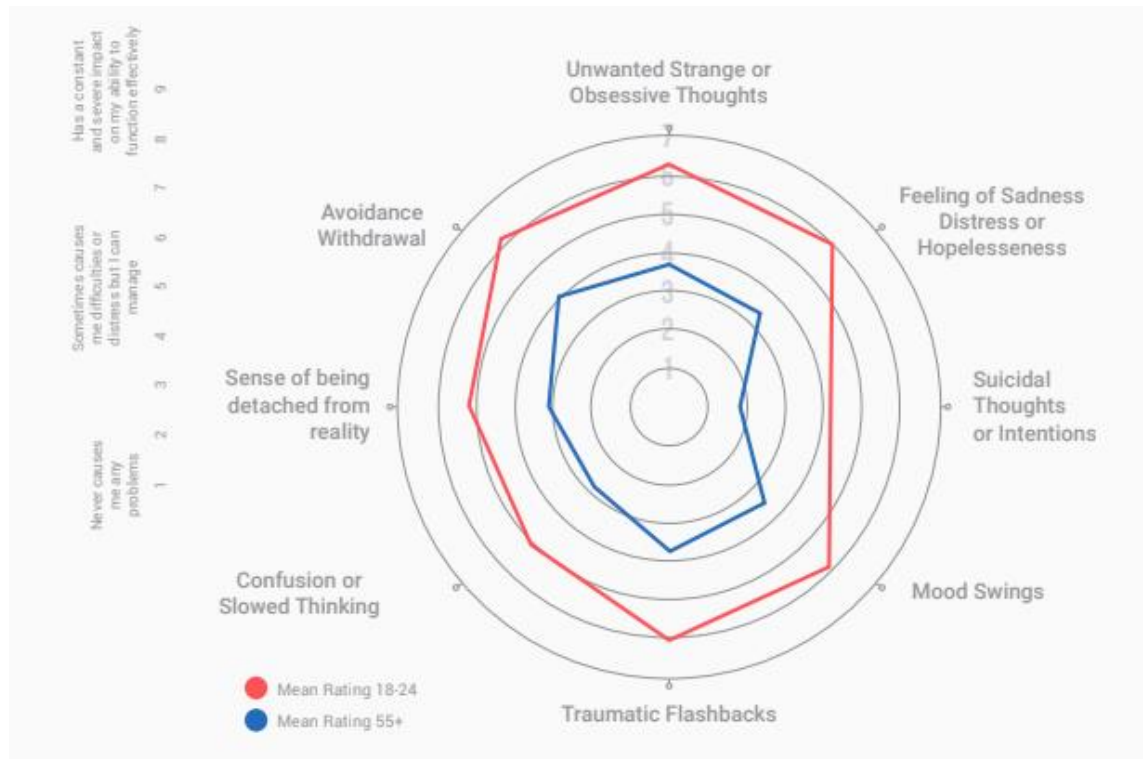


The Deteriorating Social Self in the Younger Generations



The **2021 Mental State of the World Report** highlights a severe decline in mental wellbeing among young adults aged 18–24 globally. Sixteen out of 47 mental health aspects were rated as severely impaired by over half of this age group. These issues include **obsessive thoughts, sadness, suicidal ideation, low self-worth, and social withdrawal**, and were markedly worse than in older adults. The data suggests **a broader breakdown of the "Social Self,"** how individuals perceive themselves and connect with others. The report links this decline to **excessive internet use** and **urges a preventative approach focused on healthy social development.**

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