

Everyday Stress and Well-being: Lifestyle Habits and Social Media Perception in Contemporary Society

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Abstract:

In contemporary society, daily lifestyle practices such as Sleep quality, dietary everyday habits, usage of screen time and physical activities plays an active role in overall well-being and stress experiences of individuals across age groups. The study explores the relationship between variables. Using a questionnaire-based survey, data were collected to assess patterns of social media use, lifestyle behaviors, and stress management strategies among participants from diverse demographic backgrounds. The findings suggest that while social media facilitates social connectivity and access to emotional support, excessive or unregulated use is associated with heightened stress, lower self esteem, and disrupted sleep patterns. Conversely, healthy lifestyle habits and intentional practices such as limiting screen exposure, engaging in outdoor activities, and maintaining structured daily routines are found to regulate stress and enhance well being.

1. INTRODUCTION

Rapid technological development, more connection, and significant changes in how people interact, work, and go about their daily lives are characteristics of modern civilization. The widespread use of social media platforms, which has drastically changed social interaction and information consumption habits, is one of the biggest shifts in recent decades. Nowadays, social media sites like Facebook, Snapchat, Instagram, Twitter, TikTok, and LinkedIn play a major role in the everyday lives of billions of people worldwide, impacting not only how people interact with one another but also how they view themselves and their social surroundings.

Alongside these technological developments, modern life presents a range of stressors that differ markedly from those of previous generations. Work-related pressures, academic demands, financial concerns, and the constant availability of information contribute to what many researchers describe as an era of chronic stress. The World Health Organization has identified stress-related disorders as a major public health concern, with implications for both physical and mental health outcomes (World Health Organization, 2022). Understanding the sources and management of everyday stress has therefore become a priority for researchers and practitioners in psychology, public health, and related fields.

Lifestyle habits play a critical role in determining how individuals experience and cope with stress. Sleep quality, physical activity, dietary patterns, and the management of screen time are all recognized as important factors that influence psychological well being. Research consistently demonstrates that regular physical exercise, adequate sleep, and balanced nutrition contribute to better mental health outcomes, while sedentary behavior and poor sleep hygiene are associated with increased vulnerability to stress and mood disorders (Schuch et al., 2018;

Walker, 2017). At the same time, the boundaries between healthy and unhealthy behaviors have become increasingly blurred in a digital age where work, leisure, and social interaction often occur on the same devices.

Social media use presents a particular challenge in this context. On one hand, these platforms offer valuable opportunities for social connection, emotional support, and access to information and resources. These networks provide essential chances for social connection, emotional support, and access to resources. Excessive social media use can lead to negative impacts such as anxiety, sadness, sleep difficulties, and low self-esteem (Kross et al., 2021; Twenge & Campbell, 2019). Upward social comparison, fear of losing out, cyberbullying, and pressure to maintain idealized online personas are believed to be the fundamental mechanisms behind these consequences.

The study focuses on the relationship that exists in modern culture between social media use, lifestyle choices, and overall health. The research attempts to offer insights that can guide both individual behavior modification and more comprehensive public health initiatives by examining how various social media engagement patterns combine with everyday living practices to affect stress levels and general mental health. In order to investigate these intricate relationships, the study takes an interdisciplinary approach, referencing ideas from psychology, sociology, communication studies, and health sciences.

2. REVIEW OF LITERATURE

2.1 Stress and Well-being in Modern Society

Stress is a multidimensional construct that encompasses physiological, psychological, and behavioral responses to demands that exceed an individual's perceived resources. Individuals' appraise and response to stressful situations is widely explored through Lazarus and Folkman's Transactional Model of Stress (Lazarus & Folkman, 1984). The model focuses on chronic stress and it has been associated with a number of negative health effects, such as immune system weakness, anxiety disorders, depression, and cardiovascular disease (Kivimäki & Steptoe, 2018). On the other hand, positive mental, emotional, and social functioning is referred to as well-being. Researchers differentiate between eudaimonic well-being, which emphasizes meaning, purpose, and personal development, and hedonic well-being, which stresses pleasure and the absence of pain (Ryan & Deci, 2001). In order to comprehend quality of life in modern society, both dimensions are crucial. Research shows that a variety of behavioral, environmental, and genetic factors affect well-being, with lifestyle decisions being especially significant (Diener et al., 2018).

