

Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups

Lavanya Kakkar^{1*}, Dr. Pragyan Dangwal²

ABSTRACT

The impact of social media on mental health remains a complex and widely debated topic, with research highlighting both positive and negative effects. This review synthesizes findings from multiple studies to provide a comprehensive understanding of how social media influences mental health across different demographic groups that are adolescents, young adults and older adults. Studies on adolescents and young adults indicate that excessive social media use is associated with higher rates of depression, anxiety, body dissatisfaction, and negative emotional experiences. Key factors contributing to these negative outcomes include cyberbullying, social comparison, and the fear of missing out (FoMO). Research further suggests that girls are more affected than boys, with social media reinforcing unrealistic beauty standards and increasing body dissatisfaction. Neurological studies show that negative peer feedback on social media activates brain regions linked to social rejection and emotional distress, making adolescents particularly vulnerable. Conversely, studies on older adults highlight the benefits of social media in reducing loneliness, improving social connectedness, and enhancing overall well-being. Research suggests that social media use helps older individuals maintain relationships and access social support, contributing to higher life satisfaction and lower depression levels. However, it is also noted that social media cannot fully replace face-to-face interactions, which remain essential for emotional fulfillment. The effects of social media on well-being are mixed, with passive use (scrolling and browsing) having more harmful effects than active use (posting and interacting). Social media appears to be beneficial when used mindfully and in moderation, particularly when it facilitates social support, self-expression, and meaningful engagement. Future studies should examine the effects of social media on pre-teens and middle-aged individuals, as research on these age groups remains limited. Moreover, current research is primarily centered on Facebook and Instagram, while research on YouTube, WhatsApp, and Snapchat, which are among the leading social media platforms with the most active users, is lacking.

Keywords: *Mental health, Psychological well-being, Subjective well-being, Social media and older adults, Social media and adolescents, Social media and young adults, Positive and negative outcomes of social media use*

¹Student, AIBAS, Amity University Lucknow Campus, Uttar Pradesh, India

²Assistant Professor, AIBAS, Amity University Lucknow Campus, Uttar Pradesh, India

*Corresponding Author

Received: February 24, 2025; Revision Received: March 04, 2025; Accepted: March 08, 2025

Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups

Social media usage has increased dramatically in recent years, from 970 million users in 2010 to an incredible 5.17 billion by July 2024 (Statista). Today, more than half of the world's population (63.9% globally, according to Datareportal) is actively engaging online—posting updates, scrolling through content, and sharing memes as part of daily life. As technology continues to evolve, the way individuals engage with social media platforms significantly impacts their mental health, influencing their emotional well-being, social connections, and overall psychological health. In India, social media penetration stands at 32.2%, with 462 million users. (Statista). WhatsApp emerges as the leading social media platform in the country. (Datareportal)

The Evolution of Social Media

The concept of social media has evolved over time, with different scholars and researchers providing various definitions based on its functionality, purpose, and impact. Social media first emerged in 1979 with the creation of Usenet, a system for posting articles and news. During the 1990s, platforms like Six Degrees, BlackPlanet, and MoveOn allowed users to interact socially, engage in public policy discussions, and build networks based on shared contacts (Edosomwan et al., 2011). The early 2000s saw the rise of widely recognized social media platforms, including Wikipedia (2001), LinkedIn, MySpace (2003), Facebook (2004), YouTube (2005), and Yahoo!360. These platforms transformed the way individuals and organizations interact, making social media an integral part of both personal and professional life (Ngai, Tao, & Moon, 2015). Despite its widespread use, there is no single universally accepted definition of social media (Weller, 2015). Various scholars have attempted to define it based on its key features. Russo et al. (2008) provided a simple definition, describing social media as platforms that enable online communication, networking, and collaboration. Kaplan and Haenlein (2010) expanded on this idea, stating that social media consists of internet-based applications built on the principles of Web 2.0, allowing users to create and exchange content. Similarly, Bobbi K. Lewis (2010) defined social media as a set of digital technologies that enable people to connect, communicate, create, and share content with others. Another perspective comes from Michael L. Kent (2010), who described social media as an interactive communication medium that allows two-way interaction and feedback. He highlighted its real-time engagement, reduced privacy, instant responses, and flexibility, which differentiate it from traditional media. Some definitions emphasize the user-driven nature of social media. David M. Scott (2015) described it as a platform where individuals exchange ideas, content, and relationships online. He pointed out that unlike mass media, social media allows anyone to create, comment on, and share content in various formats, including text, audio, video, and images. Joseph Thornley (2019) further elaborated on this by stating that social media enables seamless movement between content consumption and creation. He explained that users can instantly switch between being viewers and contributors, without requiring advanced technical skills. This process is facilitated by social software, which supports functions such as publishing, posting, commenting, linking, and tagging.

