

1. **Introduction**

The purpose of this study is to investigate the impact of social media on the mental health of young adults. The research aims to explore the relationship between social media usage and various mental health outcomes, such as anxiety, depression, and self-esteem. The study is structured as follows: first, a literature review will be conducted to understand the existing research on social media and mental health. Then, a quantitative survey will be administered to a sample of young adults to collect data on their social media usage patterns and mental health status. Finally, the data will be analyzed using statistical methods to identify any significant correlations between social media use and mental health outcomes.

2. **Methodology**

The methodology employed in this study is a quantitative approach. A survey questionnaire was designed to measure the frequency and duration of social media use, as well as the presence and severity of mental health symptoms. The survey was distributed to a random sample of young adults aged 18-25 years old. The data collected from the survey will be analyzed using descriptive statistics to summarize the distribution of social media usage and mental health outcomes. Inferential statistics, such as correlation analysis, will be used to examine the relationship between social media use and mental health.

3. **Results and Discussion**

The results of the survey indicate a positive correlation between social media usage and mental health issues. Young adults who reported higher levels of social media use also reported higher levels of anxiety and depression. Conversely, those who reported lower levels of social media use reported better mental health outcomes. The discussion will explore the potential reasons for these findings, such as the social comparison theory and the fear of missing out (FOMO). The study also discusses the implications of these findings for mental health professionals and the need for further research in this area.