

# Effect of Social Media on student's Mental Health

## Course Code- STB-607



# Effect of Social Media on Student's Mental Health



## Project Report

- In partial fulfilment of the requirement for the award of Bachelor's degree
- (Hons.) in STATISTICS

- Under supervision of
- Prof. Sanjeev Kumar
- Department of Statistics
- Institute of Science
- Banaras Hindu University

Submitted by

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B.Sc.(Hons.)-Statistics

Enrollment number - 443309

Exam Roll no. – 21220STA022

**Declaration-** I Ayush Patel hereby declare that Project entitled “**Effect of Social Media on student’s Mental health**” is submitted by me under guidance and supervision of **Dr. Sanjeev Kumar** .I also declare that it has not been previously in part or in full to this university or any university or institution for the award of any degree or diploma

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Ayush Patel

Exam Roll No.-21220STA022  
Enrollment Roll No.-443309

# Certificate

This is to certify that the project entitled “**Effect of Social Media on Student’s Mental Health**” submitted by **Ayush Patel** in part fulfilment of the requirement for the completion of an undergraduate degree in Statistics is carried out by him under my guidance.

Date-

Dr. Sanjeev Kumar  
(Supervisor)

## ACKNOWLEDGEMENTS

- I would like to thanks to all those who supported me throughout the course of B.Sc. Statistics project on effect of social media on student's mental health.
- I extend our heartfelt appreciation to professor **Dr. Sanjeev Kumar** for their exceptionally guidance and mentorship throughout duration of this survey project. Their expertise, insights and unwavering support were invaluable in shaping the direction and execution of our research.
- Additionally, we are deeply grateful to our friends who supported me at each step of survey. Their encouragement, assistance and constructive feedback played a significant role in success of this endeavor.
- I would also like to thanks the faculty and staff of department of statistics for providing necessary resources and facilities for conducting the survey.

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# Abstract

- This study investigates the relationship between social media usage and mental health outcomes among college students. Utilizing a quantitative research design, data were collected from 132 students of Science Stream. Using a structured questionnaire. The survey assessed participants Time spent on Social Media, Social Media use, perceived Social support, levels of anxiety, depression, and overall well-being. The findings revealed a significant correlation between increased social media use and higher levels of anxiety, depression and sleep disruption.
- Additionally, students who reported spending more time on social media platforms perceived lower levels of social support and overall well-being. These results underscore the importance of promoting healthy social media habits and providing resources for mental health support among college students."



- With an increase in the use of social media over the last decades, it is important to assess any impact social media might have on mental health. Mental health service providers need to be aware of impact of social media on mental health to better serve individual affected by this issue. Having an in-depth understanding of the impact of social media use will lead to more efficient and effective treatment for clients.

## Purpose of the study

- The purpose of this study is to investigate the impact of social media uses on mental health of students. This research aims to understand the relationship between social media habits such as frequency of use and types of engagement and various aspects of mental health well-being, including stress levels, depression anxiety and low self-esteem .
- By identifying the potential correlation and pattern this study seek to provide insights that an inform educational institutions, policymakers and mental health professionals about the challenge and opportunities possessed by social media in the lives of students.

## Literature Review

- This chapter will serve as an overview and examination of prior research conducted by heavy social media use and its impact on mental health.
- The mental health of America(2018) has estimated that over 44 million American adults have mental health condition. Mental health in United States continues to increase ,and amount of time American spend on social media is also on the rise. Indian ,on an average spend 194 minutes daily on social media platforms. Young individuals aged 18-24 years spend excessive time on social media platforms. With Facebook and Instagram having 97.2 million and 69 million from this age – group alone in India. Around 85% of Indian children have reported being cyberbullied as well as having cyberbullied someone else at rates well over twice the international average. While cyberbullying has been found to mostly affect adolescents(Ganett,2013) research shows that adults can be impacted by this phenomena as well. Using social media, Kowalski(2017) conducted a study of cyberbullying in the workplace and found that out of 3,666 participants,30% report being victimized and cyberbullied in the workplace.

## Methodology used for survey

- **Planning of the survey:** A full proof planning is an essential part of any statistical survey to complete it in a successful manner at minimum cost and time . Planning of survey includes selection of a topic and preparation of short questionnaire which covering almost whole area .From this questionnaire, I select those question which seems to be more relevant in context of the mentioned topic.

**Objective of the survey:** 1. To understand the relationship between social media usage and mental health issues among students.

- 2. Identify common mental health challenges associated with excessive social media use.

3. To assess the frequency and duration of social media use among students.
4. To investigate the role of social comparison and self perception influenced by Social Media.

- **Area of the survey:**

- The region for sample collecting need to have been bigger in accordance with survey's goals . However, I restricted it to collect data of students of Banaras Hindu University(B.H.U.) of Science stream.

## **Sampling Technique:**

The sample was chosen using convenient sampling technique and a total of samples were collected using person interviews and online surveys.

