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## EXPLORING THE FAUNA OF DRAGONFLIES IN DISTRICT DERA ISMAIL KHAN KPK, PAKISTAN

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### ABSTRACT

*The present study was to explore dragonfly fauna in the District Dera islamil khan Khyber Pakhtunkhwa Pakistan. Duration of this study is 9 months i.e. February 2021 to November 2021. A total of 915 specimens were collected from the sampling site, Paharpur, Daraban, Kulachi, Prova and main Dikhan city of the district Dikhan. The identified specimens belongs to order Odonata 2 families Libellulidae and Aeshnidae, 8 genera and 14 species respectively. Family Libellulidae was the largest family consisting 13 species Palpopleura sexmaculata, pantala flavescense, Orthetrum chrysis, Orthetrum cancellatum cancellatum, Orthetrum Sabina, Orthetrum gluacum luzonicum, Bradinopyga germinata and trithemis festiva. Family Aeshnidae comprising only one specie Anax Immaculifrons it can be concluded that this region have a diverse dragonfly fauna. Similarly survey on large scale is recommended to fully evaluate the dragonfly fauna of District Dera Ismail khan kpk Pakistan.*

**Keywords:** Dragonfly, exploring, family, Area, Dera islamil khan, fauna.

### INTRODUCTION

In the digital generation, social media has emerged as a transformative force, revolutionizing how individuals speak, percentage facts, and understand their environment. Platforms like Instagram, TikTok, Snapchat, and Facebook have grown to be a crucial part of everyday lifestyles, in particular for teens. These structures offer an area for creativity, self-expression, and connection, allowing younger individuals to construct social networks, engage in international conversations, and explore their identities. However, the growing reliance on social media has additionally raised concerns about its impact on mental health, especially among young people—a demographic already navigating the complexities of identity formation and social integration. (Twenge 2017) highlights how the increase of social media has transformed teenage existence, offering creativity and connection at the same time as concurrently increasing mental health issues. Anxiety problems, one of the mostly intellectual health challenges amongst teenagers, have shown a giant correlation with excessive social media usage. Constant publicity to idealized portrayals of existence, unfiltered sadness, and the strain to keep a virtual presence can exacerbate feelings of inadequacy and stress. Furthermore, phenomena just like the fear of missing out (FOMO), cyberbully, and overexposure to terrible content material make a contribution to heightened degrees of anxiety.

While social media is undeniably a powerful tool for fostering connections and sharing know-how, its unchecked use has introduced a paradox, concurrently improving and diminishing the first-rate of life for

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young adults. Understanding the nuanced courting among social media utilization and anxiety problems is crucial to growing targeted interventions.

How Social Media Contributes to Anxiety

## 1. Comparison Culture

Teenagers are specifically at risk of assessment lifestyle, in which they compare their lives towards curated and frequently unrealistic representations of others' lives. Constant exposure to pics of perceived perfection in appearance, lifestyle, and success can foster feelings of inadequacy, self-doubt, and occasional self-esteem.

## 2. Fear of Missing Out (FOMO)

The fear of missing out, or FOMO, is a phenomenon driven by the notion that others are experiencing extra rewarding activities. Teenagers who sense excluded or much less engaged in social activities frequently revel in heightened degrees of tension. The Fear of Missing Out (FOMO) phenomena is examined by Montag & Walla (2021), who explain how it increases anxiety and the sense of social isolation.

## 3. Cyberbullying and Online Harassment

Social media platforms are breeding grounds for cyberbullying and harassment. Teenagers subjected to poor feedback, trolling, or public shaming regularly develop tension disorders and social withdrawal. The negative impacts of cyberbullying, such as emotional discomfort and hampered social connections among teenagers, are highlighted by Orben & Przybylski (2019).

## 4. Overexposure to Negative Content

Social media often exposes users to distressing news, violence, or divisive reviews. Constant publicity to such content material can growth emotions of strain, fear, and helplessness, contributing to anxiety.

