

A PROJECT REPORT ON
IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH OF
STUDENTS

Submitted to

DEPARTMENT OF STATISTICS

In partial fulfillment of the requirements

*For the award of **M.Sc.**, degree in **Applied Statistics***

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Certificate

This is to Certified that this project work entitled “**IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH OF STUDENTS**” is a bonafide record of project work done by **G Shiva Ram Goud, K Madhu Shekar, C GopiChand** M.Sc., Applied Statistics, Department of Statistics, S. V. University, Tirupati for partial fulfillment of the requirement for the reward of M.SC degree.

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1)

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We are benevolent and beholden to our parents for their scintillating support to complete this project.

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DECLARATION

We hereby declare that this dissertation titled “**IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH OF STUDENTS**” is a bonafied and genuine project work carried out by us under the guidance of **Dr. B. SAROJAMMA**, Head of the Department, Department of Statistics, Sri Venkateswara University Tirupati. This work is purely a new contribution of us and it was not used anywhere earlier for the purpose of any degree or reward.

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ABSTRACT

Given the prevalence of social media use, it is vital to understand the impact it plays on mental health. The purpose of this study was to shed light and better understand how frequent social media usage can affect mental health. Particularly, this study focused on the frequent usage of social media and its relevance to depression. Individuals with increased levels of social media usage were shown to have a positive correlation with depression symptoms, meaning as social media use increased, depression symptoms also increased. This study showed that social media use has the potential to affect individuals' mental health. Lastly, it is stated that social media is like a "DEEP OCEAN" have an intense impact on students from each aspect of their lives.



INTRODUCTION

Of 7.5 billion people on the planet, 4 billion use the internet. About 3.3 billion individuals are active social media users. Social media and networking sites emerged in the 20th century and since then have been evolving and growing exponentially. Social media can be defined as “forms of electronic communication (such as websites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content”.

As per the recent survey, 22% of adolescents sign on to their top choice social networking sites over 10 times each day, and the greater part of young people sign on to SNS more than once a day. Seventy-five percent of young people presently use phones, and 25% use them for social media, 54% use them for messaging, and 24% use them for instant messaging. Thus, a huge amount of this current age's social and enthusiastic advancement is happening while on the internet and cell phones. Recently, a few specialists have related social networking sites with a few mental disorders which include depression and anxiety. Since social networking sites are a moderately new wonder, numerous inquiries concerning the potential effect on mental health remain unanswered. Therefore this research undergoes the impact of social media on mental health issues of the student. The objective of the study is to determine the impact of social media on mental health issues such as depression and anxiety of students.

Social media and networking sites were introduced as an outlet and platform for communication, networking and for creating and sharing content. The first known social media site, Six Degrees, was established in 1997. Two years later, Blogging became a popular phenomenon. The early 2000s introduced sites like LinkedIn, MySpace, and YouTube. The year of 2006 brought forth the introduction of the social media platforms including Facebook and Twitter and these are two of the most popular social networking sites to date. In recent times, Instagram and Snapchat were introduced. Instagram was launched in 2010 and Snapchat emerged in 2011.

LITERATURE REVIEW

Several studies have been conducted social media and mental health of people, which shows both positive and negative relation between people mental health and social media use. The mental health of people has estimated over million people have a mental health condition. The statistics of youth experiencing mental health conditions such as major depressive disorder continued to rise in high rates of mental health in world continues to increase and the amount of time adolescence spend using social media is also on the rise to realise an average people spend 28% of their time using the internet for social media interaction. Multiple studies have found social media use a contribution link to various mental health symptoms associated with depression, anxiety, low self-esteem and negative wellbeing. These studies find that social media has a direct impact on mental health and wellbeing through the pure nature of content and interaction found while using social media sites. Some examples includes comparing users “number of likes and followers, feeling left out for not being invited to events and comparing grandiosity pictures to ones photos. As a result, social media has higher rate of affecting vulnerable population like those who suffer from mental health diagnosis and have the potential to cause mental health symptoms to surface. Meanwhile with social media being universal access to anyone around the world has been unlimited. While social media has brought new ways of communication, new opportunities of bullying have also emerged, such as cyberbullying. Cyberbullying can have emerged negative impact users taking cyberbullying so far that the victim suicide. While cyberbullying has found to mostly affect people. Research

show that adults can be impacted by this phenomenon as well. Using social media, conducted a study of cyberbullying in the workplace and found that out of 3666 participants 30% report being victimised and cyber bullied in the workplace. Using Twitter as an online platform, from conducted a survey on peoples preference on receiving education and tools to deal with mental health symptoms through social media. The results of the survey indicated that 85% of respondents favoured receiving mental health program through social media, 72% for understanding health and welfare and 90% preference turning to social media to gain new ways of cope mental health sub symptoms. Additionally mental health practitioners can utilise social media to raise awareness about risk such as privacy, safety, cyberbullying, stigma and discrimination. Study also found that social media could serve as a tool by family members seeking information to gain more education about a loved one's mental illness. Mental health access an engagement in one of the main barriers mental health practitioners run into when trying to reach vulnerable at -risk population who suffer from mental health diagnosis. Research demonstrates that these health awareness, education, and support to those suffering from severe mental health illness.

As of 2019 statistics, 2.7 billion people used Face book, Instagram, or Messenger each month and more than 2.1 billion people use at least one every day. Among them more than 1 billion who were dynamic clients of Facebook which is the most visited site the utilization of this application the young don't think pretty much all companions, the client's bio information is accessible there and the obscure companion might be hake their information. Just about 1 billion were dynamic clients of YouTube, over 4 million are WhatsApp dynamic clients, likewise 4 million were perpetual clients of Instagram and above 3 million were dynamic clients of twitter. Similarly, the quantity of online life client has been expanding step by step genuine hazard for youth psychological well-being.

DEFINITION OF SOCIAL MEDIA

There is no single recognized definition of social media. Social media is a subjective term because its meaning varies from person to person. The definition of social media is determined based on for what purpose it is used. Now social media have many definitions. A broader perspective is essential to understand the meaning of social media. Some of the definitions of social media are mentioned below:

- Social media is a forms of electronic communication (such as websites for social networking and microblogging) through which users create online create communities to share information, ideas, personal messages, and other content(such as video).
- According to the Cambridge Business English Dictionary (2020), social media is a form of media that permits people to communicate and share facts using the Internet or mobile telephones.
- According to Oxford Dictionary (2020), “The solutions automatically derives retail location traffic by turning excellent customer's experiences into a powerful marketing tool through social media.”
- Social media is interactive computer-mediated technology that facilitate the creation and sharing of facts, ideas, profession pastimes and other kinds of expression through virtual communities and networks.
- Social Media is a collection of Internet-based totally applications that build at the ideological and technological foundations of net 2.0, and that permit the advent and

alternate of user-generated content.

- Social media as, “kinds of electronic verbal exchange (as Web sites for social networking and microblogging) via which customers create on-line groups to share statistics, ideas, non-public messages, and other content (as movies).”
- Social media are interactive computer mediated technologies that facilitate the creation and sharing of information, ideas and career interests and other forms of expression via virtual communities and networks.

From the definitions cited above, the general meaning of social media may be derived as an internet-primarily based application that lets in the users to talk within the shape of text, voice or video and proportion data, thoughts, and visual factors in a virtual community, privately or publicly. However, using social media is not only confined to communication and sharing. Now, it's been utilized in fitness, politics, economics, technology, schooling, entertainment and service sectors distinctly.

DEFINITION OF MENTAL HEALTH

- Mental health is a state of wellbeing where in the individual realise his or her on abilities can address the normal stress of existence can work productively and fruit fully and is able to make contributions to his or her community.
- Mental health is defined as a kingdom of nicely-being wherein each man or woman realizes his or her personal capability, can deal with the everyday stresses of existence, can paintings productively and fruitfully, and is capable of make a contribution to her or his network.
- Mental health is a fundamental and vital part of overall health. It may be described in 3 approaches: the absence of disorder, a state in which the organism lets in the overall performance of its characteristic, a country of stability between one’s bodily and social environment. Each of these 3 definitions relies upon at the primary needs, inclusive of meals, safe haven, survival, protection, society, support and freedom from pain, environmental risks, and stress and from any part of exploitation.

Based on the above three definitions, it can be stated that mental health is a state of well -being and an ability to understand and make use of one’s ability to stay a normal life.

However, there are numerous arguments in finding the regularly occurring meaning of mental health. Furthermore, according to the World Health Organization (WHO), mental health is a country of healthful mind. If the thoughts is unhealthy, consequences are an intellectual infection and an intellectual disorder where the mental contamination refers to despair, tension, bipolar disease, and the mental sickness refers to an alcohol and drug dependency together with the mental illness.

HISTORY

Many people like to link the history of social media to the growth in communications technology that has been occurring since the end of the 19th century. A common starting point is Samuel Morse’s first telegraph, which he sent in 1844 between Washington, D.C. and Baltimore.

However, going off our definition from before, this type of communication does not qualify as social media. First, it did not take place “online,” and second, telegrams do not contribute to

any larger community or collective. Instead, they are used to send individual messages between two people. So, while it's interesting to think of social media history as being part of a much larger continuum, the real history of social media starts in the 1970s with the emergence of the internet.

The Rapid Growth of Internet

The internet has its roots in the 1960s and 1970s when various private and public organizations were working to try and find ways to get computers to communicate with one another. In a sense, this can be considered as the beginning of social media. However, it wasn't until the 1980s, and really the 1990s, that personal computers became more normal, which set the stage for the emergence of social media.

Additionally, the emergence of blogging and the bulletin board system in the 1990s helped usher in the age of online social networking sites. The idea that an average person could log on to the internet and write about what they were thinking, feeling, and doing, and that these posts could be read by anyone at any time, and responded to, helped people begin to understand the full significance of the internet.

Using our definition of social media above, the first two social media platforms were Six Degrees and Friendster, both of which are no longer around, despite playing an influential role in starting what has become a social media revolution.

SIXDEGREES

The website credited as being the “first online social media” site is Six Degrees. It's named after the “six degrees of separation” theory, which states that everyone in the world is connected to everyone else by no more than six degrees of separation. This is often called the “Six Degrees of Kevin Bacon” theory, although Kevin Bacon himself is irrelevant to the phenomenon.



It was launched about 24 years ago in 1997 by **Macro View** (later renamed to Six Degrees). Six Degrees had around 100 employees, and the site had around 3.5 million fully registered members.

The reason Six Degrees is considered to be the first of the social networks is because it allowed people to sign up with their email address, make individual profiles, and add friends to their personal network. It was officially launched in 1997, and it lasted until about 2001. It's number of users peaked at around 3.5 million. It was bought out by Youth Stream Media Networks in 1999 for \$125 million, but it shut down just one year later.

FRIENDSTER

A few years later, in 2002, the site Friendster emerged to compete with Six Degrees. Like Six Degrees, it allowed users to sign up with their email address, make friends, and save them as part of a personal network. People could also share videos, photos, and messages with other users, and they were also able to leave comments on other people's profiles, so long as they were part of each other's personal network.

A few months after its launch, Friendster had over 3 million users, and this number continued to grow, eventually reaching over one hundred million.

While the Friendster logo went through at least three notable modifications, it always preserved its mood, which was very friendly, relaxed, and optimistic. In other words, it perfectly fitted the company's mission and the field, where it worked.

2002-2009



The original logo showcased a smiling face slightly tilted to the left. Next to it, there was the word "Friendster" set in a simple sans serif typeface. All the letters were lowercase. The logo could be given either in black or in blue over the white background.

2009 - 2011



The following version was quite illegible. The name of the company was set in a unique cursive script. It had a laid-back and uplifting mood. And yet, you could hardly figure out what the name of the brand was unless you already knew it. Taking into consideration excellent brand awareness the company could boast by that time, this design looks comparatively acceptable. The "smiling face" theme was preserved here in a modified style. The end of the "r" glyph was extended and curved to form a smile. Above it, there was a pair of dots imitating the eyes. The wordmark was placed inside a solid green cloud. There was also a darker version, where there were plenty of bubbles.

