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Influence of social media on depression, anxiety and psychological distress in adolescents

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Abstract
Using social media Web sites is among the most common activity of today's children and adolescents. Any Web site that allows social interaction is considered a social media site, including social networking sites such as Facebook, MySpace, and Twitter; gaming sites and virtual worlds such as Club Penguin, Second Life, and the Sims; video sites such as YouTube; and blogs. Such sites offer today's youth a portal for entertainment and communication and have grown exponentially in recent years. The aim of the present study is to measure the influence of social media on depression, anxiety and psychological distress in adults. The sample comprises of 60 adults (age 18-25 years). In this study primary data is collected by using two different tools consisted of the Social Networking Time Use Scale and Depression Anxiety, Stress Scale (DASS-21). Statistical methods such as Mean, Standard Deviation and Correlation coefficient has been applied to analyse the data. The collected data is coded and exported to SPSS for analysis. The current study represents the correlation coefficient concerning the relationship between Social Networking Time Use Scale and Depression Anxiety Stress of male and female participants and also represent that using time of social media is high of male participants and their depression anxiety stress is high compared to female participants.

Introduction

Today is the age of information and technology, in which social media playing an important role. Social media facilitates the sharing of ideas and information through virtual networks. From Facebook and Instagram to Twitter and YouTube, social media covers a broad universe of apps and platforms that allow users to share content, interact online, and build communities. Social media has enormous traction globally. Mobile applications make these platforms easily accessible. Some popular examples of general social media platforms include Facebook, Instagram, Whatsapp, Youtube and Twitter. The widespread use of digital technologies by young people has spurred speculation that their regular use negatively impacts psychological well-being (Orben *et al* 2019) [6].

Social media has become an integrated part of daily life, with an estimated 3 billion social media users worldwide (Viktor, 2020) [7]. Adolescents and young adults are the most active users of social media. Social media use can affect adolescents positively or negatively, the relationship is complex and little is known about it (Twenge, 2022) [9]. Both time on social media and type of use may play a role in well-being. Time spent on social media has been connected to poor psychological well-being and symptoms of depression, anxiety and psychological distress.

Social media is a part of daily life for the internet users. Active and passive social media use may impact emotional health differently, but little is known about whether and to what extent either type of social media use influences emotional distress among young people (Thorisdottir *et al*. 2019) [8]. However, adolescents have many benefits from using social media. Adolescents can enhance communication skills and social connections through social media. Social media sides and apps can enable adolescents to make new friends, exchange ideas and digital photos, develop a new interest, and experiment with new forms of self-expression. With its use, youth can learn basic social and technical skills that are important for functioning in day to day society. Most adolescents use social media to build social communication and friendships that occur in school or during sports and other activities and

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extend it to the online world. They are not necessarily meeting new people, as they are currently enriching their friendship.

Several studies have revealed an association between more use of social media and poor emotional state. It is shown that social media can affect people differently (McDougall, 2016) [4]. Adolescents use social media to find community, but their mental health is often negatively affected by this culture of comparison. Several studies found that adolescents who are addicted to social media like as snap chat, Facebook, Twitter, Instagram, and WhatsApp all led to increasing the negative side effects such eyes strain, social withdrawal, lack of sleep, feeling of depression, anxiety, poor body image and loneliness, cyberbullying, lost self-esteem, etc. Research published by the International Journal of Adolescence and Youth points to a correlation between social media use and depression, anxiety, and psychological distress. It's not hard to imagine how constantly scrolling through news feeds containing the carefully curated life highlights of peers may cause teens to lose sight of their own lives and experiences.

Social media plays a vital role in an enhanced sense of anxiety, loneliness, and sadness in the younger generation. It is seen that the adults who spend less time on social media are happier than those who spend 9 hours on social media. The consequences are horrible. Social media are constantly comparing each other and showing who is better than who and this is an incredibly bad influence on adults. As a result of which, many times it is seen that they lose their importance in life and they mostly believe that social media are one of their lives' part and parcel.

Research suggests a link between the heavy use of social media and an increased risk of depression and anxiety. It also shows that people experiencing feelings of depression and anxiety can often use social media as an escape – and so the cycle continues. There are some of the most common negative aspects of social media.

