

## Effects of Social Media Addiction on Health in Youth ${}_{\tt Mohammed\ Muame^{\star}}$

more fruitful than they are, particularly when they don't know them very well, all things considered. Web-based media works with a climate in which individuals are contrasting their sensible disconnected selves with the perfect, separated, and altered web-based renditions of others, which can be impeding to mental prosperity and impression of self.