



Simple Literature Review Paper

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Abstract

This literature review examines the impact of social media on adolescent mental health. The review synthesizes existing research to explore the positive and negative effects of social media use among teenagers, highlighting key findings from studies conducted after 2050. Although social media provides opportunities for social connection, research indicates that excessive use may contribute to anxiety, depression, and poor self-esteem among adolescents. The review concludes with recommendations for further research and the importance of promoting healthy social media habits.

Introduction

Social media has become an integral part of adolescent life, with platforms like Instagram, Snapchat, and TikTok gaining significant popularity. While social media offers adolescents the opportunity to engage with peers and access information, concerns have emerged regarding its potential impact on mental health. Research has highlighted both beneficial and harmful effects, yet the exact nature of this relationship remains unclear. This literature review aims to synthesize existing studies on the topic and examine the implications of social media use for adolescent mental health.

Methodology

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Christian Drosten



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