## **Technique of data collection:**

Online surveys and person's interviews(for some specific set of peoples) were used to collect data for this study. which was perhaps best strategy considering the significance of the topic and the difficulties which it presented. I conduct this survey to all around Banaras Hindu University Campus

## Software and technique used for Data analysis

- Data analysis is the process of distilling raw data, comprehending its meaning, and providing succinct responses to the questions that interest us.
- Microsoft Excel has made it simple for me to handle and tabulate data for this reason. Statistical tools from MS EXCEL, such as pie charts, bar charts, scatter plots, and histograms, were used to analyse and interpret the data. Chi-Square testing has also been used in the same way

# TABULATION & GRAPH INTERPRETATION





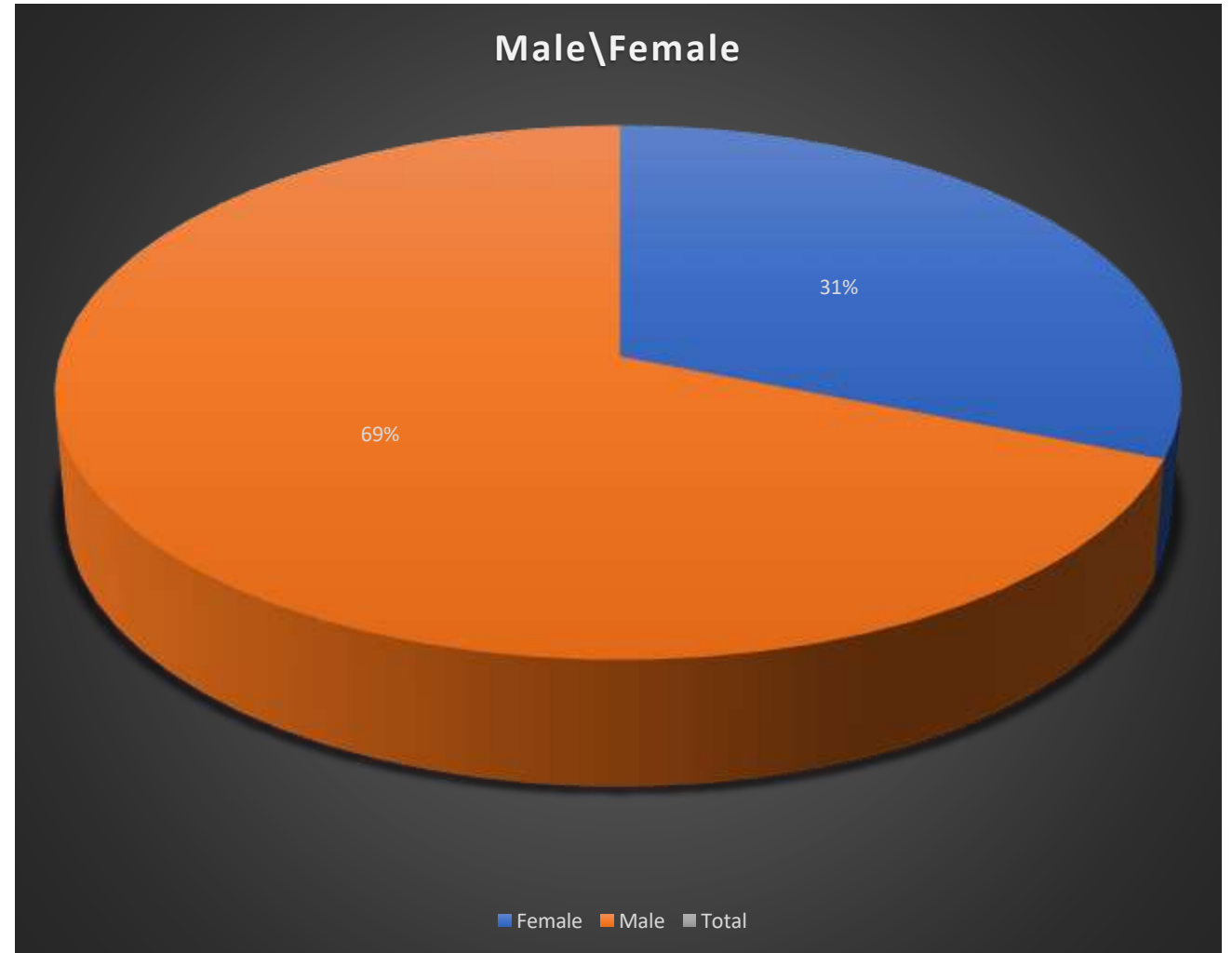
## DISTRIBUTION OF MALES AND FEMALES AMONG THE RESPONDENTS

Table-3.1

Gender	No. of students	Percentage
Male	91	68.94%
Female	41	31.04%
Total	132	100%

### Interpretation:

Primary data is collected from 132 respondents. 68.94% respondents are male and 31.04% respondents are female.



