

**ORIGINAL RESEARCH**

# Adolescent Mental Health and Its Relationship with Social Media

## Afectaciones en la Salud Mental de los Adolescentes y su Relación con las Redes Sociales

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### Abstract

The present study focused on conducting a systematic review of the mental health effects of social networking sites on adolescents. As a methodology, a systematic review was carried out with the PRISMA statement in a time window corresponding to the last five years, using inclusion and exclusion criteria and the implementation of Boolean equations (AND, OR, NOT) in the Web of Science, PubMed and Scopus databases. The initial search yielded (n=14,385) articles, subsequently following the process of identification, elimination and selection, the final sample was (n=33). In the findings obtained, we found the appearance of three categories of analysis using the word map: mental health, isolation, anxiety and depression. In conclusion, the use of social networks for long periods of time can affect cognitive processes, as well as alterations in mental health, especially it could increase episodes of anxiety, sleep disturbances and irritability.

**Keywords:** Social networking, mental health, isolation, anxiety, depression

### Resumen

El presente estudio se centró en llevar a cabo una revisión sistemática sobre las afectaciones en la salud mental de los adolescentes atribuibles a las redes sociales. Como metodología se realizó una revisión sistemática con la declaración PRISMA en una ventana de tiempo correspondiente a los últimos cinco años, mediante el uso de criterios de inclusión y exclusión y la implementación de ecuaciones booleanas (AND, OR, NOT) en las bases de datos Web of Science, PubMed y Scopus. La búsqueda inicial arrojó (n=14.385) artículos, posteriormente siguiendo el proceso de identificación, eliminación y selección, la muestra final fue de (n=33). En los hallazgos obtenidos, se encontró la aparición de tres categorías de análisis utilizando el mapa de palabras: salud mental, aislamiento, ansiedad y depresión. En conclusión, el uso de redes sociales por largos periodos de tiempo, puede ocasionar afectaciones en los procesos cognitivos, así como alteraciones a la salud mental, especialmente podría incrementar episodios de ansiedad, alteraciones del sueño e irritabilidad.

**Palabras clave:** Redes sociales, salud mental, aislamiento, ansiedad, depresión



## Introduction

With the advancement of new information and communication technologies, excessive use of mobile devices has become evident, particularly among adolescents, for whom access to social networks predominates.

In the words of Donath & Boyd,<sup>1</sup> digital social networks are considered spaces that seemingly promote personal identity, where otherness becomes an extended network of the self. They also allow for the creation of a web of contacts aimed at validation through the generation of a personal profile.

It is worth noting that since the year 2000, access to the digital world has proliferated, turning technological devices into essential tools for everyday life. In this regard, it is estimated that, worldwide, three-quarters of people with internet access are active users of social networks. This represents, on average, 42% of the global population, and of these users, an estimated 78% are children and adolescents.<sup>2</sup>

While social networks can both inform and facilitate communication—making it more appealing, simple, and direct—they have also become important spaces for entertainment. Among the most popular for young people are TikTok, Instagram, and YouTube. Likewise, online access to streaming platforms has grown, offering multimedia content such as series, films, games, music, and podcasts.

Some social networks have been designed to generate advertising content through images, messages, or short videos, representing a marketing and visibility opportunity for companies and entrepreneurs. However, for adolescents, these platforms create an unconscious pattern that leads them to follow models and influencers, and idealize standards that may endanger their identity and overall development, which is an outcome of the normalization of information. While the use of social media can offer momentary gratification, it also generates an increasing need for access time, which can cause various disturbances in users.<sup>3</sup>

In this regard, it is important to note the mental health repercussions that arise from excessive use of these networks, which can lead to a significant increase in anxiety levels. This is due to continuous exposure to idealized and perfectionist content that fosters comparison, pressure, and feelings of inadequacy. Moreover, constant engagement with these platforms can negatively affect the nervous system, resulting in a state of permanent alertness that, over time, impairs attention and concentration.<sup>1</sup> On a physical level, several effects can also occur, particularly in relation to sleep quality, which is often disrupted by prolonged screen exposure. This, in turn, is linked to irritability and a reduced ability to cope with stressful situations. Likewise, mood changes such as sadness, frustration, and unprovoked aggression can emerge, all of which impact overall well-being.

