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Abstract:

In this article, the author explores the relationship between social media. addiction and is personal and health health of students and confounds. opinions with statistics. It makes use of validated measures - including GPIUS2 and SWBQ - to comprehend the effect of constant. scrolling, dependency or excessive screen time on the mood, or excessive screen time on. ordinary college life. 64 undergraduates between 18 and 25 years old. filled out surveys; fifteen also joined organized talks. Findings indicate that a lot of them go well beyond the allotted time of their application, they get their phones when their eyes open, and schoolwork or sleep are usually put aside. The most impacted was sleep - 73.4% said it got worse, 59.4%. admitted scrolling resulted in the delaying of school work. Many went to Instagram, WhatsApp or YouTube, instead of studying. The more they were addicted to these applications, the less stable the mood, the greater the stress, the loss of. concentration. Users reported that they were emotionally drained, paralyzed. and in endless comparisons, assailed with constant changes. Such trends indicate actual psychological stress due to constant use. Simply put, poor social media practices are detrimental to the health, sleep and performance of youths. Educators encourage smarter technology behavior at an early age, and they provide guidance before it becomes a problem.

Keywords — **Social media addiction, mental health, screen time, sleep disruption, academic performance, stress, procrastination, digital dependency, mood instability, attention loss**

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I. INTRODUCTION

The way that people communicate, share, and express themselves has been dramatically altered by the rapid growth of the internet and various social media systems (such as Twitter, Reddit, and Facebook) becoming common platforms for billions of users. Given these platforms' large populations of active users, they are becoming essential platforms for behavioral and psychological data. Consequently, many researchers have begun studying online interactions to gain a better understanding of mental health and how digital spaces affect mental health. However, high levels of internet use have been related to problematic behaviors that may lead to psychological distress (GPIUS2).[1] or instability in emotions Social media (e.g., Twitter, Facebook) has also become a useful channel for investigating human emotion and mental health conditions. Numerous users share daily activities, thoughts and feelings, and problems through posts and comments; thus, researchers can

access large volumes of textual data. Using computing linguistics and natural language processing techniques, some researchers have analyzed these types of language to uncover emotional Another area of research regarding the temporal dynamics of emotional behavior on online social networks is worth noting. User emotional expressions and depressive responses can change over time, sometimes in relation to other users. There are studies investigating how the temporal dynamics of depressive emotions among users can propagate through social networks to identify users who may be suffering from psychological problems. Research into temporal social behaviors yields critical information regarding how emotional states are expressed and reinforced via digital network functionality [4]. Discussion forums such as Reddit have become useful resources in diagnosing mental disorders. Users of Reddit form groups of community discussion and talk about their personal experiences of depression, anxiety, and other forms of emotional distress. Researchers have employed machine learning and natural language processing techniques in order to identify posts by these communities that talk about depression. Such practices have demonstrated that automated systems can be hugely beneficial in terms of identifying individuals that might require psychological assistance and assisting mental health providers in tracking their patients [5]. Recent studies have broadened the application of machine learning and natural language processing techniques to incorporate multimodal analysis techniques, involving the application of more than one type of data such as text, images and behavioral patterns. Multimodal models include various types of information obtained in a social networking site that provides a more detailed account of the users emotional status. These approaches can greatly increase the accuracy and validity of existing mental health detection systems by integrating multiple forms of data, and they can assist researchers to learn how users express their feelings using various types of media [6]. • Probierz 2020 Multiple literature reviews overview the progress achieved in the field of mental health detection, using social media data; all of the reviews mention that the growing application of machine learning, deep learning, and data mining models is promoting the study of emotional content and behavioral patterns on social media.The authors address diverse issues on privacy, ethics and the inability to properly conclude human emotion using digital media [7]. Social media monitoring has increasingly been used as a kind of public health research in connection with analyzing the mental health trends of very large populations of individuals. Studies have revealed that online conversations can also be monitored to be an early warning that something is going on with psychological distress, so that the health systems can put in place proactive mental health intervention measures. These methods have been employed historically in diverse environments, e.g., when detecting crisis or gathering suicide prevention data; although they are also designed to monitor population-based mental health surveillance continuously [8]. Benchmarking studies also offer the ability to assess different predictive modeling methods in detecting mental health status from social media data as compared to traditional machine learning techniques or contemporary deep learning systems. All of these benchmarking studies evaluated the ability of different techniques to identify patterns of emotion as they related to various psychological states. According to the findings of these studies, results often indicated that advanced neural networks were generally more successful than traditional algorithms because they could identify very complex linguistic and contextual relationships within the content of social media [9]. Moreover, recent studies examine the impact of mental health and the overuse of Short-video apps on young people. Findings from various countries show that in some contexts, excessive digital media use is often associated with lower well-being, increased anxiety, and increased risk behaviors related to the Internet. Therefore, researchers have conducted psychometric studies and large-scale surveys to

