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## Social Media Use and the Effects on Wellbeing in Young Adults

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# Social Media Use and The Effects on Wellbeing in Young Adults

By

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A thesis submitted in partial fulfillment of the requirements  
for the Honors in the Major Program in Psychology  
in the College of Sciences  
and in the Burnett Honors College  
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## **Abstract**

Social media has found its way into almost everyone's cellphone. Being a primary source for news, connection, and inspiration, it only continues to gain popularity. Social media, however, is not good 100% of the time. The dominant explanation for the effect of social media on wellbeing varies from digital stress, compromised sleep, and body image disturbances. This paper explores the correlation between daily time spent on social media, number of platforms used, and overall sense of wellbeing. Sleepiness is also assessed, and a correlation is explored using the previous variables. Previous research primarily focuses on the amount of time spent on social media as a whole but fails to explore the use of multiple platforms regularly. This is important in terms of digital stress and communication overload which can come from notifications from several platforms. This paper, however, focuses solely on social media in terms of daily time spent and the number of platforms utilized. Participants completed a self-paced online survey at the University of Central Florida.

# Table Of Contents

## Table of Contents

<i>Introduction</i> .....	<b>1</b>
<i>Participants</i> .....	<b>7</b>
<i>Procedure</i> .....	<b>8</b>
<i>Measures</i> .....	<b>8</b>
<i>Analyses</i> .....	<b>10</b>
<i>Survey Items</i> .....	<b>11</b>
<i>Results</i> .....	<b>13</b>
<i>Discussion</i> .....	<b>18</b>
<i>Findings</i> .....	<b>18</b>
<i>Limitations</i> .....	<b>19</b>
<i>Future Direction</i> .....	<b>20</b>
<i>References</i> .....	<b>22</b>

## Introduction

In the modern world, social media is almost a staple in our lives. With platforms such as Twitter, Instagram, Snapchat, and Facebook, social media facilitates connections between friends, family, and strangers. With social media still relatively new, negative effects are starting to emerge. In fact, social media is the most common form of habitual behavior in our modern world (Bayer et al., 2022). This speaks to customizability and that almost everyone can find their niche.

Considering the ease of use and networking opportunities social media can present, these platforms are essential to emerging adulthood (Vannucci et al., 2017). Ease of use is a central focal point in social media, making them appealing. In a short amount of time, a user can swipe for a date, tap to apply for a job, and make new friends. Large websites, such as LinkedIn, started as a website to network with other hopeful candidates looking for a career. In recent years, LinkedIn has begun allowing users to share content, pictures, likes, and statuses. These criteria are almost an exact match to more popular social media platforms such as Instagram and Facebook.

A significant issue with spending so much time on social media is being presented with a fast and edited snapshot of someone's life. Editing software is easy to download and utilize to virtually create the body you want or add in material items you do not possess. Body image is an important variable that can take a hit from the comparative nature. One study describes a small, positive, and significant relationship between social media use and body image disturbance (Saiphoo & Vahedi, 2019). Another study found that a small three-day fast away from social media improved girl's body image in the form of self-compassion and a decrease in self-

objectification (Roberts et al., 2022). This information suggests that the use of social media can directly impact the user in a negative way in terms of how we view ourselves. It can be difficult not to compare your current life with what you see on these platforms. Further, it is rare for users to share mundane information or pictures. There is typically no gratification regarding what social media can provide by sharing unappealing photos, videos, or text. Beyond body image disturbances, our well-being can be compromised through a stress response triggered through use. Being bombarded with notifications, likes, and the social pressure to keep up with social media can elicit a stress response in users (Sharma et al., 2020). Notifications can cause interruptions and stress and even impact a user's lifestyle (Pradhan et al., 2017). Notifications are a primary feature of our cell phones. They can be triggered for a variety of different events when it comes to social media, which include new content from someone being followed, gaining a new follower, a like, direct mention of user's name, and other similar events. They are designed to present a concise piece of information that gives users a general idea of what is going on at just a glance (Pradhan et al., 2017).

Another issue presented with social media use is the absolute ease of access. Research shows that ease of access is a primary selling point for users and can contribute to social media addiction, a phenomenon that is well on its way to becoming a public health crisis (Seabrooks, 2020). Apps can be accessed on virtually any smartphone and computer at any time. This creates the space for users to access during times that demands full attention, such as driving (Hashash et al., 2019) and being in class. This also creates space for users to access during periods of downtime, such as using the bathroom, taking a break, or trying to sleep. The ease of access is causing social media to be an increasingly popular leisure activity among young adults (Sharma et al., 2020). A relatively new problem is also emerging called Digital Stress, a stress response

to related components of social media and ease of access. These components include availability stress, approval anxiety, fear of missing out, and communication overload (Steele et al., 2020). Being constantly connected with notifications and calls on a smartphone could also elicit a digital stress response (Steel et al., 2020).