2011 - 2015



The last version looked pretty much like the original one and had nothing to do with the 2009 logo. The experiment with the illegible wordmark didn't prove successful.

Once again, you could see the name of the brand in an austere San featuring lowercase letters. Once again, there was a smiling face tilted to the left. Yet, this time, there were three more smiling faces, all featuring different colours.

All the faces were now drawn with more detail, while the type looked more compact.

In 2011, Friendster was rebranded as a social gaming site that was focused mainly on the gaming community. This helped it stay relevant alongside competing sites like Google, Yahoo!, and Facebook, but in the end, Friendster was doomed to fail. In 2015, it suspended all of its services, and on Jan. 1, 2019, it ceased all operations and officially closed its doors.

Development of social media platforms

In 1991, when Tim Berners-Lee integrated hypertext software with the Internet, he created the **world wide web**, marking the beginning of modern era of networked communication. This breakthrough facilitated the formation of online communities and enabled support for offline groups through the use of weblogs, list servers, and email services progressed from serving as channels for networked communication to becoming interactive platforms for networked social interaction with the advent of web 2.0

Social media started in the mid-1990s with the advent of platforms like GeoCities, Classmates and SixDegrees. While instant messaging and chat clients existed at the time, SixDegrees was unique as it was the first online service designed for real people to connect using their actual names.

APPLICATIONS OF SOCIAL MEDIA

At present days technology is improved very well. We depend on technology we do our work fast and easily. Today the youth and educated people very well attracted with the applications of social media like

1.FACEBOOK

Facebook is an online social media and social networking site owned by American technology giant Meta platforms. Created in 2004 by Mark Zuckerberg with fellow Harvard college students and roommates

Facebook can be accessed from devices with Internet connectivity, such as personal computers, tablets and smartphones. After registering, users can create a profile revealing information about themselves. They can post text, photos and multimedia which are shared with any other users who have agreed to be their "friend" or, with different privacy settings, publicly. Users can also communicate directly with each other with Messenger, join common-interest groups, and receive notifications on the activities of their Facebook friends and the pages they follow.



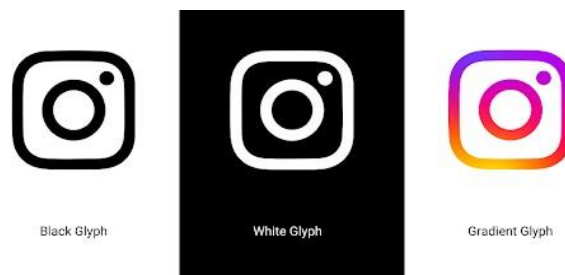
The “f” logo is one of Facebook’s most important visual and identity assets. It has changed slightly over the years, but it remains as the way for people and brands to represent Facebook, as use of the full “Facebook” wordmark logo isn’t permitted. The current logo features the trademark ‘f’ in white on a blue circular tile.

2.INSTAGRAM

Instagram is widely known as a visual platform full of images and videos. Although the design has changed over time, their long-lasting camera-inspired logo really points to that symbolism!

Instagram is a photo and video sharing social networking service owned by American company Meta Platforms. The app allows users to upload media that can be edited with filters, be organized by hashtags, and be associated with a location -via geographical tagging. Posts can be shared publicly or with preapproved followers. Users can browse other users' content by tags and locations, view trending content like photos, and follow other users to add their content to a personal feed.

Instagram has two logo variations, the black and white logo (shown below in both black and white) and the gradient logo.



3. YOUTUBE

YouTube is an American online video sharing and social media platform headquartered in San Bruno, California, United States. Accessible worldwide, it was launched on February 14, 2005, by Steve Chen, Chad Hurley, and Jawed Karim. It is owned by Google and is the second most visited website, after Google Search. YouTube has more than 2.5 billion monthly users, who collectively watch more than one billion hours of videos each day. As of May 2019, videos were being uploaded at a rate of more than 500 hours of content per minute.



4. WHATSAPP

WhatsApp is the most successful instant messaging app now available in world. It was founded in 2009 by **Brian Acton** and **Jan Koum**, both former employees of yahoo!.

WhatsApp (also called WhatsApp Messenger)

Is a freeware, cross-platform, centralized instant messaging (IM) and voice-over-IP (VoIP) service owned by United States tech co Meta Platforms. It allows users to send text, voice messages and video messages, make voice and video calls, and share images, documents, user locations, and other content. WhatsApp's client application runs on mobile devices, and can be accessed from computers. The service requires a cellular mobile telephone number to sign up. In January 2018, WhatsApp released a standalone business app called WhatsApp Business which can communicate with the standard WhatsApp client.



5. PINTEREST

Pinterest is an American image sharing and social media service designed to enable saving and discovery of information (specifically "ideas") on the internet using images and, on a smaller scale, animated GIFs and videos, in the form of pinboards. The site was created by Ben Silbermann, Paul Sciarra, and Evan Sharp; it had 463 million global monthly active users as of April 2023. It is operated by **Pinterest, Inc.**, based in San Francisco.



The creators behind Pinterest summarized the service as a "catalogue of ideas" that inspires users to "go out and do that thing", although that it is not an image-based "social network". It also has a very large fashion profile. In later years, Pinterest has also been described as a "visual search engine".

6. SNAPCHAT

Snapchat is an American multimedia instant messaging app and service developed by Snap Inc., originally Snapchat Inc. One of the principal features of Snapchat is that pictures and messages are usually only available for a short time before they become inaccessible to their recipients. The app has evolved from originally focusing on person-to-person photo sharing to presently featuring users' "Stories" of 24 hours of chronological content, along with "Discover", letting brands show ad-supported short-form content. It also allows users to store photos in a password-protected area called "my eyes only". It has also reportedly incorporated limited use of end-to-end encryption, with plans to broaden its use in the future.



PROS OF SOCIAL MEDIA

- **Connect to people all over the world**
One of the most obvious pros of using social networks is the ability to instantly reach people from anywhere.
- **Easy and Instant Communication**
Now that we're connected wherever we go, we don't have to rely on our landlines, answering machines or snail mail to contact somebody. We can simply open

up our laptops or pick up our smartphones and immediately start communicating with anyone on social media or one of the **many social messaging apps** available.

➤ **Real time News and Information Discovery**

Gone are the days of waiting around for the six o'clock news to come on TV or for the delivery boy to bring the newspaper in the morning. If you want to know what's going on in the world, all you need to do is jump on social media.

➤ **General Fun and Enjoyment**

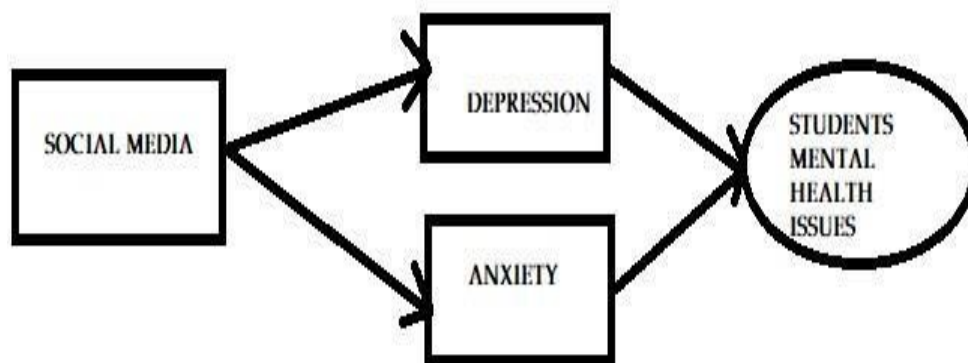
You have to admit that social networking is just plain fun sometimes. A lot of people turn to it when they catch a break at work or just want to relax at home. Since people are naturally social creatures, it's often quite satisfying to see comments and likes show up on our own posts, and it's convenient to be able to see exactly what our friends are up to without having to ask them directly.

CONS OF SOCIAL MEDIA

➤ **Depression and Anxiety**

Spending too long on social networking sites could adversely affect your mood. In fact, chronic social users are more likely to report poor mental health, including symptoms of anxiety and depression.

Social media lets you see the carefully selected best parts of everyone else's lives, which you then compare to the negatives in your own life (that only you see). Comparing yourself to other people is a sure path to anxiety and unhappiness, and social media has made this much easier to do.



➤ **Cyberbullying**

While social media makes it easier to meet new people and make friends, it also enables cruel people to tear into others with little effort. For instance, they might create a fake profile and act friendly to a classmate, then later betray and embarrass them online.

These online attacks often leave deep mental scars and even drive people to hurt themselves or take their own lives, in some cases. And as it turns out, cyberbullying doesn't just affect kids. Adults can become victims of online abuse, too. Since screens hide our faces, you can end up being a jerk on social media and other websites without even realizing it.

➤ **FOMO (Fear of missing out)**

FOMO is just what it sounds like: a form of anxiety that you get when you're scared of missing out on a positive experience that someone else is having. For example, you

might constantly check your messages to see if anyone has invited you out, or focus on your Instagram feed all day to make sure that nobody is doing something cool without you. You may also see pictures of something fun that your friends were able to do, feeling left out that you couldn't go because you had another responsibility.

➤ **Unrealistic Expectations**

As most people are probably aware, social media forms unrealistic expectations of life and friendships in our minds. Users often compare their lives to carefully curated online persons, leading to feelings of inadequacy, jealousy, and lower self-esteem.

➤ **Negative Body Image**

Exposure to unrealistic body standards in images can lead to body dissatisfaction and contribute to eating disorders.

And to nobody's surprise, body image is now an issue for almost everyone. Of course, seeing so many people who are supposedly perfect (according to society's standards) on a daily basis makes you conscious of how different you look from those pictures. And not everyone comes to healthy conclusions in this situation.

It's really important to remember that everybody is human. No one wakes up every day looking like a supermodel, and while many people have gone to great lengths to train their bodies, that's not the case for everyone who looks fit. Many people, in search of social media fame, have definitely taken unhealthy routes to appear more attractive.

Surround yourself with people who love you for who you are, and you won't have to stress about fake Instagram beauty.

➤ **Unhealthy sleep patterns**

On top of increasing the cases of anxiety and depression, another bad thing about social media is that spending too much time on it can lead to poor sleep. Numerous studies have shown that increased use of social media has a negative effect on your sleep quality.

If you feel that your sleep patterns have become irregular, leading to a drop in productivity, try to cut down on the amount of time you browse social media.

This is especially the case when using your phone in bed at night. It's all too easy to tell yourself that you'll spend five minutes checking your notifications, only to realize an hour later that you've been mindlessly scrolling through some nonsense you don't even care about.

Don't let social media algorithms, which are designed to keep your attention for as long as possible, steal your valuable sleep too. Getting less sleep, combined with that sleep being lower quality, is a dangerous, unhealthy combination.

➤ **General addiction**

Social media can be more addictive than cigarettes and alcohol. It has a powerful draw for many people that leads to them checking it all the time without even thinking about it.

If you're not sure whether you're addicted to social networks, try to remember the last time you went a full day without checking any social media accounts. Do you feel rejected if someone unfollows you? And if your favourite social networks completely disappeared tomorrow, would the absence make you feel empty and depressed?

At the end of the day, social media sites want to keep you scrolling for as long as possible so they can show you lots of ads and make more money. Because of the

attention economy, these sites need your eyes on them for as long as possible. Apps like TikTok feed you a constant barrage of quick videos that destroy your attention span over time.

Just because you've been going overboard on social media use doesn't mean you necessarily need to wipe out all your social networking accounts. However, if you think quitting is the best solution for you, it isn't a bad idea. See our guide to quitting social media for good if you'd like help.



REDUCE USE WHEREVER YOU CAN

As with everything else, there are good and bad aspects of social media. We've discussed some of the negative impacts social media has for many, but you're the one who must decide whether there's more help or harm in it for you personally.

If you find that social media is having a negative impact on your life, stop using it. However, if you decide to stay, there are ways to waste less time on social media, and thus maintain a healthier relationship with it.