determine if digital addiction affects young people's mental health status around the globe. [10] Overall, research suggests that the analysis of machine learning, computational linguistics, and social media metrics may provide insight into patterns of mental health in today's society. These researches are based on huge volumes of generated data. by users and advanced analytical techniques to. develop mechanisms that would pick up those with early indications. indications of psychological distress and therefore help in constructing more. Mental health awareness, prevention and intervention strategies.

II. LITERATURE REVIEW

The past decade has seen the use of social media in terms of its effect on mental health rapidly increase in popularity because researchers are investigating how individuals use online activities such as sending messages or spending time on apps to demonstrate their internal conflict. The jobs here involve technological application to analyze issues such as moods, excessive web browsing, text emotion, and fascination with rapid videos to determine how screen time influences the lives of users, especially young students. This overview gathers ten main scholarly articles that contribute tangible value to these connections. This study experimented the GPIUS2 - one of the popular scales used in detecting difficult internet practices. Using the data of individuals in Poland it discovered five major trends: having the urge to go online, relying on screens to feel better, feeling like they are constantly thinking about being online, preferring online chats to real ones and having obvious downsides - all linked to sadness, worry and struggles in everyday life. Findings indicate that this tool is effective in monitoring the level of hookedness among students in social sites. • Mobin 2024 The scholars investigated the possibility of computer-based language tools to identify cues to mental health distress in online posts. They discovered that written words when used on Reddit and Twitter content, when analyzed with the help of artificial intelligence and mood-detecting tools, tend to reveal such emotions as despair or worry - even suicidal thoughts. These results indicate platforms are somewhat like an online mirror, which discloses inner stress that individuals may conceal in real-life discussions. • Hybrid Deep Learning Model (2023–2024) This study used mixed deep-learning configurations to make predictions of the changes in mental health of people over the course of the pandemic by examining millions of posts in social media. It was not only a single type of info, but a combination of word patterns, user behavior, and timing - which revealed sharp results in the detection of rising stress within groups. Findings indicate that the potential to predict mood declines early on, particularly in younger individuals using online platforms, could be achieved through mining big online data. • Giuntini 2021 This research examined the changes in signs and moods of depression across time on social media. People are spending more time online and hence their bad moods are likely to be aggravated. Swiping and refreshing feeds late at night, or being unable to stop, can be exhausting mentally. These habits are linked to mood swings and emotional burnouts day in day out. • Rajaraman (2019-2022) The set of studies examined how to identify depressive symptoms in messages on Reddit using intelligent algorithms. Rather, the team developed tools that rank the severity of depressive remarks - particularly among youth online. In such a manner, it provides a good means of identifying the struggling students through their social media activity and therefore intervene earlier before things can deteriorate. Multi-modal Affective Analysis Studies (20212024) These research combined words, images, communication patterns, or some hints of mood changes to identify depressive signs in online forums. Use of emotional words, the type of images used and frequency of posting, all indicate deteriorating mental health. The approach assists in understanding how social media addiction manifests itself in different digital platforms. • Garg and team, 2023 This broad review looked at how

machine learning plus deep learning are applied to study mental health via social platforms. It did not merely list tools; instead, it examined language-based models and emotion-sensing technology and computer-based psychiatric approaches. Findings provide a better baseline of future research on the psychological condition of students with the help of online data. • Teague 2022 This JMIR review looked at how social media is used to track mental health - covering techniques, real-world uses, or ethical concerns. It highlighted such benefits as the ability to identify issues earlier and also mentioned such challenges as privacy concerns, lack of clarity in consent, or sensitive data processing. Findings indicate caution in using automatic mental health instruments in cases where they target students. • Safa and team, 2023 This paper examined the IEEE-based emotion research mental health tools. However, they did not use a single method but experimented with a number of methods - revealing large variations in their effectiveness. Among the things that caught my eye was the fact that improved data will lead to improved results in terms of emotional tracking of students online. • Lu et al., as well as Zhang et al., as of 2021-2024. These foreign studies examined the hookah of youth to fast video applications such as Tik Tok or Reels. Findings indicated that automatic content streams drive users to endless swiping, undermine concentration, contribute to feelings of insecurity when comparing oneself to others, as well as disrupt sleep and school work. Scholars emphasized - this type of online activity is turning out to be a mental health concern among students.