## 5. Disrupted Sleep Patterns

Excessive social media usage, mainly before bedtime, disrupts sleep patterns. Sleep deprivation is strongly linked to anxiety, exacerbating its symptoms and growing a vicious cycle. Przybylski & Weinstein (2017) investigate the relationship between excessive screen time, irregular sleep schedules, and the combined effects on adolescent anxiety and mental health.

## Consequences of Anxiety Disorders in Teenagers

Anxiety issues amongst young adults have a ways-attaining outcomes, together with:

1. Poor academic overall performance because of problem concentrating and excessive-strain levels.
2. Impaired social relationships are resulting from fear of judgment or rejection.
3. Increased threat of substance abuse as a coping mechanism for tension.
4. Long-term mental fitness challenges if left untreated, probably result in despair.

## Addressing the issue:

### 1. Education and Awareness

Parents, educators, and teenagers should be knowledgeable approximately the dangers of excessive social media use and its capacity effect on intellectual fitness. Awareness campaigns can empower teens to make knowledgeable selections.

### 2. Encouraging Healthy Digital Habits

Promoting a balanced approach to social media usage is vital. Strategies consist of setting cut-off dates, encouraging offline activities, and growing detailed screen-free zones at home.

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## 3. Building Resilience and Self-Esteem

Teenagers have to be encouraged to recognition on self esteem and expand resilience against contrast lifestyle. Counseling and guide businesses can play a important role on this process.

### Aims and Objectives

This examine aims to investigate the relationship among social media usage and anxiety disorders amongst teens, focusing on factors which includes display screen time, Fear of Missing Out (FOMO), and on line social assessment. The number one objectives are:

- 1.To analyze the effect of each day social media usage duration on tension degrees.
- 2.To check the role of FOMO in exacerbating anxiety signs and symptoms.
- 3.To explore the have an impact on of on line social comparisons on teens' mental well-being.
- 4.To offer proof-based totally guidelines for selling healthier social media practices to lessen tension risks.

## LITERATURE REVIEW

The effect of social media utilization on intellectual health, particularly tension problems amongst young adults, has grow to be a growing consciousness of research in recent years. This section critiques current literature on the patterns of social media utilization amongst teens, its impact on mental health, and the mechanisms through which it contributes to tension issues.

### Patterns of Social Media Usage Among Teenagers

Teenagers are many of the maximum energetic social media users, with structures which include Instagram, TikTok, and Snapchat being specifically famous. According to Twenge and Campbell (2018), social media usage has regularly increased among kids, with many reporting a mean of three to five hours of daily display time. This extended engagement with social media has been connected to addictive behaviors, characterized by way of compulsive checking and an incapacity to lessen display time, regardless of bad effects. The authors emphasize that such behaviors are mainly common amongst teenagers, a set vulnerable to peer have an effect on and societal trends.

### Social Media and Anxiety Disorders

Social media can make bigger feelings of hysteria via various mechanisms, which include comparison subculture, fear of missing out (FOMO), and cyberbullying. A have a look at by way of Keles, McCrae, and Grealish (2020) systematically reviewed 16 studies and observed a sturdy affiliation between excessive social media use and signs and symptoms of anxiety in teenagers. The have a look at noted that teens frequently examine themselves to idealized variations of others' lives presented on social media, main to dwindled shallowness and heightened pressure levels.

FOMO, a phenomenon wherein individuals experience stressful approximately missing out on worthwhile reviews, is any other great contributor. Baker and Algorta (2016) located that teens with higher stages of social media engagement stated more FOMO, which changed into strongly correlated with tension symptoms. This anxiety turned into in addition exacerbated through the 24/7 nature of social media, which continues customers in a constant nation of hyper-consciousness and connectivity.

