

Gender

☒ Female

☒ Male

☒ Other

☒ Facebook

☒ Instagram

☒ LinkedIn

☒ TikTok

☒ X (Twitter)

☒ YouTube

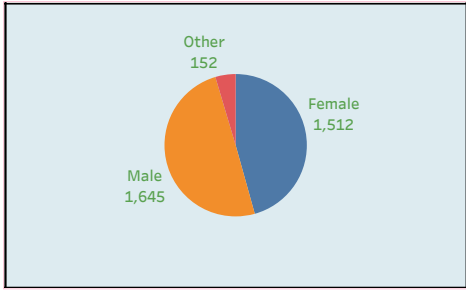
Mental Health and Social Media Balance

Stress Level(1-10)  
To Null

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Social ..	Daily Screen Time(hrs)	Sleep Quality(1-10)	Stress Level(1-10)
Facebo..	458.3	494.0	541.0
Instagr..	449.9	437.0	515.0
LinkedIn	460.4	570.0	562.0
TikTok	518.5	614.0	626.0
X (Twitter)	467.0	562.0	568.0
YouTube	410.9	475.0	498.0



TikTok	626.0	518.5
LinkedIn	562.0	460.4
Instagram	515.0	449.9
X (Twitter)	568.0	467.0
Facebook	540.0	458.3
YouTube	498.0	410.9