Lin and colleagues (2021) [10] found that problematic social media use had indirect effects on both depression and anxiety via perceived real-life social support. These researchers found that the greater one's problematic social media use, the less one's perceived real-life social support, and the worse one's mental health.

Huang (2020) [1] recent meta-analysis focused on problematic use of any social media platform, not just Facebook, and demonstrated the same relationships, in that greater problematic social media use is associated with greater depression, anxiety, and loneliness.

Meshi, Cotten, *et al.*, (2020) [2] found that, depression, anxiety, and loneliness seems to hold across age groups, as researchers recently found a positive association between problematic social media use and social isolation in older adults as well.

Boers, Riehm *et al.*, (2019) [5] Some recent longitudinal studies have found a relationship between social media use and internalizing symptoms among adolescents. For example, adolescents who belonged to a group of high social media users experienced greater symptoms of depression, panic disorder, and anxiety-related school avoidance at six-month follow-up, compared to high-Instagram / Snapchat and low social media use subgroups.

The aim of this present study is to observe the relationship between more use of social media and depression, anxiety, psychological distress in adolescents.

Methodology
Sample
Type: Random sampling
Size: The sample size for the study is 60 adults.

Inclusion
The study included following eligibility criteria:
- Participants: Adults who are falls in the age group between 18 to 26
- Observing the factors like depression, anxiety, psychological distress

Exclusion
The study excluded following criteria:
Excluded the adults who are falls above or under of the age group between 18 to 26.
Excluded the other factors like OCD, phobia, well-being, body image problems.

Research and sample design
The study is descriptive in nature.

Tool used: For the study both Social Networking Time Use Scale (SONTUS) and Depression, Anxiety and Stress Scale-21 items (DASS-21) are used.

Procedure
At first, rapport was established with the subjects. Then they were presented with two questionnaire. The first was Social Networking Time use Scale (SONTUS) where the subjects are instructed to thinking about their past week, how often they always use the social networking sites respond accordingly by choosing the answer that suits those most. The second was Depression, Anxiety and Stress Scale-21 items (DASS-21) where the subjects are instructed to which statements are suits them over the past week (Henry & Crawford, 2005) [3]. The Subjects are asked to report in case of any difficulty. Then the calculations were done and results were interpreted.

Table 1: Social networking time use scale

Gender	N	Mean	Std. Deviation
Male	30	9.9	4.278
Female	30	8.7	2.842
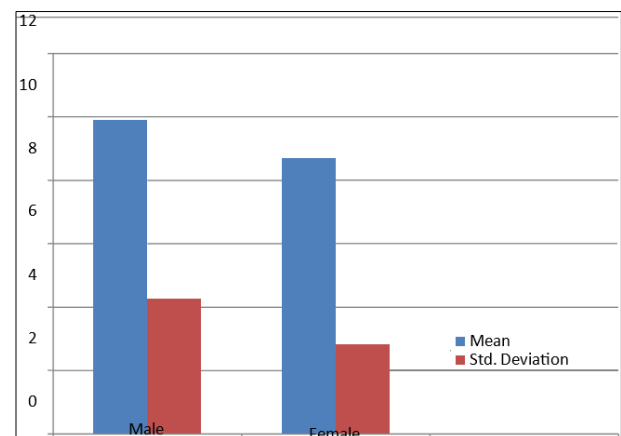
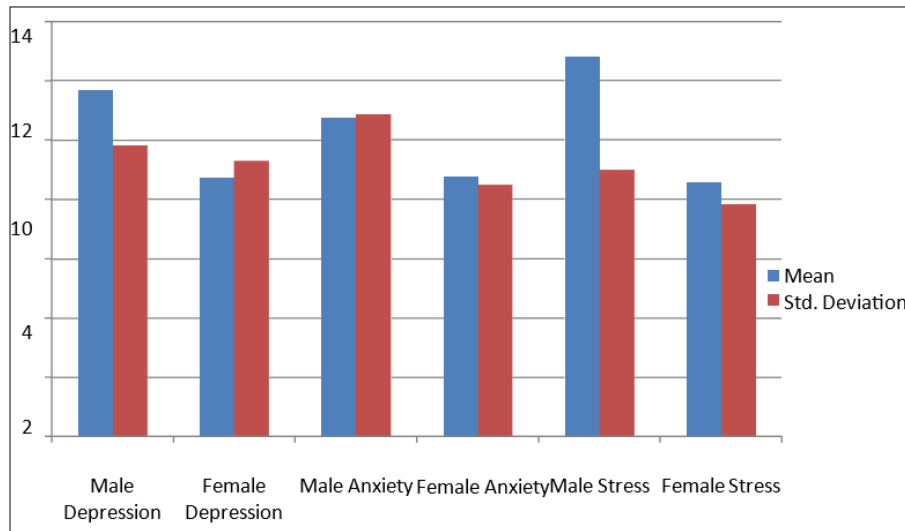**Fig 1:** Show the Gender, Mean and Std. deviation