Alongside become aware of how much you use social media, you can introduce a series of small changes to your digital habits, making them instantly more sustainable and healthy:

- Turn your screen to greyscale to reduce the lure and addictiveness of colours, sounds and app styles
- Remove apps which 'hook' you in
- Turn off all the notifications
- Use the app to track your usage of different apps and set a goal that aims to reduce it
- Look for usage patterns. Are you logging in or switching on during times of stress, boredom, anger or sadness?
- Don't take your devices to bed with you

SOCIAL MEDIA USAGE

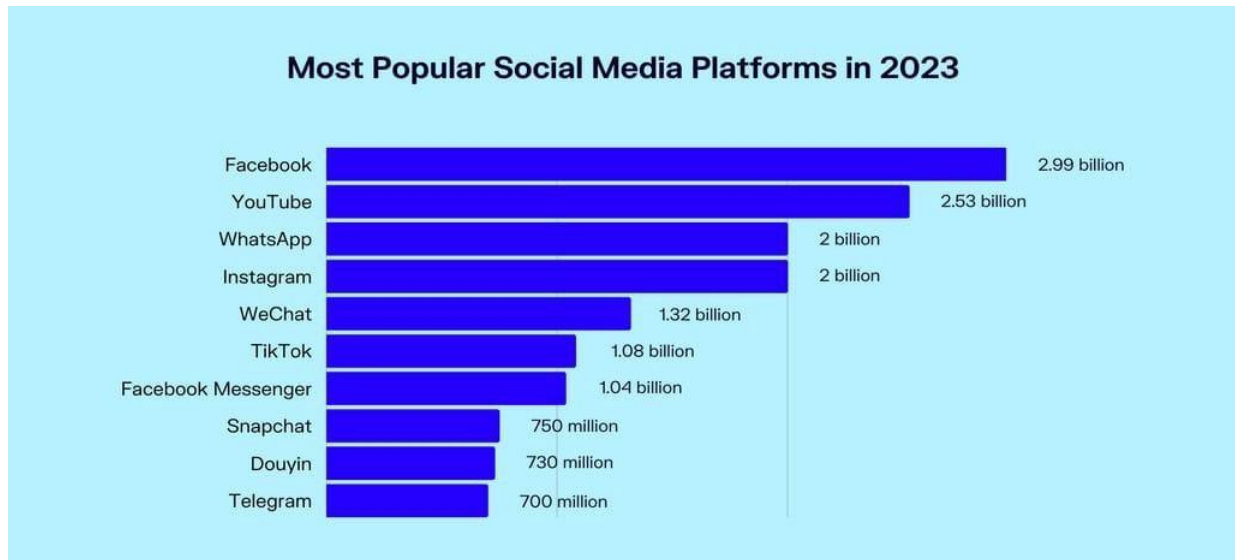


FIGURE 1. Showing the range of social media users global (in billions)

The figure 1 above shows that Facebook is the main social media website 2.99 billion users accompanied by way of YouTube (2.53 billion), WhatsApp (2 billion), Instagram (2 billion) concurrently and the listing is going on. In widespread, the reasons to use social media are to live in touch with friends or families, to share pics and motion pictures, to live updated with news and modern-day issues, to satisfy the spare time, to proportion opinions, for networking and marketing, and to meet new people.

DATA COLLECTION

An online questionnaire survey was conducted with the students through E mail, WhatsApp and also link shared via Facebook, received valuable feedback. There were altogether twenty questions where in ten questions were qualitative, and one become quantitative. The questionnaire become created the using of Google forms and sent to via e mail, WhatsApp and Facebook for the responses. A time of 1 week turned into given to respond to the survey. There become a complete of 100 responses. Since the whole respondents are only 100, the sample length is 100. The answers had been taken as a sample to study the know-how of students on the effects of social media on mental health. The survey questions may be discovered below.

DATA ANALYSIS

s.no	Names	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	M Prasanna	2,3	2	1,3	1-4	1,2	3	2	2	2	2,6 8	2	2	1	4	2	2	1,2	2	2	3
2	Uma Devi	2-4	3	1,7	2-5	2,4-6	3	2	3	1-9	1,2,4-7	2	1	2	4	3	1	1-3	2	2	3
3	P Srinu	3	1	7	1,2,4	2,4	2	3	3	3,7	4	1	2	2	1	2	1	3	1	1	3
4	U Anitha	1,3	3	4,6	4	4	3	3	1	7	6	2	3	3	4	3	2	4	2	2	3
5	Y Mounika	3	3	6	4	2-4	2	2	2	2	2	2	3	3	3	3	2	1-3	2	1	2

6	Jaasmitha	2,3,5	1	1,3,7	1-6	1-4,6	3	3	2	2,3,5,7	3,5-7	2	3	3	2	2	2	4	1	1	4
7	Vaishnavi	2	1	6	1	2	3	2	2	3	6	2	1	1	3	3	2	1	1	1	1
8	P Lakshman	3	3	1,3,6,7	1-4	1,4,6	2	3	1	5,8	5,7	2	1	2	1	2	2	3	1	1	2
9	K Kumar Sagar	3	2	1,3,6	2,4,5	2-4	2	2	2	2,3	7	2	2	2	2	2	2	1,3	1	1	2
10	Pradeep	2,3	2	1	1-4	1,2,4	1	1	1	2,3,5,7	1,8	2	2	2	4	2	2	4	1	1	3
11	P Ramya	3	1	1	1	2	1	3	1	2	2	2	1	1	3	1	1	1	1	1	1
12	B Sriram	2,3	2	1,2,3	1,2,4	1-3	2	3	2	2	1,2,4	2	3	2	1	2	1	1-3	1	1	3
13	Durga Prasad	3	3	1	4	4,5	2	3	2	2	8	2	1	1	1	1	1	1-3	1	1	3
14	M Anitha	3	4	1	4	4	2	2	1	2	4	2	3	3	4	1	2	4	2	2	4
15	Sk Fathima	3	1	3	1	1	2	2	1	2	2	2	1	3	2	3	2	4	1	2	5
16	M Madhuri	1,3	1	1,6	1	4	3	2	1	2	2	2	3	1	2	3	2	3	1	1	3
17	K Shiva	3,4	1	1,6	2,4,5	1,2	2	3	3	2,3	1,8	2	3	1	4	3	1	2	2	1	3
18	G Mahi	3	1	1,4	1-4,6	1-7	3	1	1	3,7	4	2	1	1	3	3	2	3	1	1	1
19	Sid	3	1	1,3,4,7	1-5	1,2,4,5	1	2	2	1-9	1,5-8	1	2	2	4	2	1	2,3	2	1	1
20	D Praveen	1-4	2	1-7	1,3,5,6	1,4,5	2	3	2	2-5,9	2,3,4,7	1	3	2	1	2	2	1	1	1	2
21	Anusha	5	1	6	3	1	3	2	2	1	1	2	2	1	4	2	1	4	2	2	1
22	Janani	2,3	1	3,6	2,4	2,3	2	2	2	2	2	2	2	1	1	2	1	1-3	1	2	3
23	P Sindhu	3	3	1,3	2,3,4	2,4	2	2	2	2,3,7-9	2,4,6,7	2	2	1	1	2	1	2,3	1	1	2
24	S Sai Kumar	1-4	3	3	2	4	2	3	1	3,4,5	1,3,4	2	2	2	2	2	2	1	1	2	3
25	A Eswari	2,3	1	1-7	1-6	1-3	2	2	2	2,3,8	1,2,4,7,8	2	3	2	1	2	2	1-3	2	1	2
26	P Gopi	3	2	7	4	1	2	3	1	3	1	2	3	1	2	3	2	4	2	2	2
27	Prem Kumar	3	1	1	4	3	2	2	2	9	1	1	2	2	3	2	1	1	2	2	2
28	Aswini	2	1	3	1,3,4	4-6	2	2	2	3,5,7,8	2,5,6	2	2	2	1	2	2	1,2	1	2	2
29	Vinay	2-4	1	1,3,4	2,3,4	2,4-6	2	2	2	2,3,5,7	6,7	2	2	2	3	1	2	1-3	1	1	2
30	A Krishna Priya Raj	2-5	1	3,5,6	2-5	1,6	2	2	1	2,5,9	2	1	3	3	3	3	2	4	1	1	4
31	P Swetha	2,3,5	2	3,6	1-5	2	2	2	1	2,7	1,2,4,6,7	2	3	3	4	3	2	4	2	1	2
32	K Neeraja	2	1	4	3	2	2	1	1	2	7	1	1	1	2	1	1	2	1	1	2
33	Sangeetha	2,3	4	1,2,3	2,4	1,2,4-6	2	2	3	2,6,7	3,7,8	2	1	1	4	2	1	1	1	1	3

34	C Maheswari	3	1	6	4	4	3	2	3	7	2	2	2	3	4	3	1	4	2	2	4
35	K Aswini	2	1	4	3	5	3	1	1	9	1	2	2	2	4	1	1	1	1	2	1
36	V Anusha	3	2	1,2,3	1-4	2,4,6	3	2	2	2,3,5,7,9	2,4,6	2	2	1	2	1	2	1,3	1	1	2
37	G Devi Mounika	3	3	3	2,4	2,4	2	2	2	2	8	2	1	3	1	3	2	1,3	1	1	3
38	Renu Sri	2,3,4	3	1,3	2,4	1,2,4,5	2	2	2	2,3,5,7	1,3,5	2	2	2	4	3	1	2,3	2	2	3
39	Praveen	1-6	4	1-7	1-6	1-7	2	3	1	8	2	1	1	3	1	1	1	1-4	2	2	2
40	VINAY	3	4	1	4,5	2,4,6	3	2	1	2,3	2	2	2	1	2	1	1	2	1	1	1
41	Satya Alekhya	2,3	2	1,3	1-4	1,2,4	1	2	2	2,3,7	1,2,3	2	1	1	2	2	1	1	1	1	1
42	K Ganesh	3	1	7	4,5	2,3,6	1	2	1	5	4	2	1	1	1	1	1	3	1	1	2
43	K Anitha	3	1	6	4	1	2	4	1	9	4	1	1	1	1	1	1	2	1	1	4
44	Cristy chelsi	3	2	1	2	2	2	1	2	2,3,7	3	1	2	2	2	2	1	1	2	1	2
45	Chandrika	3	1	2,3	1,3,4	1,2,5	3	2	2	2,3,5,7	2,7	2	2	2	3	3	2	4	2	1	3
46	Harshini Reddy	2,3	2	1	5	4	3	2	3	2	2	2	1	1	1	1	1	2	2	2	1
47	Sneha Reddy	2,3	1	1	4	2,4	2	2	3	1	8	2	1	2	2	2	2	1,3	1	1	1
48	G Prema Latha Sree	3	1	3	1,2	2	1	2	1	3	2	2	3	2	4	2	2	1	1	1	2
49	Gogu Prema	3	3	7	1	2	2	2	1	7	2	1	3	3	2	2	2	4	1	2	2
50	Gayathri	5	1	1,2	3,4	1,3,5	2	2	2	2,5	1,7	2	3	2	4	2	2	1	1	2	3
51	C Devipriya	1,3	2	3	2	2	2	1	1	2,3,7,8	1	2	1	2	3	2	2	1	2	2	1
52	N Bhargavi	1,3,4	2	3	3	4	1	3	2	3	4	1	2	1	3	1	1	2	2	2	1
53	Jagadeswari	3	1	1,7	1,2,3	2,4	1	3	2	3,7	1,7	2	2	2	4	2	1	1	1	1	2
54	Veeresh	3	1	1,2,3,7	1,3	2,4-6	4	3	2	1-3	1-3,4,7	2	1	1	2	2	1	1-3	1	1	2
55	Y Srija	3	1	3,4	3,4	2,5	3	2	2	2	1	2	3	3	4	3	1	2,3	2	2	4
56	Sravani	1-3	1	1,3,4	2,4	1	2	2	2	2,3	1	2	3	2	2	3	2	2,3	2	2	3
57	M Sai Charitha	3	1	1-4,7	1-4	2-4,6	1	3	2	2,5,7	1,2,4,6	2	2	2	1	2	1	1,2	1	1	3
58	Harish	3	1	1	1	2	2	1	1	1,7	1	1	1	1	1	1	1	1	1	1	1
59	A Jayanthi	3,5	2	1,2,6,7	1-6	2,4	2	2	2	2,7	2,5	2	2	2	4	2	2	3	1	1	3
60	Shravanth Kumar	3	1	1,2	4	4	2	2	2	9	7	1	3	3	4	3	2	2	2	2	4
61	D Srinivas	1-6	4	1-7	1-6	5	2	3	1	2	2	1	3	3	1	3	2	4	1	1	3
62	Chandu	2,3	1	1,3	1,2,4	2,3	1	2	2	2,3	1	2	2	1	4	1	1	2	2	1	1