Author & Year	Main Focus of the Study	Method / Tools Used	Key Findings	Limitations
Probierz, E.; Gałuszka, A. I.; Gałuszka, A. (2020)	validation of the Generalized Problematic Internet Use Scale 2	Psychometric testing & validation study	Confirmed GPIUS2 as a reliable tool for identifying problematic internet behaviours like	Conducted on a specific population, limiting generalizability to other groups.
	(GPIUS2)		compulsive use, mood regulation, and online preoccupation	
Mobin, M. I.; Akhter, A. F. M. S.; Mridha, M. F.; Mahmud, S. M.; Aung, Z. (2024)	Analysing social media text to detect mental-health signals	NLP, computational linguistics, AI text analysis	Showed that word choices, tone, and writing patterns reveal hidden emotional distress and depressive cues	Analysis is limited to textual data and may overlook non verbal or offline emotional factors.
(Anonymous Authors—	Predicting mental-health outcomes using large scale social media data	Hybrid deep learning architecture using multimodal inputs	Demonstrated that combining text, behaviour, and posting patterns helps detect rising stress in populations	Requires large datasets and high computational resources, limiting practical use in smaller studies
Giuntini, F. T.; de Moraes, K. L.; et al. (2021)	Temporal patterns of emotional and depressive behaviour on social network	Temporal behaviour modelling; emotion tracking	Found that long-term heavy social media engagement contributes to emotional burnout, low mood, and depressive patterns	Does not establish causal relationships between social media use and mental health outcomes.
Rajaraman, et al. (2019 2022)	Detecting depression related posts on Reddit	Machine learning classification on labelled depressiv	Identified symptoms and severity of depression in student-	Analysis is limited to Reddit data, reducing applicabili

		E DATASETS	AGED COMMUNITIES USING ONLINE TEXT PATTERNS	TY TO OTHER PLATFORMS.
MULTIPLE AUTHORS (2021–2024) —	STUDYING DEPRESSION USING TEXT + IMAGES + BEHAVIOUR TOGETHER	MULTIMODAL AFFECTIVE COMPUTING (TEXT + IMAGES + POSTING PATTERNS)	SHOWED THAT EMOTIONAL WORDING, PICTURE CHOICES, AND POSTING FREQUENCY STRONGLY REFLECT MENTAL HEALTH	REQUIRES LARGE MULTIMODAL DATASETS, MAKING PRACTICAL IMPLEMENTATION DIFFICULT.
GARG, M.; ET AL. (2023)	SURVEY OF ML/DL APPROACHES FOR MENTAL-HEALTH ANALYSIS ON SOCIAL MEDIA	SYSTEMATIC SURVEY OF ML, NLP, AND DEEP-LEARNING MODELS	FOUND ACCURACY DIFFERENCES ACROSS TOOLS; HIGH-QUALITY DATASETS AND VALIDATED METHODS IMPROVE MENTAL-	AS A SURVEY STUDY, IT DOES NOT PROVIDE NEW EXPERIMENTAL OR REAL-WORLD DATA.
TEAGUE, S. J.; ET AL. (2022)	SOCIAL-MEDIA MONITORING FOR MENTAL-HEALTH DETECTION	JMIR SYSTEMATIC REVIEW; ETHICAL + METHODOLOGICAL ANALYSIS	HIGHLIGHTED POTENTIAL FOR EARLY DETECTION BUT RAISED ISSUES AROUND PRIVACY, CONSENT, AND DATA MISUSE	ETHICAL AND PRIVACY CONCERNS LIMIT LARGE-SCALE REAL WORLD DEPLOYMENT.
SAFA, R.; ET AL. (2023)	REVIEWING AFFECTIVE COMPUTING TOOLS FOR PREDICTING MENTAL HEALTH	REVIEW OF IEEE AFFECTIVE COMPUTING + COMPUTATIONAL SYSTEMS	FOUND THAT SOME MODELS PERFORM BETTER HIGHLIGHTED THE NEED FOR BETTER DATASETS AND BENCHMARKING	FINDINGS DEPEND HEAVILY ON THE QUALITY AND AVAILABILITY OF DATASETS.

