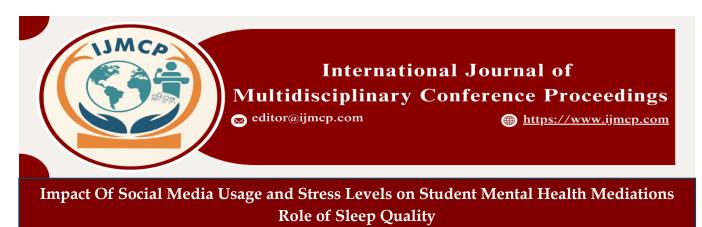
Sidra Bibi, Maryam Yousaf, Muqadas Yaseen & Sadaf Muneer



1stSidra Bibi, 2ndMaryam Yousaf, 3rdMuqadas Yaseen & 4thSadaf Muneer

1st Scholar, Department of Sociology, Thal University Bhakkar 2nd Scholar, Department of Sociology, Thal University Bhakkar 3rd Scholar, Department of Sociology, Thal University Bhakkar 4th Scholar, Department of Sociology, Thal University Bhakkar

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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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| Corresponding Email | | |
| Volume-Issue-Page | 1(1) 31 | |
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| | Proceedings, 1(1). |
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