63	A Amrutha	3	1	3	2	2	2	2	1	3,7,8	1,2,6	2	2	3	4	3	2	4	2	1	3
64	Raja Vijetha	1-3	3	1-3,6	1-4	1,2,4	2	3	3	2,3	1,2,9	2	3	2	1	1	1	1-3	1	1	2
65	M Pallavi	3	1	1,3,7	1-5	5,6	3	2	1	5,7	2,4	2	3	3	4	3	2	1-3	1	1	3
66	Sri Bhavani	3	1	6	4	2	2	3	2	2	3	2	1	1	1	3	1	1	2	1	3
67	Pravallika	3	2	1,3,4	2,3	2,3,5	2	2	2	2,3,7	2,4,6	2	3	1	4	2	1	4	1	1	3
68	Harish	1-3	1	1	1,2,3	1-7	2	2	2	1,8,9	7,8	2	3	3	4	1	2	4	2	2	2
69	K Shilpa	3	1	1	3	6	2	2	2	2	2	2	3	1	4	3	2	1	2	2	2
70	Geetha	1,3	2	3	1,3	4,6	1	2	1	2,3	4	2	1	2	3	2	2	1	1	1	2
71	N Hemalatha	3	1	3	3	2	2	2	2	2	6	2	2	1	4	2	1	4	1	1	4
72	M Hima Varshini	1-5	4	1	1-4	2	2	3	2	3,7	1,2	2	2	2	4	2	1	1-3	1	1	3
73	P Swetha	2,3	2	1,3,6	2,3,4	1,2,4,5	2	2	2	2	2	2	3	3	2	2	1	1-3	2	2	3
74	S Bhargavi	1,3,4	2	3	3	4	1	3	2	3	4	1	2	1	1	2	2	2	2	1	1
75	Sai Anjani	2,3,5	1	1,3,6	1-6	1,2,4,5	2	2	2	2,4,6	2,5	2	3	3	4	3	2	1-3	1	2	3
76	Sahithi	3	1	1	4	2,4-6	2	2	2	2,4,5	7,8	2	2	3	4	3	2	1-3	1	1	1
77	G Rakesh Reddy	3	1	1,3,4	1-5	1-4	2	1	2	2,3,5,7	4,6,7	2	3	2	1	3	1	1-3	1	1	2
78	Jyothi	1-3	4	1-7	1-6	1-7	2	1	1	1-9	1-8	1	2	1	1	1	1	1	1	1	1
79	Anusha Sriramula	1-3	2	1,3,7	1-5	1,2,4,5	1	3	1	2-5,7,9	1,2,4,6,8	2	2	2	4	3	2	2,3	1	1	3
80	P Srividhya	2,3	1	1-3,6	1,2,4	1-3,6	1	2	1	2,3,5	1,2,7	2	2	2	2	2	1	1	1	1	2
81	T Anusha	3,4	1	1,7	2-4	2,5	2	3	2	2	1,5	2	2	2	2	3	1	2,3	2	2	3
82	Gunji Rajini	3	1	1	3,4	2	2	2	1	2,7	2	1	3	1	4	3	2	1-3	1	1	2
83	D Naveen	3,4	1	1,6	2-5	1,2,4,7	2	3	2	2,3,7	1,2,6	2	2	2	1	3	2	2,3	1	1	3
84	Nachan Pavani	2,3	1	1,3	1-4	2,3	2	2	1	2,3,7	2,6	2	3	2	4	2	1	2,3	1	1	2
85	Naresh	3	1	3	2	2	2	1	1	2	2	2	3	1	2	3	2	4	1	1	4
86	Bishal	3	1	4	2	2	2	1	1	2	2	2	3	3	2	3	2	4	1	2	4
87	Lisa	5	1	1	1	4	2	3	2	9	1	2	2	2	4	3	2	2	2	2	3
88	Vishnu Vasanth	1-3	1	1	4	1,2	2	2	2	2	3	1	1	1	4	3	1	1	2	2	2

89	Marina Lepcha	1	1	3	2	2	3	2	2	2	1	2	3	2	3	3	2	2	1	1	2
90	Narasimha	1,3	1	1,3,6	2,3,4	1,2,3	2	3	2	1-4	1,2,3	1	1	1	1	1	1	1	1	1	1
91	Bharath	3	2	3	2,4	2	2	1	1	2	2	1	3	1	1	1	2	2	1	1	4
92	Sravya	5	1	7	1	2	2	3	2	3	1	2	2	1	1	1	2	4	2	1	1
93	Harsha	3	1	3,4	2,4,5	6	4	1	1	1-3,6,8	3	1	3	1	1	3	2	1	2	2	3
94	Sureshkrishna	2	1	4	3,4	2	2	1	1	2,7	4	2	2	2	2	2	1	1	1	1	4
95	N Madhu Mohan	3	3	1	1,2,4	2	2	3	1	2,3,7,8	1,7	1	1	3	1	3	2	2	1	1	1
96	Sreenath	1-5	2	1,2,4	1,2,3	1	1	1	1	3,7	1	1	1	3	2	3	2	4	1	1	4
97	Y Vikram	3	1	7	3,4	1-7	4	3	2	3,5-7	6,8	2	2	1	4	1	1	1-3	1	1	2
98	N Mohan	1-4	2	1,3,6	1,3,4	1,7	1	1	1	1-3	2	2	1	3	2	3	2	4	1	1	1
99	Arjun	6	1	7	2	1	2	2	2	7	3	2	1	1	1	2	1	3	1	1	1
100	Karana	3	1	2	2	1	1	2	1	3	1	1	2	1	1	2	2	2	1	1	1

➤ Gender

s.no	Options	Responses
1	Male	37
2	Female	63

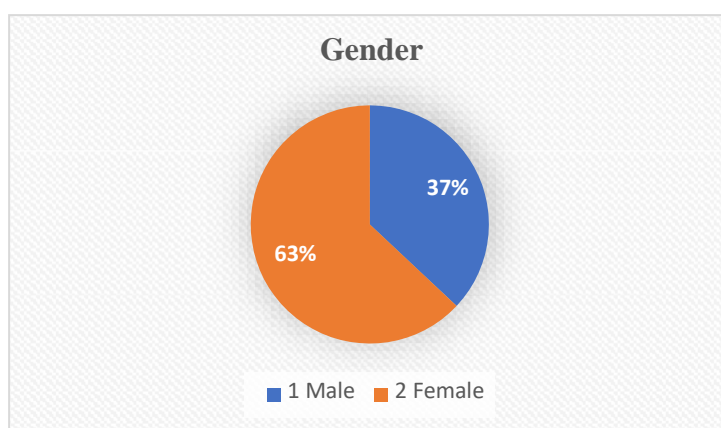


FIGURE 2: 63% of females with 37% of males

➤ **How old are you?**

s.no	options	Responses
1	0-18	4
2	18-25	88
3	25+	8

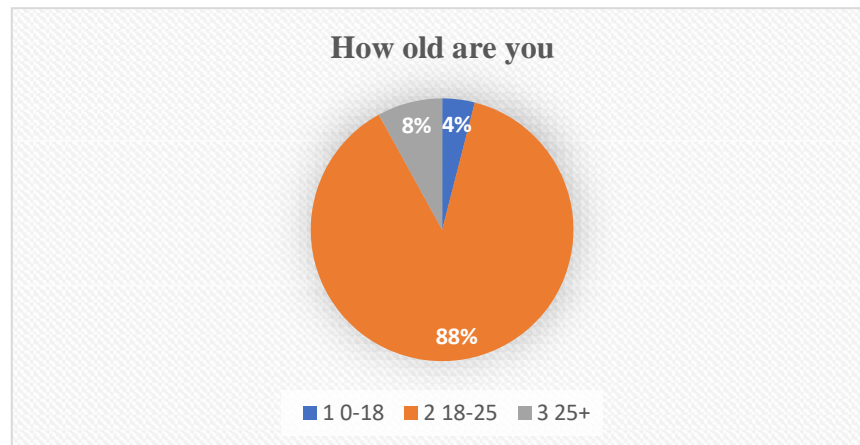


FIGURE 3 : More than 80% responses are in age 18-25

1. What social networking sites do you use?

s.no	options	Responses
1	Facebook	19
2	Snapchat	37
3	Instagram	87
4	Twitter	15
5	Pinterest	13
6	Tumblr	2

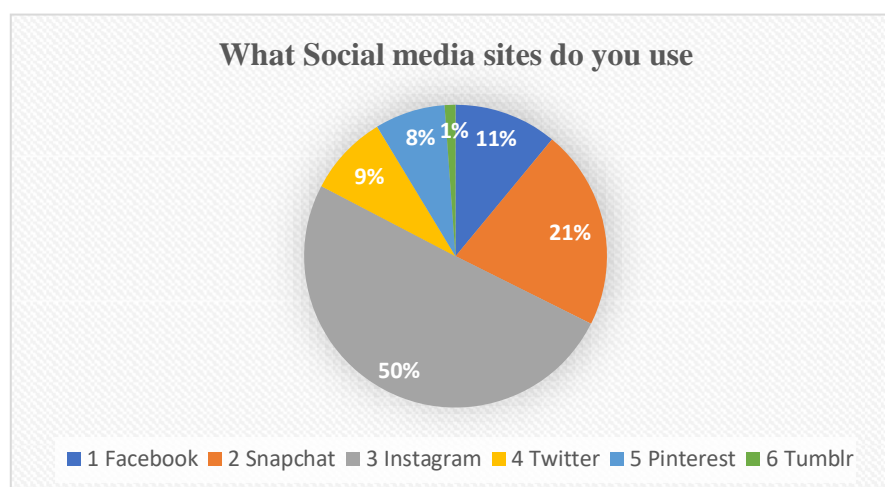


FIGURE 4 : The results shows 50% of respondents using Instagram

2. How many hours a day do you spend on these sites?

s.no	Options	Responses
1	1-2hrs	58
2	3-4hrs	25
3	4-6hrs	10
4	6+	7

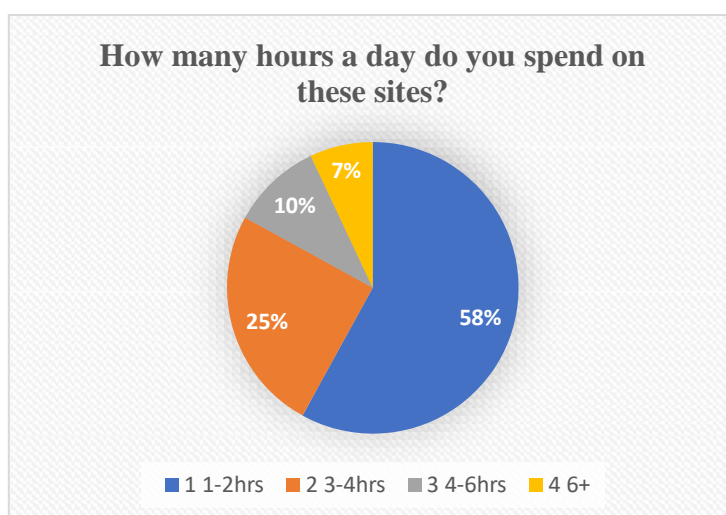


FIGURE 5 : More than 50% of respondents using 1-2 hours of social med

3. Why do you use these Social Networking Sites?

s.no	Options	Responses
1	Keep up with news/gossip/trends	61
2	To feel a Sense of Belonging	18
3	Contact and Connect with Family/Friends	52
4	Interact with new people	20
5	Organising Events	6
6	Sharing/Liking posts	29
7	Raise Awareness	21