Mental Health and Well Being

Mental health is a vital aspect of overall well-being and is often understood in multiple ways. Sartorius (2002) describes it as not only the absence of disease but also as a state where individuals can fully perform their functions and maintain a sense of balance within themselves and their environment. Similarly, the Society for Health Education and Promotion Specialists (1997) highlights the importance of forming strong relationships, fulfilling social roles, and effectively managing emotions as key indicators of mental well-

Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups

being. The Health Education Authority (1997) expands on this by emphasizing emotional resilience, self-esteem, and social stability, noting that a person's mental health is influenced by external factors such as poverty, discrimination, and social isolation. Beyond these definitions, Lin (personal communication) describes mental health as being comfortable with oneself and others, maintaining strong relationships, and successfully navigating cultural and social influences. The Mental Health Foundation (2008) also defines mental health in terms of an individual's ability to think and feel positively about themselves, manage challenges effectively, and maintain fulfilling relationships and responsibilities in their personal and professional lives. Overall, mental health is more than just the absence of illness; it is a dynamic and multifaceted state of well-being that affects how people cope with stress, interact with others, and adapt to life's challenges. It is shaped by psychological, biological, and social factors, making it essential for individuals to develop resilience, emotional awareness, and strong support systems to maintain a healthy mental state.

The Importance of Mental Health Across Age Groups

Mental health plays a crucial role in every stage of life, influencing emotional well-being, relationships, and overall quality of life. For adolescents, young adults, and older adults, maintaining good mental health is essential for navigating life's challenges, building meaningful connections, and fostering personal growth. However, the specific reasons mental health is important differ for each age group due to their unique developmental needs and life experiences.

Adolescence is a critical period of emotional and psychological development. During this stage, individuals experience significant changes in identity, self-esteem, and social relationships. Good mental health enables adolescents to cope with academic pressures, peer influences, and the transition into adulthood. Poor mental health during this phase can lead to long-term challenges such as anxiety, depression, and difficulties in forming stable relationships. Additionally, adolescence is a time when mental health disorders often first emerge, making early intervention crucial for long-term well-being.

Young adulthood is a period of increased independence, career development, and personal decision-making. Mental health is essential during this stage as individuals face challenges such as career pressures, financial independence, and relationship dynamics. A strong mental state allows young adults to manage stress, maintain resilience, and adapt to new responsibilities. Poor mental health can negatively affect academic or professional performance, hinder social interactions, and contribute to issues like burnout, substance abuse, and low self-confidence. Developing coping skills and emotional regulation during this stage is crucial for long-term success and well-being.

For older adults, mental health is closely linked to social connections, cognitive function, and physical well-being. This stage often comes with significant life changes such as retirement, health concerns, and social isolation. Maintaining good mental health helps older adults stay engaged in their communities, prevent cognitive decline, and improve overall life satisfaction. Mental well-being also plays a role in managing chronic illnesses and reducing the risk of depression and loneliness, which are common in aging populations. Social support, meaningful activities, and mental stimulation are essential for sustaining emotional health in later years.

Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups

Rationale

Social media has become an integral part of modern life, shaping how individuals interact, communicate, and experience their world. While it has revolutionized connectivity, offering opportunities for social interaction and information exchange, it has also raised concerns about its impact on mental health. The research on this topic is essential, as it can help identify both the positive and negative consequences of social media use, understanding how different demographics—adolescents, young adults and older adults—are affected differently by social media.

