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# The Lonely Scroll: The Impact of Social Media on Loneliness in Introverts and Extroverts

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# Research & Scholarship SYMPOSIUM

## **The Lonely Scroll:**

### **The Impact of Social Media on Loneliness in Introverts and Extroverts**

This study examined the impact that social media had on feelings of loneliness in introverts and extroverts. Each participant received a survey based off of the NEO Personality Inventory, the UCLA Loneliness Scale, and the Internet Behaviors Scale. The survey aimed to assess the relationship between social media and feelings of loneliness on different personality types. Social Media is a prevalent aspect of modern day culture. Therefore, this study aims to teach individuals how to prevent social media from negatively affecting them. The results supported our hypotheses that both loneliness and internet use, as well as, personality type and loneliness are statistically significant.