2.2 Lifestyle Habits and Mental Health

Mental Health has a direct relationship with lifestyle behaviors of individuals. Physical exercise and movement have proven to reduce depressive, low mood symptoms and enhance mood and cognitive functions for individuals (Schuch et al., 2018). Exercise promotes the release of endorphins and other neurochemicals that improve emotional regulation and stress resilience. Even moderate levels of physical activity, such as walking or gardening, can yield meaningful mental health benefits.

Sleep quality is another critical factor. Inadequate or disrupted sleep is associated with increased risk of mood disorders, impaired cognitive performance, and heightened stress reactivity (Walker, 2017). The relationship between sleep and mental health appears to be bidirectional, with poor sleep contributing to psychological distress and psychological distress in turn disrupting sleep patterns. Contemporary lifestyles, characterized by irregular schedules, high screen exposure, and constant connectivity, often interfere with healthy sleep hygiene. Refined sugar and highly processed dietary food are associated with increased mood disorders and rich dietary fruits, vegetables, whole grains, and omega -3 fatty acids lower depression rates (Jacka et al., 2017).

Inflammation, oxidative stress, and gut microbiome composition are some of the processes by which dietary patterns impact brain function and emotional well-being. This is a growing area of nutritional psychiatry. Screen time has become a significant lifestyle element with possible effects on mental health, especially in the context of digital media use. Overuse of screens, particularly right before bed, might throw off circadian cycles and impair the quality of sleep (Hale & Guan, 2015). Long-term screen time can be sedentary, which may limit possibilities for physical activity and in-person social connection.

2.3 Social Media Use and Psychological Well-being

The relationship between social media use and well-being is complex and appears to depend on how individuals engage with these platforms. However, research has indicated that average time spend by individuals on Social Media ranges from two to three hours per day (Auxier & Anderson, 2021). Positive associations have been found between Social Media Usage and Social support, sense of community, and access to health information (Ellison et al., 2007). Social media can facilitate the maintenance of relationships across geographic distances and provide platforms for self-expression and identity exploration.

Numerous research have indicated the negative role of Social Media usage on mental health. Symptoms of loneliness, anxiety, depression and poor quality sleep has been linked to Social media usage (Kross et al., 2021; Twenge & Campbell, 2019).

Social comparison theory suggests that individuals evaluate their own lives by comparing themselves to others, and social media provides constant opportunities for upward social comparison with idealized representations of others' lives (Vogel et al., 2014). This can lead to feelings of inadequacy, envy, and low self esteem.

FOMO (Fear of Missing Out) is a popular social media term that has grabbed research attention. It has been defined as the anxiety that arises from the perception that other individuals are experiencing a positive - rewarding environment in one's absence (Przybylski et al., 2013). Social media platforms, with their continuous streams of updates about others' activities, can intensify FOMO and contribute to compulsive checking behaviors and increased stress. Additionally, research emphasizes how wellbeing is impacted by how one presents oneself online. In order to project images of success, happiness, and attractiveness, many users feel pressured to post idealized versions of themselves on social media (Chua & Chang, 2016). Psychological anguish may result from this gap between one's online and real selves. Social media platforms can also expose users to negative comments, social rejection, and cyberbullying, all of which are detrimental to mental health.

2.4 Age Differences in Social Media Use and Well-being

Across age groups the relationship between Social Media Usage and Well being varies. Negative effects and vulnerability is more evident in active users belonging to adolescents and young adulthood age groups (Twenge et al., 2018). Social comparison and exclusion experiences on Social Media is experienced by this age group due to peer pressure and evaluation. Older adults, while using social media less intensively, may experience different benefits and risks. For some older individuals, social media provides valuable opportunities to stay connected with family and friends, combating social isolation and loneliness (Cotten et al., 2013). However, older adults may also face challenges in navigating these platforms and may be more susceptible to misinformation.

