



Association Between Usage of Social Media and Depression among Young Adults

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Abstract

Purpose of the Study

Technology revolution have made the communication and information sharing quite easy and approachable around the world. Such technology platforms comes under the category of social media. However, social media bring the ease of the communication and information sharing along with negative effects on health in case of extreme usage. Especially, youngsters have encounter with negative effects of the social media platforms like bad academics performance and health (Murray et al., 2012). Therefore, increase in the number of the psychiatrist patients has occur especially of young age including college and university students. This negative effect of extreme use of social media on society cannot be ignored. Thus, current study examines the association of social media usage with depression among the college students.

Methodology

The correlational study design are used and data was getheared through self administered questionnaire. Respondents were selected through simple random sampling and questionnaire were distributed to 155 students of Nisa girls college and Nursing College, Allama Iqbal Medical College through . SPSS version 21 apply the tests of frequency distribution, reliability and validiy, correlation and regression.

Findings

The results reveal that there exists positive and significant relationship between social media usage and depression ($P < 0.000$) among the college students. It is the responsibility of the parents and management of educational institutes to spread the awareness and focus on the measures to avoid its extensive usage among the young adults.

Significance

The increase of depression among the young adults have severe damages to the society and raise the concens of the parents. This study will enhance the knowledge of parents that extreme usage of social media can cause problems of health to their childeren. Likewise, educational institutes can take the benefits of these findings to avoid such technology at their campus. Meanwhile, the policy makers of government can take the guide while designing the regulatory policies for institutes and awareness compaigns. Future directions and limitations are provided at the end of the this study.

Keywords: Social Media Usage, Depreesion, Young adults

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INTRODUCTION

In twenty first century the use of internet has increased extensively. Websites are providing very usefull information to the entire world. Some websites and applications are making our life easy day by day. It helps us to communicate with our family and friends at anywhere and anytime. These kind of websites are called social media (SM), which can be defined as "a group of Internet-based applications that permit the creation and exchange of client produced content" (Kaplan & Haenlein, 2010). Online networking has turned into a vital segment of associating with loved ones, sharing individual substance, and acquiring news and amusement (Sidani et al., 2016)

Young generation of this era is highly occupied with these social media sites. Around 90% of young adults in the created nations utilize

web-based social networking and the dominant part of clients visit these destinations in any event once every day. Platforms, for example, Facebook, Twitter, Instagram, Snapchat and Tumbler furnish chances to stay in contact with family and companions and in addition other social connections (Primack, Swanier, Georgiopoulos, Land, & Fine, 2009). Web-based social networking use represents around 20% of time online on PCs and 30% of time online by means of cell phones (Nielsen, 2012). Now the question arises, Is this good? Absolutely not, this massive use of SM, also have many negative effects. Depresson is one of the major negative aspect of social media. As indicated by the World Health Organization the depression is presently the second driving reason for overall inability balanced life years of SM (Sidani et al., 2016). It has high rate disability-adjusted life years (DALYs) than all other mental disorders (Murray et al., 2012). Further studies



shows that frequent association with SM decline the life satisfaction and self esteem. This results in increase loneliness and then depression (Sidani et al., 2016).

Now a days, depression starts in youthful adulthood. Multiple factors add to depression, there is developing enthusiasm for the potential impact of web-based social networking use on mental prosperity (Sidani et al., 2016). However, frequent exposure on social networking sites may give individuals the feeling that others are living more joyful, more associated lives, which may influence individuals to feel more socially isolated in comparison which increase depression (Primack et al., 2017). Previous studies have indicated that SM users experience decreased depression (Bessière, Pressman, Kiesler, & Kraut, 2010) and it is specifically due to perceived social support and satisfaction of life and also in social capital (Ellison, Steinfield, & Lampe, 2007; Valenzuela, Park, & Kee, 2009). Moreover, Facebook, Instagram and Twitter are the top using SM sites among young adulthood. However, previously carried out studies have specifically focused on Facebook (Chou & Edge, 2012; Jelenchick, Eickhoff, & Moreno, 2013) while real life give us the totally different perspective. Basically the young adults are engaged in using different exhibit of web-based social networking sites such as Twitter, Instagram, Google+, Tumble and Snapchat (Shensa, Sidani, Yi Lin, Bowman, & Primack, 2016). Young people spend most of their time on these platforms, which reduce their physical activities and make their brain to run on a specific pattern, in results these people may face psychological problems eventually this leads to depression. Depression also causes economic burden. The estimated annual economic burden is 83 billion dollars by decreasing worker productivity, increased medical expenses, and suicide (Sidani et al., 2016).

This study aims to observe a more extensive scope of social media exposures and to decide the relationship between social media utilize and depression especially in young adults because high levels of time spent and usage of multiple SM site is most common in this age. Understanding the relationship between SM use and depression permits the development of interventions or preventative strategies to avoid the depression among the students.