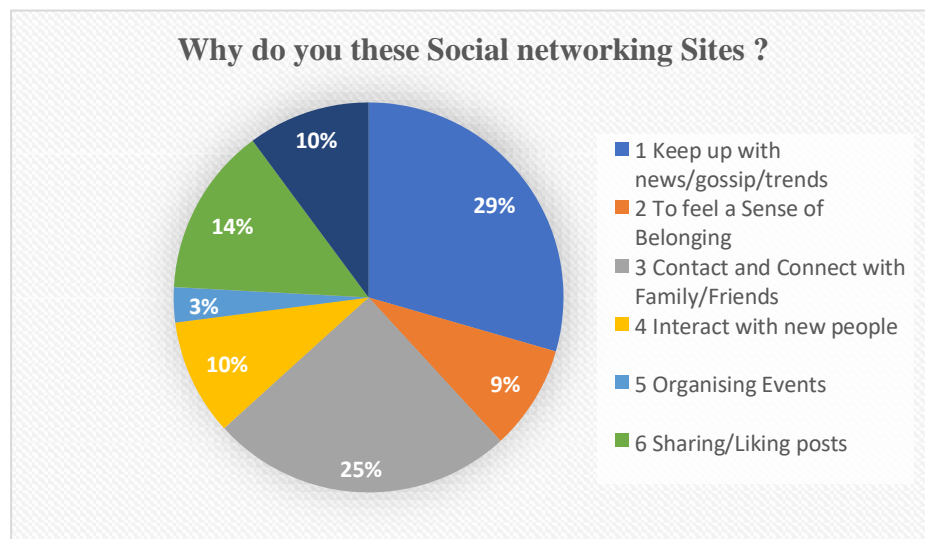


FIGURE 6: Showing percent of respondents on distinct purposes of using social media

4. What are the Personal Benefits Of Using Social networking sites?

s.no	Options	Responses
1	Help with studies	45
2	Staying connected with friends	58
3	Learning new skills	52
4	Entertainment	67
5	Sharing common interest	22
6	Digital Reputation	9

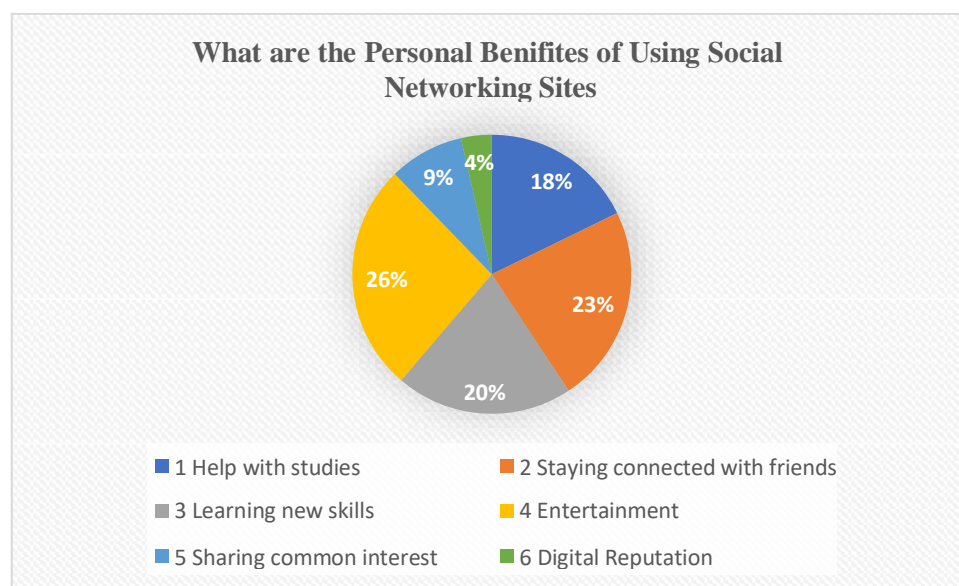


FIGURE 7: Showing percent of respondents on distinct benifits of using social media

5. What do you believe are the disadvantages of using social networking sites?

s.no	Options	Responses
1	Cyber-bullying	39
2	Headaches-Eye problems	68
3	Less social interaction	19
4	Time consuming	48
5	Unrealistic expectations	26
6	Negative feelings/emotions	23
7	Digital reputation	7

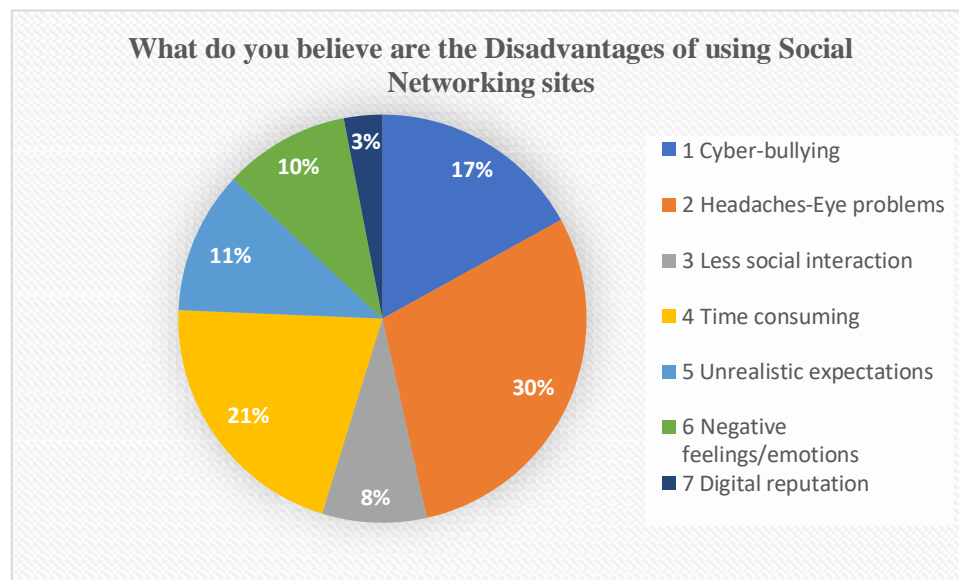


FIGURE 8 : Showing percent of respondents on various advantages of using social media

6. Do you think Privacy policies are effective in social Networking Sites?

s.no	options	Responses
1	Strongly agree	17
2	Agree	63
3	Disagree	17
4	Strongly disagree	3

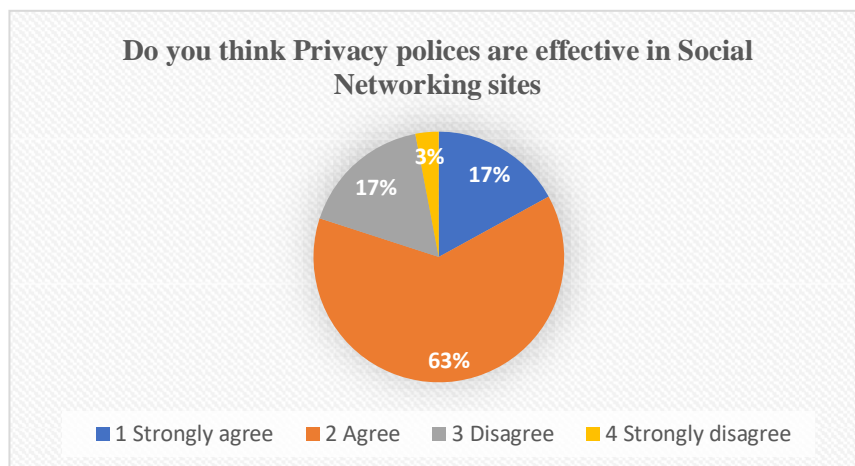


FIGURE 9: More than 60% of respondents agreed to privacy policies are effective in social media

7. Do you accept strangers who try to friend you on Social networking sites?

s.no	options	responses
1	Yes	16
2	No	53
3	Sometimes	30
4	Other	1

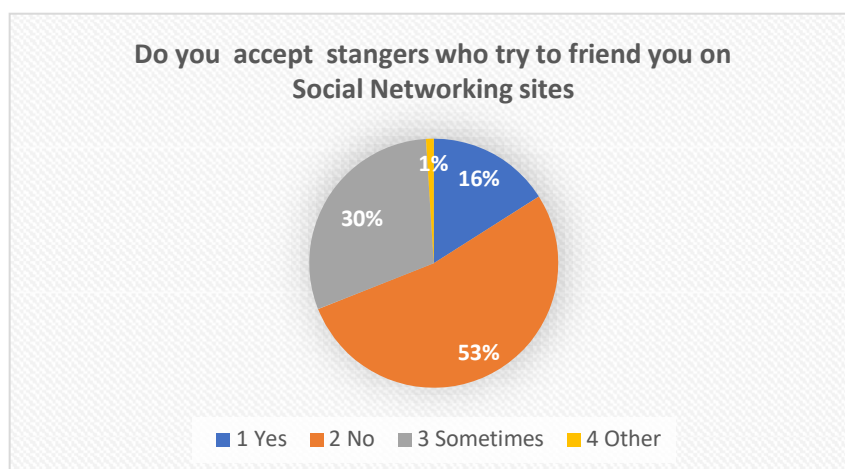


FIGURE 10: 53% of respondent accept strangers who try to friend you on Social Networking Sites

8.Do You feel that social media is a Valuable source of social support?

s.no	option	Responses
1	Yes frequently	40
2	Yes occasionally	52
3	No never	8

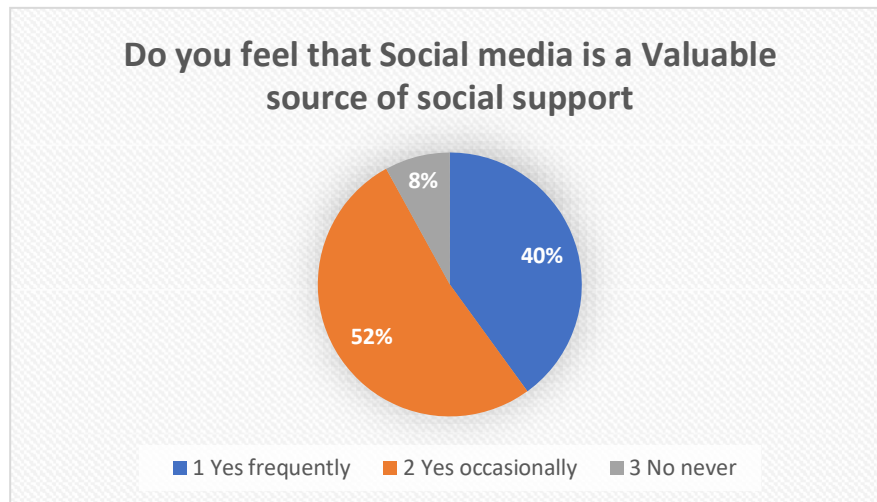


FIGURE 11: 52% of respondents feels that Social media is Valuable source

9.What emotions do you experience While using Social networking sites?

s.no	Options	Responses
1	Rejection	11
2	Happiness	67
3	Motivation	49
4	Lower self-esteem	8
5	Boost self-esteem	24
6	Jealousy	6
7	Inspiration	41
8	Fear of missing out	11
9	Sense of belonging	14