2.5 Integrated Perspectives

Sleep quality, mood and stress levels throughout the day are affected by Social Media Usage late at night and scrolling (Levenson et al., 2017). Social media has displaced the time of Face to face Social interaction, physical activity that is beneficial for mental health. Benefits and risks of Social Media Usage are being reviewed by researchers to understand and develop a more balanced perspective. Duration, timing and nature of engagement of individuals on social media platforms can help better understand the beneficial and harmful perspective (Orben, 20220). Strategies for minimizing harm and maximizing benefits of Social media usage by intentional, mindful and self aware engagement can be adopted (Orben, 2020).

3. OBJECTIVES OF THE STUDY

Based on the review of literature, the present study was designed with the following objectives:

1. To examine the relationship between social media use patterns and perceived stress levels across different age groups.
2. To investigate how lifestyle habits, including sleep quality, physical activity, dietary habits, and screen time, are associated with subjective well-being.
3. To assess psychosocial factors associated with social media use, such as online social comparison, perceived pressure to project idealized self-images, and feelings of social exclusion.
4. To explore how excessive or unregulated social media use relates to stress, self esteem, and sleep patterns.
5. To identify lifestyle practices that may serve as protective factors for stress regulation and enhanced well-being in the context of contemporary digital society.

4. METHODOLOGY

4.1 Research Design

Aim of the research was to collect primary data to understand and analyse the patterns of Social Media usage, lifestyle behaviours and Well- being. A questionnaire based survey method was used to collect data. Analysis was done using descriptive, cross- sectional research design.

4.2 Sample

A sample of 150 participants from diverse demographic backgrounds of age group 18-60 years including young adults, adults, middle age individuals were made part of the study. Both the gender; male and females were considered. Purpose of the study was informed to the participants and ethics such as confidentiality, voluntary participation were followed.

4.3 Sampling Technique

Participants were made part of the study by using convenience sampling technique. They were recruited through educational institutions, online platforms, and community organization.

4.4 Data Collection Tools

Data was collected using an online questionnaire.

Perceived Stress Scale (PSS-10): A 10-item scale measuring the degree to which situations in one's life are appraised as stressful (Cohen et al., 1983). Responses are rated on a 5-point Likert scale, with higher scores indicating greater perceived stress.

Social Media Use Questionnaire: A self-report measure assessing daily time spent on social media platforms, number of platforms used, and specific behaviors such as passive scrolling versus active engagement. This measure also included items about online social comparison, pressure to present an idealized self-image, and experiences of social exclusion.

Lifestyle Habits Assessment: This section included questions about sleep quality (hours of sleep per night, sleep disturbances), physical activity (frequency and duration of exercise), dietary habits (frequency of fruit and vegetable consumption, consumption of processed foods), and total screen time per day.

Subjective Well-being Scale: A measure assessing overall life satisfaction, positive affect, and negative affect. This measure provided a composite score reflecting participants' subjective sense of well-being.

Self-Esteem Scale: A brief measure of global self-esteem, adapted from the Rosenberg Self-Esteem Scale (Rosenberg, 1965).

4.5 Procedure

Aim and goal of the study was provided to the participants prior to data collection and informed consent was taken. Confidentiality and anonymity were assured. The questionnaire was provided using an online medium. A Google form questionnaire was created.

4.6 Data Analysis

Data was analysed using descriptive statistical analysis, correlation analysis and comparative analysis. Pearson correlation coefficients were computed to examine relationships between social media use, lifestyle habits, stress, and well-being. Group comparisons were made using appropriate statistical techniques.

5. RESULTS AND ANALYSIS

5.1 Demographic Characteristics

The study consisted of 150 participants as sample distributed across three age groups ranging from 18-60 years. Table 1. Represents the demographic characteristic of the sample.