LITERATURE REVIEW

Social media is a tool that usage of mobile and electronic innovations to make profoundly cooperative stages that enable people and groups to share, make, examine and alter client produced content (Kietzmann, Silvestre, McCarthy, & Pitt, 2012). This technology not only gives you data but prefers to work with you while giving you data. Usually through a website with social network allows you to run on the Internet and to help you to pay for work (PETER, 2015). Social media is characterize as "a gathering of web based application, that expands on the ideological establishment and permits the creation and trade of client produced content" (Kaplan & Haenlein, 2010). For sure, online networking refers to a mean of collaboration among individuals in which they make, offer, trade and remark among themselves in various systems.

Social media impacts can arrange into positive and negative impacts. Structural results or positive effects make pleasure less timidity and create confidence. In particular, social networking sites (SNS) have been incredibly broad, becoming a new framework for communication and social support among young people. Interesting features of Internet-based intervention include secrecy, a lack of hierarchy among users, easy communication due to removal of face-to-face component and increased ownership (Santesteban-Echarri et al., 2017). These characteristics can lead to increased emotional confession (Weisband & Kiesler, 1996), decrease embarrassment and decrease loneliness (Dennis, 2003), the development of supportive relationships and increased self-confidence (Collin, Rahilly, Richardson, & Third, 2011) and the potential for a reduction in fear of stigma (Houston, Cooper, & Ford, 2002). Negative impact includes nervousness, misery and other psychological sickness. Major depressive disorder (MDD) (a psychological problem) is seen among

young people at comparable to adult population (Kessler et al., 2010). 25% of young people up to age 19 years will experienced a MDD (Rohde, Lewinsohn, Klein, Seeley, & Gau, 2013) and MDD will be the highest prevalence of depression and cumulative will be experienced in 18-25 years of younger adults (Kessler & Walters, 1998). After the index episode, the relapse rate in populations of young people is also high, ranging between 34% and 75% within the first five years (Kennard, Emslie, Mayes, & Hughes, 2006).

Complications of depression include compromised psychosocial functioning, diminished life and profession fulfillment, more social issues, more noteworthy requirement for social help, more comorbid mental conditions, and expanded danger of suicide (Paradis, Reinherz, Giaconia, & Fitzmaurice, 2006; Reinherz, Giaconia, Hauf, Wasserman, & Silverman, 1999). Affected young people frequently experience considerable danger of repeat of scenes of depression even after recovery from an underlying scene of depression (Paradis et al., 2006; Reinherz et al., 1999). There are many causes of depression. One of the variables that impact advancement of depression is monstrous introduction to web-based social networking. According to previous study the estimated use of current media is 8.5 hours per day (Primack et al., 2009). The unnecessary media presentation regularly happens during the evening which is profitable for typical intellectual and enthusiastic advancement and causes poor rest (Eggermont & Van den Bulck, 2006; Van den Bulck, 2007; Zimmerman & Christakis, 2007). It has likewise been recommended that early media presentation can influence the ideal advancement of basic leadership work (Zimmerman & Christakis, 2007) conceivably adding to presentation to subjective predispositions which is related with depression (Beck, 2005; Lakdawalla, Hankin, & Mermelstein, 2007). Similarly, depression may also occurs directly due to media content (Primack et al., 2009). On the other hand, some discouraged youngsters encountered a positive result utilizing social media after they increased social help by uncovering their depressive side effects to others (Moreno et al., 2011).

Understanding the frameworks behind how passionate states may be associated with social media use and the other path around may require a more intensive examination than a cross-sectional outline would give (Radovic, Gmelin, Stein, & Miller, 2017). Identification of the different reasons for and settings for social media use among youthful grown-ups with depression may give clinicians methods to advance more positive and expert social employments of social media with their patients (Radovic et al., 2017).

Hypothesis Statements

H1: There is a positive relation between social media uses and depression.

METHODOLOGY

This heading describes the method and procedure that was applied in this study.

Total Population and Sample Size:

The research design was correlational. The population of the study was 255 students from 2 different colleges (100 students from the Nisa girls college and 155 students from College of Nursing Allama Iqbal Medical College Lahore). The total sample size of 155 students were randomly selected from the total population with the help of *slovens formula*.

Research Instrument:

This research have two variables, social media (independent variable) and depression (dependent variable). That is why the questionnaire used in this research was adopted from two articles. The four scale questionnaire for exposure to social media was adopted from the article social media and academic performance of students (PETER



2015) and depression assessed by 6 item scale which was adopted from the article mobile phone dependency and its impacts on adolescents' social and academic behaviors (Seo, Park, Kim, & Park, 2016). The questionnaire was isolated into two parts (A and B). Section A contained for collection of personal data of respondents(demographics) while Section B comprised of five scale lickert scale that elicited responses from the respondents with response options: Strongly disagree (SD), Disagree (D),Neutral(N),Agree(A) to Strongly agree (SA).