# Distribution of U.G. and P.G. Students among the respondents

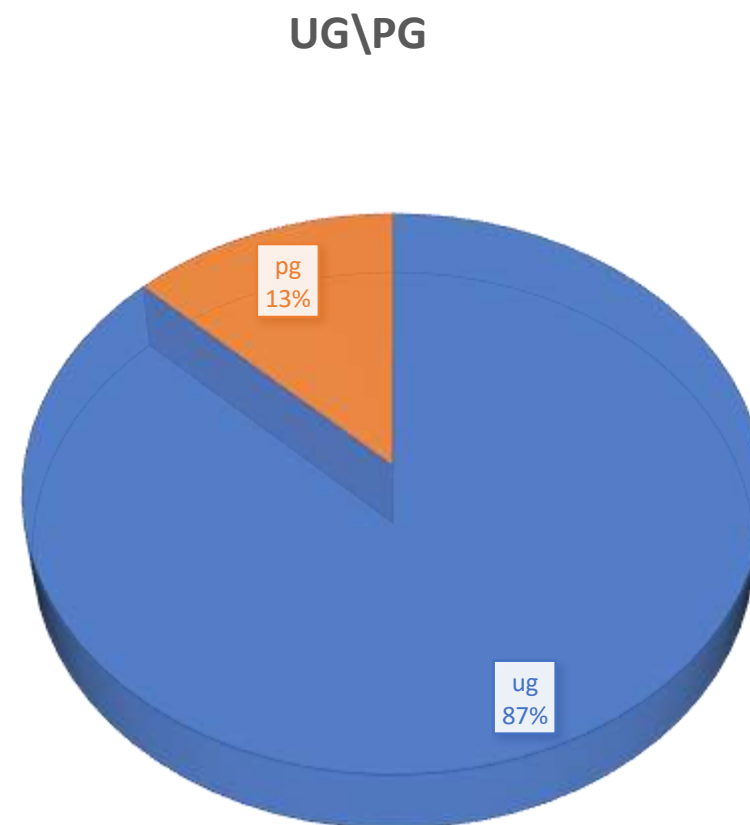
Table-3.2

Course	No. of students	Percentage
Undergraduate	115	87.12%
Postgraduate	17	12.87%

## Interpretation:

Primary data is collected from 132 respondents.

87.12% respondents are from Ug course and 12.87% respondents are from Pg course.



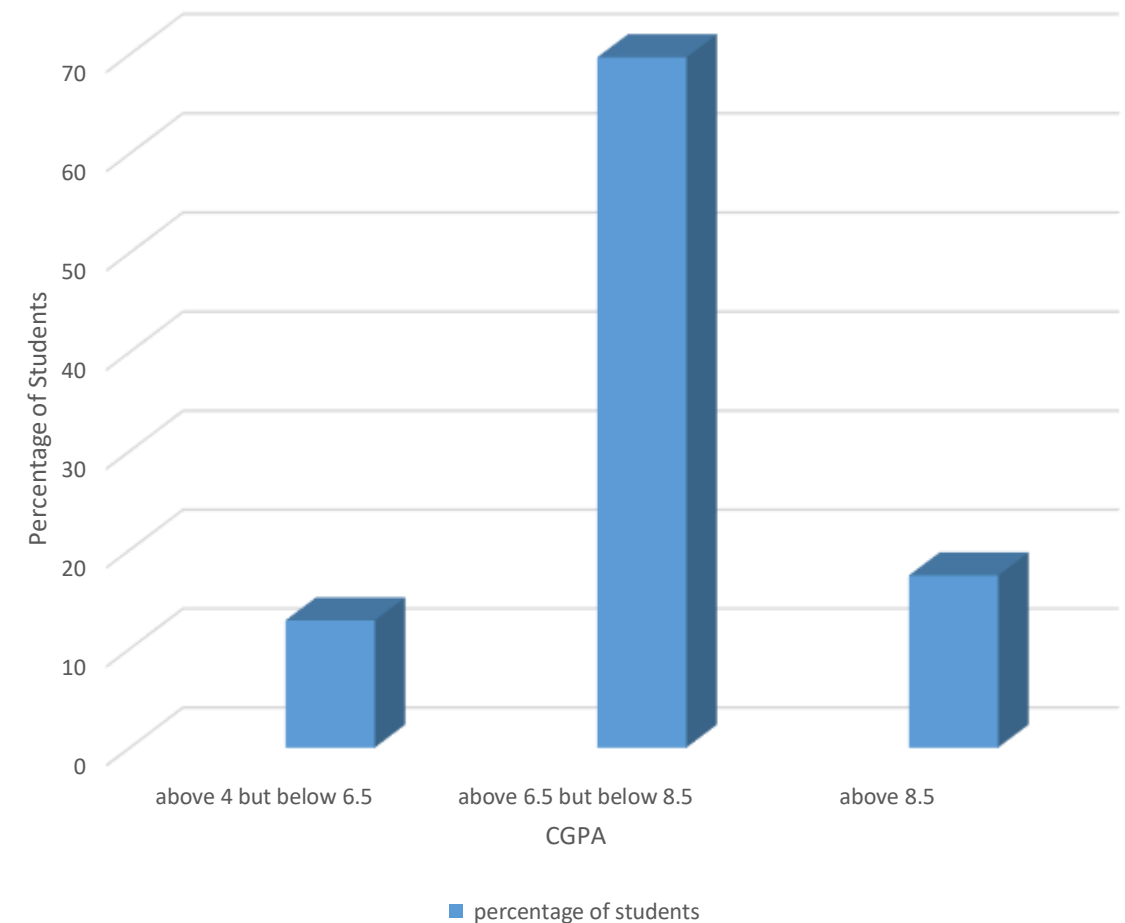
# Distribution of No. of Students Vs CGPA

Table-3.3

CGPA	No. of Students	Percentage
Above 4 but below 6.5	17	12.87%
Above 6.5 but below 8.5	92	69.69%
Above 8.5	23	17.44%

## Interpretation-

Primary data is collected from 132 respondents  
Out of which 12.87% respondents have CGPA above 4 but below 6.5 ,69.69% respondents have CGPA above 6.5 but below 8.5,17.44% respondents have CGPA above 8.5



