



Introduction

We know about the greatest innovation in the world that made a change throughout the world; technology. With the help of technology, we now have social media where people are able to share their personal thoughts, pictures, life, interests, etc. It is a great way of communicating; however, so many people are excessively utilizing it. According to the Pew Research Center, about 72% of Americans in the United States use some type of social media (2019). The purpose of our study is to spread awareness and see if there is a relationship between social media use and mental wellness. We will see how it will affect of a person's anxiety, depression, self-esteem, and happiness by distributing a variety of questionnaires to analyze the effects.

The purpose of this study is to figure out the correlation between social media and mental wellness.

Hypotheses

We predict that the use of social media will have a positive correlation with mental wellness, regardless of sex.

Method

Participants

There was a total of 241 participants who took part in our study. All of them were either community college or university students. However, we have excluded a few participants due to the fact that some did not meet the eligibility, such as age. There were 79.9% females and 19.9% males with 0.2% of transgender, no binary, or different identity. The M age of the participants was 22 years old. The 53.9% were Hispanic/Latinos, 33.2% were Asian/Asian Americans, 4.1% African American/Black, 6.6% White/Caucasian, 1.7% Pacific Islander and 0.4% American Indian/Alaska Native.

Measures

The measures we will be using in our study will be questionnaires from the Measurement Instrument Database for the Social Science. To test the correlational measures between social media and mental health; we have conducted a survey to the participants with a variety of questionnaires about anxiety, depression, happiness, and self-esteem. To check the anxiety measures, we used the Social Anxiety Questionnaire for adults (SAQ). For the depression measures, we have used the Behavioral Activation for Depression Scale (BADs). We have used the Subjective Happiness Scale (SHS) to measure happiness, and lastly, we used the collective self-esteem scale (CSE) to measure one's self-esteem. Our goal was to ascertain positive relationships between the variables by conducting multiple surveys.

Procedure

The procedures were very simple and straightforward. The participants were conducting a quick 10 minutes survey that was consisting series of questionnaires that were able to determine the status of the depression scale, happiness, self-esteem, and use of social media. The consent form was provided before starting the survey. The consent form and questionnaires were all done online through Google Forms. As for incentives, we decided to pick 3 participants to win a Starbucks e-gift card.

Correlation Between Social Media and Mental Wellness

Cindy Guan, Christina Guadarrama, Yunjun Park

Results

Table 1

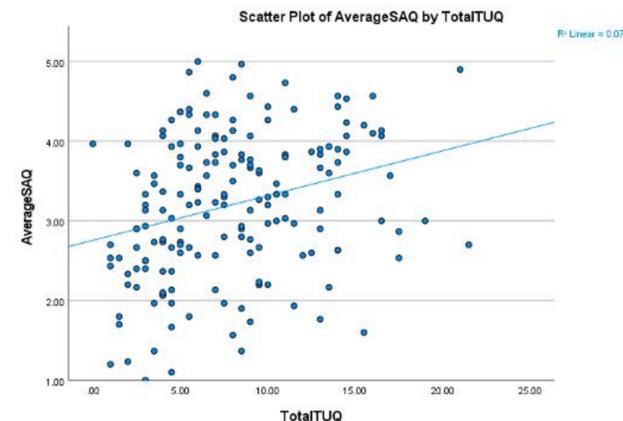
The Descriptive Statistics Table shows an overall correlation on TotalTUQ, AverageSAQ, AverageSHS, TotalBADs, and AverageCSE for the Male and Female groups. The correlation includes p-value, bivariate Pearson correlation, and Sum of N.

		Descriptive Statistics					
How do you describe yourself?		N	M	Mdn	SEM	Min	Max
Male	Total TUQ	46	8.03	6.00	0.78	0.00	29.50
	Average SAQ	46	3.02	3.00	0.09	1.73	4.17
	Total BADs	46	42.98	44.00	1.08	29.00	59.00
	Average SHS	46	17.43	17.00	0.71	4.00	28.00
	Average CSE	46	4.64	4.63	0.12	2.81	6.56
	Total TUQ	181	7.96	7.50	0.33	0.00	21.50
	Average SAQ	180	3.20	3.25	0.07	1.00	5.00
	Total BADs	181	43.12	43.00	0.57	15.00	71.00
	Average SHS	181	18.10	18.00	0.40	4.00	28.00
	Average CSE	181	5.11	5.25	0.07	1.94	7.00
Female	Total TUQ	1	6.00	6.00		6.00	6.00
	Average SAQ	1	3.93	3.93		3.93	3.93
	Total BADs	1	34.00	34.00		34.00	34.00
	Average SHS	1	7.00	7.00		7.00	7.00
	Average CSE	1	2.00	2.00		2.00	2.00
	Total TUQ	228	7.96	7.00	0.30	0.00	29.50
	Average SAQ	227	3.17	3.20	0.06	1.00	5.00
	Total BADs	228	43.05	43.00	0.50	15.00	71.00
	Average SHS	228	17.92	18.00	0.35	4.00	28.00
	Average CSE	228	5.00	5.00	0.06	1.94	7.00