Table 1. Demographic Characteristics of Participants (N=150)

Age Group	N	Gender (M/F)	Mean Age	Education Level (%)
18–25 years	60	28/32	21.4	Undergraduate: 75%, Graduate: 25%

26–40 years	50	24/26	32.8	Graduate: 60%, Postgraduate: 40%
41–60 years	40	19/21	49.2	Graduate: 45%, Postgraduate: 35%, Others: 20%
Total	150	71/79	32.6	–

5.2 Social Media Use Patterns

Social media platforms average duration engagement per day was reported to be 3.2 hours (SD = 1.*) by respondents. Maximum daily usage at 4.1 hours (SD =1.6) was reported by Young Adults (18-25 years), followed by individuals aged 26-20 years at 2.9 hours (SD = 1.4), middle aged adults (41- 60 years) at 2.1 hours (SD = 1.2). Younger participants indicated extensive use of Snapchat and across all age groups Instagram, Facebook and WhatsApp were the most popular platforms. Compared to elderly people, young adults had the highest percentage of passive consumption (71%).

5.3 Lifestyle Habits

Table 2. Lifestyle Habits Across Age Groups

Variable	18–25 yrs (n=60)	26–40 yrs (n=50)	41–60 yrs (n=40)	Overall (N=150)
Sleep Duration (hours/night)	6.2 (±1.1)	6.8 (±0.9)	7.1 (±0.8)	6.6 (±1.0)
Physical Activity (days/week)	2.4 (±1.6)	3.1 (±1.8)	3.5 (±1.5)	2.9 (±1.7)
Total Screen Time (hours/day)	7.8 (±2.1)	6.2 (±1.9)	4.9 (±1.6)	6.5 (±2.1)
Fruit/Vegetable Servings (per day)	2.1 (±1.2)	2.8 (±1.3)	3.2 (±1.1)	2.6 (±1.3)

The statistics indicated that younger participants reported shorter sleep duration, more overall screen time and lower levels of physical activity than older age groups. Dietary habits followed a similar pattern, with middle aged persons reporting healthier eating choices.

5.4 Perceived Stress and Well-being

Figure 1. Across the three age groups perceived stress mean indicated by (0-40 scale). Young adults (18-25 years) reported the most stress (M= 24.6), followed by those aged 26- 40 (M=21.3) and middle aged adults 41 - 60 (M=18.7). Subjective well being scores followed an

inverse pattern, with young individuals indicating lower well being ($M=52.3$, $SD = 8.4$ on a scale 0- 100) than adults aged 26-40 ($M = 61.7$, $SD= 7.9$) and middle aged adults.

5.5 Relationship Between Social Media Use and Stress

A correlation analysis revealed a positive association between daily social media use and perceived stress ($r = 0.48$, $p < 0.001$). Participants who spent more than 4 hours per day on social media reported significantly higher stress levels ($M = 25.8$, $SD = 5.1$) compared to those who spent less than 2 hours per day ($M = 19.2$, $SD = 4.6$). Figure 2. illustrates the positive relationship between daily social media use and perceived stress across the sample, confirming that increased usage is associated with elevated stress scores. Figure 2. Relationship Between Daily Social Media Use (hours) and Perceived Stress Score. A scatter plot showing a positive association ($r = 0.48$, $p < 0.001$) between hours spent on social media per day and perceived stress levels across the sample ($N=150$).

5.6 Psychosocial Factors Associated with Social Media Use

Participants responded to items assessing psychosocial aspects of social media use. The results indicated that 68% of participants engaged in upward social comparison on social media at least occasionally, with 34% reporting frequent comparison. Young adults were more likely to engage in social comparison (78%) compared to older age groups (26–40 years: 64%; 41–60 years: 52%). Regarding perceived pressure to present an idealized self-image, 56% of all participants reported feeling this pressure to some extent. This percentage was highest among young adults (71%) and decreased with age (26–40 years: 52%; 41–60 years: 35%). Experiences of social exclusion or feeling left out due to social media content were reported by 42% of participants overall, with young adults reporting the highest rates (55%).