A literature review was done in 2020 to explore social media use and psychological wellbeing. This study also explores other components of digital stress with some overlap with the components mentioned above. The main component being investigated was the concept of Digital Stress. According to this study, digital stress is further broken down into four components: Availability stress, or the pressure to be available for others digitally, approval anxiety, or uncertainty about other's responses to posts or their digital footprint, fear of missing out, or distress from real or perceived social consequences from others for not partaking in rewarding experiences, and connection overload, or distress resulting from the subjective experience of receiving an excessive amount of input in the form of text messages, phone calls, notifications, etc. (Steel et al., 2020). This literature review pulled information from multiple studies and ultimately concluded that social media has a negative impact on adolescent and young adult mental health, such as depressed mood, increased loneliness, suicidal ideation, and compromised quality of life. Even passive use of social media may increase these risks (Steel et al., 2020). It was also discovered that the side effects of social media use were not all negative. There were some positives as well, but they were not discussed. The literature limits the strength of the negative effects due to the few numbers of clinical trials that were done in a controlled manner to explore the causal associations between social media use (or refraining from) and clinical outcomes. Despite this, the information presented is valuable in finding a common theme



among distressing outcomes to continued use of social media, which includes components of digital stress. This is helpful to help categorize and frame questions in future research to help identify the feelings and experiences of participants.

Another study published in 2020 explored the relationship between mental health and social media usage among Lebanese people. This was a cross-sectional study performed between January-December in 2018 among 456 randomly selected participants. The results showed that 23.7% of participants were classified as having a social media use disorder resulting in increased loneliness (Youssef et al., 2020). It was also established that feelings of loneliness also lead to feelings of anxiety, which further reinforced social media use instead of physical connection in person. This study discusses other factors and consequences of excessive social media use, such as alexithymia, which is the inability to cognitively process emotions accompanied by the diminished capacity to recognize and express emotions (Youssef et al., 2020). The tools used to assess participants in this study included a Social Media Disorder scale which is a 27-item scale to determine the degree of addiction. A higher score indicated a higher dependence. The Toronto Alexithymia scale was used which is a 5-point Likert scale on a strongly agree-strongly disagree scale. The Hamilton Depression Rating Scale was used to assess depression, and a similar Hamilton Anxiety Scale was used to assess anxiety. Each of these were on a never-always Likert-type scale assessment. The Perceived stress scale was used to assess emotions within the past month, in which higher scores indicate higher stress. The Lebanese insomnia scale was used to assess insomnia in participants, and finally, the Jong-Gierveld loneliness scale, which was scored on a yes-no point system with more points indicating more loneliness (Youssef et al., 2020).

Unfortunately, excessive social media use appears to be a downward spiral that is hard to get out of. Turning to the internet as the primary source of social interactions seems to be a problem that is piquing the interest of educators and therapists. This poses the question whether the internet “offers an adequate sense of social belonging and mitigates the feeling of loneliness that young adults occasionally experience.” (Yavich et al., 2019). One of the major limitations of this study is that it did not consider the different factors of social media, such as the number of followers, number of likes, or number of friends, and how the difference in these can influence the level of addiction experienced. It is interesting that despite the connection and social interactions that social media can offer, users report feeling lonely and even depressed (Lin et al., 2016).

In September 2020, a study was done to explore the relationship between social media use during bedtime and its effect on sleep quality and overall wellbeing in young adults. One hundred and one undergraduate students at the University of Warwick completed a 10-question questionnaire daily for 14 days assessing the previous night's sleep quality. Prior to this, they completed a baseline questionnaire assessing how dependent they are on social media with questions asking, “I feel disconnected from friends when I have not logged into social media” on a 5-point scale (1 = Strongly disagree to 5 = Strongly agree)” (Das-Friebel et al., 2020). The questions after baseline assessed the previous night's social media use, sleep duration, and satisfaction with sleep. Overall wellbeing was assessed via questionnaire five times during the day. The data suggested that bedtime social media use did not necessarily affect sleep duration and quality, but it negatively affected vulnerable individuals. Vulnerable individuals include those with depressive symptoms (Das-Friebel et al., 2020). The limitation of this study was the

short duration of the study itself and that the participants were not huge social media users to begin with. The average time spent on social media before bedtime was 9 minutes. The participants also were not randomly selected but were self-selected, which may lead to some bias in this study.