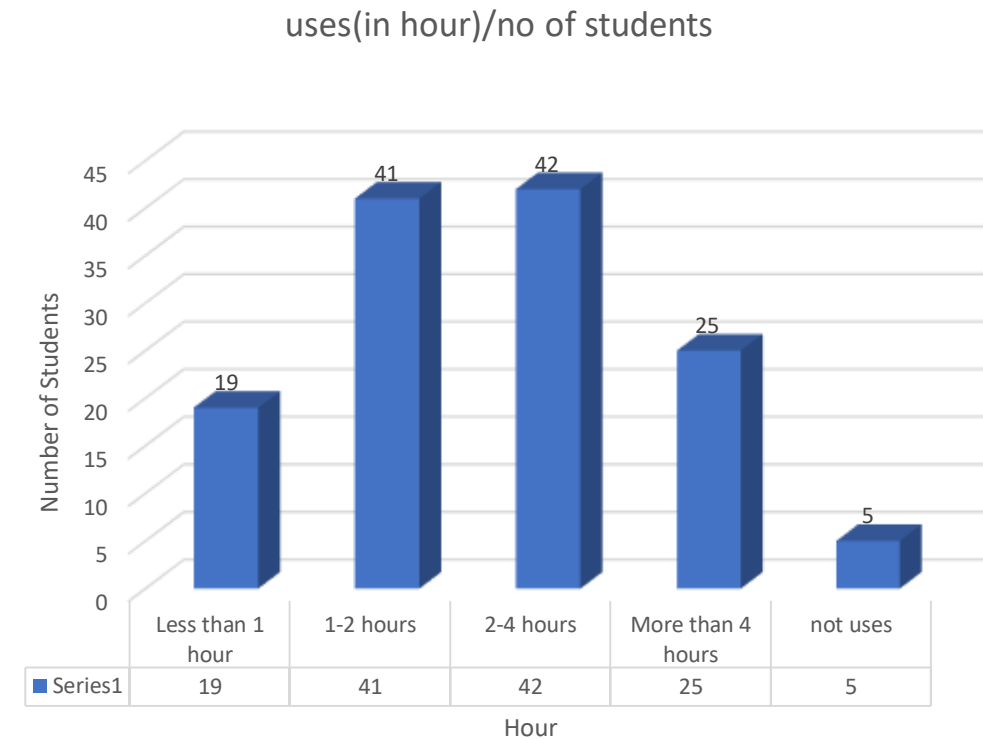
## Distribution of No. of Students Vs Use of Social Media (in Hours)

Table-3.4

Uses(in hours)	No. of students	Percentage
Less than 1 hour	19	14.39%
1-2 hour	41	31.06%
2-4 hour	42	31.82%
More than 4 hour	25	18.94%
No use	5	3.79%

### Interpretation:

In this primary data 14.39 % users uses social media less than 1 hour,31.06% users uses social media 1-2 hour,31.82% users uses social media 2-4 hour ,18.94% users uses social media more than 4 hour and 3.79% users not uses social media .



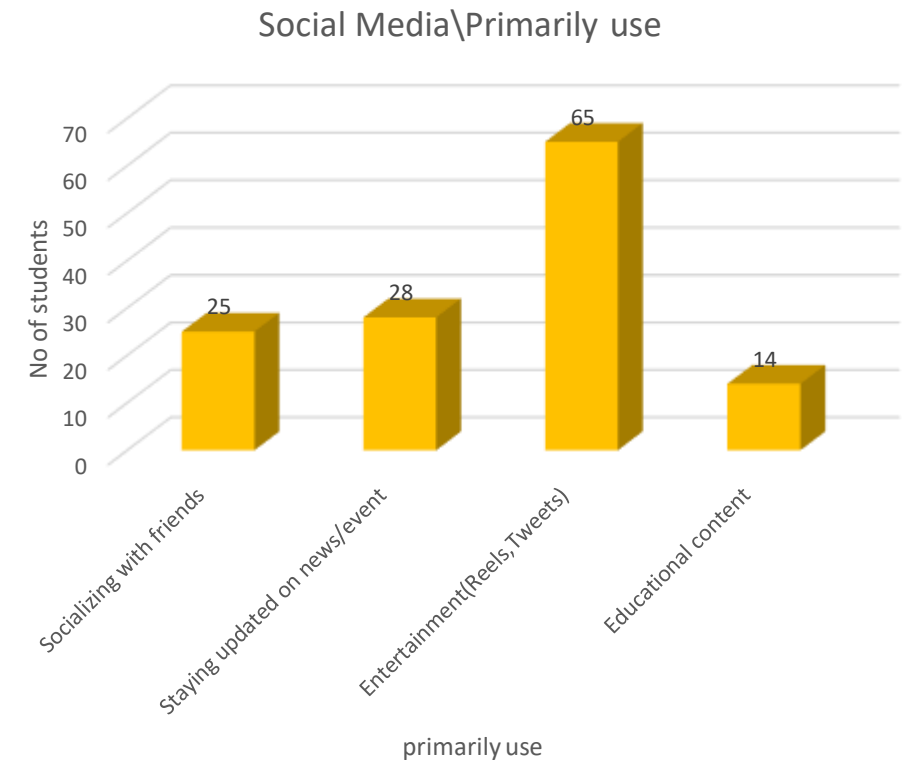
## Distribution of No. of Students Vs use of Social Media primarily among the respondents

Table-3.5

Social Media (use)	No. of students	Percentage
Socializing with friends	25	18.8%
Staying updated on news/event	28	21.8%
Entertainment	65	48.9%
Educational content	14	10.5%

### Interpretation:

Primary data is collected from 132 respondents among them 18.8% users uses social media for socializing with friends, 21.8% users uses social media for staying updated on some news\event, 48.9% users uses social media for entertainment purpose and remaining 10.5% users uses social media for educational content.