III. BACKGROUND

Young people's everyday habits, actions, and feelings are heavily swayed by social media. Individuals particularly consume plenty of time on the internet - on platforms such as Instagram, YouTube, Snapchat, Reddit, or video-based applications. Although they can use these tools to chat, share their thoughts, communicate news, or seek assistance with schoolwork, they may also result in the obsessive use of the tool like addictive behaviors. The Internet platforms are now intelligent devices that are created to render users addicts. endless scrolling, real-time updates and customized news all lead to endless phone-checking and use. This changes our focus, interrupts rest, sharpens stress in comparing ourselves, as well as influences mood stability. Mental health is thus inclined towards virtual interaction as opposed to physical one. According to recent research, social media talk shows emotional pain in a better manner than questionnaires of old school. But students release their isolation, stress, overload and pressures of school in posts that are not read by many. Nevertheless, these signals are picked up by algorithms that scan words and patterns among millions of 2. Participants and Sampling updates. Nevertheless, technologies such as NLP and neural networks identify the signs of sadness, worry, or a desire to die long before a crisis occurs. Despite controversy, such platforms as Instagram or X are more like open diaries in which inner conflicts silently reveal themselves. In the meantime, excessive internet use, such as being addicted to social media, is on the rise. The GPIUS2 test assists in identifying indicators such as being constantly inclined to think about something online, changes in moods when using it, losing time, or even post-fallout. These habits are similar to addictions; they tend to appear with reduced levels of happiness, poorer grades, being emotionally exhausted, and reduced in-person interaction. Adolescents - particularly college students - may be more vulnerable as they are in the process of learning

how to regulate emotions, identities, or establish strong school routines. The need to excel in school, the continuous comparison with other students through edited posts on the internet, and the persistent fear of being excluded could cause them to check their gadgets at all times. Applications such as Tik Tok or Reels accelerate concerns. Rapidly changing videos ignite immediate rewards in the brain - this disrupts the attention span, sleep habits, and concentration at school. Swarms of students acknowledge to spend too many late nights scrolling through videos, a behavior that is associated with insomnia and mood swings. In this regard, it is important to know how the habit of using social media increases, how it affects emotions and academic achievement, or when there is a red flag in the online behavior. The increased evidence is that these platforms are not only influencing the mood of students, but also reflecting it, i.e. there is a tendency to have behavior and psychological state going in the same direction online. This context preconditions the present work - how the students use social media, how they feel on it, or what is the psychological impact of spending all the time on social media. It attempts to illuminate the impact of being constantly connected on student life using personality tests, real-world behaviors, and conclusions drawn through analysis of tech based behaviors.

IV. METHODOLOGY

1. Research Design

This study employed a quantitative methodology in the effort to observe the impact of being addicted to social media on the daily lives of college students. Chose this method since it lets scientists track actions and mental health without changing people's routines. Maintains reality by observing everyday functioning and seeing number relationships among variables such as dependency, mood swings, grades, rest and routine activities. Trend descriptions provided a summary of what is considered as a standard online behaviour; the checking connections provided merely how closely these elements are connected to one another. This design comes up frequently in behavior studies since it demonstrates how individuals use technology in practice - and what it entails to their brain. The combination of clear and consistent methods served to ensure that the information collected was similar to the life of students online.

2. Participants and Sampling

The sample was a group of undergraduates that used social sites extensively (18-25). Rather than picking randomly, online users already present were selected - in this manner, their habits would reveal their actual usage patterns. About 200 people were invited but with deleting incomplete answers or those that could not be included in the results, the number of complete answers was 64. These students were not only in any single direction - they studied subjects such as Humanities, Business, or Biology and therefore the blend was more akin to that of what you would find on campus. A good number of the surveyed spent a few hours a day on social media - some of them even spent more time on social media than three or four hours a day. The choice of participants was through sampling which presupposed the selection of those whose lives were already dominated by being online since this would enable them to give a useful input that would directly relate to research objectives

3. Tools and Instruments

The study was based on reliable psychology tests and structure surveys to examine the level of addiction of students towards social media and their general feelings. To understand the extent to which their online habits were intense, researchers resorted to the GPIUS2 tool - a method that is used globally. That is, it examined such issues as unceasing desires to check the Internet, psychological being attached to the computer, using online activities to improve mood, preferring online to face-to-face communication, and the way these habits disrupt normal life. Meanwhile, a different survey was devoted to the moods of learners, the degree of their stress, their enjoyment of life, and the ability to cope with the pressure of school. To

identify patterns in what individuals did on a daily basis, researchers included a tracking sheet on the amount of time spent scrolling apps, which networks were used the most, and personal reasons to log in. To top it all, general questions were also included to obtain true feedback on how students experienced, coped with stress, or reflected on their own behavior. Since varying approaches were employed, the study was able to provide a comprehensive, stratified view on the online habits of kids and how these practices affect them.

