

# Future Directions for Research on Social Media Addiction

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Social media addiction is a growing phenomenon that has emerged as a result of the increasing use of social media platforms. Social media addiction is characterized by excessive use of social media platforms, to the extent that it interferes with an individual's daily life and functioning. Individuals who are addicted to social media may find themselves spending countless hours on these platforms, to the detriment of their personal relationships, work, and overall well-being. Some of the common symptoms of social media addiction include compulsive checking of notifications, difficulty in limiting social media use, and experiencing negative emotions such as anxiety and irritability when unable to access social media. The rise of social media addiction has sparked a growing concern about the impact of technology on our mental health and well-being [1].

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There are several different types of social media addiction, each with its unique characteristics and symptoms. S

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G ☒ ☒ : This type of addiction involves a general

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the negative effects of social media addiction.

Social media can have both positive and negative effects on youth. Here are some of the potential effects of social media on youth.

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Increased social connection: Social media can help youth connect

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