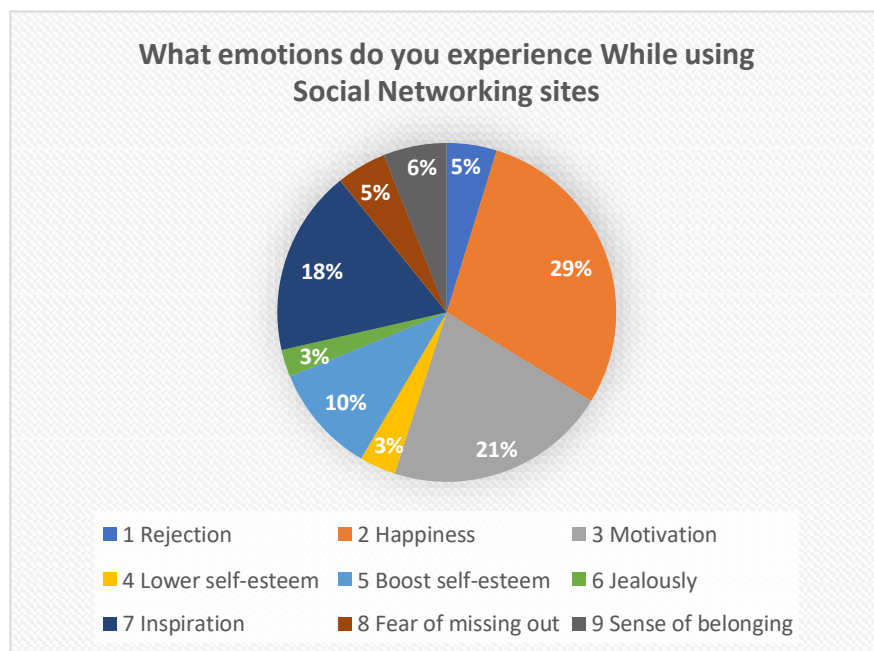


FIGURE 12: Showing Percent of respondents on different emotions of Social media

10. How do these emotions impact on your overall wellbeing

s.no	Options	Responses
1	It affects my ability to relate well with others	38
2	Gives me a positive outlook	46
3	Heightens my anxiety	13
4	Gives me a confidence boost	25
5	Gives me the feeling of social and emotional isolation	9
6	Inspiration and motivation	23
7	Feels like my emotions are controlling my thoughts	22
8	May lead to other mental health issues	15

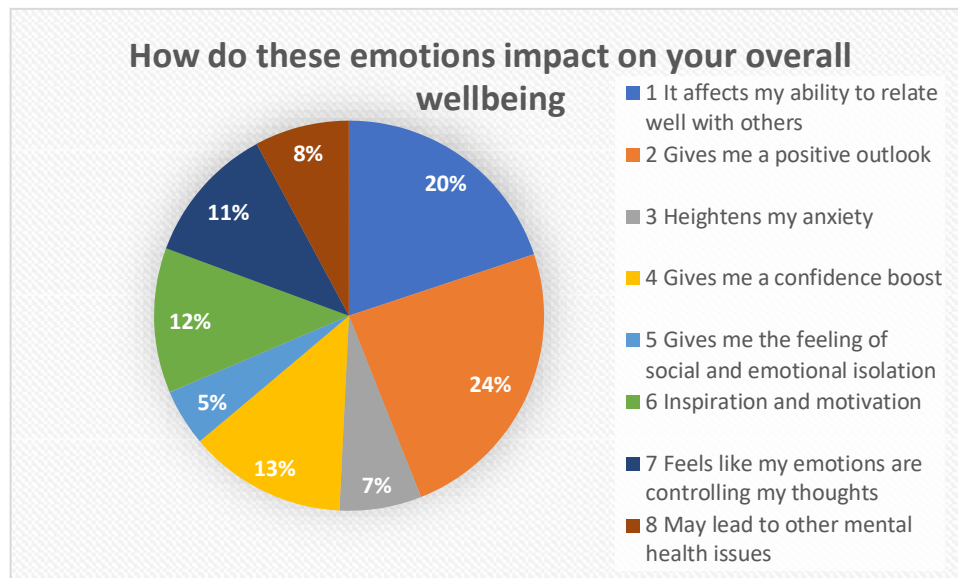


FIGURE 13: Showing the percent of respondents on emotional impact of overall wellbeing

11. Do you think it is Healthy to spend that much time online?

s.no	options	Response
1	Yes	24
2	No	76

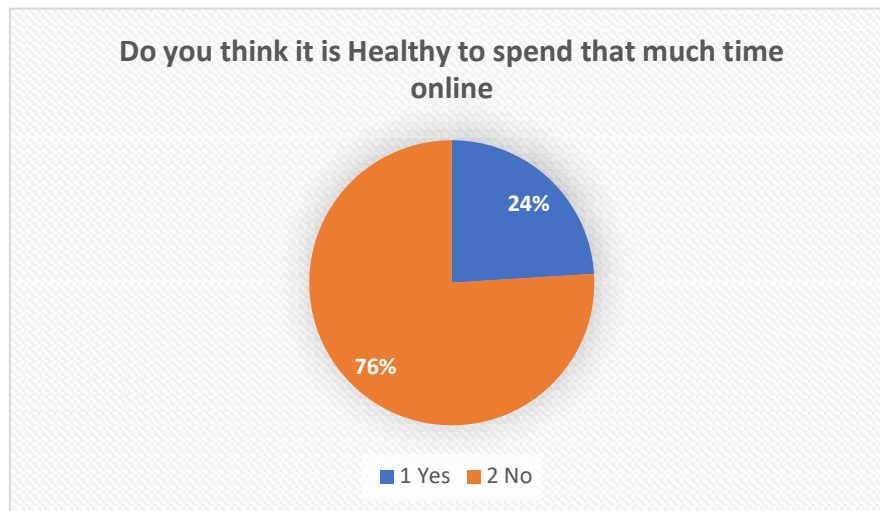


FIGURE 14: More than 70% of respondents are agreed that Healthy to spend online

12. Have you ever experienced anxiety or depression at the using social media

s.no	options	responses
1	Yes frequently	27
2	Yes occasionally	37
3	No never	36

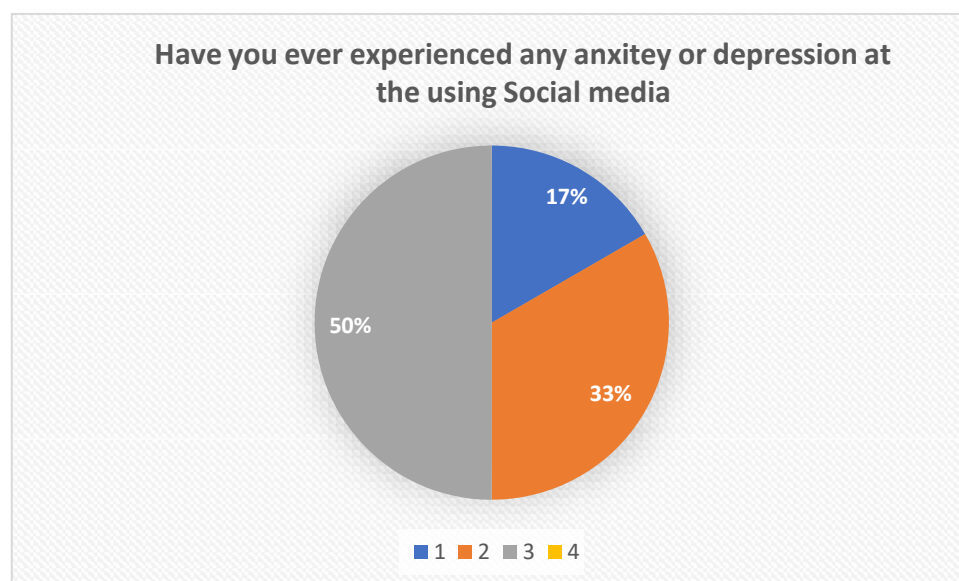


FIGURE 15: 50% respondents feels anxiety or depression while using Social media

13. Have you ever taken a break from social media to improve your mental health?

s.no	options	responses
1	Yes frequently	39
2	Yes occasionally	37
3	No never	24

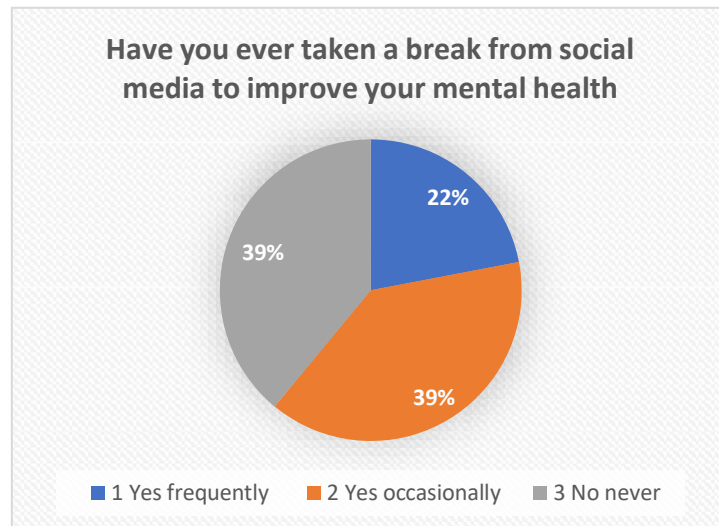


FIGURE 16: Showing the percent of respondents on taking break from social media to improve mental Health

14. How often do you interest with other people on social media

s.no	options	Response
1	Multiply times a day	30
2	Once a day	23
3	A few minutes a week	12
4	Rarely/Never	35

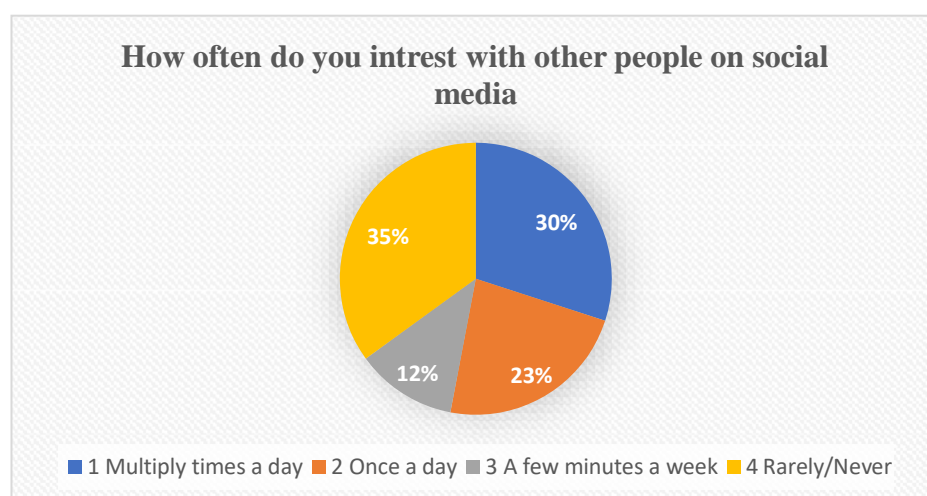


FIGURE 17: Showing the percent of respondents on interest with other people on social medi

