



Impact of Social Media on the Mental Health of Secondary School Students

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Abstract : *There has been a growing apprehension over the past couple of decades regarding the connection between social media employs and the mental health issues. Social media is the collective of online communication channels which is dedicated to community based input. Some prominent types of social media are Facebook, Twitter, LinkedIn and WhatsApp. There are negative and positive effects of social media on society. One of its negative effects is that it leads to addiction. Spending countless hours on the social sites can divert people's focus and attention from a particular task. It lowers the motivational level of the people, especially of the secondary school students. They rely mainly on technology and internet instead of learning practical*

knowledge. But we see that there are always two sides to a coin. Secondary school students throughout the country regularly use the internet, cell phones etc. to gather information and to communicate with one another. This ability to interact with others is the outstanding feature of social media, which provides powerful and prominent new ways for adolescents to create and navigate the social surroundings. Teens' use of social media occurs with their developing and growing identity, emerging sexuality, physical development and moral consciousness. The purpose of this research is to explore how social media use is related to the mental health of secondary school students. To accomplish this goal, the researcher reviews and synthesizes the existence of literature pertaining to the characteristics of social media, general adolescent mental health, and the current social and individual level theories that may help to explain the relationship between social media use by secondary school students and their mental health.

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Introduction:

Using social networking sites is one of the most common activities of today's adolescents. The rapid development of these sites has caused several profound changes in the way people communicate and interact. Facebook today has over one billion users, and it is estimated that this number will significantly increase, especially in developing countries. Facebook can be used for both personal and business communication, and its application has brought numerous advantages in