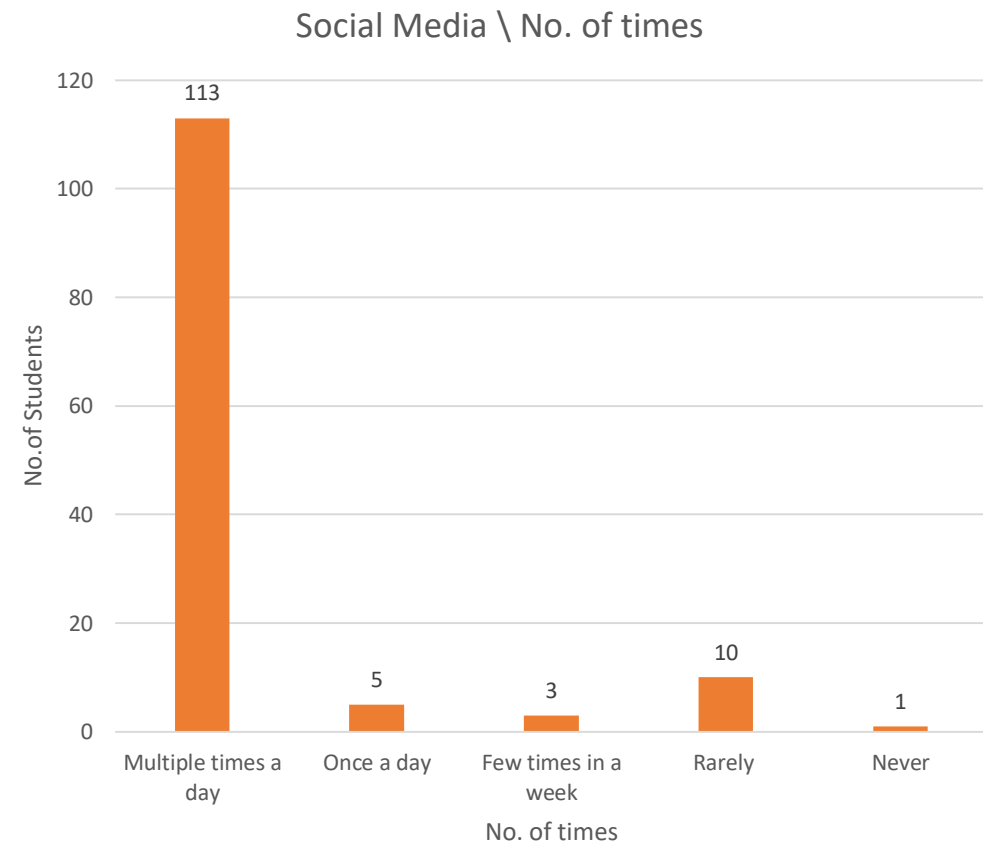
## Distribution of no. of students Vs Use of Social Media (no of times) among the respondents

Table-3.6

Social Media (use)	No. of students	Percentage
Multiple times a day	113	85.61%
Once a day	5	3.79%
Few times in a week	3	2.27%
Rarely	10	7.57%
Never	1	0.75%

### Interpretation:

Primary data is collected from 132 respondents among them 85.61% users uses social media multiple times a day, 3.79% users uses social media once time in a day, 2.27% users uses social media few times in a week , 7.57% users uses social media rarely and remaining 0.75% users never uses social media.



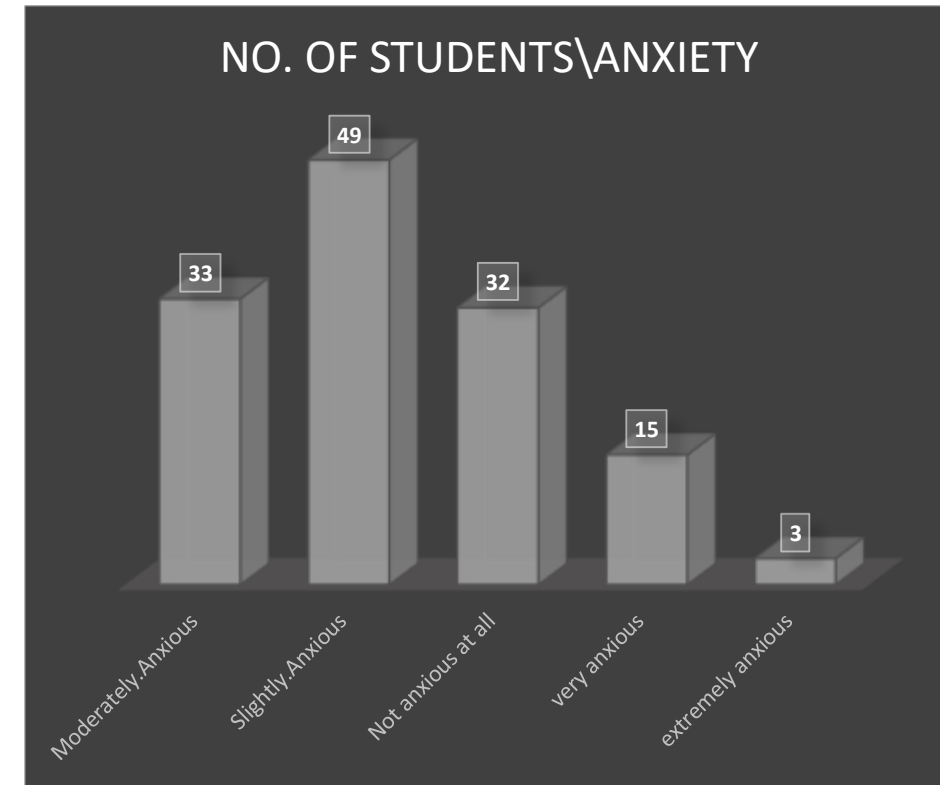
## Distribution of No. of Students (who uses Social Media ) Vs Anxiety

