

Exploring the Nexus of Social Media Addiction and Suicidal Ideation among Adolescents of Kashmir Valley

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ABSTRACT

Background: Social media addiction and suicidal ideation are prevalent mental health concerns among adolescents in Kashmir.

Objectives: To explore the relationship between social media addiction and suicidal ideation, and examine gender and locality differences.

Methods: 100 college students (ages 17-24) were assessed using the Bergen Social Media Addiction Scale and the Suicidal Ideation Attributes Scale.

Results: Social media addiction correlated with suicidal ideation ($r=0.71$). No gender differences in addiction, but females had higher suicidal ideation ($p<0.01$). Rural students reported higher suicidal ideation than urban students ($p<0.01$).

Conclusion: Social media addiction is strongly linked to suicidal ideation, with gender and locality influencing suicidal thoughts, highlighting the need for targeted mental health interventions.

Keywords: Social media use, suicidal ideation, suicidal behaviour.