Furthermore, the lack of guidance in social media use—especially regarding parental controls—and the constant comparison between users and content creators have a direct impact on emotional intelligence. Emotional intelligence is understood as the ability to recognize one's own emotions and those of others, as well as to manage them appropriately. Therefore, these skills play an essential role in the healthy development of cognitive abilities.<sup>4</sup>

The growing prevalence of social media use has become increasingly evident, to the point that many people now depend on these platforms and maintain close relationships through the use of digital applications. The dependency on social media that arises through excessive use can result in risk factors associated with mental health. A strong correlation has been observed between mental health stability and engagement with social media, which tends to influence how individuals relate to others and to their surroundings.<sup>5</sup>

Another important factor is gender identity, which social media can strongly influence, sometimes harming adolescents' mental health. Because these platforms make it easy to present an idealized or alternate version of oneself, exposure to certain online communities or collective identities can also lead to discrimination, with serious consequences for mental well-being and relationships at home, among peers, and in society.<sup>6</sup>

**Table 1. Search and Data Collection Process, Inclusion and Exclusion Criteria**

<b>Search Procedure</b>	
The search was conducted through an exploration of scientific documents related to the study variables. This process was carried out using open-access databases. The selected articles correspond to studies published within the past five years and are available in both Spanish and English.	
<b>Inclusion Criteria</b>	<b>Exclusion Criteria</b>
<ul style="list-style-type: none"> <li>• Studies published within the last five years</li> <li>• Articles written in Spanish or English</li> <li>• Only research-based studies</li> <li>• Articles focused on mental health, social networks, and adolescence</li> </ul>	<ul style="list-style-type: none"> <li>• Publications older than five years</li> <li>• Reflective essays, books, or book chapters</li> <li>• Documents unrelated to the study variables</li> <li>• Documents in languages other than Spanish or English</li> </ul> <p>These criteria were established to ensure greater scientific rigor and minimize research bias, providing a sound basis for selecting appropriate scientific articles.</p>
<b>Data Collection Process</b>	
The data collection process followed the PRISMA methodology, consistent with the scientific areas of knowledge addressed in this study. This method aligns effectively with the research variables, fostering meaningful contributions to the topic of interest and addressing the needs of the scientific community. Systematic reviews, such as this one, provide theoretical insights that generate new resources and highlight emerging phenomena.	

The exploration was carried out through searches in international databases such as **Scopus**, **Web of Science**, and **SpringerOpen**, using the Boolean operators **AND**, **OR**, and **NOT**.

**Table 2. Search Terms**

(In Spanish) “Salud mental” and “Redes Sociales” or = “Afectaciones” not = “Niños” “Alteraciones” and “Conducta” or “Redes en línea” not = “Adultos mayor” “Dificultades” and “Comportamiento” or “Salud mental” not Discapacidad “Personalidad” and “Trastorno” or “Psicológico” not Enfermedades mentales “Adicción” and “Bienestar psicologico” or “Plataformas sociales” not Desarrolló infantil
(In English) “Mental health” and “Social networks” or = “Affects” not = “Children” “Alterations” and “Conduct” or “Online networks” not = “Older adults” “Difficulties” and “Behavior” or “Mental health” not Disability “Personality” and “Disorder” or “Psychological” not “Mental illnesses “Addiction” and “Psychological well-being” or “Social platforms” not Child development

In this context, it is important to recognize that while social networks have had positive effects—particularly in promoting access to information and expanding global communication—they also have negative consequences when used inappropriately by adolescents.<sup>7</sup>

Taking the above into account, the following question arises:

**Research Question .**What are the mental health effects on adolescents attributable to social media

use  
**Objective.** To describe the mental health effects on adolescents attributable to social media use.

**Method.** The methodological approach consisted of an exploratory systematic review with bibliometric characteristics, following the criteria established by the PRISMA 2020 statement. The design was structured through Boolean algorithms for the search, development, selection, analysis, and classification of studies published in various scientific journals that are part of the open access

model (Open Journal Systems, OJS).

The search process was conducted using subscription-based databases, including *Scopus*, *Web of Science*, and *SpringerOpen*. The accuracy of the search was guided by the designated analytical variables: mental health, adolescents, effects, behavior, and social networks. The sample consisted of 33 studies selected from both primary and secondary sources, covering a five-year window (2020–2025) and including research published in both Spanish and English.

Based on the search conducted, a specific range of works was identified in each database, contributing to the execution and development of the document

review. Based on these findings and the number of selected texts, the results were transferred to the flowchart for data extraction.

