

Effects of Social Media towards the Depression, Anxiety, and Stress Level of Students

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Abstract: This research paper provided similar studies that analyze the relationship between the utilization of social media and mental health issues, specifically the depression, anxiety, and stress of every individual. The purpose of this research was to analyze and discover the knowledge and data of the social media platforms and the mental health issues, and to determine the concepts, challenges, and struggles. An online questionnaire under the qualitative phenomenological approach was conducted; a research method that focuses on describing the experiences of social media and how they have suffered and coped from these experiences. According to the findings, there was strong negative connection between social media utilization and the students' depression, anxiety, and stress levels, as evidenced by -0.7172 correlation coefficient. This is a strong negative relationship - implying that social media has no direct impact on students' depression, anxiety, and stress levels. Conclusions were drawn and recommendations were offered towards the end of the study.

Keywords— Social Media, Mental Health, Anxiety, Depression, Stress, Students

1. INTRODUCTION

In this day and age, social media is a prominent tool. Google, Facebook, Messenger, YouTube, Twitter, Instagram, Reddit, Discord, Online Games, and many others are just a few examples. It may take the form of a variety of apps, but they all serve the same purpose: to let us interact with others and pass the time. In order to stay current with trends and changes, social media applications are a must-have today. It assists users in forming or joining a community, as well as in making online acquaintances. This will allow them to have fun and pass the time while forgetting about the epidemic that we are now facing [1]. It may take up practically an entire person's day if they totally immerse themselves in it, providing the user with the delight they seek. But, of course, social media is not all wonderful; anything, if you look closely enough, has a bad impact.

Anxiety is a sensation of unease in our surroundings caused by an upcoming occurrence with no known consequence. Of course, anxiety isn't the only side effect of social media exposure; it's also connected to despair, loneliness, stress, and a variety of other issues [3]. Some research have looked at how much time people spend on these applications to see whether it's a role in anxiety on social media [4]. Because of the new style of learning, students are increasingly spending a lot of time in various applications. Students are encouraged to spend more time online in order to study courses and subjects in an online class. It has advantages and disadvantages, but is it truly harmful to someone's mental health and well-being?[5] It will still be determined by how a person views things, particularly if they perceive more good or evil in the issue based on their personal experiences.

Because social media is such a big space, it's easy to get lost and confused. This impact may be noticed not just in students, but also in elderly individuals [6]. There is no age limit that determines who will not experience anxiety as a result of using social media, which is why one must be attentive and educate ourselves on the subject in order to prevent such situations. He or she may also assist others in gaining understanding into these issues in order to help them manage with anxiety. Finally, mental health is not something one should take lightly, and devote time and effort to learning more about it.

2. RELATED WORKS

Many studies have discovered a correlation between social media usage and mental health disorders like depression and anxiety. Existing research, on the other hand, is plagued by cross-sectional research and lacks analytic approaches that examine individual change over time. The current study is an 8-year longitudinal study that looks at the relationship between social media use and depression and anxiety on an intra-individual level. When analyzed at the individual level, the results demonstrated that more time spent on social media was not connected with increased mental health difficulties across development. [7].

The evidence on the impact of social media use on depression, anxiety, and psychological distress in adolescents was analyzed in this systematic review [8]. The coronavirus disease 2019 (COVID-19) pandemic and corresponding lockdown measures adopted by governments in several nations are likely to inflict mental health difficulties in addition to physical health concerns and economic harm. Based on the mood management theory, the current study examines if social media is beneficial for adolescents to cope with feelings of anxiety and loneliness during the quarantine. Participants who

were feeling lonely were more inclined to use social media to cope with lacking social contact. However, this coping strategy was not significantly related to their happiness feelings [9].