REVIEW OF RELATED LITERATURE

Social Media and Mental Health Among Adolescents and Young Adults

Social media use among adolescents has been linked to both negative and positive mental health outcomes. Some studies have indicated that social media use can enhance social connections and improve well-being, particularly among older adults. Lampe et al. (2007) found that Facebook use helped college students maintain and develop bridging, bonding, and maintained social capital, fostering both new and existing social connections. However, other studies indicate that excessive social media use is associated with higher rates of depression, anxiety, body dissatisfaction, and negative emotional experiences. For instance, Kelly et al. (2019) found that adolescents who spent more than 5 hours per day on social media had significantly higher depressive symptoms, especially in girls, who were more affected than boys. Additionally, Valkenburg et al. (2022) highlighted that even moderate social media use could have small but negative impacts on adolescent well-being, particularly concerning stress and anxiety. Huang (2021) further confirmed these findings, noting that the key issue is not just the amount of time spent on social media but the quality of usage. Excessive use, particularly when it replaces real-world interactions, is a significant contributor to psychological distress and reduced well-being.

In addition to excessive use, the nature of interactions on social media is a significant predictor of mental health issues. Bonsaksen et al. (2022) concluded that negative social media experiences, such as cyberbullying, online exclusion, and negative peer interactions, had a greater impact on adolescent depression than screen time alone. Odgers et al. (2020) further supported this by emphasizing that cyberbullying and online harassment were major contributors to adolescent depression and anxiety. The Fear of Missing Out (FoMO) phenomenon has been another important area of research in relation to social media use and mental health. Przybylski et al. (2013) introduced the FoMO scale (FoMOs) and found that people with higher FoMO experienced lower life satisfaction, poorer mood, and a reduced sense of control over their lives. FoMO was also associated with increased social media use, creating a cycle of emotional distress. Adolescents with higher FoMO tended to compulsively check social media, which reinforced negative emotions and dissatisfaction with their own lives. These findings indicate that FoMO can drive excessive social media use, leading to heightened anxiety and emotional distress, which further contributes to poor mental health outcomes, especially among adolescents.

Body Image Concerns and Gendered Impact of Social Media

One of the most alarming effects of social media on adolescents, particularly adolescent girls, is the development of body image concerns. Choukas-Bradley et al. (2022) propose a developmental-sociocultural framework wherein social media's promotion of idealized beauty standards and the emphasis on peer validation creates a "perfect storm" for body dissatisfaction among adolescent girls. Kelly et al. (2019) also found that girls who used

Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups

social media for over five hours per day experienced a 50% increase in depressive symptoms compared to a 35% increase in boys, highlighting the gendered impact of social comparison and societal expectations. Duradoni et al. (2020) reinforced these findings, revealing that problematic social media use is linked to lower happiness and vitality, particularly among female adolescents. These studies suggest that body image concerns, exacerbated by social media exposure, may be a central mechanism linking social media use to poor mental health outcomes in adolescent girls.

Neurological Impact of Social Media

Research on the neurological impact of social media on adolescents indicates potential long-term effects on brain development and emotional processing. Wikman et al. (2022) conducted fMRI studies revealing that negative peer feedback on social media activated brain regions associated with social rejection and emotional distress. Additionally, Verduyn et al. (2017) found that passive social media use, such as scrolling through feeds, increased social comparison and envy, intensifying feelings of low self-worth and emotional distress. These findings suggest that negative interactions on social media may not just affect mood but also influence long-term emotional regulation and self-perception, especially during adolescence, a critical period for emotional and social development.

Social Media and Mental Health Among Older Adults

In contrast to adolescents, social media use among older adults has generally been associated with positive mental health outcomes. Several studies suggest that social media can reduce loneliness and improve well-being in older adults. Chopik (2016) found that Facebook use among older adults helped maintain stronger social bonds and reduced feelings of loneliness. This was especially important for those with limited mobility or those living in rural areas, where face-to-face interactions might be limited. Similarly, Kusumota et al. (2022) reviewed studies showing that social media use helps older adults connect with family and friends, offering emotional support and a greater sense of belonging. These interactions help reduce isolation and can contribute to better mental health. Additionally, Quinn (2018) found that older adults who actively engaged with social media reported improved mental health and lower levels of depression. Yu et al. (2021) further supported this by finding that social media use was associated with better self-rated health and fewer chronic illnesses in older adults.

However, it is important to note that while social media has its benefits, it does not replace the emotional fulfillment derived from real-world interactions. Nowland et al. (2018) suggested that while Facebook helps older adults stay connected, in-person interactions are still preferred for emotional support.