Method of Data Collection:

The data was gathered through self administered questionnaire. The 155 copies of questionnaire were circulated to the students and recovered on the spot. 5 questionnaires were missing while 150 questionnaire were valid.

Method of Data Analysis:

The Pearson correlational coefficient estimation of 0.65 was demonstrated that the research was reliable and it was utilized for getting the desired data in the study. Regression analyses were carried out to determine whether there was the linear trend between the variables. And sensitivity analyses were used to examine the results. In the end, all the data were put into the software SPSS 15.0 version and the findings and results were drawn on the basis of statistical procedures with the help of instruments.

Data Analysis

Table (1): Presentation of Demographic data

Gender	Frequency	Percent
Male	1	0.7
Female	149	99.3
Age Group		
18-20	110	73.3
20-25	39	26
25-30	1	0.7
Marital Stauts		
Single	148	98.7
Married	2	1.3
Qualification		
Intermediate	18	12
Bachelor	56	37.3
Nursing students	71	47.3
Others	5	3.3
Total	150	100.0

Table 1 shows the demographic data of the participants. Gender 1 representing (.7%) of the respondents were Male and 149 representing (99.3%) were Female. Age group 110 which represents (73.3%) of the

respondents were between 18-20years, 39 which represents (26.0%) were between 20-25years, and 1 which represents (.7%) was between 25-30years. Marital status 148 representing (98.7%) was single and 2 representing (1.3) were married. Qualification shows that all the candidates were undergraduate. 18(12%) were intermediate students, 56(37.3) were bachelor students, 71(47.3%) were nursing students and 5(3.3%) were other students.

Table 2: Normality Tests:

Sr.#	Social media scale	Skewness	S.E	Kurtosis	S.E
1	I usually have unlimited access to Facebook and this has affected my academic performance negatively	.027	.198	-1.210	.394
2	I engage in academic discussions on twitter and this has improved my academic performance	.187	.198	-1.094	.394
3	I make use of WhatsApp to disseminate knowledge to my class mate	-.535	.198	-.527	.394
4	I Solely rely on information gotten from Wikipedia to do my assignments without consulting other sources	.024	.198	-1.088	.394
Depression scale					
5	I feel unhappy, sad and discouraged	.235	.198	-.709	.394
6	I have lots of concerns	-.515	.198	-.387	.394
7	I think of death or suicide	.977	.198	-.082	.394
8	I cry easily	-.320	.198	-1.052	.394
9	I put myself down or make negative comments about myself when something goes wrong	-.176	.198	-.912	.394
10	I feel alone	-.030	.198	-1.227	.394

Table 2 shows the normality of the data. Normality was examined by skewness and kurtosis. As the table shows that all the values of data were between +1.96 to -1.96. Hense all these findings indicated normality of data.

Table 3: Summary of descriptive analysis:

sr.#	Social media Items	Mean	SD	Range
1	I usually have unlimited access to Facebook and this has affected my academic performance negatively	2.85	1.323	4
2	I engage in academic discussions on twitter and this has improved my academic performance	2.73	1.072	4
3	I make use of WhatsApp to disseminate knowledge to my class mate	3.66	1.104	4
4	I Solely rely on information gotten from Wikipedia to do my assignments without consulting other sources	3.07	1.091	4
Total		3.08	.671	4
Depression scale				
5	I feel unhappy, sad and discouraged	2.78	1.104	4
6	I have lots of concerns	3.23	1.058	4
7	I think of death or suicide	2.00	1.135	4
8	I cry easily	3.16	1.301	4
9	I put myself down or make negative comments about myself when something goes wrong	3.15	1.114	4
10	I feel alone	2.95	1.353	4
Total		2.88	.686	4

Descriptive analysis:



INDEPENDENT VARIABLE:

Descriptive statistics were applied on independent variable (social media use) and mean standard deviation and range was calculated. Descriptive analysis shown in table 3. The table shows the 3.08 mean, .671 std.deviation and 4 range.

DEPENDENT VARIABLE:

Dependent variable is depression. Table 3 also shows the descriptive analysis of dependent variable in which mean is 2.88, std.deviation .686 and range is 4.

Table 4: Reliability statistics:

Variables	Cronbach's Alpha	No of items
social media use (independent)	.715	4
depression (dependent)	.606	6

Table 4 shows the reliability of the variables calculated by cronbach's alpha. The alpha values of social media use is .715 and alpha value of depression is 0.606. which meets the stndered value so the scale is reliable.

Table 5: Correlation:

		Social Media	Depression
Social Media	Pearson correlation	1	.184
	Sig.(2-tailed)		.024
	N	150	150
Depression	Pearson correlation	.184	1
	Sig.(2 tailed)	.024	
	N	150	150

*. Correlation is significant at the 0.05 level (2-tailed).