Over the last two decades, social media has seen irregular growth in terms of quantity, quality, and utility. The purpose of this study is to look into the impact of social media on mental health [10]. Times over the past decade, youth use of social networks such as Facebook, Instagram, and Snapchat has skyrocketed, and it now pervades their daily social life. Even after controlling for time spent on social media, a hierarchical linear regression model revealed that passive social media use was associated with increased symptoms of anxiety and depressed mood among adolescents, while active social media use was associated with decreased symptoms of anxiety and depressed mood [11]. People use social media in different amounts, with varied emotional and behavioral attachments, which may have different effects on mental health outcomes [12]. This investigation found a link between inappropriate social media use and psychological illnesses. More study is needed to determine and define the potential causality between social media use and a variety of mental health concerns, as well as the interplay between the social media network and other mental health determinants [13].

In this study, we look at which aspects of a Twitter user's profile and posted photographs are linked to sadness and anxiety. The findings of the study showed that the picture qualities that characterize sadness and anxiety provide a rich window into these disorders that is broadly consistent with psychological literature, and that photographs on Twitter allow inferences about users' mental health status [14]. During COVID-19, the researchers wanted to see if psychological capital could mediate and academic fatigue could moderate the association between problematic social media use and anxiety among university students. The findings shed light on the mechanisms at work in the link between problematic social media use and anxiety. These findings offer practical advice on how to plan and implement psychological therapies in the event of a pandemic [15]. It was discovered that, while more research is needed to determine whether social media consumption has a predominantly positive or negative impact, art can serve as a forum to promote a dialogue between young adults and their communities at large to share their experiences with anxiety, stress, and depression. [16].

Social media platforms and public health crises have been analyzed for accuracy. An exploratory study investigated the specific social media behaviors and experiences of COVID-19 pandemic participants during the early weeks of the pandemic and if they were linked to anxiety, depressive symptoms, and stress [17]. As online activities become increasingly popular among young people, the present study examined how two specific online behaviors interact and the relationship between belongingness, social connectedness, depression, and self-esteem among university and high school students [18]. Through social media and how it is changing instruction, the

world has become a smaller village with technology and that has allowed the use of social media in sustainable education. This study is one of the few to conduct a focused investigation of the relationship between positive and negative qualities of social media and university students' learning attitudes for long-term education. [19].

Depression, anxiety, time spent on social media, number of platforms used, impression of addiction, and type of use were all factors included in the study. There were no significant correlations between social media use and depression or anxiety, but observational analyses of correlation tables revealed a relationship between time spent using and the number of platforms used; time spent using and the perception of addiction; time spent using and the perception of addiction; time spent using with active use; and perception of addiction with active use [20]. The public should be aware of the public's reliance on mobile phones for social media. In this study, 487 Chinese freshmen were chosen as the sample to investigate the role of attachment anxiety in college students' mobile social media addiction and sleep disturbance. Mobile social media usage among college students Dependence can not only predict sleep disturbance directly, but also indirectly through the mediation effect of attachment anxiety [21].

3. STATEMENT OF THE PROBLEM

The primary goal of this research was to find out how social media affects the students' anxiety levels by looking at the difficulties that victim's face and their perspectives on social media society critiques. The goal of the research was to find answers to the following questions:

1. How may social media utilization be described in terms of :
 - 1.1 academic;
 - 1.2 socialization;
 - 1.3 entertainment;
 - 1.4 informativeness; and,
 - 1.5 constraints?
2. What is the level of depression, anxiety, and stress level of the students?
3. Does social media significantly affect the depression, anxiety, and stress of the students?

4. METHODOLOGY

For this study, the researchers used the descriptive-correlational method, which is focused with describing the independent and dependent variables. A correlational research design involves gathering data to evaluate how and to what extent two or more variables are related. The goal of this study was to see if social media had an impact on student anxiety levels.

The primary data collection instrument employed by the researchers was a questionnaire. It was a standardized

questionnaire used to see how social media affects students' anxiety levels, etc.

To gather the necessary data for this study, the researchers adopted the questionnaire entitled Social Networking Usage Questionnaire (SNUQ) developed and validated by Bashir & Gupta (2018) to describe the level of Social Media Utilization. This instrument is highly reliable as evidenced by 0.83 Cronbach-Alpha. Meanwhile a documentary was used to determine the level of academic, socialization, entertainment, informativeness and constraint performances of students. The respondents of the study consisted of 145 students.