5.7 Social Media Use, Self-Esteem, and Sleep Quality

Self-esteem scores showed a negative correlation with daily social media use ($r = -0.38$, $p < 0.01$). Participants who reported frequent social comparison and pressure to present idealized images showed lower self-esteem scores ($M = 26.4$, $SD = 4.8$ on the Rosenberg scale) compared to those who did not engage in these behaviors ($M = 31.2$, $SD = 4.1$). Sleep quality was also negatively associated with social media use, particularly when use occurred within one hour of bedtime. Participants who used social media before sleep reported more sleep disturbances and shorter sleep duration ($M = 6.1$ hours, $SD = 1.2$) compared to those who avoided screens before bedtime ($M = 7.3$ hours, $SD = 0.9$).

5.8 Lifestyle Habits as Protective Factors

Analysis of the relationship between lifestyle habits and well-being revealed several important patterns. Physical activity showed a negative correlation with perceived stress ($r = -$

0.44, $p < 0.001$) and a positive correlation with subjective well-being ($r = 0.51$, $p < 0.001$). Participants who engaged in regular physical activity at least three times per week reported lower stress levels ($M = 19.6$, $SD = 4.7$) and higher well-being scores ($M = 64.8$, $SD = 7.3$) compared to those who exercised less frequently. Sleep quality emerged as another important protective factor. Participants who slept seven or more hours per night reported lower stress ($M = 18.9$, $SD = 4.4$) and higher well-being ($M = 66.3$, $SD = 7.1$) compared to those sleeping less than six hours ($M = 24.1$, $SD = 5.3$ for stress; $M = 54.2$, $SD = 8.6$ for well-being).

Table 3. Correlations Between Social Media Use, Lifestyle Habits, Stress, and Well-being

Variable	1	2	3	4	5	6
1. Daily Social Media Use	—					
2. Perceived Stress	.48**	—				
3. Subjective Well-being	-.42**	-.67**	—			
4. Sleep Quality	-.36**	-.52**	.58**	—		
5. Physical Activity	-.28*	-.44**	.51**	.41**	—	
6. Self Esteem	-.38**	-.55**	.62**	.48**	.39**	—

Note: * $p < .05$, ** $p < .01$

5.9 Intentional Practices and Stress Management

Participants were asked about specific intentional practices they employed to manage stress and maintain well-being. Among those who reported actively limiting screen time ($n = 58$, 39% of sample), 74% indicated that this practice helped reduce their stress levels. Similarly, participants who reported maintaining structured daily routines ($n = 72$, 48%) showed lower perceived stress ($M = 19.8$, $SD = 4.5$) compared to those without structured routines ($M = 23.7$, $SD = 5.4$). Engagement in outdoor activities was reported by 64 participants (43%). These individuals showed higher well-being scores ($M = 65.1$, $SD = 7.2$) and lower stress levels ($M = 19.4$, $SD = 4.6$) compared to those who did not regularly engage in outdoor activities.

6. DISCUSSION

The findings of this study provide support for the complex relationship between social media use, lifestyle habits, and psychological well-being in contemporary society. The results align with the objectives outlined earlier and offer insights into both the risks and potential benefits associated with digital engagement and daily lifestyle practices.

6.1 Social Media Use and Perceived Stress

Present study found a positive association between daily social media use and reported stress, backed by previous studies on the psychological implication of excessive digital consumption. Spending more than four hours everyday on social media has been linked with elevated stress levels and suggested as defense mechanisms. First, prolonged exposure to curated material on social media platforms for engagement may intensify social comparison, prompting people to evaluate their own lives unfairly in contrast to the idealized depictions they encounter online. This viewpoint is supported by the fact that the majority of participants, especially young people, acknowledged participating in peer pressure on social media sites. Second, the time demand of maintaining an active social media presence may increase stress by reducing time available for stress relieving activities like sleep, physical exercise, and social interaction. Present study found a negative link between Social Media usage and Physical exercise. Activities may compete for people's restricted attention and time. Third, the constant connectivity afforded by social media may interfere with opportunities for psychological detachment from daily stressors, which is important for recovery and well-being (Kross et al., 2021; Twenge & Campbell, 2019).