Table-3.7

Anxiety	No. of students	Percentage
Moderately anxious	33	25%
Slightly anxious	49	37.12%
Not anxious at all	32	24.24%
Very anxious	15	11.36%
Extremely anxious	3	2.27%

### Interpretation:

In this primary data which is collected from 132 respondents, By the use of Social Media 25% respondents are moderately anxious , 37.12% respondents are slightly anxious ,24.24% respondents are not anxious at all, 11.36% respondents are very anxious and remaining 2.27% respondents are extremely anxious.



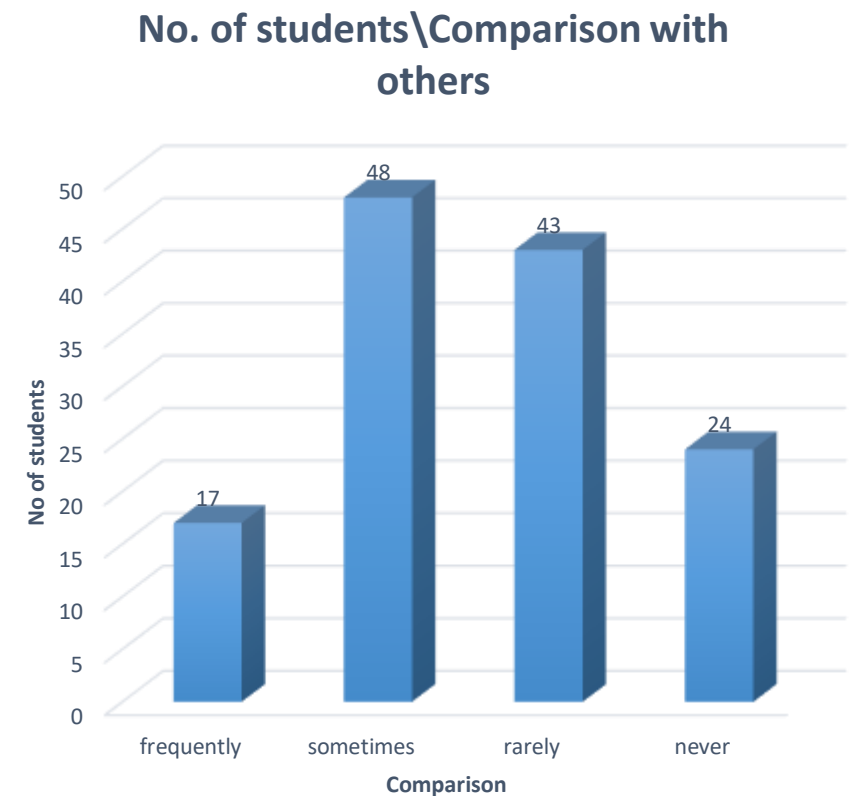
## Distribution of no. of students who uses Social media Vs comparison with others on Social Media

Table-3.8

Comparison with others	No. of students	Percentage
Frequently	17	12.87%
Sometimes	48	36.36%
Rarely	43	32.58%
Never	24	18.18%

### Interpretation:

In this primary data which is collected from 132 respondents. On social media 12.87% users compare with others frequently, 36.36% users compare with others sometimes, 32.58% users compare with others rarely and remaining 18.18% never compare with others .





Distribution of number of students(who uses social media) Vs fear of missing out

Table-3.9

Fear of missing out	No. Of Students	Percentage
Frequently	14	10.61%
Sometimes	50	37.88%
Rarely	34	25.76%
Never	34	25.76%

Interpretation:

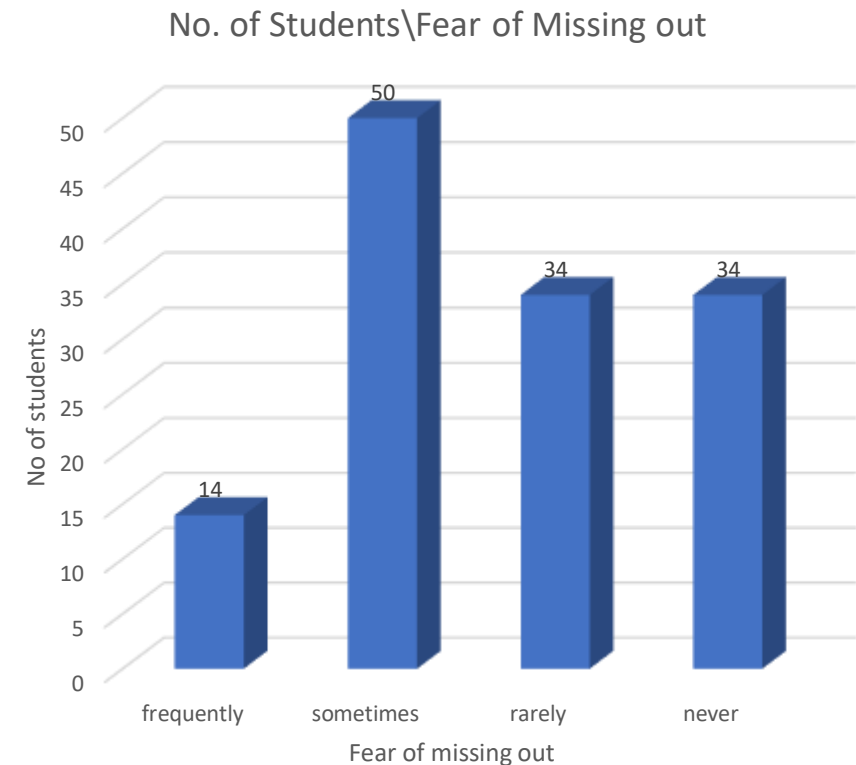
Primary data is collected from 132 respondents

10.61% users often faces Fear of missing out (FOMO) .