#### Selection of Studies

The selection of research works was carried out considering a five-year time window, since scientific advances progress rapidly and older studies may not reflect current findings or practices relevant to the variables analyzed. Articles that were duplicated or did not meet the established criteria were excluded. Additionally, only publications available in full text were considered, while abstracts and research notes were omitted.<sup>8</sup>

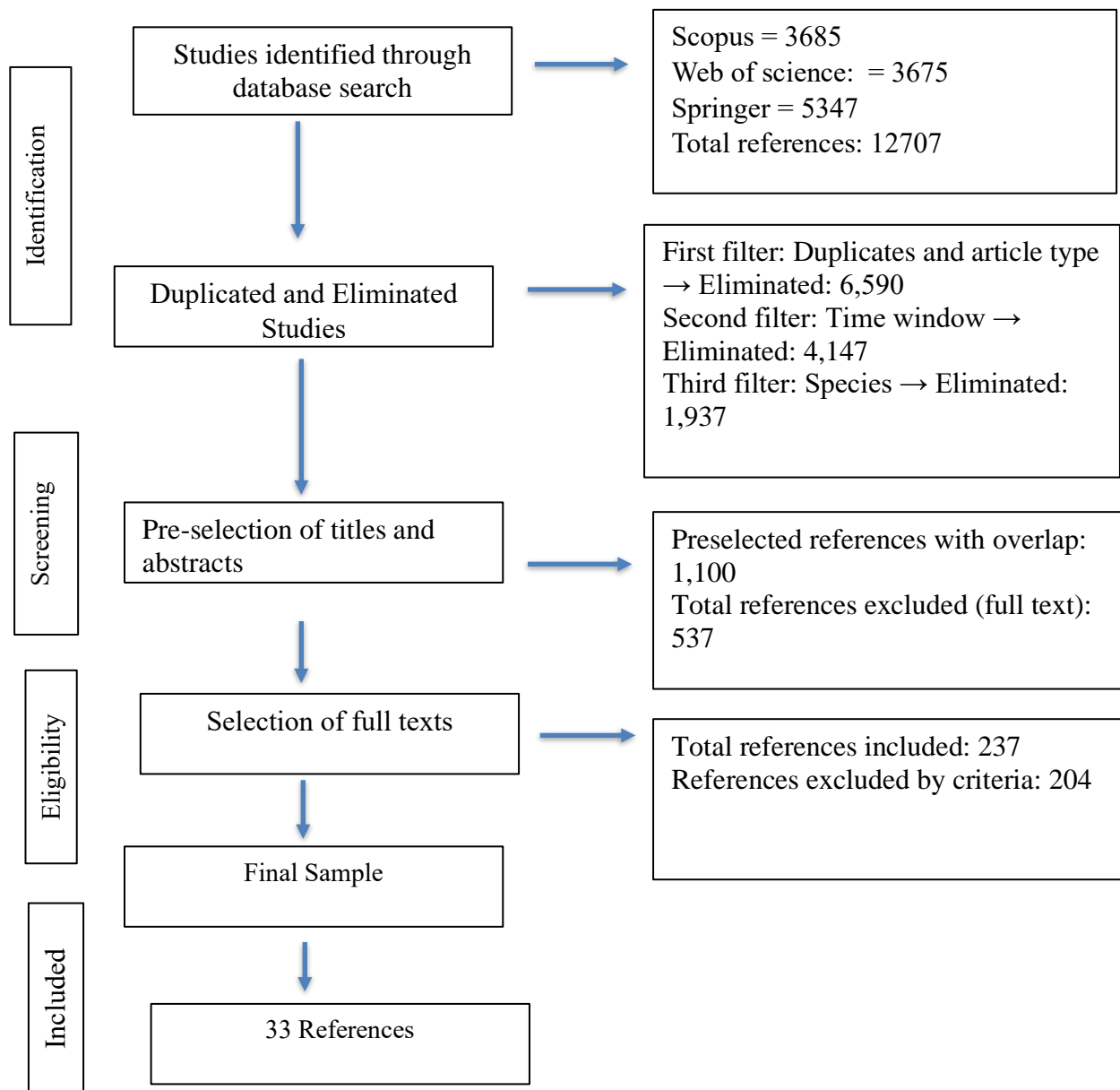
**Table 3. Cross-referencing of search terms in the database**