6.2 Psychosocial Factors and Self-Esteem

The findings of the current study indicated that perceived pressure to display idealized self images and constant peer comparison were associated with decreased self esteem. Supporting the prior studies on the psychological implications of online self presentation. Social media tools encourage users to display content that shows them in a positive high light which can lead to a disconnect between one's actual self and the character projected online. Disparity can lead to feelings of inauthenticity and inadequacy especially when people compare their interior experiences to the polished external presentations of others. Age differences observed in the study portrayed instances of young individuals' social comparison and peer pressure to be linked to developmental factors (Chua & Chang, 2016; Vogel et al., 2014).

6.3 Sleep Disruption and Well-being

The study's findings demonstrated a weak correlation between sleep quality and social media usage. Consistent with research demonstrating sleep - disrupting effects of screen use,

especially when done close to bedtime. Screens emit blue light rays, which can interfere with the generation of melatonin, a hormone that regulates sleep and waking cycles. Furthermore, the exciting or emotionally engaging content found on social media may increase arousal and make it difficult to relax before bedtime (Levenson et al., 2017).

Previous research has demonstrated a strong link between sleep quality and well-being, with adequate sleep serving as the foundation for emotional regulation, cognitive performance and resilience towards stress. Data from this study imply that social media use may indirectly impair well being by disturbing sleep patterns, which then impacts levels of stress and general psychological health (Walker, 2017).

6.4 Protective Role of Lifestyle Habits

The results pertaining to lifestyle choices offer proof of their protective function in supporting wellbeing and stress reduction. One of the best indicators of regulated stress levels and increased subjective well being was regular physical activity. Release of endorphins promote better sleep, increased self efficacy and opportunities for social contact while exercising in groups are some of the ways that physical activities might lower stress levels (Schuch et al., 2018).

Well being and stress showed strong correlation with sleep quality, reinforcing the importance of prioritizing adequate rest as part of a healthy lifestyle. Findings indicated that participants who maintained structured daily routines reported lower stress levels, suggesting that regularity and predictability in daily life may serve as a buffer against the demands and uncertainties that contribute to stress. Engagement in outdoor activities was associated with higher well-being in the present study. It offers multiple benefits including exposure to natural environments, physical activities and restricted screen based activities. Research on the restorative effects of nature suggests that time spent outdoors can reduce mental fatigue, improve mood and enhance overall well-being (Bratman et al., 2019).

6.5 Balanced Perspective on Social Media

Researchers have demonstrated a negative relationship between Social Media Use and Well being. However it is vital to recognise that social media is not inherently detrimental. Previous studies and the broader literature review acknowledge that social media can help people connect and provide access to emotional support and information. Passive intake of content may have different consequences on direct conversation with friends or membership in supportive online communities. Similarly, utilizing social media to preserve ties with geographically distant loved ones may improve well-being, although using these platforms solely to compare oneself to others or seek validation may have the opposite impact.

6.6 Mindful Social Media Use

The idea of conscious online usage, which entails intentional and self aware participation with digital platforms, appears to be a promising strategy to maximising advantages while minimizing harm. Individuals in the present research reported deliberate restricting screen time and utilization of social media indicated lower stress levels. Individuals able to better regulate social media usage can protect their well-being.

Tools of mindful social media strategies include setting time limits, deactivating alerts, avoiding use before bedtime, and unfollowing accounts that elicit unpleasant feelings. Initiatives aimed at promoting digital wellness can incorporate strategies based on it.