CONCLUSION

The impact of social media on mental well-being is multifaceted, with both positive and negative consequences depending on age, usage patterns, and individual differences.

For adolescents and young adults, social media use is often associated with higher rates of depression, anxiety, body dissatisfaction, and negative emotional experiences. Key factors contributing to these negative outcomes include cyberbullying, social comparison, and the fear of missing out (FoMO). Research suggests that girls are more affected than boys, with social media reinforcing unrealistic beauty standards and increasing body dissatisfaction (Choukas-Bradley et al., 2022; Kelly et al., 2019). Neurological studies show that negative

Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups

peer feedback on social media activates brain regions linked to social rejection and emotional distress, making adolescents particularly vulnerable (Wikman et al., 2022; Verduyn et al., 2017). However, when used constructively, social media can provide emotional support and a sense of belonging, particularly when it facilitates social support, self-expression, and meaningful engagement (Nowland et al., 2018).

In contrast, social media use among older adults has generally been associated with positive mental health outcomes. Studies suggest that social media can reduce loneliness and improve well-being in older adults by helping them maintain social bonds and access emotional support (Chopik, 2016; Kusumota et al., 2022). Social media use helps older individuals stay connected with family and friends, offering a greater sense of belonging and reducing feelings of isolation (Quinn, 2018; Yu et al., 2021). However, it is important to note that while social media has its benefits, it does not replace the emotional fulfillment derived from real-world interactions. In-person interactions are still preferred for emotional support, and social media should be used as a complementary tool rather than a substitute for face-to-face communication (Nowland et al., 2018).

The effects of social media on well-being are mixed, with passive use (scrolling and browsing) having more harmful effects than active use (posting and interacting). Social media appears to be beneficial when used mindfully and in moderation, particularly when it facilitates social support, self-expression, and meaningful engagement (Valkenburg et al., 2022; Huang, 2021). However, excessive use, particularly when it replaces real-world interactions, is a significant contributor to psychological distress and reduced well-being (Bonsaksen et al., 2022; Odgers et al., 2020).

Future research should explore the effects of social media on demographic groups such as pre-teens and middle-aged individuals, which could provide valuable insights into how online interactions shape their mental health. Most studies to date have focused predominantly on adolescents and young adults, leaving a significant gap in understanding how other age

groups are affected. Additionally, current research is primarily centered on Facebook and Instagram, while research on YouTube, WhatsApp, and Snapchat, which are among the leading social media platforms with many active users, is lacking (Orben, 2020; Valkenburg et al., 2022). Longitudinal studies tracking changes in social media use and mental health would offer a more nuanced understanding of this complex relationship. However, Orben (2020) and Valkenburg et al. (2022) caution that many studies fail to separate well-being from ill-being, leading to misleading conclusions. Chu et al. (2022) emphasized that more nuanced research is needed to fully understand the relationship between social media use and mental health.

In conclusion, while social media offers numerous opportunities for connection and self-expression, it also poses significant risks to mental health, particularly for adolescents and young adults. The key to maximizing the benefits of social media while minimizing its risks lies in promoting mindful and balanced use. Future studies should focus on tailored interventions that help each age group optimize their social media use to enhance mental well-being. By understanding the complex relationship between social media and mental health, we can develop strategies to harness the positive aspects of social media while mitigating its potential harms.