This information is helpful in that it sheds light to social media use not being entirely bad. Having a good mindset and use in moderation does not seem to have negative effects on sleep and overall wellbeing. However, it shows that those who are already exhibiting depressive symptoms need to be careful as it does affect overall sleep quality. A limitation of this study that needs to be considered when interpreting these results is that it cannot pinpoint that social media directly affects sleep quality in depressed individuals. Depression is dynamic, and many factors come into play regarding this illness. It is hard to make a large claim to determine the direct correlation without having a randomly selected group of individuals and a longer length of time being studied. It also does not examine the use of different types of electronic media use.

Presently, there is only a little research that considers the number of various social media platforms being utilized by young adults that all add up to the total time spent on social media in a day. Various platforms include Facebook, Instagram, Snapchat, WhatsApp, and other similar notification-based platforms. Beyond using multiple platforms daily to increase daily time spent, using numerous apps may increase notifications and distraction. This is important to consider because each platform is slightly different regarding how media is presented, how alarming or visible notifications are, and how connected an individual is while using various platforms for different reasons. Sleepiness can sometimes be a response to stress or sensory overload and is positively correlated with increased daytime sleepiness (Van Der Schuur et al., 2019).

The literature currently does not dissect the different facets of social media to try and isolate the individual pieces and examine the effects on users, making it difficult to know which part of social media causes a negative impact on the user. The consensus on the research, including several studies mentioned above, prove some negative correlation between social media use and various adverse outcomes, including depression, when using social media in general.

This paper aims to explore the correlation between social media use and wellbeing on young adults ages eighteen to twenty-four. Individual aspects of social media will not be explored, but instead, social media use as a whole and in general. In addition to wellbeing, daytime sleepiness will be assessed as an additional variable contributing to wellbeing of the participant. Ages 18-24 were chosen for several reasons, but mainly due to young adulthood having pivotal moments and life changes such as adjusting to college, the workforce, dating, and civic duties (Scales et al., 2016). Young adulthood also comes with educational shifts and graduations into their first careers, which typically does not happen outside of this age range. Given this information, it is essential to explore social media, a popular pastime in this age range, and its correlation with wellbeing through use considering the stressors of life and social adjustments.

## Methods

### *Participants*

Participants included 18-24 years old ( $n= 102$ , mean age of 20.941,  $SD= 1.441$ ) and were obtained using a University of Central Florida, a public University, research database, SONA, where college students can access studies from across the campus and across disciplines.

Students who utilize SONA typically receive some form of credit, such as extra credit in a college course, for their participation. Of the 102 used participants used, 92.857% were female and 7.143% were male. 3.922% were Asian, 17.637% were African American, 32.353% were Hispanic or Latinx, and 46.078% were white.

### *Procedure*

Upon Institutional Review Board (IRB) approval, the study was published to SONA. Participants completed a Qualtrics survey individually and at their leisure. The survey was available from Summer 2022 to Fall 2022. Participants were reminded during the survey that their participation was valued and if any questions were triggering, to reach out to the distress hotline that UCF provides. Information was provided on the hotline in the beginning of the survey. Participants were also reminded that participation was optional, they have the right to stop at any time without penalty, and their answers are confidential.

### *Measures*

*Daily Time Spent on social media.* Daily time spent on social media was self-reported by selecting either 30-1 hour, 2-3 hours, or 3+ hours. Social media platforms were suggested as either Snapchat, Facebook, Instagram, Reddit, and WhatsApp.

*Number of social media platforms being used.* This was a self-reported measure from each participant by selecting 0 platforms, 1 platform, 2 platforms, 3 platforms, or 4+ platforms.

*Sleepiness.* This was assessed using the Epworth Sleepiness Scale which has participants answer on a 3-point Likert scale with questions ranging from how likely one is to doze off doing daily activities such as watching TV or sitting in a public space ranging from 0-no chance to 3-high chance. A higher score indicates higher sleepiness during the day. This is a subjective measure that estimates whether a participant is experiencing excessive sleepiness. A score of 0-7 indicates that the participant is unlikely to be abnormally sleep. A score of 8-9 indicates an average amount of daytime sleepiness. A score of 10-15 indicates excessive sleepiness which may be situational. A score of 16-24 indicates excessive sleepiness which is abnormal.