Furthermore, the researcher adopted the Depression, Anxiety, and Stress Scale -21 (DASS-21) developed by Lovibond and Lovibond (1995). This instrument is highly reliable as evidenced showed that it has excellent Cronbach's alpha values of 0.81, 0.89 and 0.78 for the subscales of depression, anxiety and stress respectively. Meanwhile a documentary was used to determine the Depression, Anxiety, and Stress levels of students.

The study's respondents were senior high school students at Marilao's private schools during the school year 2021-2022. The researchers would utilize a technique known as convenience sampling. The respondents of the study consists of 145 students. But there was only 27% of the respondents due to communication disorder.

The data was gathered through the use of a questionnaire. When collecting data, the researchers used the following procedures:

An email was sent to the school principal and admin of a private school in the City of Marilao, Bulacan, asking for permission to conduct the study.

The surveys were then sent to the respondents through email, with the permission of the school head and administrative staff.

The researchers gathered the respondents' questionnaires and verify to see if they were able to answer all of the questions.

5. RESULTS & DISCUSSION

Social Media Utilization

The first objective of this study, is to determine the Social Media Utilization of students. The data were summarized in tables 1-5.

The Table 1 shows that the usage of the social media platforms in terms in academic purpose is "Often" used by the senior high-school students, as shown by the average score of 3.77. Statement 2 got the highest mean score of 4.73 with a corresponding interpretation of "Always", while the 5th

statement got the lowest mean score of 2.83, which interprets as "Sometimes".

This result was supported by a study that emphasized how the pandemic and COVID-19 have changed education for learners of all ages. From March 2020 to April 2020, undergraduates from universities in Shanghai participated in an online survey. The results showed that problematic social media usage among the participants predicted their levels of anxiety. In other words, isolation caused the students to depend on social media, which resulted in an unhealthy habit slowly transforming into anxiety [22].

The Table 2 shows that the usage of the social media platforms in terms in socialization was "Often" used by the senior high-school students, as shown by the average score of 3.18. Statement 2 got the highest mean score of 4.01 with a corresponding interpretation of "Often", while the 6th statement got the lowest mean score of 2.08, which interprets as "Rarely".

This result was supported by a study that indicates on how the students' usage of social media is showing themselves actively online or as a way to keep in touch with others. In order to cope with any uneasy emotions, they attempt to associate with others. As a result, they appear to be sociable. And, for the time being, social media information about social activities was at an all-time low due to the lack of personal interaction [23].

The Table 3 shows that the usage of the social media platforms in terms in entertainment was "Often" used by the Senior high-school students, as shown by the average score of 4.03. Statement 3 got the highest mean score of 4.88 with a corresponding interpretation of "Always", while the 1st statement got the lowest mean score of 2.80, which interprets as "Sometimes".

The result was supported by a study that claimed that the entertainment industry has been forced to cede significant power and influence to content creators and subscribers as a result of the rapid growth of social media entertainment [24].

The Table 4 shows that the usage of the social media platforms in terms in entertainment was "Sometimes" used by the Senior high-school students, as shown by the average score of 4.03. Statement 3 got the highest mean score of 4.88 with a corresponding interpretation of "Sometimes", while the 1st statement got the lowest mean score of 2.50, which interprets as "Sometimes".

The result was supported by a study that claimed that social media had promoted information dissemination in social networks. Social media content is associated with a user's information sharing behavior. Several content-related features as well as user and network characteristics that may

drive information diffusion. However, little research has focused on the relationship between emotions and information diffusion in a social media setting. [25]

The Table 5 shows that the usage of the social media platforms in terms in Constraints was “Sometimes” used by the Senior high-school students, as shown by the average score of 2.59 Statement 1 got the highest mean score of 3.13 with a corresponding interpretation of “Sometimes”, while the 1st statement got the lowest mean score of 1.70, which interprets as “Rarely”.

The result collected is supported by a study which shows that there are a difficulty in collecting require data from the internet. It shows the reliability of the data collected and its struggles on the student's. The result concludes that student struggles on using the internet for academic purpose sometimes. [26]

Depression, Anxiety and Stress

The second objective of this study, is to determine the level of Depression, Anxiety and Stress among students. The data were summarized in tables 6-8.