15. Have you ever test addicted to social media

s.no	options	responses
1	Yes frequently	22
2	Yes occasionally	39
3	No never	39

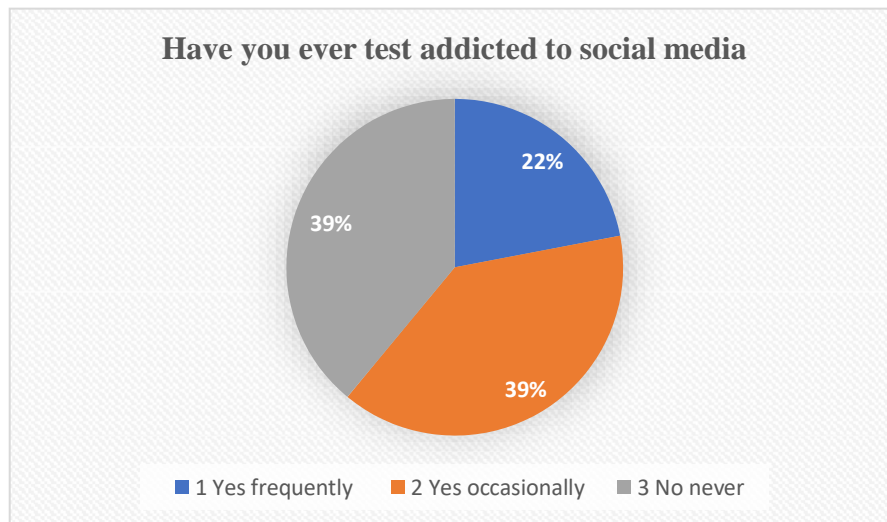


FIGURE 18: Showing percent of respondents for addiction to Social media

16. Have you ever deactivates or deleted your social media accounts

s.no	options	responses
1	Yes	46
2	No	54

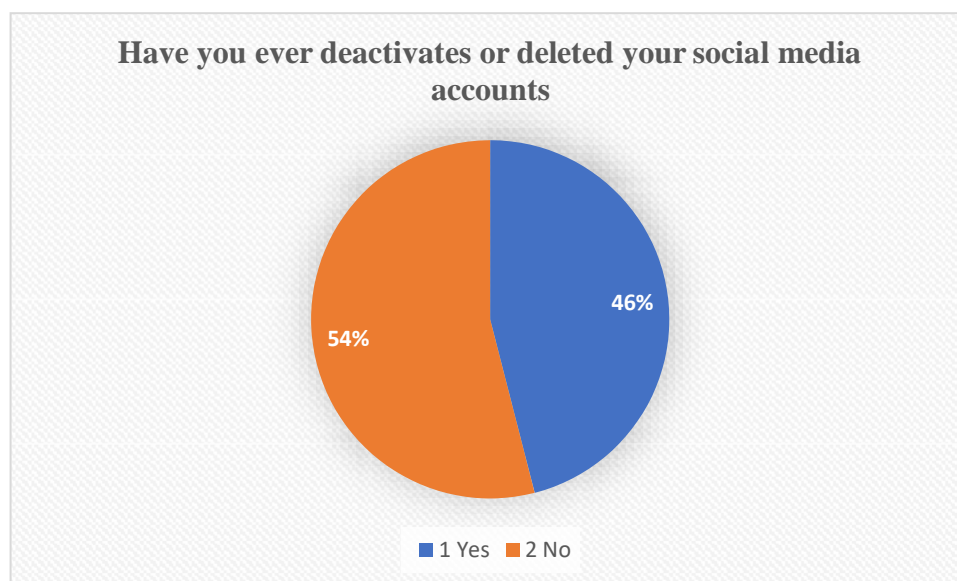


FIGURE 19: Showing the most likely equal percent of respondents about deactivates social media accounts

17. Do you think that any of the following also contribute to mental health problems in young people

s.no	options	responses
1	College stress	48
2	Financial Problems	43
3	Family Problems	39
4	No	23

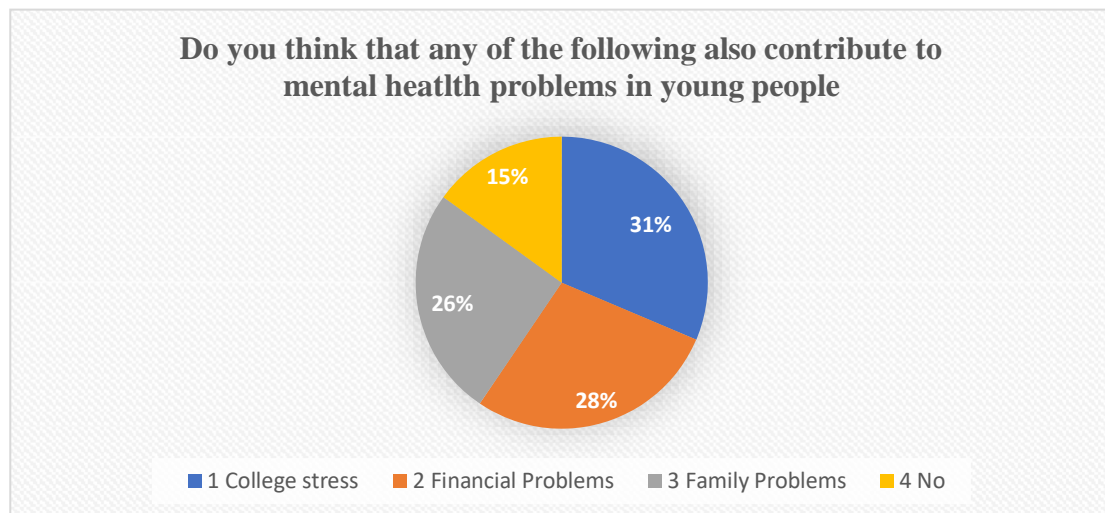


FIGURE 20: Showing the percent of respondents distinct mental health problems in young people

18. Do you feel that social media have a significant impact on your self-esteem

s.no	options	responses
1	Yes	65
2	No	35

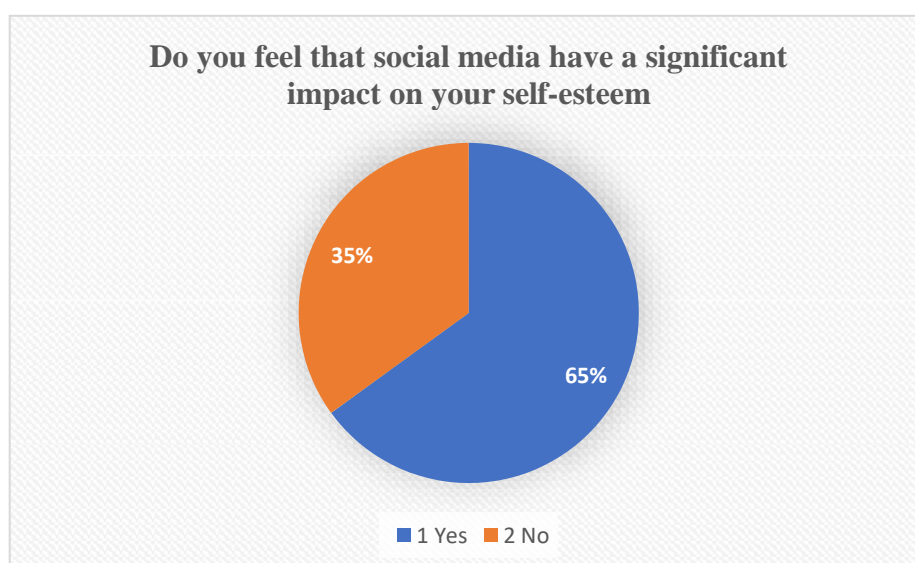


FIGURE 21: More than 60% of respondents agreed significant impact on self esteem

19. Do you feel that social media has a significant impact on your academics or work performance

s.no	options	responses
1	Yes	70
2	No	30

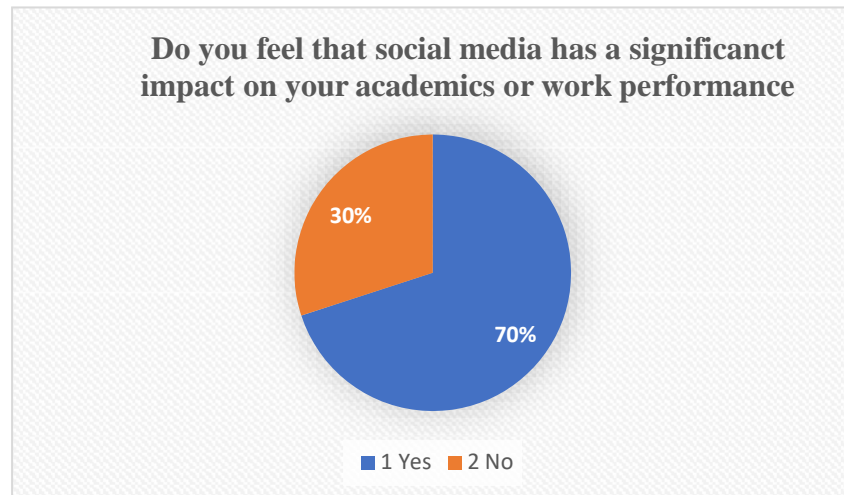


FIGURE 22: More than 70% has a significant impact on academics

20. Social media negatively impacts mental health

s.no	options	responses
1	Strongly agree	22
2	Agree	32
3	Neither agree Nor disagree	32
4	Disagree	13
5	Strongly disagree	1

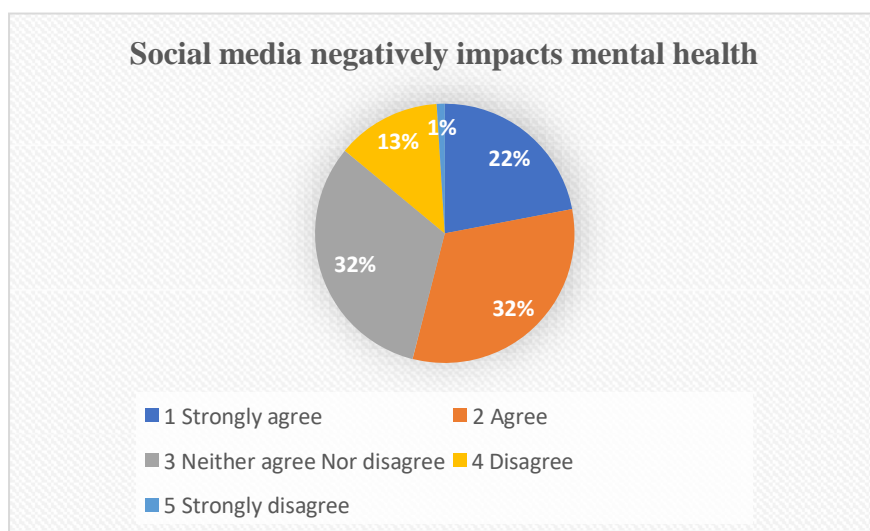
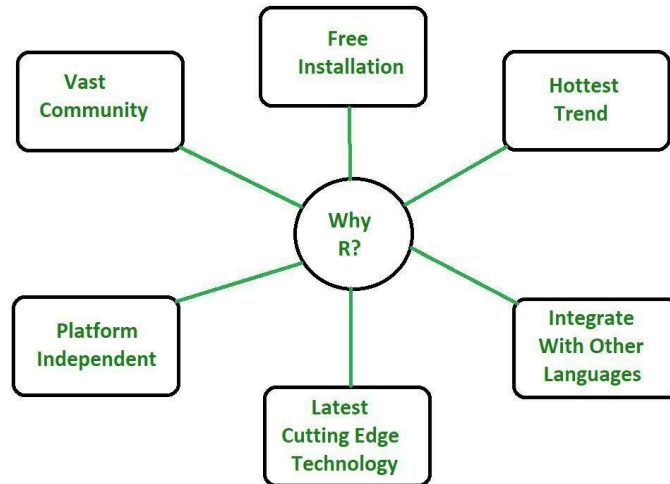


FIGURE 23 : showing the percent on respondents about social media negative impacts mental health

RESEARCH METHODOLOGY

R is an open-source programming language that is widely used as a statistical software and data analysis tool. R generally comes with the Command-line interface. R is available across widely used platforms like Windows, Linux, and macOS. Also, the R programming language is the latest cutting-edge tool.

It was designed by **Ross Ihaka and Robert Gentleman** at the University of Auckland, New Zealand, and is currently developed by the R Development Core Team.



- R programming is used as a leading tool for machine learning, statistics, and data analysis. Objects, functions, and packages can easily be created by R.
- It's a platform-independent language. This means it can be applied to all operating system.
- It's an open-source free language. That means anyone can install it in any organization without purchasing a license.
- R programming language is not only a statistic package but also allows us to integrate with other languages (C, C++). Thus, you can easily interact with many data sources and statistical packages.
- The R programming language has a vast community of users and it's growing day by day.
- R is currently one of the most requested programming languages in the Data Science job market that makes it the hottest trend nowadays.

Features of R Programming Language

Statistical Features of R:

- **Basic Statistics:** The most common basic statistics terms are the mean, mode, and median. These are all known as "Measures of Central Tendency." So using the R language we can measure central tendency very easily.
- **Static graphics:** R is rich with facilities for creating and developing interesting static graphics. R contains functionality for many plot types including graphic maps, mosaic plots, biplots, and the list goes on.
- **Probability distributions:** Probability distributions play a vital role in statistics and by using R we can easily handle various types of probability distribution such as Binomial Distribution, Normal Distribution, Chi-squared Distribution and many more.

