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Mental Health: Social Issues and Support Strategies

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Published by: - Book Rivers

Website: - <https://www.bookrivers.com>

Email: publish@bookrivers.com

First Print Edition - 2026

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Title: Mental Health: Social Issues and Support Strategies

Authors: Dr. Divya R. Panjwani, Dr. E. Ahmad, Prof. (Dr.)

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ISBN: 978-93-7837-877-5

MRP: 460/-INR

(Printed in India)

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CHAPTER 10

How does social media shape student mental health, particularly regarding peer pressure, anxiety, and self-perception, and what resilience-building strategies can mitigate these effects?

Shimaila Rizvi

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Abstract

University students today navigate not only academic stress but also the intense influence of social media. Platforms designed to connect have become arenas where peer pressure, social comparison, and curated self-presentation fuel anxiety, depression, and distorted self perception. This paper synthesizes research on the impact of social media on student mental health, highlighting the roles of peer validation, fear of missing out (FOMO), and the

addictive nature of online engagement. Drawing from resilience and coping theory, the paper explores how adaptive strategies like digital mindfulness, self-compassion, and critical media literacy can buffer negative effects. Recommendations include institutional interventions such as digital well-being workshops and social media detox programs. The study underscores that supporting students in building digital resilience is essential for safeguarding mental health in the hyperconnected age.

Keywords: social media, student mental health, peer pressure, anxiety, self-perception, resilience, coping strategies, digital well-being

just a matter of individual health but a crucial element of institutional responsibility in today's hyperconnected world.

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