REFERENCES

- Chopik, W. J. (2016). The benefits of social technology use among older adults are mediated by reduced loneliness. *Cyberpsychology, Behavior, and Social Networking*, 19(9), 551–556. <https://doi.org/10.1089/cyber.2016.0151>
- Chou, H. T., & Edge, N. (2012). "They are happier and having better lives than I am": The impact of using Facebook on perceptions of others' lives. *Cyberpsychology, Behavior, and Social Networking*, 15(2), 117–121. <https://doi.org/10.1089/cyber.2011.0324>
- Cole, P. M., Michel, M. K., & Teti, L. O. (2004). The development of emotion regulation and dysregulation: A clinical perspective. *Monographs of the Society for Research in Child Development*, 59(2-3), 125–130. <https://doi.org/10.1111/j.1540-5834.1993.tb00416.x>
- DataReportal – Global Digital Insights. (n.d.). DataReportal – Global Digital Insights. <http://datareportal.com>
- Duradoni, M., Innocenti, F., & Guazzini, A. (2020). Well-being and social media: A systematic review of Bergen addiction scales. *Future Internet*, 12(2), 24. <https://doi.org/10.3390/fi12020024>
- Edosomwan, S., Prakasan, S. K., Kouame, D., Watson, J., & Seymour, T. (2011). The history of social media and its impact on business. *The Journal of Applied Management and Entrepreneurship*, 16(3), 79–91.
- Ellison, N., Steinfield, C., & Lampe, C. (2007). The benefits of Facebook "friends": Social capital and college students' use of online social network sites. *Journal of Computer-Mediated Communication*, 12, 1143–1168. <https://doi.org/10.1111/j.1083-6101.2007.00367>
- Fardouly, J., & Vartanian, L. R. (2015). Negative comparisons about one's appearance mediate the relationship between Facebook usage and body image concerns. *Body Image*, 12, 82–88. <https://doi.org/10.1016/j.bodyim.2014.10.004>
- Health Education Authority. (1997). *Mental health promotion: A quality framework*. Health Education Authority.
- Heo, J., Chun, S., Lee, S., Lee, K. H., & Kim, J. (2015). Internet use and well-being in older adults. *Cyberpsychology, Behavior, and Social Networking*, 18(5), 268–272. <https://doi.org/10.1089/cyber.2014.0549>
- Huang, C. (2017). Time spent on social network sites and psychological well-being: A meta-analysis. *Cyberpsychology, Behavior, and Social Networking*, 20 (6), 346–354. <https://doi.org/10.1089/cyber.2016.0758>
- Jean, M., & Twenge, W. K. (2018). Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. *Preventive Medicine Reports*, 12, 1–8. <https://doi.org/10.1016/j.pmedr.2018.10.003>
- Kaplan, A. M., & Haenlein, M. (2010). Users of the world, unite! The challenges and opportunities of social media. *Business Horizons*, 53(1), 59–68. <https://doi.org/10.1016/j.bushor.2009.09.003>
- Kent, M. L. (2010). Directions in social media for professionals and scholars. *Handbook of Public Relations*, 643–656.
- Kokkinos, C. M., Baltzidis, E., & Xynogala, D. (2016). Prevalence and personality correlates of Facebook bullying among university undergraduates. *Computers in Human Behavior*, 55 (Part B), 840–850. <https://doi.org/10.1016/j.chb.2015.10.017>

Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups

- Kross, E., Verduyn, P., Demiralp, E., Park, J., Lee, D. S., Lin, N., Shablack, H., Jonides, J., & Ybarra, O. (2013). Facebook use predicts declines in subjective well-being in young adults. *PloS one*, 8 (8), e69841. <https://doi.org/10.1371/journal.pone.0069841>
- Kusumota, L., Diniz, M. A. A., Ribeiro, R. M., Silva, I. L. C. D., Figueira, A. L. G., Rodrigues, F. R., & Rodrigues, R. A. P. (2022). Impact of digital social media on the perception of loneliness and social isolation in older adults. *Revista Latino-Americana de Enfermagem*, 30, e3573. <https://doi.org/10.1590/1518-8345.5641.3573>
- Lee, M. H., Liu, Y. M., & Yu, C. (2022). Does using social media increase or decrease happiness? An empirical study of Facebook users in Taiwan. *Pacific Economic Review*, 2023. <https://doi.org/10.1111/1468-0106.12429>
- Lewis, B. K. (2010). Social media and strategic communication: Attitudes and perceptions among college students. *Public Relations Journal*, 4(3), 1–23.
- Mahalwal, A., & Maini, S. (2023). Impact of social media on psychological well-being and happiness among young adults of different socio-economic groups in Delhi. *International Journal of Indian Psychology*, 11(4), 3093-3100. <https://doi.org/10.25215/1104.293>
- Mental Health Foundation. (2008). *Fundamental facts about mental health*. Mental Health Foundation.
- Nesi, J., & Prinstein, M. J. (2015). Peer popularity, internalizing symptoms, and externalizing behaviors: A comparison of adolescent girls and boys. *Journal of Clinical Child & Adolescent Psychology*, 44(3), 485-495. <https://doi.org/10.1080/15374416.2014.930979>
- Ngai, E. W. T., Tao, S. S. C., & Moon, K. K. L. (2015). Social media research: Theories, constructs, and conceptual frameworks. *International Journal of Information Management*, 35(1), 33–44. <https://doi.org/10.1016/j.ijinfomgt.2014.09.004>
- Nowland, R., Necka, E. A., & Cacioppo, J. T. (2018). Loneliness and social internet use: Pathways to reconnection in a digital world?. *Perspectives on Psychological Science*, 13(1), 70–87. <https://doi.org/10.1177/1745691617713052>
- Odgers, C. L., & Jensen, M. R. (2020). Annual research review: Adolescent mental health in the digital age: Facts, fears, and future directions. *Journal of Child Psychology and Psychiatry*, 61(3), 336–348. <https://doi.org/10.1111/jcpp.13190>
- Przybylski, A. K., Murayama, K., DeHaan, C., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29, 1841–1848. <https://doi.org/10.1016/j.chb.2013.02.014>
- Quinn, K. (2018). Cognitive effects of social media use: A case of older adults. *Social Media+ Society*, 4(3). <https://doi.org/10.1177/2056305118787203>
- Russo, P., Watkins, J., & Edwards, P. (2008). The role of social media in education: A review of the literature. *Educational Technology Review*, 10(1), 22–35.
- Sartorius, N. (2002). The meanings of health and its promotion. *Croatian Medical Journal*, 43(6), 662–664.
- Scott, D. M. (2015). *The new rules of marketing and PR: How to use social media, online video, mobile applications, blogs, news releases, and viral marketing to reach buyers directly* (5th ed.). John Wiley & Sons.
- Sinclair, T. J., & Grieve, R. (2017). Facebook as a source of social connectedness in older adults. *Computers in Human Behavior*, 66, 363–369. <https://doi.org/10.1016/j.chb.2016.10.003>
- Society for Health Education and Promotion Specialists. (1997). *Guidelines for mental well-being*. SHEPS Publications.

Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups

- Statista. (n.d.). *Statista - The Statistics Portal for Market Data, Market Research and Market Studies*. www.statista.com. <https://statista.com>
- Thornley, J. (2019). *Social media strategies for engagement and brand building*. Oxford University Press.
- Twenge, J. M., & Campbell, W. K. (2018). Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. *Preventive Medicine Reports*, 12, 1–8. <https://doi.org/10.1016/j.pmedr.2018.10.003>
- Valkenburg, P. M., Meier, A., & Beyens, I. (2022). Social media use and its impact on adolescent mental health: An umbrella review of the evidence. *Current Opinion in Psychology*, 44, 58–68. <https://doi.org/10.1016/j.copsyc.2021.08.017>
- Verduyn, P., Ybarra, O., Résibois, M., Jonides, J., & Kross, E. (2017). Do social network sites enhance or undermine subjective well-being? A critical review. *Social Issues and Policy Review*, 11, 274–302. <https://doi.org/10.1111/sipr.12033>
- Weller, K. (2015). Accepting the challenges of social media research. *Online Information Review*, 39(3), 281–289. <https://doi.org/10.1108/OIR-03-2015-0069>
- Wu, B., Liu, T., & Tian, B. (2023). How does social media use impact subjective well-being? Examining the suppressing role of internet addiction and the moderating effect of digital skills. *Frontiers in Psychology*, 14, 1108692. <https://doi.org/10.3389/fpsyg.2023.1108692>
- Yu, C. C., Tou, N. X., & Low, J. A. (2024). Internet use and effects on mental well-being during the lockdown phase of the COVID-19 pandemic in younger versus older adults: Observational cross-sectional study. *JMIR Formative Research*, 8, e46824. <https://doi.org/10.2196/46824>

Acknowledgment

The present work was successfully accomplished due to the opportunity provided by the institute and the director Professor S. Z. H. Zaidi. I would also like to extend my heartfelt gratitude to my guide and mentor Dr. Pragyan Dangwal (Assistant Professor, AIBAS) for helping me and providing her guidance at every step. This research work would not have been possible without their constant guidance and support.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kakkar, L. & Dangwal, P. (2025). Social Media and Mental Health: A Review of Positive and Negative Outcomes Across Different Age Groups. *International Journal of Indian Psychology*, 13(1), 1655-1663. DIP:18.01.158.20251301, DOI:10.25215/1301.158