

# 11<sup>th</sup> World Summit on Mental Health, Psychiatry and Wellbeing

## July 24-25, 2024 | Webinar

Volume : 26

### **Use Of Social Media And Its Impact On Mental Health: Stress And Anxiety Among +2 Students In Kathmandu Valley**

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Social media has become an integral part of human beings in the present era. It has influenced them in many ways. On the one hand, numerous benefits of social media, such as online chatting, audio/video calling, opinion sharing, posting images, reading real-time news, and advertising, are attracting users rapidly. On the other hand, excessive use of social media is causing negative impacts on mental health, like increased anxiety, depression, loneliness, and low self-esteem. The research and publication intend to make students aware of social media's positive and negative impacts on their mental health to increase their focus on study, expand their skills, and increase productivity. In the empirical part, a questionnaire survey was conducted on 200 students in Kathmandu Valley. The objective of the survey was to know the time students spend using social media and how social media is helping or affecting students. The result showed that female students are more active on social media than males.

#### **Biography**

I'm Prativa Neupane, a Psychosocial Counselor working at PICS NEPAL. I have completed my bachelor's degree in social work with a psychology major and am now pursuing my master's degree in counseling psychology. It's been 5 years that I've worked as a mental health Counselor in this organization. I'm intensely interested in mental health research and publication. I love to explore knowledge, culture, and experiences. This will be my second experience after Dubai, United States of Arab, as a participant in an International Conference. I hope to do my best. Thank you for accepting my abstract.

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Abstract received : February 02, 2024 | Abstract accepted : February 08, 2024 | Abstract published : 01-08-2024