

## THE IMPACT OF SOCIAL MEDIA ON WOMEN'S MENTAL HEALTH: A REVIEW

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### **ABSTRACT**

*Social media platforms have become central to daily life, influencing users' perceptions, relationships, and psychological well-being. Women, particularly adolescents and young adults, are disproportionately affected by the psychological impacts of social media engagement. This review synthesizes findings from academic literature and global health reports to evaluate both the positive and negative mental health outcomes associated with social media use among women. The analysis highlights themes such as body image dissatisfaction, cyber bullying, and community support. The review synthesizes findings from peer-reviewed journals, psychological studies, and global health reports to offer a nuanced understanding of how social media shapes women's mental health. This paper underscores the need for balanced approaches to harness social media's benefits while Recommendations are provided for digital literacy programs, platform responsibility, and policy interventions.*

**KEYWORDS:** *Social Media, Cyber-Bullying, Body Image, Digital Literacy*

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