7. IMPLICATIONS

7.1 Psychological Implications

The results of the research have a number of implications for comprehending modern psychological processes. First, digital involvement is significant in crucial clinical and counselling setting components. Individuals with low self esteem, anxiety or stress experience social comparison and fear of missing out.

Second, the study emphasizes the importance of encouraging healthy living behaviours as part of psychological stress management therapies. Cognitive Behavioral techniques could be developed and incorporated with behavioral measures aimed at physical activity, sleep hygiene, and outdoor enjoyment. Using Psychoeducation as the tool to link mental health and lifestyle choices enabling people to adopt and adjust.

Third, self- esteem is negatively correlated with the type of Social Media engagement raising the possibility aimed at increasing self esteem and decreasing social comparison and vulnerability through therapeutic interventions. Commitment and Acceptance therapy encourages people to explain action belief and commit to behavior that reflects those values rather than seeking external validation.

7.2 Social and Interdisciplinary Implications

From a societal perspective, the study emphasizes the necessity of more extensive cultural discussions regarding the function of technology in day to day living. Social norms surrounding social media use are still changing, and there is a chance to create more healthful group behaviors. By offering knowledge, tools, and encouraging environments that promote responsible technology use, educational institutions, businesses, and community organizations can contribute to the promotion of digital well being.

The multidisciplinary nature of the study incorporates ideas from fields such as sociology, communication studies, public health, psychology and reflects the complexities of

the issues. Addressing the challenges of over use of social media and its impact on overall well being. In the digital age influencers and social developers can encourage better engagement patterns and develop media literacy programs.

8. LIMITATIONS

First, the cross-sectional design would render it more difficult to determine correlation even if the data was empirical. The connections found may represent several underlying causal pathways or be impacted by unmeasured confounding variables. Correlation does not imply causation. For instance, people who are under a lot of stress may use social media as a coping strategy, or pre-existing personality factors may affect how people use social media and how stressed they are.

Second, the incorporation of self-report measures raises the risk of response biases, such as recall and social desirability bias. Participants' use of social media, stress levels, and lifestyle choices may be overestimated or underestimated. Incorporating objective measurements like activity trackers, smartphone usage data, or sleep monitoring devices could be beneficial for future studies.

Third, the convenience sampling method and the size and composition of the sample limit the generalizability.

Fourth, the study does not capture the full complexity of social media use. It does not distinguish between different platforms, which may have different effects on users, or between different types of engagement, such as active versus passive use or social versus entertainment-oriented use. Future research should attend to these distinctions to develop a more detailed understanding of how specific forms of digital engagement affect well-being.

9. CONCLUSION

This study has examined the relationship between lifestyle habits, social media use, and well-being in contemporary society. The findings suggest that while social media offers valuable opportunities for social connection and access to information, excessive or unregulated use is associated with increased stress, lower self-esteem, and disrupted sleep patterns. Psychosocial factors such as online social comparison, perceived pressure to present idealized self-images, and experiences of social exclusion appear to play important roles in mediating these effects.

On the contrary spectrum, healthy ways of life that promote stress management and improve wellbeing include getting enough sleep, exercising frequently, eating a balanced diet, and participating in recreational outdoor activities. Intentional behaviors like restricting screen time and upholding regular daily schedules also seem to be advantageous.

The study highlights the significance of encouraging conscious social media use and balanced lifestyle choices as crucial elements of stress management and wellbeing in the twenty-first century.

As technology continues to advance and digital platforms become more ingrained in daily life, it is crucial to preserve tools to safeguard lifestyle patterns that support people's physical and mental health. Future studies should keep investigating these connections with a variety of samples, longitudinal designs, and rigorous empirical techniques.

The multifaceted aspect of this subject demands for cooperation among researchers, practitioners, policymakers, and technology developers to create environments and practices that support human flourishing in an increasingly connected world. We can strive toward a future where technology improves rather than degrades human life by comprehending the intricate relationships that exist between digital engagement, lifestyle decisions, and psychological well-being.

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