4. Data Collection Procedure

The data collection was conducted over six weeks, in a well defined stepwise approach to remain accurate. Pupils got details on why the research was done - along with their role in it - focusing on privacy and choice. The surveys were distributed online, thus allowing learners to respond when it best suited them and without haste or pressure. Due to this arrangement, they honestly exchanged ideas on how they live and what they have experienced. Once the people submitted their answers, each was checked to determine whether it was completely filled - those that were not, were omitted to ensure that the information remained solid. In the process, with us, we would capture the written responses as well where students would describe in their own words how social media apps such as Instagram or TikTok influenced their emotions, behaviors, and school activities. All the collected was arranged and stored well online, to be examined further. In such a manner, things would be done step by step, and the results would be based on trustworthy and understandable information.

5. Data Analysis

The information was examined using figures and subjective information. Numbers were processed using stats software to present averages, counts, or frequency of occurrence - providing a better idea of habits and impact on behavior. Correlation tests were instead employed to determine the strength of the relationship between social media use and such measures of well-being as mood, grades, or sleep quality. Comparing high-use and low-use groups cross-tabs began to reveal some differences. In the meantime, the regression checks investigated whether an increase in screen time can indicate a decrease in well-being in the future. In the case of written feedback, the themes were identified by sorting common ideas and feelings expressed by respondents. Concerns about comparing, getting emotionally exhausted, procrastinating, difficulty getting sleep, as well as constantly checking were also evident in the results. Combining the numerical findings with the personal narratives allowed understanding the extent to which the use of social media permeates the student lives.

6. Ethical Considerations

Participants' safety and privacy stayed a top priority throughout the research. They were provided with a clear information that they were not forced to participate which was also free to quit at any moment. No names or personal contacts were taken - this rendered it all anonymous. The emotional reactions were not overlooked; anybody who was angry would be counselled to get counseling help. The staff made sure that information was secure and they could just be called upon to work in school. Being fair also helped the project to show that it cares, protect privacy, yet at the same time be answerable to the stakeholders.

7. Reliability and Validity

The methodology made things reliable with the help of predetermined instruments together with questionnaires vetted by experts. The included GPIUS2 and wellness measures are associated with providing consistent and precise information on mental patterns. Prior to the full survey implementation, a pilot test was used to identify confusing sections - modifications were made based on the actual user comments. Combining number-based review and pattern spotting supported the main concepts of the study, as the various types of data correlated. Solid methods imply that the results are close to reality and may be used to comprehend the way students behave.

8. Methodology Limitations.
Although it was successful in certain aspects, the strategy had a couple of limitations. The use of primarily the answers of people may bias the results because of the nature of people to appear good or mismemorize. The fact that only students of one school are used makes it difficult to say whether the results are more generalized. Since the study only examined a single time frame, it was not possible to identify long-term patterns or definite causation and effect. Nor were such aspects as the differences between Instagram and YouTube - or short video apps - considered separately. It would imply that future research must observe the changes over time, employ larger samples, but each platform individually to understand the change in online habits.

V. RESULTS AND DISCUSSION

1. Overall Usage Patterns According to the results, it is possible to say that social media has become an intrinsic part of the life of students, and they are not always conscious of it. The majority of users reported spending more time on the Internet than they planned to, citing poor impulse control. Those who browse feeds are doing it by default these days, especially during down time, before sleep or as soon as they have risen. This tendency is a clue to the repetitive use with some inner pressure, but not necessity. Taking phones when they wake up demonstrates the level of impact these apps have on their minds at the start of the day. These habits are typical of addiction, in which the apps are more like triggers, prompting them to use them again and again, owing to consistent hits - alerts, texts, or new posts - that continue to draw them back. Statistics indicate that children are not just scrolling but become attached to the check-in itself and make it their day-night-long treat.

2. Emotional and Psychological Implications.
The research was particularly notable in its emotional side effects of using social media. Many users were anxious, tired, or mentally exhausted due to excessive use of digital apps. Rather than being inspired, students compared themselves to refined posts - regarding appearance, life, achievement - and felt inferior or less self-assured. With unlimited access to flashy videos, speedy pictures, or fast videos, a lot of people started getting mentally exhausted - without the accumulation of school assignments. Such stress is related to constant updates that distract attention and trigger emotions. So kids were either moody, jumpy or hung on thought now and then - this disarranged how they felt every day. Overall, excessive use of social media actually destabilized them, demonstrating that these apps are not merely entertaining - they can also cause a lot of mental stress.