Search	Databases	Final Results			
(In Spanish) “Salud mental” <b>and</b> “Redes Sociales” <b>or</b> = “Afectaciones” <b>not</b> = “Niños” “Alteraciones” <b>and</b> “Conducta” <b>or</b> “Redes en línea” <b>not</b> = “Adultos mayor” “Dificultades” <b>and</b> “Comportamiento” <b>or</b> “Salud mental” <b>not</b> Discapacidad “Personalidad” <b>and</b> “Trastorno” <b>or</b> “Psicológico” <b>not</b> Enfermedades mentales “Adicción” <b>and</b> “Bienestar psicologico” <b>or</b> “Plataformas sociales” <b>not</b> Desarrolló infantil  (In English) “Mental health” <b>and</b> “Social networks” <b>or</b> = “Affects” <b>not</b> = “Children” “Alterations” <b>and</b> “Conduct” <b>or</b> “Online networks” <b>not</b> = “Older adults” “Difficulties” <b>and</b> “Behavior” <b>or</b> “Mental health” <b>not</b> Disability “Personality” <b>and</b> “Disorder” <b>or</b> “Psychological” <b>not</b> “Mental illnesses” “Addiction” <b>and</b> “Psychological well-being” <b>or</b> “Social platforms” <b>not</b> Child development	<b>Scopus</b>	365	700	2620	3685
	<b>Web of science</b>	1020	205	2450	3675
	<b>SpringerOpen</b>	1125	1502	2720	5347
	<b>Total</b>	2510	2407	7790	12707

**Table 4. Process of Identification, Elimination, and Selection of Articles**

Boolean Algorithms	AND, OR and NOT			
	Spanish 5000		English 7707	
No. of Articles by Language				
Databases	Scopus	Web of science	Springer Open	Total
Without Filters	3685	3675	5347	12707
No Access	1685	1945	2960	6590
Incomplete / Duplicates	1400	1380	1367	4147
Do Not Meet Criteria	589	339	1009	1937
Selected	11	11	11	33

**Figure 1. Flowchart of document selection**



**Data Extraction**

This process was carried out with the aim of identifying the selected scientific studies and subsequently applying a filter to remove duplicates. Next, a pre-selection of documents was performed to locate complete scientific texts that would contribute to the study. Finally, the full

investigations that aligned with the proposed research variables were used.

**Results**

A total of 33 relevant articles were identified that met the established search combinations and inclusion criteria, all published between 2020 and 2025. The main themes addressed in these articles

include mental health, adolescence, effects, behavior, and social networks. Table 6 presents the characteristics of each of them.