Slonje and Smith (2008) explored the precise psychological impact of cyberbullying as compared to standard bullying. They mentioned that the 24/7 nature of on line harassment exacerbates feelings of helplessness, contributing extensively to anxiety problems. Similarly, Barlett et al. (2021) emphasized that perceived anonymity of online interactions intensifies the emotional toll on sufferers. Cyberbullying and online harassment also play a massive function. Patchin and Hinduja (2020) said that approximately 34% of teens have skilled cyberbullying, which appreciably will increase the risk of developing anxiety disorders. The anonymous nature of on-line interactions regularly exacerbates the psychological effect of bullying, making it hard for victims to are trying to find aid.

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## **Role of Sleep Deprivation in Anxiety**

Another vital aspect is the disruption of sleep patterns due to social media usage. Numerous studies spotlight the unfavorable consequences of midnight social media use on sleep high-quality amongst adolescents. For instance, Levenson, Shensa, Sidani, Colditz, and Primack (2017) observed that teens who used social media excessively before bedtime had been much more likely to enjoy sleep disturbances, which might be carefully linked to tension and other intellectual fitness problems.

## **Social Media Addiction and Its Link to Anxiety**

Social media addiction, defined because the compulsive and excessive use of social platforms, has been carefully associated with tension disorders in children. Andreassen et al. (2017) describe social media dependency as a behavioral addiction characterized with the aid of over-reliance on social systems to the quantity that it disrupts each day functioning. The authors conducted a pass-sectional examine regarding 5,000 adolescents and discovered a nice correlation among addictive social media behaviors and signs and symptoms of anxiety. Their findings advocate that the constant urge to check notifications and maintain online presence creates a mental burden, contributing to heightened tension levels.

## **Social Comparison and Mental Health Outcomes**

The pervasive subculture of contrast on social media structures significantly affects teenagers' vanity and intellectual well-being. Chou and Edge (2012) studied the "Facebook envy" phenomenon, in which customers understand others' lives as happier and more satisfying based on their posts. The have a look at located that common users of social media have been more likely to revel in envy and dissatisfaction, which in flip accelerated tension and depressive symptoms. The authors highlighted that teenagers, due to their developmental level, are mainly prone to those effects as they are searching for validation and social popularity. Social media's affect on mental health has been explored significantly, showing both dangers and advantages. Yang et al. (2020) carried out a longitudinal take a look at to have a look at the relationship between social media use and emotional misery among adolescents. They located that better social media use correlated with improved symptoms of anxiety and melancholy, suggesting a cumulative effect over time. This examine underscores the need for expertise how lengthy-time period exposure shapes intellectual fitness results.

## **Fear of Missing Out (FOMO)**

FOMO has emerged as a vast mental aspect contributing to tension amongst teens. Przybylski et al. (2013) define FOMO because the pervasive apprehension that others are having rewarding stories from which one is absent. Their research related to over 2,000 individuals determined that better FOMO rankings had been strongly linked to social media dependency and anxiety signs and symptoms. Teenagers with excessive FOMO often enjoy pressure from the want to stay up to date and linked, exacerbating their tension.

## **Cyberbullying: A Growing Concern**

Cyberbullying remains one of the most damaging effects of social media use among young adults. Hinduja and Patchin (2019) performed a survey of 12,000 center and excessive college college students inside the United States and located that about 37% had experienced cyberbullying. Victims of cyberbullying said better stages of anxiety, emotional misery, and social withdrawal compared to their peers. The authors argued that the anonymity of on-line interactions amplifies the mental harm due to bullying, making it a essential factor in teenage tension.

## **Impact of Negative Online Content**

Exposure to distressing or harmful content material on social media has been shown to persuade youth' mental fitness negatively. Nesi and Prinstein (2015) explored the function of terrible on-line interactions and peer rejection in growing tension symptoms. They observed that young adults who encountered frequent terrible feedback or exclusion on social structures mentioned improved ranges of social tension and a faded

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experience of self confidence. The study emphasizes the importance of monitoring the sort of content material young people are uncovered to on social media.