*Wellbeing.* Wellbeing was assessed using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). This scale uses strength-based language, so it is less triggering for those who have been traumatized and is designed to be self-completed. The scale prompts participants with phrases such as “I am optimistic about the future” and “I’ve been feeling useful” and participants are asked to answer either “none of the time, rarely, some of the time, often”, and “all off the time”. The higher the score, the more points one receives with “none of the time” being 1 point and “all of the time” being 5 points. Only the total score of each participant will be used and analyzed. This scale considers high wellbeing as a score falling between 60-70, and low wellbeing falling between 14-42. The WEMWBS has a mean score of 51.0 in general population samples in the UK with a *SD* of 7.

## Analyses

A statistical analysis using SPSS software was run for each of the hypotheses proposed. The total number of participants was 125. Due to the scope of the study, any participant over the age of 24 was omitted from data analysis. This resulted in a total of 22 participants being omitted from the study due to age. One additional participant was removed from the study due to not providing their age in the survey they completed. This left an N of 102. Each individual participant had their wellness and sleepiness score assessed. The hypotheses will be tested using the following ways:

- H1: Multiple platforms of social media being used daily negatively affects overall wellbeing.

Participants were first grouped by the number of social media platforms being used (0, 1, 2, 3, 4+). The mean wellness score for each group was calculated. The mean sleepiness score for each group was also calculated. The means from these two variables from each group were then compared with the means from the other groups. Due to the small number of participants in the group using 0 and 1 platforms, the group using 2 platforms was compared with the group using 4+ platforms.

- H2: The more social media is used, the more negatively wellbeing and sleep is affected.

Participants were grouped according to daily time spend on social media (30 minutes- 1 hour, 2-3 hours, 3+ hours). The mean wellness and sleepiness score was calculated for each of these

groups. A 2-tailed Pearson Correlation test was run to test the correlation between wellness and sleepiness within each group.

## Survey Items

### *Demographic Questionnaire*

1. What is your age?
2. What is your gender?
3. What is your ethnicity?
4. What is the highest level of education completed?

### *Daily Time Spent on Social Media*

1. How many minutes a day do you spend on social media? This includes Snapchat, Facebook, Instagram, Reddit, YouTube, and other social platforms focused on interacting socially, commenting, posting, sharing, and receiving feedback in the form of likes or comments.

### *Number of Social Media Platforms Being Used*



1. How many social media platforms do you typically use in each day? This includes social platforms focused on interacting socially, commenting, posting, sharing, and receiving feedback in the form of likes or comments.

### ***Epworth Sleepiness Scale***

- 0 = would never doze
  - 1 = slight chance of dozing
  - 2 = moderate chance of dozing
  - 3 = high chance of dozing
1. sitting and reading
  2. watching TV
  3. sitting inactive in a public place, such as a meeting or theatre
  4. riding as a passenger in a car for an hour without a break
  5. lying down to rest in the afternoon when circumstances permit
  6. sitting and talking to someone
  7. sitting quietly after a lunch without alcohol
  8. sitting in a car, stopped for a few minutes in traffic

### ***Warwick-Edinburgh Mental Well-being Scale (WEMWBS)***

- None of the time
- Rarely
- Some of the time
- Often

- All of the time
1. I've been feeling optimistic about the future
  2. I've been feeling useful
  3. I've been feeling relaxed
  4. I've been feeling interested in other people
  5. I've had energy to spare
  6. I've been dealing with problems well
  7. I've been thinking clearly
  8. I've been feeling good about myself
  9. I've been feeling close to other people
  10. I've been feeling confident
  11. I've been able to make up my own mind about thing
  12. I've been feeling loved
  13. I've been interested in new things
  14. I've been feeling cheerful

## Results

*H1: Multiple platforms of social media being used daily negatively affects overall wellbeing.*

There was one participant (N=1) in the group using zero platforms. This participant made up about 0.99% of the sample size. The wellbeing score was scored at 59 with a sleepiness score of

0. The Warwick-Edinburgh Mental Wellbeing Scale considers this to be right at the cusp of “high” mental wellbeing. A score of 60-70 indicates “high” mental wellbeing, a score 43-59 indicates “average” mental wellbeing, and a score 14-42 indicates low mental wellbeing. In this group, the participant scored at “average” wellbeing. This participant scored 0 on the Epworth Sleepiness Scale which indicates it is unlikely that the participant is abnormally sleepy.