**Table 6. Characteristics of Selected Studies**

No.	Keywords	Authors and Year	Contributions	Journal	Citation
1	Social networks, mental health, youth	Rodríguez et al., 2022	Individuals who spend nine hours a day using social networks are more predisposed to develop some type of disorder.	SMAD, Rev. Eletrônica Saúde Mental Álcool Drog	(9)
2	Social networks, mental health	Barrón et al., 2021	Over time, it has become evident that young people are vulnerable to anxiety due to excessive technology use. Likewise, the identity assumed in virtual environments can affect mental health.	Rev. CuidArte	(10)
3	Mental health, social networks, video games	Sánchez et al., 2022	Social networks have a direct impact on mental health, especially affecting vulnerable groups such as children and youth.	International Journal of Developmental and Educational Psychology	(11)
4	Social networks, mental health, anxiety, depression, adolescent psychology	López et al., 2023	Social networks have a direct effect on mental health.	Revista de Comunicación y Salud	(12)
5	Addiction, self-esteem, social networks	Collantes, & Tobar 2023	The disproportionate use of social networks has a psychological impact, as users tend to compare themselves with others who appear to have the life they desire, generating feelings of inadequacy and affecting self-esteem.	Revista Latinoamericana De Ciencias Sociales Y Humanidades	(13)
6	Adolescents, students, social networks	Hanna et al., 2020	A link has been identified between improper Internet use and the emergence of health problems.	Revista Cuidarte	(14)
7	Mental health, social networks	Martínez et al., 2022	Among students, social networks are related to depression, anxiety, stress, learning difficulties, and sleep disorders.	Revista electrónica de investigación Docencia Creativa	(15)
8	Adolescents, depression, emotional regulation, social networks	Gracia et al., 2020	Social networks affect emotional regulation and contribute to depressive problems in adolescents.	Health and Addictions	(16)
9	Social support, addiction, social networks, adolescents	Solis et al., 2021	Young people who receive less family support are at higher risk of becoming addicted to social networks.	Revista Científica De Ciencias De La Salud	(17)
10	Social networks, self-esteem, anxiety, university students	Reyes et al., 2021	Students with higher levels of social media addiction tend to experience higher levels of anxiety.	Rev. Enseñanza e Investigación en Psicología	(18)
11	Adolescents, women, social networks	Lozano et al., 2022	Social networks influence the development of eating disorders by promoting extreme thinness in women.	Rev. Anales del sistema sanitario de navarra	(19)
12	Social networks, social media, youth	López et al., 2020	The impact of social network use varies according to gender, age, and social class.	Rev. Profesional De La información Información Professional,	(20)
13	Social networks, addiction, self-esteem	Arosemena 2024	The greater the use of social networks, the lower the self-esteem, and vice versa.	Revista científica de la universidad especializada de las américas	(21)
14	Stress, addiction, social networks, students	Miñan et al., 2023	University students experiencing higher levels of stress tend to use social networks less addictively.	Rev. Salud, Ciencia y Tecnología	(22)
15	Social networks, family, secondary school students	Álvarez et al., 2021	Adequate digital education at home is key to reducing conflicts and risks associated with improper Internet and social network use.	Rev. fuentes	(23)
16	Social networks, adolescence, personal identity	Gómez et al., 2022	Adolescents show a notable degree of authenticity in presenting their "self" on social networks, with significant differences by gender.	Convergencia Revista de Ciencias Sociales	(24)
17	Social networks, access to information, students	De la Mora et al., 2020	Los estudiantes pasan un tiempo moderado en estas plataformas, impulsados principalmente por la información que encuentran a través de los "Me gusta" o Likes.	Rev. Medi Sur	(25)

No.	Keywords	Authors and Year	Contributions	Journal	Citation
18	Mental health, social networks, empathy, social crises	Rodríguez et al., 2022	As the use of social networks increases, reports of anxiety and traumatic stress symptoms also rise.	Rev. Universitas Psychologica	(26)
19	Social networks, procrastination, university students	Ramírez et al., 2021	Differences exist in self-regulation capacity and the problems associated with social network use.	Revista Dilemas Contemporáneos: Educación, Política y Valores	(27)
20	Addiction, social networks, cyberbullying, adolescents, schoolchildren	Chiza et al., 2021	Participants with higher levels of social media addiction also tend to show higher indicators of engaging in cyberbullying behaviors.	Revista Muro de la Investigación	(28)
21	Social networks, isolation, excess	Ochoa et al., 2022	The massive use of social networks as sources of information led to increased addiction to these platforms, which ultimately deteriorated most people's mental health.	Revista de Investigación en Ciencias Sociales y Humanidades	(29)
22	Alcohol, consumption, prevention, social networks	Pérez et al., 2020	Social media platforms have become young people's preferred means of communication, making it possible to observe how these networks influence both alcohol consumption and prevention efforts among this group.	European Journal of Education and Psychology	(30)
23	Social networks, information and communication technologies	Barón et al., 2021	The use of social networks is closely linked to digital transformation, lifestyle patterns, and communication channels, which in turn have a decisive influence on individuals' psychological well-being.	Revista Internacional De Pedagogía E Innovación Educativa	(31)
24	Addiction, social networks, adolescence, socio-emotional skills	Klimenko et al., 2021	Deficiencies in young people's socio-emotional skills are associated with a greater tendency toward social network addiction.	Rev. Psicogente	(32)
25	Dependency, internet, social skills, adolescence	Estrada et al., 2021	The rise in Internet addiction is associated with poorer development of social skills, which in turn is linked to difficulties in social interactions and lower self-esteem.	Archivos Venezolanos de Farmacología y Terapéutica	(33)
26	Social networks, eating disorders, youth	Ojeda et al., 2021	Excessive use of social networks can become a risk factor for the development of eating disorders.	Journal of negative and no positive results	(34)
27	Mental health, addiction, social networks, adolescence, family functioning	Estrada et al., 2020	Poor levels of family functioning are associated with higher levels of addiction to social media platforms.	Revista San Gregorio	(35)
28	Adolescence, identity, social networks	Del Prete et al., 2020	The construction of adolescent identity on social networks centers on seeking acceptance and recognition from others.	Psicoperspectivas. Individuo y Sociedad	(36)
29	Youth, psychological test, Internet use	González et al., 2021	The results indicate that the items on the measurement instrument tend to reflect changes in mood experienced when a person cannot connect to social networks—or the relief they feel when they can.	Revista de Psicología Clínica con Niños y Adolescentes	(37)
30	Social networks, anxiety, depression	Gómez et al., 2021	Disproportionate use of social networks may increase young people's exposure to negative social interactions, such as cyberbullying.	Rev. Salud(i)Ciencia,	(38)
31	Adolescents, social networks, mental health	Moreira et al., 2021	The growing popularity of social networks is contributing to the emergence of new disorders, particularly psychological ones.	Rev. Enfermería Global	(39)
32	Health, social networks, adolescents	Linares 2023	Most adolescents spend more than two hours a day on social networks, posing a challenge for the country's education system.	Revista Académica Sociedad Del Conocimiento Cunzac	(40)
33	Social networks, mental health, adolescents	Díaz et al., 2023	These findings provide a foundation for developing programs that promote responsible social network use and strengthen students' psychological well-being.	Revista Latinoamericana de Ciencias Sociales y Humanidades	(41)