Crone and Konijn (2018) reviewed how adolescent mind development, particularly inside the prefrontal cortex and limbic device, makes young adults extra touchy to peer impacts and reward-seeking behaviors. This sensitivity amplifies the mental risks associated with social media.

## **Sleep Disruption and Anxiety**

Several studies have highlighted the effect of social media use on sleep patterns, a vital determinant of intellectual health. Carter, Rees, Hale, Bhattacharjee, and Paradkar (2016) performed a meta-analysis of 20 studies examining the relationship among display screen time and sleep in adolescents. They determined that excessive social media use, mainly earlier than bedtime, behind schedule sleep onset and reduced sleep duration. The resultant sleep deprivation turned into strongly associated with heightened tension and other mental problems.

Twenge et al. (2017) determined that display time before bedtime is a large predictor of sleep disturbances, which in turn exacerbate signs of anxiety and depression.

## **Protective Factors and Interventions**

Despite the risks related to social media use, positive protecting elements can mitigate its effect on adolescent tension. Woods and Scott (2016) examined how parental involvement and steerage in youngsters' on line activities reduced the chance of bad intellectual health outcomes. Their take a look at cautioned that mother and father who actively talk online protection and reveal usage styles offer young adults with coping techniques to control strain and tension efficaciously.

## **Parental and Peer Support**

Social support structures, consisting of parental guidance and peer networks, play a protecting role in mitigating social media's terrible impact. Banjanin et al. (2015) proven that teens with strong parental involvement in their online sports suggested lower stages of tension and depressive signs and symptoms. This locating highlights the importance of fostering healthy on line conduct thru energetic monitoring and open communique.

## **Benefits and Risks of Social Media**

While social media has capacity detrimental results, some studies spotlight its fine elements, consisting of presenting platforms for peer guide and mental fitness focus. Naslund, Aschbrenner, Marsch, and Bartels (2016) argued that social media can serve as a resource for young adults seeking intellectual fitness support, as it gives anonymity and accessibility. However, the authors warning that these advantages can be overshadowed by the dangers related to immoderate use.

## **Gaps in Existing Literature**

Although numerous studies have examined the connection between social media use and anxiety, numerous gaps continue to be. For instance, there may be restricted research on how distinct social media sports (e.G., passive scrolling as opposed to energetic engagement) differentially effect mental health. Furthermore, most research depend on self-suggested records, which may be situation to bias. Future research ought to attention on longitudinal designs and objective measures of social media use to offer greater strong insights.

## **METHODOLOGY**

### **Research Design**

This research is a cross-sectional, mixed method approach, with both qualitative methods used to gather data on social media usage behaviors and anxiety levels among teenagers. The surveys focus on capturing statistics while the focus group discussions delve deeper into the experiences and viewpoints of the participants.



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## **Study Target population**

The research focuses teenagers, between the ages of 13 and 19 who engage regularly with media platforms such as Instagram, TikTok, Snapchat and Facebook, for at least one hour each day.

## **Sample size**

We plan to include 300 teenagers, in our survey and invite a panel of 20 individuals for focus groups to ensure representation, across age groups and social media preferences.

## **Sampling Technique:**

A stratified random sampling method will make sure representation from various age companies, genders, and socioeconomically backgrounds. Participants may be recruited from colleges, network centers, and on line systems.

## **Inclusion and Exclusion Criteria**

### **1.Inclusion Criteria:**

- 1.Teenagers aged thirteen–19.
- 2.Active users of social media structures.
- 3.Willingness to participate within the study.

### **Exclusion Criteria:**

- 1.Teenagers diagnosed with severe mental health problems unrelated to tension.
- 2.Non-social media users.

## **Data Collection Methods**

### **1.Quantitative Data:**

A dependent questionnaire will be used to acquire statistics on social media usage styles (e.G., time spent, type of hobby) and anxiety ranges.

The Generalized Anxiety Disorder-7 (GAD-7) scale will measure tension signs.

Additional questions will determine particular factors inclusive of fear of missing out (FOMO), exposure to negative content material, and cyberbullying reports.