- **Data analysis:** It provides a large, coherent and integrated collection of tools for data analysis.

Programming Features of R:

- **R Packages:** One of the major features of R is it has a wide availability of libraries. R has CRAN(Comprehensive R Archive Network), which is a repository holding more than 10,000 packages.
- **Distributed Computing:** Distributed computing is a model in which components of a software system are shared among multiple computers to improve efficiency and performance. Two new packages **ddR** and **multidplyr** used for distributed programming in R were released in November 2015.

Programming in R:

Since R is much similar to other widely used languages syntactically, it is easier to code and learn in R. Programs can be written in R in any of the widely used IDE like **R Studio**, **Rattle**, **Tinn-R**, etc. After writing the program save the file with the extension **.r**. To run the program use the following command on the command line:

R file_name.r

Advantages of R:

- R is the most comprehensive statistical analysis package. As new technology and concepts often appear first in R.
- As R programming language is an open source. Thus, you can run R anywhere and at any time.
- R programming language is suitable for GNU/Linux and Windows operating system.
- R programming is cross-platform which runs on any operating system.
- In R, everyone is welcome to provide new packages, bug fixes, and code enhancements.

Disadvantages of R:

- In the R programming language, the standard of some packages is less than perfect.
- Although, R commands give little pressure to memory management. So R programming language may consume all available memory.
- In R basically, nobody to complain if something doesn't work.
- R programming language is much slower than other programming languages such as Python and MATLAB.

Applications of R:

- We use R for Data Science. It gives us a broad variety of libraries related to statistics. It also provides the environment for statistical computing and design.
- R is used by many quantitative analysts as its programming tool. Thus, it helps in data importing and cleaning.
- R is the most prevalent language. So many data analysts and research programmers use it. Hence, it is used as a fundamental tool for finance.
- Tech giants like Google, Facebook, Bing, Twitter, Accenture, Wipro and many more using R nowadays.

CHI SQUARE TEST IN R LANGUAGE

The chi-square test of independence evaluates whether there is an association between the categories of the two variables. There are basically two types of random variables and they yield two types of data: numerical and categorical. Chi-square statistics is used to investigate whether distributions of categorical variables differ from one another. Chi-square test is also useful while comparing the tallies or counts of categorical responses between two(or more) independent groups.

In [R](#), the function used for performing a chi-square test is **chisq.test()**.

Syntax:

chisq.test(data)

Parameters:

data: data is a table containing count values of the variables in the table.

RESEARCH HYPOTHESIS

Based on the previous studies mentioned above, the following hypothesis have been developed to test whether the factors of social media, gender and owning a smartphone impact social media usage.

H₀₁ : A Significant relationship exists between student gender and time spent on social media

H₀₂ : There is a significant difference between Student gender and negatively impacts social media usage

H₀₃ : There is no significant relation between age and use of the social media

PROCEDURE

Comparison 1

Chi Square Analysis was carried out to test if a relationship exists between the two categorical variables of time spent on social media and gender.

```
data<-matrix(c(0,1,2,48,12,29,6,0,2),ncol=3,byrow=T)
> colnames(data)<-c("Agree","Disagree","Neither nor")
> rownames(data)<-c("0-18","18-25",25)
> data
```

	Agree	Disagree	Neither nor
0-18	0	1	2
18-25	48	12	29
25	6	0	2

```
> chisq.test(data)
```

Pearson's Chi-squared test

data: data

X-squared = 5.4737, df = 4, p-value = 0.2421

Conclusion

$X^2_{\text{tab}} = 9.488$ at 5% level of significance with 4 degrees of freedom

$X^2_{\text{cal}} = 5.4737$

i.e., $x^2_{\text{tab}} > x^2_{\text{cal}}$ we accept the null hypothesis and conclude that

There is no significant difference between age and opinion on negative impact of social media

Comparison 2

```
> Data<-matrix(c(21,6,9,33,7,24),byrow=T,ncol=3)
> colnames(Data)<-c("Agree","Disagree","Neither nor")
> rownames(Data)<-c("Male","Female")
> Data
```

	Agree	Disagree	Neither nor
Male	21	6	9
Female	33	7	24

```
> chisq.test(Data)
```

Pearson's Chi-squared test

data: Data

X-squared = 1.8682, df = 2, p-value = 0.3929

Conclusion

$X^2_{\text{tab}} = 5.991$ at 5% level of significance with 2 degrees of freedom

$X^2_{\text{cal}} = 1.8682$

i.e., $X^2_{\text{tab}} > X^2_{\text{cal}}$ we accept the null hypothesis and conclude that

There is no significant difference between gender and Opinion of Negative impact on social media

Comparison 3

```
> Data<-matrix(c(22,36,8,16,4,7,3,4),byrow=T,ncol=2)
> colnames(Data)<-c("Male","Female")
> rownames(Data)<-c("1-2","3-4","4-6","6+")
> Data
```

	Male	Female
1-2	22	36
3-4	8	16
4-6	4	7
6+	3	4

```
> chisq.test(Data)
```

Pearson's Chi-squared test

data: Data

X-squared = 0.26492, df = 3, p-value = 0.9665

Conclusion

$X^2_{\text{tab}} = 7.815$ at 5% level of significance with 3 degrees of freedom

$X^2_{\text{cal}} = 0.265$

i.e., $X^2_{\text{tab}} > X^2_{\text{cal}}$ we accept the null hypothesis and conclude that

There is no significant difference between gender and time spend online.

CONCLUSION

This study indicated that social media had a direct relationship with mental health. There are both kinds of the effect of using social media on mental health : positive and Negative. The purpose of the thesis was to motivate the students to use social media platforms in a balanced way. Using social media in a balanced way favors the well-being of a person.

It was essential to aware the students about the possible positive and negative impacts of social media on their mental health. Before that, it was also vital to understand the knowledge of students about the effects of social media on mental health. Therefore, the survey was conducted among 100 students. The sample size was 100.

Based on the questions asked to the students, the result showed that female students are more active in social media than male students. The favourite social media platform for most of the students are found to be Instagram, Facebook and YouTube, simultaneously. Few students have provided help to others suffering from mental problems. However, there were also students who had mental illness while using social media platforms. Majority of the students are aware of the negative consequences of social media. Only a few students are still unaware of the impacts of social media on their mental health.

Considering those students who don't have any idea on the effects of social media on their mental health, the thesis provides them with enough information on the bright and dark side of social media. Based on the research part, the positive impacts of social media can be personal empowerment, the basis for mental health support, and feeling of belongingness. The negative effects are cyberbullying, social media addiction, depression, anxiety, and low self-esteem. The thesis intended always to promote positive aspects of social media on mental health. The students who do not know social media usage effects, this thesis can be a package which encourages them to use social media safely and productively. For students who are already aware of the impacts of social media on their mental health, this thesis can broaden their knowledge to farthest.

The objective of the thesis was to find solution to the following three questions:

1. What are the positive and negative impacts of social media on mental health?
2. How much time do the students spend on social media?
3. Is social media helpful to the students or affecting them?

The objective is fulfilled. The positive and negative impacts of social media on mental health are mentioned and explained in the research part. In the empirical part, survey was conducted among students. Since, total number of respondents were 100. Among 100 respondents, the daily average spending time on social media was 3-4 hours. While using social media, the purpose of the respondents was communication, entertainment, education, marketing, and networking respectively. On regarding whether social media is helpful or not to the students, the opinions are diverse.

Before researching on the topic, the researcher thought there could be many positive aspects of social media on mental health. However, after research, the perception has changed and found different. Along with the positive aspects of social media on mental health, there are numerous negative consequences. Now, the challenge to the users of social media is to practice safe social. To practice safe social, enough knowledge on choosing the right social media platform, their purpose of using social media, privacy laws, limitations of social media sites, and social skills are keys. However, the lack of education on social media usage and its consequences is making the situation complicated every day increasing the number of mental health patients. The life

is more and more depending on social media. If this trend and the current situation continues, the future is beyond the expectation: chaotic.

Hence, the practice of safe social and balance use of social media should be encouraged among the students. Good practices in social media can boost good mental health, productivity, and reduces mental illness. This thesis is a small effort on educating students about the impacts of social media on their mental health.

The major findings are

There is no significant difference between age and social media negative impact.

There is no significant difference between gender and social media negative impact.

There is no significant difference between gender and time spend online

QUESTIONNAIRE

Name of the candidate *

Mail Id *

Gender

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

How old are you

- ☐ 0-18
- ☐ 18-25
- ☐ 25+

What is your current level of education

- ☐ High school
- ☐ College/University
- ☐ Graduate

1. What social networking sites do you use?

- ☐ Facebook
- ☐ Snapchat
- ☐ Instagram
- ☐ Twitter
- ☐ Pinterest
- ☐ Tumblr

2. How many hours a day do you spend on these sites?

- ☐ 1-2 hrs
- ☐ 3-4 hrs
- ☐ 4-6 hrs
- ☐ 6+

3. Why do you use these social networking sites?

- ☐ Keep up with news/Gossip/Trends
- ☐ To feel a sense of belonging
- ☐ Contact and connect with family/friends
- ☐ Interact with new people

- ☐ Organising events
- ☐ Sharing/liking posts
- ☐ Raising Awareness

4. What are the personal benefits of using social networking sites?

- ☐ Keep up with news/Gossip Staying after with Friends
- ☐ Learning new skills
- ☐ Entertainment
- ☐ Sharing common interest
- ☐ Digital Reputation

5. Why do you Believe are the disadvantages of using social networking sites?

- ☐ Cyber-bullying
- ☐ Headaches-eye problems
- ☐ Less social interaction
- ☐ Time consuming
- ☐ Unrealistic expectations
- ☐ Negative feelings/emotions
- ☐ Digital reputations

6. Do you think privacy policies are effective in social networking sites

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

7. Do you accept strangers who try to friend you on social networking sites?

- ☐ Yes
- ☐ No
- ☐ Sometimes

8. Do you feel that social media is a valuable source of Social support?

- ☐ Yes frequently
- ☐ Yes occasionally
- ☐ No never

9. What emotions do you experience while using social networking sites

- ☐ Rejection
- ☐ Happiness
- ☐ Motivation
- ☐ Lower self-Esteem
- ☐ Boost self-esteem

- ☐ Jealously
- ☐ Inspiration
- ☐ Fear of Missing out
- ☐ Sense of belonging

10. How do these emotions impact on your overall wellbeing?

- ☐ It affects my ability to relate well with others
- ☐ Gives me a positive outlook
- ☐ Heightens my Anxiety
- ☐ Gives me confidence boost
- ☐ Gives me the feeling of social and emotional isolation
- ☐ Inspirational and motivating
- ☐ Feels like my emotions are controlling my thoughts
- ☐ May lead to other mental Health issues

11. Do you think it is healthy to spend that much time online?

- ☐ Yes
- ☐ No

12. Have you ever experienced Anxiety or depression at the using social media?

- ☐ Yes Frequently
- ☐ Yes Occasionally
- ☐ No never

13. Have you ever taken a break on social media to improve your mental health?

- ☐ Yes frequently
- ☐ Yes occasionally
- ☐ No never

14. How often do you interact with other people on social media?

- ☐ Multiple times a day
- ☐ Once a day
- ☐ A few minutes a week
- ☐ Rarely/Never

15. Have you ever felt addicted to social media

- ☐ Yes frequently
- ☐ Yes occasionally
- ☐ No never

16. Have you ever Deactivated or deleted your social media accounts

- ☐ Yes
- ☐ No

17. Do you think that any of the following also contribute to mental health problems in young people

- ☐ College stress
- ☐ Financial problems
- ☐ Family problems
- ☐ No

18. Do you feel that social media has a significant impact on your self-esteem

- ☐ Yes
- ☐ No

19. Do you feel that social media has a significant impact on your Academics or work performance

- ☐ Yes
- ☐ No

20. Social media Negatively impacts mental health

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neither Agree nor disagree
- ☐ Disagree
- ☐ Strongly Disagree

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