37.88% users Sometimes faces Fear of missing out (FOMO).

25.76%% users Rarely faces Fear of missing out (FOMO) .

26.76%% users Never faces Fear of missing out (FOMO).



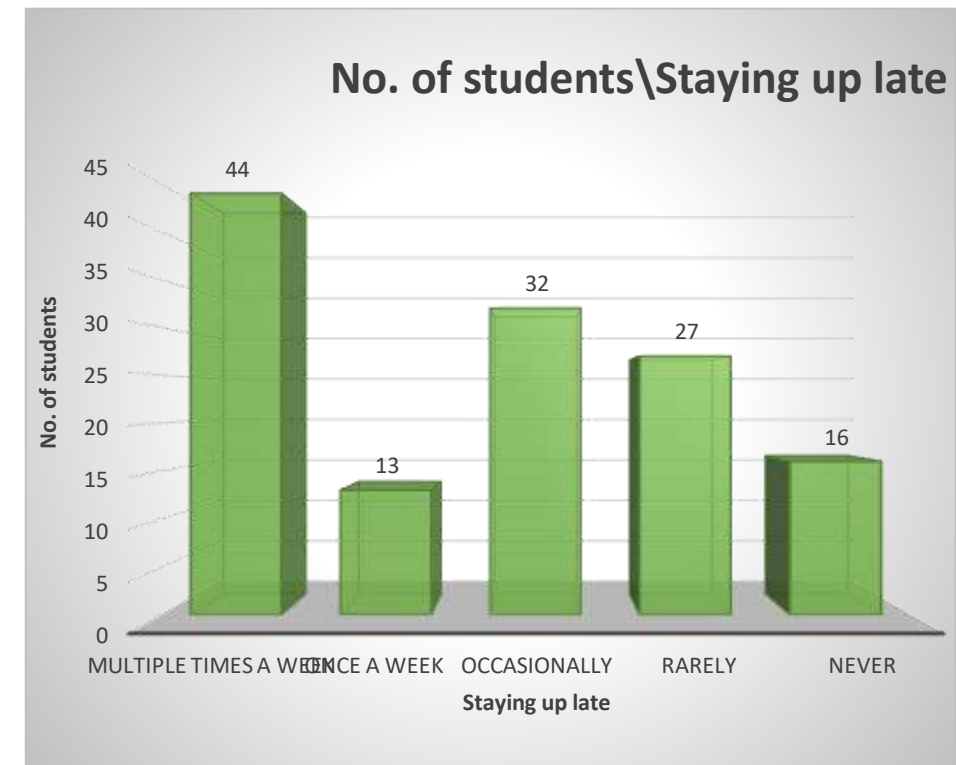
# Distribution of no. of Students Vs Staying up Late due to Social Media

Table -3.10

Staying up late	No. of students	Percentage
Multiple times a week	44	33.33%
Once a week	13	9.85%
Occasionally	32	24.24%
Rarely	27	20.45%
Never	16	12.12%

## Interpretation:

In this primary data which is collected from 132 respondents .By using Social media 33.33% students having problem of staying up late multiple times in a week ,9.85% students having problem of staying up late once in a week, 24.24% students having problem staying up late occasionally, 20.45% having problem staying up late rarely and remaining 12.12% students never face this problem by using social media.