There were five (N=5) participants in the group using one platform and made up about 4.95% of the sample size. The M of wellbeing in this group was 49.8 which puts this group in the “average” category of mental wellbeing. The M sleepiness score of this group was 6.8, which indicates that it is unlikely to be abnormally sleepy.

There were twenty-five (N=25) participants in the group using 2 platforms and made up about 24.75% of the sample size. The M wellbeing in this group was 42.76 which puts this group in the “average” category of mental wellbeing. The M sleepiness score of this group was 7.72, which indicates that it is unlikely to be abnormally sleepy.

There were forty-five (N=45) participants in the group using 3 platforms and made up about 44.55% of the sample size. The M wellbeing in this group was 40.24 which puts this group in the “average” category of mental wellbeing. The M sleepiness score of this group was 8 which indicates an average amount of daytime sleepiness.

The final group was comprised of twenty-six (N=26) participants who used 4+ platforms and made up about 25.74% of the sample size. The M wellbeing of this group was 41.08 which puts this group in the “low” category of mental wellbeing. The M sleepiness score of this group was 9.19 which indicates an average amount of daytime sleepiness.

*H2: The more social media is used, the more negatively wellbeing and sleep is affected.*

There were thirteen (N=13) participants within the group that spent 30 minutes-1 hour on social media per day. The descriptive statistics are outlined below:

*Descriptive Statistics 30 minutes-1 hour per day*

	Mean	Std. Deviation	N
Sleepiness	6.15	4.140	13
Wellness	45.69	10.586	13

In the category of users who spend 30 minutes to 1 hour per day on social media, there is a weak correlation with a Pearson's R of .208 and a significance of .494. This data suggests a weak correlation between sleepiness and wellbeing in relation to spending this amount of time on social media per day. This data is also not statistically significant. It is difficult to conclude any statistically significant correlation between wellbeing and sleepiness in this category of users. The analyses from this category is also not strong enough to reject the idea that wellbeing and sleepiness is not negatively affected from increasing social media use.

*Correlations 30 minutes- 1 hour per day*

		Sleepiness	Wellness
Sleepiness	Pearson Correlation	1	.208
	Sig. (2-tailed)		.494
	N	13	13
	<hr/>		
Wellness	Pearson Correlation	.208	1
	Sig. (2-tailed)	.494	
	N	13	13
	<hr/>		

There were forty-four (N=44) participants within the group that spend 2-3 hours on social media per day. The descriptive statistics are outlined below:

*Descriptive Statistics 2-3 hours per day*

	Mean	Std. Deviation	N
Sleepiness	8.41	3.649	44
Wellness	42.23	6.988	44

In the category of users spending 2-3 hours of their time on social media daily, there is virtually no correlation with a Pearson's R of .006 and a significance value of .968. This data suggests that there is almost no correlation between wellness and sleepiness in this category of users. This high significance value also suggests that it can be almost certain that these two variables are not correlated in users that spend 2-3 hours per day on social media. The data from this analysis suggests a very weak correlation which gives no grounds to reject the idea that wellbeing and sleepiness are negatively affected through increasing social media use in this category.

*Correlations 2-3 hours per day*

		Sleepiness	Wellness
Sleepiness	Pearson Correlation	1	.006
	Sig. (2-tailed)		.968
	N	44	44
Wellness	Pearson Correlation	.006	1
	Sig. (2-tailed)	.968	
	N	44	44

There were forty-five (N=45) participants within the group that spend 3+ hours on social media per day. The descriptive statistics are outlined below:

*Descriptive Statistics 3+ hours per day*

	Mean	Std. Deviation	N
Sleepiness	8.49	3.050	45
Wellness	40.09	8.221	45

This category of participants spent 3+ hours per day and have the highest correlation with a Pearson's R of .299. This category of participants also has a statistically significant value of .046. Although the correlation is weak, it can be concluded that there is a weak correlation between wellbeing and sleepiness in users who spend 3+ hours per day on social media. The .046 significance level indicates stronger evidence, in comparison to the previous categories, of a relationship between sleepiness and wellbeing in users who spend this amount of time on social media daily. With this information, there is grounds to reject the idea that wellbeing and sleepiness are not affected by increasing social media use and is in support of H2.

