

1. **Introduction:** The purpose of this study is to investigate the impact of social media on the mental health of young adults. The study will focus on the use of social media platforms such as Facebook, Instagram, and Twitter.

Section	Content
1.1. Background	<p> Social media has become an integral part of our lives, providing a platform for communication and social interaction. However, the excessive use of social media has been linked to various mental health issues, including anxiety, depression, and low self-esteem. </p>
1.2. Objectives	<p> The primary objective of this study is to explore the relationship between social media usage and mental health outcomes in young adults. Specific objectives include: </p> <ul style="list-style-type: none"> 1. To identify the most commonly used social media platforms among young adults. 2. To assess the frequency and duration of social media use. 3. To measure the levels of anxiety, depression, and self-esteem among participants. 4. To determine the impact of social media use on these mental health outcomes.
1.3. Methodology	<p> This study will employ a quantitative research design. A cross-sectional survey will be conducted, involving a sample of young adults aged 18-25. The survey will include a demographic section, a section on social media usage, and a section on mental health. Data analysis will be performed using statistical software. </p>
1.4. Significance	<p> Understanding the impact of social media on mental health is crucial for developing effective interventions and support systems. This study will contribute to the existing literature by providing empirical evidence on the relationship between social media use and mental health in young adults. </p>

Research Questions: The study will address the following research questions:

- Which social media platforms are most commonly used by young adults?
- How frequently and for how long do young adults use social media?
- What are the levels of anxiety, depression, and self-esteem among young adults?
- Is there a significant relationship between social media usage and mental health outcomes?

Scope of the Study: The study will focus on young adults aged 18-25. It will not cover other age groups or different cultural contexts.

- Limitations:**
 - The study is cross-sectional, so it cannot establish causality between social media use and mental health outcomes.
 - The study is self-reported, so there may be some bias in the data.
 - The study is limited to young adults, so the findings may not be generalizable to other age groups.
 - The study does not account for other factors that may influence mental health, such as personality, family, and environment.