

How does the increase of social media platforms affect mental health for teenagers?

A lot of social media use among teenagers is linked to higher rates of anxiety, depression, and low self-esteem studies show that constant comparison, cyber bullying and algorithm driven content can negatively expose influence to teens mental health. Although social media allows connection to others and self expression, research suggests that long exposure contributes to psychological stress in adolescence, especially without guidance or boundaries.

Claim:

Even though social media provides connection and community, its rapid growth has significantly contributed to rising mental health challenges amongst teens.

Topic Sentence:

The rapid growth of social media platforms has contributed to increasing mental health problems among teenagers by intensifying comparison, cyber bullying and dependency on online validation.

The quick growth of social media has contributed to growing mental health challenges amongst teenagers by increasing cyber bullying and dependence on online validation. According to the American psychological association, adolescence, who spend a lot of time on social media report of having higher levels of anxiety and depressive episodes. Majority of media platforms are designed around, likes, comments, and algorithm driven content. This can cause teens to seek their self-worth through online approval from random people. A lot of exposure to idolize images and lifestyles can often create unrealistic standards that harm self-esteem. Although social media offers a community and connection it's structured can put a lot of emotional pressure on teens whose identities are still trying to develop. As a result the growth of these platforms has re-shaped communication while also reshaping young users.

<https://www.apa.org/monitor/2023/09/protecting-teens-on-social-media>