Note. The results for the female sample (N = 181) are shown on the top right above the diagonal, whereas the results for the male sample (N = 46) are shown on the bottom left below the diagonal.

Figure 1

Scatter Plot for the AverageSAQ and TotalTUQ



Note. The relationship between the AverageSAQ and TotalTUQ for females was very weak and it had a positive correlation (N = 181, r = .28, r 2 = .08)

Discussion

Our main hypothesis that we have predicted for this study was that the use of social media will have a positive correlation with mental wellness, regardless of sex. We wanted to confirm that there will be positive relationships through conducting a survey of the specific participant groups. Our study revealed that there was a positive correlation between the use of social media and their mental health for female participants in anxiety and depression; whereas, it did not affect the male participants.

Limitations

During the study, we faced many problems like have underaged participants and some not giving consent. We had to clean and reanalyze our data because of those issues. If we had a chance to reconduct the study, we want to be able to interview the individuals in person and possibly get a more accurate time of how much each participant spends on social media by checking their screen time status through their phone.

Implications

Although the use of social media can have positive benefits, that also means that it can also have negative ones as well. Our result is present to be useful on a daily routine because it shows that most of us need to learn how to monitor and control the amount of time we spend on social media, especially for females since it affects their mental health more. Our study is meaningful because we all need to spend less time on our phones, computers, tablets, and the internet in order to maintain healthy mental wellness, which is why we recommend that people set a time limit for their social media usage.

References

Abi-Jaoude, E., Naylor, K. T., M.P.H.M.D., & Pignatiello, A., M.D. (2020). Smartphones, social media use and youth mental health: CMAJ. *Canadian Medical Association Journal*, 192(6), E136-E141. Retrieved from <http://ezproxy.cylib.nocccd.edu/docview/2354385954?accountid=41682>

Caballo, V. E., Salazar, I. C., Iruiria, M. J., Arias, B., and CISO-A Research Team. (2012). Social Anxiety Questionnaire for Adults (SAQ-A30). Measurement Instrument Database for the Social Science. Retrieved from www.midss.ie

Demographics of Social Media Users and Adoption in the United States. (2020, June 05). Retrieved December 02, 2020, from <https://www.pewresearch.org/internet/fact-sheet/social-media/>

Kanter, J. W., Mulick, P. S., Busch, A. M., Berlin, K. S., & Martell, C. R. (2012). Behavioral Activation for Depression Scale (BADs) (Long and Short Form). Measurement Instrument Database for the Social Science. Retrieved from <http://dx.doi.org/10.13072/midss.109>

Luhtanen, R., & Crocker, J. (1992). A collective self-esteem scale: Self-evaluation of one's social identity. *Personality and Social Psychology Bulletin*, 18, 302-318. <http://dx.doi.org/10.13072/midss.432>

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155. <http://dx.doi.org/10.13072/midss.121>

Ohannessian, C. (2009). Media Use and Adolescent Psychological Adjustment: An Examination of Gender Differences. *Journal of Child & Family Studies*, 18(5), 582- 593. <https://doi-org.ezproxy.cylib.nocccd.edu/10.1007/s10826-009-9261-2>

Shensa, A., Sidani, J. E., Escobar-Viera, C. G., Chu, K.-H., Bowman, N. D., Knight, J. M., & Primack, B. A. (2018). Real-life closeness of social media contacts and depressive symptoms among university students. *Journal of American College Health*, 66(8), 747-753. <https://doi-org.ezproxy.cylib.nocccd.edu/10.1080/07448481.2018.1440575>

Sherlock, M., & Wagstaff, D. L. (2019). Exploring the relationship between frequency of Instagram use, exposure to idealized images, and psychological well-being in women. *Psychology of Popular Media Culture*, 8(4), 482-490. http://apps.webofknowledge.com.csulb.idm.oclc.org/full_record.do?product=WOS

Vannucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults. *Journal of affective disorders*, 207, 163-166. DOI: [10.1016/j.jad.2016.08.040](https://doi.org/10.1016/j.jad.2016.08.040)