**About this file**

* **What is your age group?**: Age ranges of respondents
* **What is your occupation?**: Current occupation/student status
* **Where do you live?**: Urban, suburban or rural area
* **How many hours per day do you spend on social media?**: Time spent categories
* **How has social media affected your real-life relationships?**: Perceived impact
* **How frequently do you use email for communication?**: Usage frequency
* **Do you use LinkedIn for professional networking?**: LinkedIn usage patterns
* **How often do you use WhatsApp for communication?**: WhatsApp usage frequency
* **Which social media platforms do you use the most?**: Primary platforms used
* **Do you feel that social media affects your mental health?**: Perceived mental health impact