3. Academic Performance
The findings indicate that when the use of social media gets out of control, the grades are likely to reduce. Many learners are sucked into alerts, endless posts or clips and do not realize until they are distracted with schoolwork. In the absence of good stints of concentration, work mounts up - and is sluggish or patchy at best. Others confess to feeling frustrated or disappointed with themselves post-wasting hours online and uncertain whether they could cope with what is required. Instead of difficult studying that requires critical thinking, students choose easy fun on social media - this change slows down the learning process. That tendency demonstrates the ability of platforms to interfere with the attention span, memory and completing homework, which pulls grades down in the long term.

4. Sleep disturbance and physical health.
A significant side effect of social media use was sleep problems. The majority claimed to go to bed later than they would have normally gone to bed as they continued scrolling at night viewing endless clips or chatting online instead. Bright phone displays and addictive content kept brains active, thus making it more difficult to fall asleep, which

resulted in students getting less sleep and poor rest. Due to that, many of them got up feeling fatigued, lacking in motivation, having a hard time with classes. There were reports of some people having headaches or grumpy, occasionally unfocused - this made school work harder. In addition to having a bad sleep, excessive use of social media was also associated with reduced physical activity. Most students chose scrolling instead of moving around resulting in increased sitting every day. Moving less does not only make the body weak, but affects mood as well as being active alleviates stress and mood swings.

5. Interference with normal functioning.
The study revealed that excessive use of social media disrupts normal life causing one to miss a step or even a routine. Most learners confessed to postponing schoolwork, meals, chores or getting ready - simply due to unlimited scrolling. Bedtimes also suffered a blow, as many of them were staying up late online, and then getting up early or late. Some reported talking less face-to-face with their loved ones, and replacing face-to-face communication with the screen. This shift - between face-to-face communication and scrolling through the internet - reduces the opportunities of having in-depth conversations and enhances loneliness. Replacement of productive habits with endless screen time demonstrates a definite trade-off; social media consumes hours that could be spent on activities that aid in personal improvement.

6. Cross-Tabulation Patterns
The cross-tabulation was useful in uncovering the extent to which the use of social media influences well-being. Students who registered more than five hours per day were more likely to be emotionally exhausted and had poor grades and their sleep deteriorated. The heavy users were more anxious about how they were going to compare with others; they also struggled more to manage the screen time. The post waking check was associated with more compulsive behaviors - since starting the day with a check increased the chances of further checks in the future. Those who spent less than an hour on social applications per day reported feeling more balanced, were also sharper in school and maintained more consistent habits. Findings indicate it is not merely the amount of time you spend online - but when that time is spent - that influences its impact on your life.

7. Patterns Based on GPIUS2 Scores
The GPIUS2 scores indicate that those children who overuse social media have a harder time with difficult issues - particularly emotional issues, academic work, or behaviors. Rather than face-to-face communication, a lot of people put more emphasis on online conversations, which alludes to new directions of communicating. They tend to be preoccupied with thoughts about online activities, feel miserable when not on the Internet, as well as to reduce. Here, more than elsewhere, mood swings, procrastination and disorganized habits of everyday life appear. Less about screen time, more about using apps to get through the day emotionally. It is not merely an overuse but is associated with other mental patterns.

8. Overall Discussion Summary
The general outlook of this paper is that social media addiction is crippling students in mood, grades, life in general, and even body health. Too much scrolling puts kids in a vicious cycle - they can either have fun or be distracted with the help of apps, but the outcome is being even more stressed, inability to focus, and having jittery feelings. The trend is self perpetrating and this implies that the trend can be difficult to get out of unless there is actual behavior change. Findings have revealed that more knowledge, smarter practices in screens, and availability of clear support mechanisms are required to facilitate moderate ways through which learners can control technology. It goes without saying: whereas the online platforms possess some desirable aspects, growing crazier with them has dire consequences that cannot be neglected as long as we are worried about the well-being of students.