In Social Networking Time Use Scale we can see that, participants were 60 adults. Out of 60 participants, 30 of

them were male and other 30 female in the study. The mean of social networking time use is 9.9 and the standard deviation is 4.278 in male participants and mean of social networking time use is 8.7 and standard deviation is 2.842 in female participants.

Table 2: Depression Anxiety Stress Scale

Gender	N		Mean	Std. Deviation
Male	30	Depression	11.7	9.844
		Anxiety	10.73	10.869
		Stress	12.8	9
Female	30	Depression	8.73	9.318
		Anxiety	8.77	8.5
		Stress	8.57	7.851

Fig 2: Depression Anxiety Stress Scale

In Depression Anxiety Stress Scale we can see that, participants were 60 adults. Out of 60 participants, 30 of them were male and other 30 female in the study. The mean of depression, anxiety, stress is 11.7, 10.73, 12.8 and the standard deviation is 9.844, 10.869, 9 in male participants and mean of depression, anxiety, stress is 8.73, 8.77, 8.57 and the standard deviation is 9.318, 8.5, 7.851 in female participants.

Table 3: Correlation between variables

	Social networking time use	Depression	Anxiety	Stress
Social Networking Time Use	1	0.593070927**	0.634156834**	0.532222287**

N=60 **$p<0.000$

Table 3 represents the correlation coefficients concerning the relationship between social networking time use and depression, anxiety, stress of the male and female participants. The significantly strongly positive correlation coefficient found in respect of the total groups of participants suggest that the formation of with mental health issues such as depression, anxiety and stress especially among adolescents who are fall in the age group of 18-26.

Discussion
From the above study we can see that, participants were 60 adults. Out of 60 participants, 30 of them were male and other 30 female in the study and 85% respondents are belonged from urban area. 63% of the respondents are between the age group 22-23 years. In the study 95% respondents are unmarried and 5% respondents are married. Out of the total sample most of the respondents are students who are graduate. Many respondents are using social media above 5 hours in a daily basis and they are mostly engaged in 2-3 social platform especially with WhatsApp.

From the above Table-1 and Table-2 it can be said that, using time of social media is high of male participants and also their depression, anxiety, stress is high compared to female participants.

The current study found that the social networking time use scale score has a significant, positive correlation (0.593070927**) with depression scores on the DASS21 subscale. High social networking time use correlating with high depression scores was expected prior to the current research being carried out.

The current study produced a significant finding which included social networking time use scale score had a significant, strongly positive correlation (0.634156834**) with anxiety scores on the DASS21 subscale. Therefore we can found in the current study relationship between more use of social media and depression, anxiety, psychological distress.

Like all other studies there are also some limitations in the present study. The sample size of the current study (N = 60) is not a representative of the wider social media using population. Current studies includes self-report measures

which may not provide reliable outcomes because of some sources of risk of bias.

Conclusion

The impact of social media use on incidence of depression, anxiety and psychological distress among adolescents, as examined by this review, is likely to be multifactorial. It is important to distinguish between the terms used for the relationship. It is fair to say that there is an 'association 'between social media use and mental health problems, on the basis that this means a socially constructed reality.

From the above discussion it can be concluded that, the significantly strongly positive correlation coefficient found in respect of the total groups of participants suggest that the formation of with mental health issues such as depression, anxiety and psychological distress and using time of social media is high of male participants and also their depression, anxiety, stress is high compared to female participants.

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