Table 5 shows the correlation between the Independent variable (social media) and dependent variable (depression). The table shows the .184 Pearson correlation between the variables with the .024 which is significance. So, the relationship between social media and depression is positive and significant.

Table 6: Factor Analysis:

	Bartlett's Test			
	KMO	Approx	Df	Sig
Social media	.579	13.059	6	.042
Depression	.661	132.462	15	0.00

**p<0.01

Table 6 shows the factor analysis in which bartlett's test is applied with KMO values of each variable. The KMO value of social media is .579 and the value of bartlett's test is .042 which is significance and KMO value of depression is .661 and the value of bartlett's test is 0 that means significant.

Table 7: Regression Analysis:

	R square	Adjusted r square	Anova Sig	B	Sig
MODEL	.034	.027	.024	2.300(constant)	.000
				.188(SM)	.024

Table 7 shows the regression analysis which is conducted to examine the relationship between the variables. Value of r square and adjusted r square is used to explain the amount of variance. Table shows that the r square is .034 and adjusted r square is .027. R square value shows that 0.34% variation occur in the depression caused by the social media usage. Table also shows that the social media use

increases the depression with beta value of .188 which means with the increase in one unit of social media will have affect on depression with the value of 1.88 and the value of p is .024 which is less than .05 and significance. Thus, there is a positive and significant relation between the variables.

DISCUSSIONS:

This examination shows a critical relationship between social media use and depression in a specimen of young adults. There was a straight/linear relationship between social media use and depression. While some earlier examinations have discovered no affiliation or blended results. Findings are predictable with earlier research that demonstrated a relationship between social media use and depression.

Many tests were applied on the data. As previously discussed the demographics of data. Normality was examined by skewness and kurtosis. Descriptive statistics were applied on independent variable (social media use) and mean standard deviation and range was calculated. Descriptive analysis shown in table 4. The table shows the 3.08 mean, .671 std.deviation and 4 range. Dependent variable is depression. Table 4 also shows the descriptive analysis of dependent variable in which mean is 2.88, std.deviation .686 and range is 4. Table 5 shows the value of depression reliability of the variables calculated by cronbach's alpha. The alpha values of social media use is 0.315 and alpha is 0.606. Table 6 shows the correlation between the Independent variable (social media) and dependent variable (depression). Thus, the H1 hypothesis is supported that there will be a positive relationship between social media use and depression and H0 hypothesis is rejected (there will be no relation between the SM use and depression). Table 7 shows the factor analysis in which bartlett's test is applied with KMO values of each variable. The KMO value of social media is .579 with .042 significance and KMO value of depression is .661 with 0 significance. Table 8 shows the regression analysis which is conducted to examine the relationship between the variables. Value of r square and adjusted r square is used to explain the amount of variance. Table shows that the r square is .034 and adjusted r square is .027. the relationship between the variable is .024 which is positively significance. Since our information were cross-sectional, the directionality of this affiliation isn't clear. It might be that people with depression tend to utilize more online networking. For instance, discouraged people with a reduced feeling of self-esteem may swing to online networking based associations for validation. Because of the high accessibility of online networking and the probability of socialization in a controlled setting, individuals with fundamental depression might be attracted to social networking sites collaborations instead of individual communication.

It might likewise be that the individuals who utilize expanded measures of online networking in this manner create expanded sadness. One clarification might be that presentation to exceedingly admired portrayals of companions via web-based networking media evokes feelings of envy that others lead more joyful and additionally more effective lives. Consequently, these jealous emotions may prompt a feeling of self-inadequacy and sadness over time. Finally, it is conceivable that expanded online networking introduction may build the danger of cyber bullying, which may likewise expand sentiments of depression.

It is essential to take note of that there are various sorts of associations that can happen over web-based social networking, and our examination evaluated just general use of online networking sites. Besides, in light of the fact that past work around there has tended to concentrate on one particular stage, most ordinarily Facebook, we intended to take a gander at the connection between add up to web-based social networking use and depression rather than concentrating on particular stages and it might be profitable for future work to evaluate relationship between particular social media and depression.

Besides, it will be an essential assignment of future subjective and quantitative research to completely evaluate content and relevant



components identified with web-based social networking use. Along these lines, dynamic versus uninvolved character of online networking cooperation and its impact on state of mind might be significant to survey later on.

CONCLUSION:

Taking everything into account, this investigation evaluated depression and SM use over numerous web-based social networking stages in a large, broadly illustrative example of young adults. Given the expanding predominance of online networking and the significant morbidity and mortality related with depression around the world, the positive affiliation we found between web-based social networking utilization and depression has imperative implications for future research and intervention. Also, online networking stages might be a valuable apparatus to distinguish people in danger for depression and to give intervention.

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