*Correlations 3+ hours per day*

		Sleepiness	Wellness
Sleepiness	Pearson Correlation	1	.299*
	Sig. (2-tailed)		.046
	N	45	45
Wellness	Pearson Correlation	.299*	1
	Sig. (2-tailed)	.046	
	N	45	45

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

## Discussion

### *Findings*

The data from H1 shows a negative correlation between the number of platforms being used and the wellbeing score. With only one participant in the zero category of platforms being used and 5 in the category of 1 platform being used, I do not feel it is fair to use these two as an accurate measure against those in the 4+ category due to the size difference of members in the group. For this reason, I will compare the M of the wellness scale users who use 2 platforms with those who use 4+. There is a decrease in these means by 1.68 points as social media platforms used increase, which shows a negative correlation between the two. The daytime sleepiness variable is also assessed as an additional measure of wellbeing, which increased a total of 1.47 points. This indicates a positive correlation between social media platforms being used and daytime sleepiness. This analysis's results support the hypothesis that wellbeing is negatively affected by multiple platforms being used.

The finding from H2 does not support the idea that daily time spent on social media impacts wellbeing and sleepiness. The most impactful data from these analyses come from 3+ hours category, where there was the strongest correlation and significance. Given this information, studying lengths of time after 3+ hours, such as 4, 5, or even 6 hours a day, is essential.

My findings weakly support the literature that I have referenced in this paper, but this is most likely due to my research design, no control group, and no intervention to test the impact of social media in these groups. It is also challenging to apply these findings generally as there was a significant imbalance in male and female participants. Although the conclusions were weak, my data did generally support the idea that wellbeing and sleepiness are negatively impacted by

social media use, but it is more apparent in 3+ hours of daily time spent category of H2 and overall in H1.

I suspect the wording of my thesis is a major reason why there were so little participants in those who use 0 platforms per day and 1 per day for H1. My title, specifically stating social media, may cause some self-selection bias in participants. Participants who do not use social media at all, or rarely use it, probably did not see the use in participating in my study and thus caused low numbers in these two categories. By omitting “social media” from my title, I would most likely have a better chance in obtaining a broader sample to truly see the difference among these categories.

### *Limitations*

This study has several limitations. Although participants were told a list of social media platforms (Snapchat, Facebook, Instagram, Reddit, and WhatsApp), the use was not monitored to ensure that only these were used. Since these were self-reported answers, accuracy cannot be confirmed. Several of these platforms can be used on the computer, and the mode of access was not measured. Another major limitation of this study is that a convenience sample was used. Social media was studied generally and solely on use, the unique facets of social media, such as notifications, were not explored, which could shed valuable information on the use and thus give more robust data. Given the limitations mentioned above, it is not possible to know for certain whether the participant’s personal use of social media on their cellphone is the reason for the negative correlations between wellbeing and social media use. This also goes for the number of platforms being used per day. Users may access these platforms on a friend’s or family



member's phone or computer. Social media was not removed from participants after completing their questionnaire and re-assessed after a period of time to narrow down social media as a potential reason for wellbeing and sleepiness disturbances. Other variables beyond social media were not controlled for. With this survey being issued solely online, there may be some bias toward tech-savvy participants and more likely to use social media.

### *Future Direction*

There are many opportunities for the future direction of studies like this. This study should be replicated with a broader range of participants to ensure a more diverse sample. The numerous components of social media should also be isolated and explored to narrow down and measure the strength of correlations between these and wellbeing. For the future, I would like to see a similar study done that has participants use specific social media platforms for a set period and have wellness and daytime sleepiness measured, then have social media removed for a period of time and have wellness and daytime sleepiness measured again. Afterward, social media can be reintroduced, and wellness and daytime sleepiness can be assessed one more time to better understand social media's impact on these variables.

Additionally, moderators of social media should be explored. This can include the number of followers or friends followed. The relationship between these and the time spent on these platforms can be explored.

Finally, wellbeing can be explored in more detail. Body image, fear of missing out, communication overload, anxiety, depression, and so on can be measured to investigate where

social media disturbs wellness the most. From here, an intervention can be introduced to see if that produces any change. Overall, I hope to shed light and add to the basis for the importance of being conscious of the amount of time spent on social media platforms. There are proven negative factors to mental health and overall wellbeing. The emerging categories of digital stress are severe and alarming if social media is not used in moderation. Much of the literature, including the ones referenced in this paper, discusses and demonstrates the negative correlations between social media and wellbeing. Although the term wellbeing is used broadly, many of the elements discussed in this paper are impacted negatively by various lengths of time and the number of platforms used of social media. The data collected from this study can help future researchers design their research and develop an intervention to combat the pervasive effects of prolonged use.

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