The Table 6 shows that the usage of the social media platforms in terms in depression was “Sometimes” happened in the Senior high-school students, as shown by the average score of 3.13 Statement 2 got the highest mean score of 3.48 with a corresponding interpretation of “Sometimes”, while the 1st statement got the lowest mean score of 2.85, which interprets as “Sometimes”.

This result was supported by the study that stated that over-use of screen time on social media may lead an individual to undesirable outcomes that start with anxiety and lead to depression. It is also stated that depression and time spent on any social media platforms by adolescents is quite correlated. Yet, it is also stated that social media utilization may be also enhances the psycho-social problems like adjustment or adaptation & self-esteem. [27]

The Table 7 shows that the usage of the social media platforms in terms in anxiety was “Sometimes” happened in the Senior high-school students, as shown by the average score of 3.11 Statement 2 got the highest mean score of 3.56 with a corresponding interpretation of “Sometimes”, while the 2nd statement got the lowest mean score of 2.70, which interprets as “Sometimes”.

This result was supported by a study that claimed social media affects people's anxiety, more specifically social media-related anxiety. The respondents were evident for non-intimate types of loneliness but not for intimate loneliness. The results reveal that the pruning mechanism of investing more in closer and more rewarding relationships among the participants may be challenged under high social anxiety[28].

The Table 8 shows that the usage of the social media platforms in terms in stress was “Sometimes” happened in the Senior high-school students, as shown by the average score of 3.07 Statement 2 got the highest mean score of 3.37 with a corresponding interpretation of “Sometimes”, while the 7th statement got the lowest mean score of 2.59, which interprets as “Sometimes”.

This result was supported by a study that those who shared emotional experiences on social media and used it to engage with people during the outbreak were more likely to be stressed and sad, according to a study. This result was supported by a study wherein the present study looked at social media users' specific social media habits and experiences during the early weeks of the COVID-19 pandemic to see if they were linked to anxiety, despair, or stress. Three models for anxiety, stress, and depression were created using forward stepwise modeling processes. Anxiety levels were higher in participants who actively engaged with COVID-19 social media content. Those who shared emotional experiences on social media and utilized it to interact with others during the epidemic were more likely to be stressed and depressed [29]. Individuals' mental health may be protected by minimizing time spent on social media amid public health crises.

Relationship between the Social Media Utilization and the Student's Depression, Anxiety, and Stress levels

According to the findings, there was strong negative connection between social media utilization and the students' depression, anxiety, and stress levels, as evidenced by -0.7172 correlation coefficient. This is a strong negative relationship - implying that social media has no direct impact on students' depression, anxiety, and stress levels.

6. CONCLUSIONS

There's a lot to like about the social networking platform. It has the potential to help us, but it also has the potential to harm our psychological well-being. All of the responses were based on the experiences of our respondents. According to this study, social media has no significant impact on their depression, anxiety, or stress levels. It is critical to have a sufficient amount of knowledge in your mental equilibrium. According to this study, the majority of students love using social media.

However, there are still some negative factors to contend with, but they are manageable. Although the majority of students' personal wellbeing has no connection to social media in any way, there may be other factors that contribute to their depression, anxiety, and stress levels.

7. RECOMMENDATIONS

The researchers suggest and recommend: (1) Increase the awareness of students in exploring the internet, especially for students to be aware of unwanted posts, links, and posts that aren't good for their mental health; (2) the preparedness of oneself when dealing with other people in the internet by learning to accept other's opinion and their criticism in order to avoid conflicts.

In the findings, the effect of social media in mental health was low and not that significant. But, prevention is a better approach than solving it after it develop. Despite the negative result in the conclusion, we still need to consider that as a threat since the possibility exist. There are other factors that can also develop "Depression, Anxiety or Stress" such as family situation, illness or health issues, addiction (ex. Alcohol, drugs, etc.) and many more. The study needs further analysis in order to prevent severe cases. In order to make the research more valid, it requires more data. As a result, researchers advice that more participants be found, ranging from high school to college students.

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