VI. CONCLUSION

The current paper investigated the connection between social media addiction and health of the college students and has demonstrated that there is a worrying trend of overindulgence in internet use that is interfering with different facets of life. The results show that these platforms are no longer utilized to chat, but have become potent spaces that affect feelings, educational successes, sleep schedule and general habits. The majority of the learners do not control the amount of time they spend scrolling, they typically check apps automatically or compulsively which is symptomatic of literal dependence. It is evident that they spend more than they need to and more so at the end of the day or as soon as they open their eyes which means that the tools are deeply ingrained in their routines. These behaviors are consistent with indicators of poor internet habits, indicating an increase in digital addiction among younger people. The analysis showed that the social media usage has a profound effect on the emotions of people not only inside. Since they view glamorous lives over the internet, teenagers used to experience nervousness, irritation, fatigue, or self-doubt. The unceasing flow of posts and updates were draining them at the psychological level, and made it harder to control emotions. To make matters worse, school woes aggravated the situation - the attention was lost, assignments were missed, less time was spent in studying, work was missed. The scrolling steals focus to study, and grades are lowered since self confidence is harmed. A large number of students remain at the screens all night disturbing their sleep. That bad sleep is shown in the way they feel, think and behave in their day-to-day. Online time translates to less physical activity - this will exhaust the body and mind. The insufficiency of deep sleep impairs alertness and device constant use is not something that makes one relaxed. The alteration in the routine regime - beating up books, working out, or even meeting friends in real life - proves the extent to which one can be enthralled with the social media hype. Putting these changes together, they cite the way screen addiction is redefining the life of students in a manner that is harmful to development and mental well-being. Lastly, the paper proves that excess use of social media is not just a question of hours spent surfing, but also an issue associated with deeper mental and emotional psycho-cultural tendencies. The thing is that it is the way it transforms the behavior, takes up attention or replaces real life behavior. Schools, parents and young adults need to be brought together and more effective tech routines developed. Even simple things like indicating the time spent studying, not watching the screens at night, paying attention during the process of scrolling through or even engaging in body movements are helpful. The shifts are beneficial to alleviate stress, increase concentration, and restore the daily balance.As the online environment evolves at a rapid pace, we should assist youth to identify the risks of excessive time use on devices, so that they might develop healthier behaviors about using tech. This article preconditions the next stage in research and demonstrates the importance of addressing screen dependency, particularly at the time when the increasing number of students experiences challenges related to the constant connectedness.

VII. RECOMMENDATIONS AND FUTURE SCOPE

Recommendations The findings indicate that schools need to take immediate actions - they need to use coherent strategies to assist children with social media habits. Schools might have hands-on programs that describe how excessive time on the Internet might be detrimental to mood and grades. These attempts may educate learners about what motivates them to scroll, how the content of posts influences emotions, and when to leave devices aside. Employees such as mentors or instructors can initiate small shifts in daily screen time, especially during nighttime or during study, as even little changes are likely to increase concentration, sleep, and overall mood. . College can hold seminars on how to better utilize time, how to decrease the stress or stay in the present - they give the students

the tools but not the easy access to the phone. The situation should be made known to the families and therefore they are able to intervene and help good screen routines at home. The act of transporting children, communicating in real life or through applications in their school works can even level the quantity of technology that is devouring their lives. Beyond that, schools should provide confidential counseling to those who have excess screen time, which personal assistance to stay on course.

Future Scope

Even though this piece of work illuminates on the effect of social media habits on the health of students, there is still much to be unearthed. This may be improved by future research bringing more participants in different schools and regions to understand online activities among different learner groups. Following users through months or years may reveal how they change their scrolling habits - and how that impacts mood, grades, or daily decisions in the future. Compared to grouping apps together, juxtaposing apps such as Instagram, YouTube, Snapchat, unbelievably short video clips like Tik Tok, and educational websites can show precisely what features draw individuals the most. Another intriguing route could be applying body-based or technology tracking - such as phone usage history or sleep tracking - to provide real world information to individual responses. Instead, research could investigate the impact of character traits, school stress, or background on online habits. As intelligent machines and online environments evolve rapidly, future research must verify what novel technologies are doing to mental health - one such activity being computer-generated posts. This larger perspective might help professionals and other leaders to make wiser decisions, regulations, or instructional strategies that contribute to smarter device usage in students.

VIII. SUMMARY

This research was done on 64 college students who have been active social media users; majority of the respondents were male with most of them being aged between 18-21 which is a normal representation of college users. Purposive sampling was used to select the students where only students who are active social media users were involved. The platforms that were most popular were YouTube, Instagram, and WhatsApp, almost all the participants used Instagram. The degree of dependence was high as evidenced by the number of students who reported to use the social media between three and more than five hours a day.

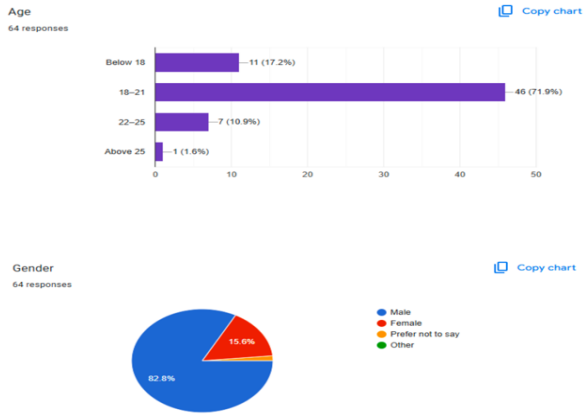

Fig 1.1

Chart of Age and Gender The descriptive results showed that many students had trouble controlling their usage, as 62.5% of them acknowledged that they frequently used social media for longer than intended, and many of them checked their phones right away after waking up with a strong habitual behaviour. Only a minority of students said that social media had any beneficial impact on them, and most students said it was a neutral or negative influence on their academic performance, meaning a severe interference with rest and wellbeing. the most affected was the sleep, with 73.4% saying that their sleep had deteriorated because of staying up late scrolling. The necessity of studying, sleeping, eating, and having face-to-face conversations and exercise were frequently delayed due to excessive

screen time, which means that social media disrupts key responsibilities.