### **2.Qualitative Data:**

Semi-based attention organization discussions will discover individuals' perceptions of the way social media influences their mental health.

Open-ended questions will cover topics like assessment way of life, peer stress, and strategies for dealing with social media use.

Discussions might be audio-recorded and transcribed verbatim for evaluation.

## **DATA ANYLIST**

### **1.Quantitative Analysis:**

Descriptive information (e.G., means, percentages) will summarize social media utilization and anxiety stages.

Inferential records (e.G., Pearson correlation, regression evaluation) will discover the relationship among social media usage and anxiety.

Statistical software program such as SPSS can be used for evaluation.

### **2.Qualitative Analysis:**

Thematic analysis may be hired to identify styles and themes in attention group discussions.

NVivo software program will help in coding and organizing qualitative facts.

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## Demographic Characteristics

A overall of 300 young adults participated within the quantitative survey, and 20 participants engaged in recognition group discussions. The demographic traits of survey participants are summarized in **Table 1**.

**Table 1: Demographic Characteristics of Participants**

| Characteristic                  | Frequency (n = 300) | Percentage (%) |
|---------------------------------|---------------------|----------------|
| <b>Gender</b>                   |                     |                |
| Male                            | 140                 | 46.7           |
| Female                          | 160                 | 53.3           |
| <b>Age Group (Years)</b>        |                     |                |
| 13–15                           | 120                 | 40.0           |
| 16–19                           | 180                 | 60.0           |
| <b>Daily Social Media Usage</b> |                     |                |
| 1–2 hours                       | 60                  | 20.0           |
| 3–5 hours                       | 150                 | 50.0           |
| >5 hours                        | 90                  | 30.0           |

## Anxiety Levels (GAD-7 Scores)

Using the GAD-7 scale, anxiety levels were categorized as follows:

- Minimal/None (0–4)
- Mild (5–9)
- Moderate (10–14)
- Severe (15–21)

**Table 2: Anxiety Levels Among Participants**

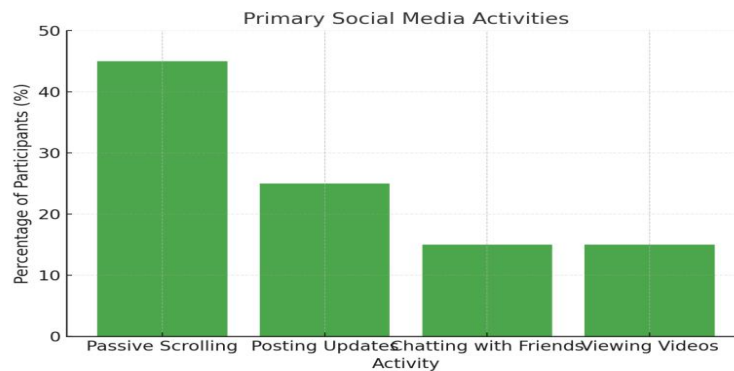
| Anxiety Level | Frequency (n = 300) | Percentage (%) |
|---------------|---------------------|----------------|
| Minimal/None  | 50                  | 16.7           |
| Mild          | 120                 | 40.0           |
| Moderate      | 90                  | 30.0           |
| Severe        | 40                  | 13.3           |

## Social Media Usage Patterns

Participants reported their primary activities on social media. The results, displayed in