## **Mental Health**

Mental health in the digital age, particularly within the context of social networks, is one of the most impactful intersections in recent times. This is not a superficial topic, but one of great significance given the widespread use of social media and its potential consequences. The increase in social network use became especially evident during the pandemic, when online activity intensified dramatically. Today, this frequent use has contributed to a rise in symptoms associated with anxiety, as well as crises and depressive states among those who use these platforms excessively.<sup>42</sup>

The clear rise in social media use is generating concern among families and parents due to the risks involved—such as using free time poorly, social withdrawal, and dependency, among others. For many people, social networks are viewed as an important resource, allowing for more effective communication. Moreover, they play a leading role in social life, where popularity and interaction with others can foster a sense of growth and personal development. This often involves projecting an idealized image that may differ significantly from reality.<sup>43</sup>

Mental health has been notably affected by the constant use of social networks, which have become an essential tool in daily life. Among adolescents, these platforms have established themselves as mechanisms of development, offering several benefits, such as easier communication and greater social connection. However, in certain cases, they can have adverse effects on mental health, even encouraging inappropriate sexual behaviors during real-world interactions.<sup>44</sup>

In this context, much of the harm arises from the insecurity many adolescents feel. A common misconception is the belief that one can manage or respond appropriately to the endless stream of online information and interaction. These challenges can take a toll on mental health, appearing as symptoms like restlessness or sleep deprivation. Mental health is further influenced by interconnected factors such as lack of sleep, social

isolation, anxiety, and the pressure to meet the expectations of others.<sup>45</sup>

### ***Isolation***

Human beings are inherently social, and interactions with others serve as an important source of satisfaction. However, a phenomenon of social distancing has emerged in recent times, driven by the constant use of social networks. This has led to a loss of engagement with one's surroundings and a weakening of emotional bonds. New connections are now formed through screens, further distancing individuals from their real-world relationships.<sup>46</sup>

Isolation is one of the main issues arising from the disorganized use of social networks, negatively affecting people's mental health. These difficulties complicate the establishment of social relationships, and isolation has become a common consequence for social media users. This occurs because individuals disengage from various activities in order to spend more time online. Today, many human interactions are heavily mediated by social media platforms.<sup>47</sup>

Excessive use of social networks negatively impacts multiple areas of an individual's life. At times, this isolation can affect personal hygiene, academic performance, and family functioning. Many frequent social media users struggle to manage their impulses and lack self-control. One of the most significant outcomes is reduced performance in both work and academic settings.<sup>48</sup>

### **Anxiety and Depression**

The constant use of social networks has increased anxiety levels in many people, along with worry and the urge to repeatedly check digital platforms. This behavior becomes a way to manage discomfort and unease, leading to repetitive use of social media—even in the absence of notifications or new messages. Such patterns interrupt daily responsibilities such as reading, studying, and work tasks.<sup>32</sup> Anxiety symptoms are often linked to the difficulty of disconnecting from digital platforms, creating withdrawal-like effects.

