



Sample Abstract – Social Sciences

This study explores how college students' social media habits affect how lonely they feel. Surveys from over 400 students, along with a few follow-up interviews, showed that scrolling without interacting often left people feeling more isolated. On the other hand, students who used social media to message friends or share parts of their day reported stronger feelings of connection.

It turns out the issue isn't how much time students spend online; it is what they do there. Passive use, like endless scrolling, tends to make people feel worse. Active use, like reaching out or responding to others, helps them feel more involved.

The research suggests that digital wellness should focus less on cutting back screen time and more on encouraging real interaction. Small shifts in how students use social platforms might make a bigger difference than expected when it comes to feeling less alone.