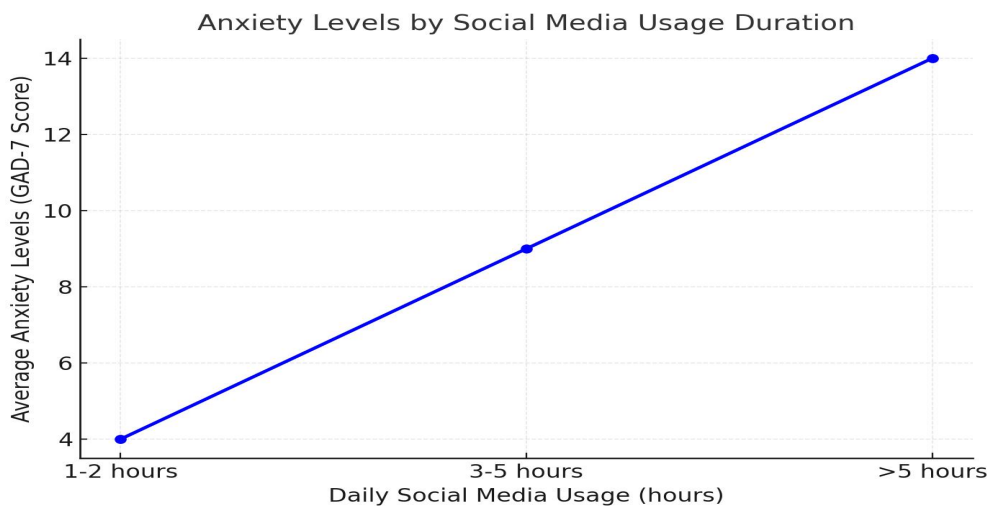
**Figure 1**, highlight the most frequent activities.

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## Anxiety and Social Media Use Are Correlated

Higher social media usage is linked to higher anxiety levels, according to a Pearson correlation analysis that found a significant positive relationship between daily social media usage and GAD-7 scores ( $r = 0.65$ ,  $p < 0.01$ ).



## Key Themes from Focus Group Discussions

Thematic analysis of qualitative statistics identified 3 most important topics:

### 1. Social Comparison and Self-Esteem

Many contributors said feeling insufficient whilst evaluating their lives to others on social media. One patient stated, "I often sense like my existence is so boring in comparison to what I see on Instagram. It makes me annoying."

### 2. Fear of Missing Out (FOMO)

FOMO emerged as a distinguished subject matter, with members describing anxiety from seeing peers take part in activities they missed.

A person shared, "When I see my friends striking out without me, it makes me experience ignored and burdened."

### 3. Cyberbullying and Negative Interactions

Experiences of cyberbullying were mentioned as noticeable stressors.



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One participant cited, "I become bullied inside the remarks section of my post, and it made me afraid to post anything for a long time."

## Summary of Findings

### 1. Quantitative Results:

Over 50% of participants mentioned slight to intense anxiety ranges.

A extensive high quality correlation between social media usage length and anxiety changed into identified.

### 2. Qualitative Results:

Social assessment, FOMO, and cyberbullying were key participants to tension.

Participants emphasized the addictive nature of social media and its role in amplifying strain.

### 3. Overall Trends:

Teenagers the usage of social media for extra than five hours each day have been most likely to showcase extreme tension symptoms.

Active engagement (e.G., commenting, posting) had a extra bad impact than positive.

## DISCUSSION

This have a look at aimed to analyze the relationship among social media usage and anxiety disorders amongst teenagers, with a focal point on the impact of Fear of Missing Out (FOMO) and the styles of activities engaged in on social media. The effects from both the quantitative and qualitative statistics offer widespread insights into how social media impacts intellectual fitness, mainly anxiety. The dialogue will delve into the important thing findings of this study, evaluate them with current literature, and explore the consequences for intellectual fitness interventions for teenagers.

## Key Findings

### 1. Social Media Usage and Anxiety Levels

The look at found a robust tremendous correlation between the period of daily social media usage and extended tension degrees. Teenagers who stated spending more than three hours according to day on social media exhibited higher anxiety levels, with those spending over five hours displaying substantially accelerated rankings at the Generalized Anxiety Disorder-7 (GAD-7) scale. This finding is regular with preceding research indicating that extended social media use is linked to heightened anxiety and strain (Twenge et al., 2017; Kuss & Griffiths, 2017). The bad effect of excessive display time on mental health has been well documented, with prolonged use main to sleep disturbances, cyberbullying, and social comparison, all of which make a contribution to tension symptoms (Fuchs et al., 2020).