Moreover, both the amount of time spent on social media and the reactions that arise when users cannot access these platforms can significantly heighten anxiety symptoms. Consequently, most adolescents showing signs of addiction tend to be more vulnerable to behavioral disturbances and anxiety disorders.<sup>49</sup>

Social networks are also frequently used as sources of information, which can severely affect adolescents and, in some cases, lead to suicidal behavior. These platforms may share content that encourages or normalizes suicide, influencing young people to consider it—either individually or even collectively.<sup>3</sup>

Globally, there has been a significant increase in the association between depressive symptoms and social media use. This is partly because these platforms often promote self-criticism through comparisons with the idealized lifestyles they display. As a result, such distorted self-evaluation negatively affects mental health, intensifying negative emotions—especially sadness—and weakening self-esteem through a desire to identify with others.<sup>50</sup>

Social networks often present a distorted reality, offering filters and editing tools that enhance images and other content. This can lead to a loss of objectivity and contribute to low self-esteem, especially when users feel they do not fit into the prevailing standards of perfection promoted online. Consequently, many seek constant validation, which at times can expose them to criticism. This dynamic has contributed to a rise in suicide rates across various cultures.<sup>51</sup>

## Discussion

Today, new trends in globalization are increasingly perceived as a form of worldwide homogenization, with social networks playing a leading role in this process.<sup>52</sup> Moreover, the widespread use of various digital platforms has profoundly transformed both social relationships and daily life. Constant updates and new applications have become highly attractive trends, driving daily consumption to the point of causing a marked decline in genuine, face-to-face interaction among people.<sup>53</sup>

This social phenomenon is directly linked to individuals who have continuous access to the web through mobile devices that are always within reach. The use of social networks is often not restricted by age, as entry into the digital world is closely tied to the search for friendship and belonging within groups.<sup>54</sup> Consequently, the content shared on each platform is exposed to public opinion, influencing how individuals perceive themselves. Studies have shown that “likes” and both positive and negative comments can significantly affect adolescents’ self-esteem.<sup>55</sup>

In this context, globalization has made social constructs play a crucial role in shaping self-esteem, both positively and negatively. The opinions received on social networks can be harmful, leading to recurring sadness or mood disturbances.<sup>56</sup> However, self-esteem issues are not caused solely by the use of filters and image-enhancing tools, but also by the social pressure these platforms impose.<sup>57</sup>

Social networks have also become a global space for communication and digital interaction. Their relevance has grown considerably, as their use is massive and continues to increase regardless of culture or age. According to Primack<sup>58</sup>, excessive use of social media can be a risk factor for developing mental disorders such as depression and anxiety. This aligns with the findings of Ojeda<sup>59</sup>, who noted a steady increase in social media access and asserted that early use negatively impacts young people’s mental health, giving rise to what are now considered “new diseases” (cybersickness, depression, anxiety, cyberchondria, and nomophobia).

Although social networks allow for new forms of expression, they also raise important questions about responsibility and respect toward others. It is essential to emphasize that they significantly affect mental health, sometimes leading adolescents to develop behaviors associated with causing harm to others<sup>44</sup>. As Rodríguez<sup>60</sup> explains, excessive use contributes to the loss of social skills, resulting in weak emotional bonds with peers and family members.

Furthermore, excessive engagement with digital platforms is directly associated with emotional regulation difficulties, often linked to constant comparison between differing realities. This can lead to low levels of life satisfaction and self-acceptance, as well as the creation of distorted or idealized perceptions of others <sup>3</sup>.

### Conclusions

The findings of this review highlight that excessive use of social networks generates a range of psychological changes and distress. These effects are often related to anxiety and compulsive behaviors regarding the amount of time spent on social media. Furthermore, there are disturbances associated with depression, stemming from the comparisons adolescents make between their own lives and the idealized images and videos shared by others.

Another key factor related to the negative effects of social media is social distancing. This phenomenon, combined with widespread consumption, has led several authors to suggest that social media use among adolescents has become omnipresent. Most young people use these platforms excessively, and there is a continuous increase in both access and time spent online. In many cases, this prolonged use leads them to withdraw from social and family activities, sometimes to the extent of neglecting mealtimes and losing meaningful channels of communication.

Finally, it is essential to promote the conscious and mindful use of social networks in order to preserve mental health, encourage adequate rest, and maintain a healthy balance between digital life and everyday reality. In doing so, it becomes possible to prevent excessive dependence and to foster harmony between personal, family, and social life.

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