depression, and self-esteem) among participants. This analysis will help us understand how social media use relates to mental health and provide insights that can guide public health advice and personal habits.