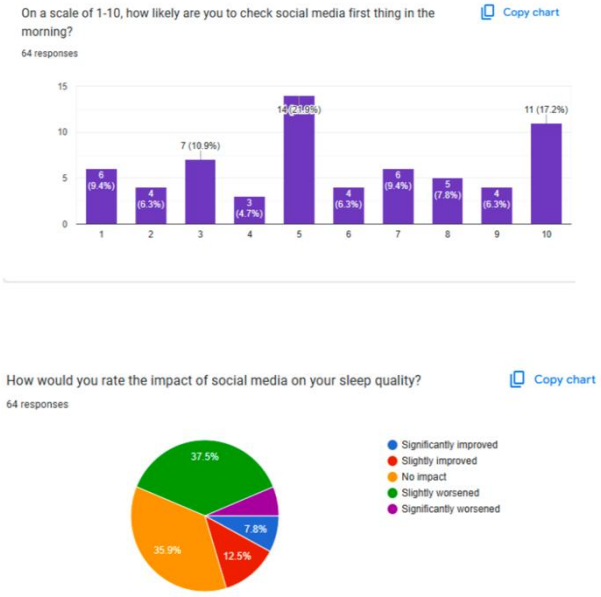

Fig 1.2

Also, the cross-tabulation findings demonstrated that students who checked social media in the morning were more likely to spend more time on it during the day, whereas those who spent over five hours a day on the internet had the lowest amount of sleep disturbance and most delays in academic tasks. These conclusions were substantiated by the visual information provided in the report as the author highlighted the prevalence of daily operations disruption, emotional reliance on social media, time wastefulness in scrolling, and predominant use of the platform. The adverse effect of excessive screen time on productivity and health is direct and indicated by the chart of the activity delay where the study and homework activities were the most affected followed by sleep and socializing.. Mental Health. 9. Safa, R., et al. (2023). Predicting Mental Health Using Social Media: Review and Benchmark Works Referencing IEEE Affective and Computational Systems. arXiv. 10. Lu, L., Zhang, N., et al. (2021–2024). Studies on Problematic Use and Short-Video Addiction Among Youth: Cross-National Surveys and Psychometric Measures. Journal / IEEE-affiliated publications.

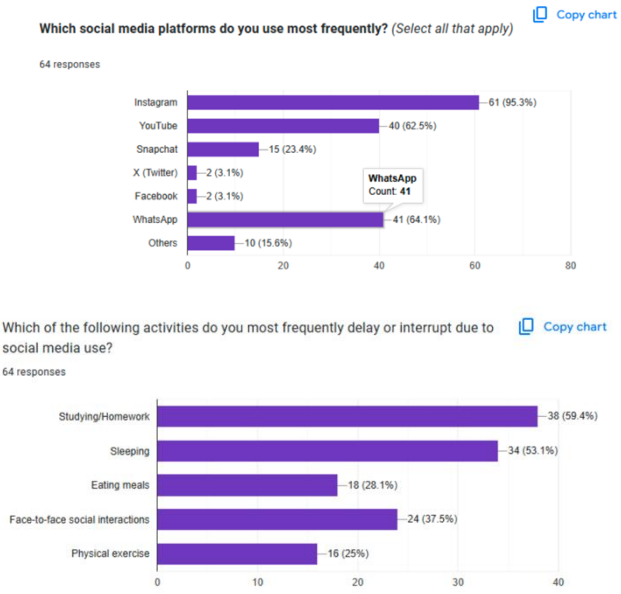

Fig 1.3 & Fig 1.4

Platforms Used &Activity Delay Chart On the whole, the findings on pages 8 to 14 prove the idea that the use of social media has a strong influence on the daily lives of students, which often negatively affects their time management, academic attention, sleep patterns, and often leads to the delay of important activities. The paper highlights that despite its wide adoption and a strong penetration of social media in the life of students, overuse of social media can be seen to cause negative effects on daily life and responsibilities

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