
Abstract Writing in Project

Title of the Project: Impact of Social Media on Teenage Mental Health

Abstract

Purpose: This study explores the correlation between social media usage and mental health issues among teenagers. The primary aim was to determine whether increased social media exposure affects anxiety and depression levels in adolescents.

Methodology: A quantitative research methodology was employed, involving a survey of 300 teenagers aged 13-18 years from three different high schools. Data regarding their social media usage and mental health status were collected through standardized questionnaires and analyzed using statistical software to identify patterns and correlations.

Results: The findings indicate a significant positive correlation between the time spent on social media and reported symptoms of anxiety and depression among teenagers. Participants who spent more than three hours per day on social media platforms were 1.5 times more likely to report depressive symptoms compared to those who used social media for less than an hour daily.

Conclusion: The study concludes that excessive use of social media can negatively impact the mental health of teenagers, leading to higher levels of anxiety and depression. This underscores the need for awareness programs and strategies to mitigate the adverse effects of social media on youth.

Keywords: Social Media, Teenage Mental Health, Anxiety, Depression, Quantitative Research