### 2. Social Comparison and FOMO

A tremendous subject that emerged from the qualitative facts become social evaluation, that is a widespread difficulty among young adults on social media. Many members suggested feeling insufficient or irritating whilst evaluating themselves to their friends, especially whilst viewing curated, idealized content. This theme is constant with the findings of Tiggemann and Slater (2014), who determined that social comparison on social media exacerbates body dissatisfaction and anxiety, specifically among adolescent girls. Furthermore, the Fear of Missing Out (FOMO) turned into another primary subject, where young adults expressed tension over missing social occasions or studies shared with the aid of their peers on social media systems. This locating corroborates research by way of Przybylski et al. (2013), which highlighted that FOMO is a sturdy predictor of social media dependancy and is related to tension, depression, and strain.

Oberst et al. (2017) found that children with higher FOMO stages tended to overuse social media, main to disrupted sleep and improved tension. The look at also highlighted the position of personality tendencies, along with neuroticism, in amplifying these outcomes.

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## 3. Cyberbullying and Online Harassment

The take a look at also explored the role of cyberbullying within the courting among social media usage and anxiety. Participants stated that terrible interactions and online harassment contributed considerably to their tension. This finding aligns with the paintings of Kowalski et al. (2014), who found that young adults who're victims of cyberbullying enjoy increased levels of anxiety, melancholy, and different mental fitness problems. The anonymity supplied with the aid of social media platforms can exacerbate bullying behaviors, making them extra pervasive and difficult for teenagers to break out, as a consequence growing psychological issues.

## 4. Primary Social Media Activities and Anxiety

In line with the findings of this examine, passive scrolling became recognized as the maximum common hobby amongst individuals, and it became associated with better anxiety tiers. Passive consumption of social media content, especially while it includes comparisons to others' lives, can make contributions to emotions of inadequacy and tension. In comparison, energetic engagement, together with posting updates or chatting with pals, was stated to have a less poor impact on tension. This locating helps the work of Verduyn et al. (2017), who recommended that passive social media use, instead of lively interaction, is more strongly connected to feelings of loneliness and tension. The take a look at by way of Kross et al. (2013) also observed that passive Facebook use become related to reduced properly-being and elevated depressive signs and symptoms, mainly when individuals in comparison their lives to others.

## Comparison with Previous Studies

This study take a look at's findings largely align with present literature on the connection among social media utilization and anxiety among teenagers. Studies have continuously shown that immoderate use of social media, especially for passive sports like scrolling via feeds and evaluating oneself to others, exacerbates anxiety and despair in teenagers. A look at by using Pantic et al. (2012) observed that heavy social media users had been more likely to report signs of tension, melancholy, and bad intellectual fitness. Similarly, Rosen et al. (2013) found that social media use among teenagers brought about a feel of social pressure and inadequacy, each of which contributed to tension.

Furthermore, research through Vannucci et al. (2017) supports the finding that social evaluation on social media systems is a extensive contributor to anxiety in kids. The idealized and frequently unrealistic portrayals of others' lives on platforms like Instagram and TikTok had been shown to negatively have an effect on body picture and shallowness, specifically among teenagers.

Moreno et al. (2011) tested the consequences of negative online interactions on children' well-being. They identified that common publicity to on line negativity changed into associated with accelerated signs of tension and social withdrawal

## Social Comparison Theory

Appel et al. (2016) tested how upward social contrast on platforms like Facebook influences intellectual fitness. Their findings indicated that people exposed to idealized portrayals of others' lives experienced lower self-esteem and heightened anxiety. These results have been mainly mentioned in youth, given their developmental sensitivity to look evaluation.

The findings regarding FOMO additionally align with the paintings of Przybylski et al. (2013), who recognized FOMO as a predictor of social media-related anxiety. The steady publicity to others' activities, events, and achievements on social media structures contributes to feelings of exclusion, anxiety, and melancholy. Teenagers who experience FOMO might also sense strain to preserve up with social media tendencies and peer activities, that may result in pressure and decreased properly-being.

