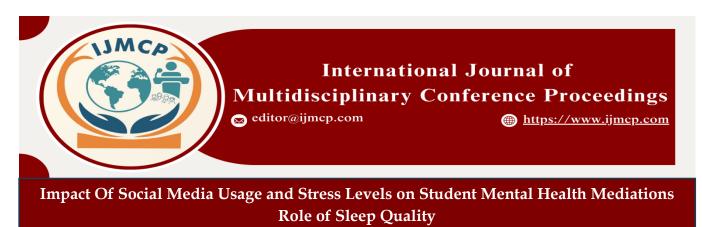
Sidra Bibi, Maryam Yousaf, Muqadas Yaseen & Sadaf Muneer



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KEYWORDS	ABSTRACT	
Social Media Usage, Stress	The primary objective of this research is to examine the relationship between	
Levels, Sleeping Quality,	social media usage and student mental health. Moreover, the purpose of this	
Awareness Social Networks,	study is to examine the role of stress levels on student mental health.	
Anxiety, Job Stress	Furthermore, the objective is to examine the mediating role of sleep quality in	
ARTICLE HISTORY	the relationship between stress levels and student mental health. The current	
Date of Submission: 22-11-	study employs a quantitative research design. Researchers follow a positivist	
2024 Data of Accomtance 28, 11	research philosophy. Our population is known, so researchers used simple	
Date of Acceptance:28-11- 2024	random sampling. The population for this current research is constant in Thal	
Date of Publication:30-12-	1 0 1 1	
2024	University Bhakkar. The sample size of 300 participants is required for adequate	
Conference Organizer(s)	statistical power. Researchers used SPSS and Smart PLS-SEM for data analysis.	
Research Consultancy on	The current study findings show that there is a significant role of social media	
Social & Management	usage on student mental health. Furthermore, the findings show that stress	
Development	levels are a stronger predictor of student mental health than social media usage.	
&	Lastly, the findings show that there is a significant mediating role of sleep	
Thal University Bhakkar	quality in the relationship between stress levels and student mental health.	
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	Proceedings, 1(1).