



Introduction

In today's society, social media has played an important role in the life of young adults. People can share their lives in intimate detail through the use of social media platforms. Likes, videography, status updates, and attention-grabbing advertisements make it easy for young people to spend hours on social media. Due to the increased use of social media, researchers began to analyze its effects on young people. The Bergen Social Media Addiction Scale was used in a previous study to confirm whether young people's use of social media was considered high or "at risk".

Due to recent studies showing that social media can have an impact on society's mental health and wellbeing we wanted to further test and analyze its effects on young adults

Hypotheses

Studies have shown that social media can have an impact on people's mental health and well being .Given that people can be classified as "high risk" users in the amount of time spent on social media, we wanted to to further analyze its effects on young adults.

Method

Participants

Participants (N= 141) demographics include 33.3% Hispanic , 2.8% Filipino, 51.8% White, 7.8% African American, .7% Asian/Pacific Islander, .7% Native American and 2.2% Other. 27% male and 73% female. The mean age of males in the study were (M= 25.03) and females were (M= 25.53). Standard deviation for males were (SD= 4.18) and females were (SD= 4.66).

Measures

We used the Bergen Social Media Addiction Scale (BSMAS, Andreassen et al., 2016), the Rosenberg Self-Esteem Scale (SES; Rosenberg, 1965) and the Scale for Social Comparison Orientation (INCOM; Gibbons and Buunk, 1999). Our questionnaire had a total of 27 questions. INCOM (11), SES (10), BMAS (6).

Procedure

To gather our data for the study we reached out to individuals via social media such as Facebook, Instagram, and Twitter. We asked friends and colleagues to fill out the questionnaire to gather data. The survey took each individual about 10-20 minutes. The questionnaire determined if individuals agreed with various statements with answers ranging from strongly agree to strongly disagree as the scale of answers.

Results

Table Number 1

Descriptive Statistics for participation total questionnaire

Table with 7 columns: Variable, N, Minimum, Maximum, M, SD, SEM. Rows include Rosenberg Total, Social Comp. Total, Social Media Total, and Valid N (listwise).

Note: Bergen Social Media Addiction Scale (BSMAS, Andreassen et al., 2016), the Rosenberg Self-Esteem Scale (SES; Rosenberg, 1965) and the Scale for Social Comparison Orientation (INCOM; Gibbons and Buunk, 1999). Mean rating = M, Standard deviation = SD, Standard error of the mean = SEM.

It was hypothesized that self-esteem was correlated with social media, however results show social comparison was correlated with social media.

Table Number 2

Descriptive statistics of Age by Gender

Table with 6 columns: MALE OR FEMALE, N, M, SD, Min, Max. Rows include 0, 1, and Total.

Note: There were more female who participated in the study than male.

Discussion

We hypothesized that our participants' results on the three different tests would indicate whether their self-esteem is low or high and if they are inclined to compare themselves to others; contingent upon their relationship with social media use. We found that females were more inclined to show a pattern of low self-esteem after analyzing the data collected through our survey. In addition, there were indicators of a relationship between the dependent variable which is self-esteem and independent variables: social comparison and social media. Self-esteem was not significantly correlated to social comparison. However, self-esteem was correlated to social media use and showed a positive correlation.

Limitations

There was a research design flaw in our test in relation to our hypothesis which led to inconclusive results. We failed to include a variable in our questionnaire for total hours spent on social media. The total hours would have potentially validated our hypothesis. In addition, the number of females participants compared to male participants were not similar in sample size leading to bias results. For future research, we will have a fixed number of male and female participants, include in the questionnaire the amount of time participants spent on social media, occupation and number of times individual checks social media app.

Implications

Overall, this study assessed the comparison of self-esteem, social media use and social comparison. Given the increase use of social media associated with social comparison, future research can be implemented to support or oppose the results.

References

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