However, a few studies have highlighted the capacity positive outcomes of social media, together with expanded social assist and more advantageous connectivity amongst friends (Best et al., 2014). While the present day observe did no longer explore the high quality factors of social media use, future research could

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investigate how the social support mechanisms of social media may be leveraged to lessen tension and offer mental health benefits.

## Implications for Mental Health Interventions

The findings of this study have giant implications for mental health interventions aimed toward teenagers. Given the strong correlation among social media usage and anxiety, mental health professionals need to address social media use in therapy and counseling periods. Educating teenagers approximately healthy social media behavior, which includes restricting display screen time, carrying out extra energetic social media use, and lowering social comparisons, can help alleviate tension symptoms.

Schools and communities can play a critical function by using imposing digital literacy programs that train teenagers a way to navigate social media competently and responsibly. These applications have to emphasize the importance of self-care and intellectual well-being while the usage of social media and encourage young adults to take breaks from on-line systems. Additionally, social media systems themselves can undertake measures to reduce the negative impact on mental health. Features that sell tremendous engagement and self-expression, rather than idealized portrayals of existence, should help mitigate the consequences of social comparison. Instagram, for example, has delivered capabilities which include hiding like counts to reduce social comparison pressures. Other platforms could comply with in shape through selling extra authentic and supportive interactions.

## Limitations and Future Directions

While this examine affords treasured insights, it has numerous barriers. First, the go-sectional layout prevents the status of causal relationships between social media utilization and tension. Future longitudinal research should explore the lengthy-term results of social media use on intellectual health. Additionally, the self-pronounced nature of the facts may also introduce bias, as members may also overestimate or underestimate their social media utilization or anxiety ranges.

Future research can also discover the effect of various varieties of social media structures on tension. For example, visual-primarily based platforms like Instagram and TikTok can also have a greater extensive effect on anxiety due to the emphasis on appearance and social comparison, while textual content-based structures like Twitter can also have a one of a kind impact.

## Conclusion

This take a look at has explored the complex dating between social media usage and tension issues among teenagers, emphasizing the role of Fear of Missing Out (FOMO), social contrast, and the kinds of social media activities in influencing anxiety ranges. The findings suggest that excessive social media use, especially when exceeding three hours per day, is strongly related to extended anxiety symptoms. Additionally, passive social media use, such as scrolling thru feeds and tasty in social comparison, exacerbates tension, whilst greater energetic kinds of engagement, inclusive of posting updates or speaking to friends, display a weaker correlation with anxiety. The enormous correlation among FOMO and anxiety similarly underscores the destructive results of social media, wherein teenagers regularly sense inadequate or tense because of the idealized portrayals of others' lives. Cyberbullying, a pervasive trouble on many social media systems, was additionally identified as a key contributor to heightened anxiety. These findings are consistent with present literature, which has linked excessive social media use to terrible mental health consequences, such as tension, depression, and stress.

Given the giant use of social media amongst teens, the effects of this study call for elevated focus and intervention techniques aimed toward mitigating the destructive results of social media on mental health. Schools, communities, and intellectual fitness professionals ought to collaborate to promote healthy social media habits among young adults. This can encompass encouraging breaks from on-line structures, fostering more wonderful and active engagement, and instructing teens about the dangers of social assessment and FOMO.

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Moreover, social media structures themselves can play a pivotal position in mitigating the effect in their use on intellectual fitness with the aid of incorporating functions that lessen the pressure to conform to idealized portrayals and promote genuine connections.

Although the take a look at's move-sectional layout prevents the status quo of causality, the robust correlations observed between social media utilization and anxiety levels point to a good sized challenge for adolescent intellectual health. Future research need to in addition discover the longitudinal effects of social media use and take a look at the potential high-quality factors of social media, including social support and improved connectivity, to broaden a greater comprehensive understanding of its effect on teens mental health

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