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APA Style Essay

The Impact of Social Media on Adolescent Mental Health

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Abstract

This essay explores the impact of social media on adolescent mental health. The purpose of this paper is to examine how the increased use of platforms such as Instagram, TikTok, and Snapchat affects adolescents' self-esteem, anxiety, and overall psychological well-being. It draws from various sources to discuss the correlation between social media use and mental health outcomes in adolescents. Key findings include a significant link between social media use and heightened levels of anxiety and depression, with particular emphasis on body image issues. The essay also provides recommendations for mitigating these negative effects through education and parental involvement. The significance of understanding the impact of social media on adolescent mental health is discussed in relation to improving mental health outcomes and creating healthier online environments for young people.

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