# Distribution of Number of Students Vs uses Social Media Before bed time

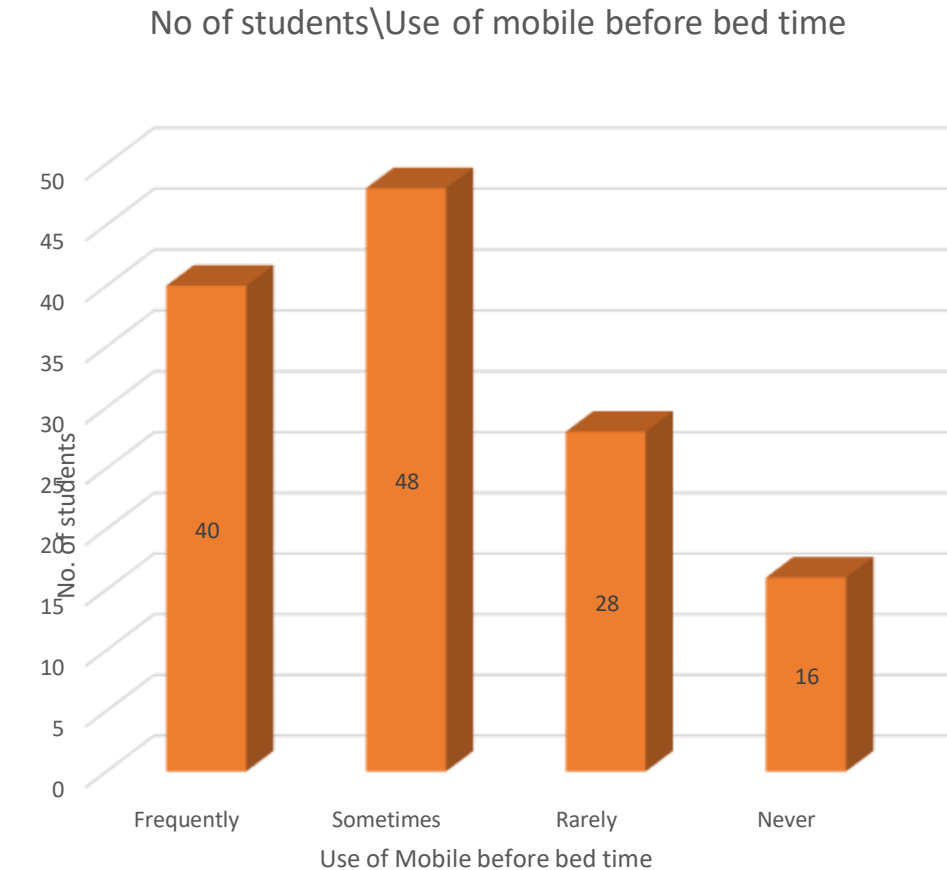
Table-3.11

Use of mobile before bed time	No. of Students	Percentage
Frequently	40	30.3%
Sometimes	48	36.36%
Rarely	28	21.21%
Never	16	12.12%

## Interpretation-

Primary data is collected from 132 respondents.

30.3% students face problem frequently to use mobile before bed-time, 36.36% students face problem sometimes to use mobile before bed time, 21.21% students face problem rarely to use mobile before bed-time, 12.12% students never face problem to use mobile before bed-time.



# Distribution of number of students Vs users face Cyberbullying on Social Media

Table-3.12

Cyberbullying	No. of Students	Percentage
Very often	13	9.85%
Often	34	25.76%
Sometimes	56	42.42%
Rarely	20	15.15%
Never	9	6.82%

## Interpretation-

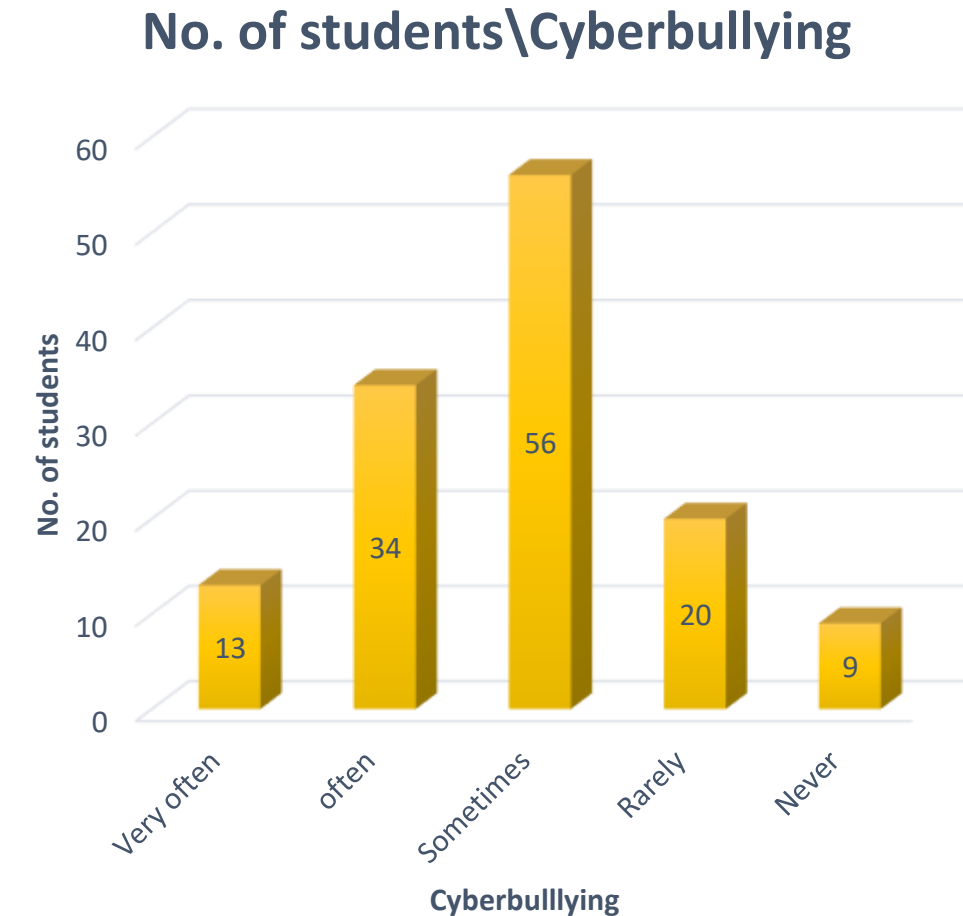
The primary data is collected from 132 respondents.

9.85% users faces problem very often of cyberbullying.

25.76% users faces problem often of cyberbullying.

42.42 % users faces problem sometimes of cyberbullying.

15.15%and 6.82% users faces problem corresponding rarely and never by use of social media.



# Distribution of no. of students Vs Students get help from peers in time of difficulty on Social Media

Table-3.13

Student get help from peers during difficulty	No. of students	Percentage
Frequently	9	6.82%
Sometimes	64	48.48%
Rarely	35	26.51%
Never	24	18.18%

## Interpretation-

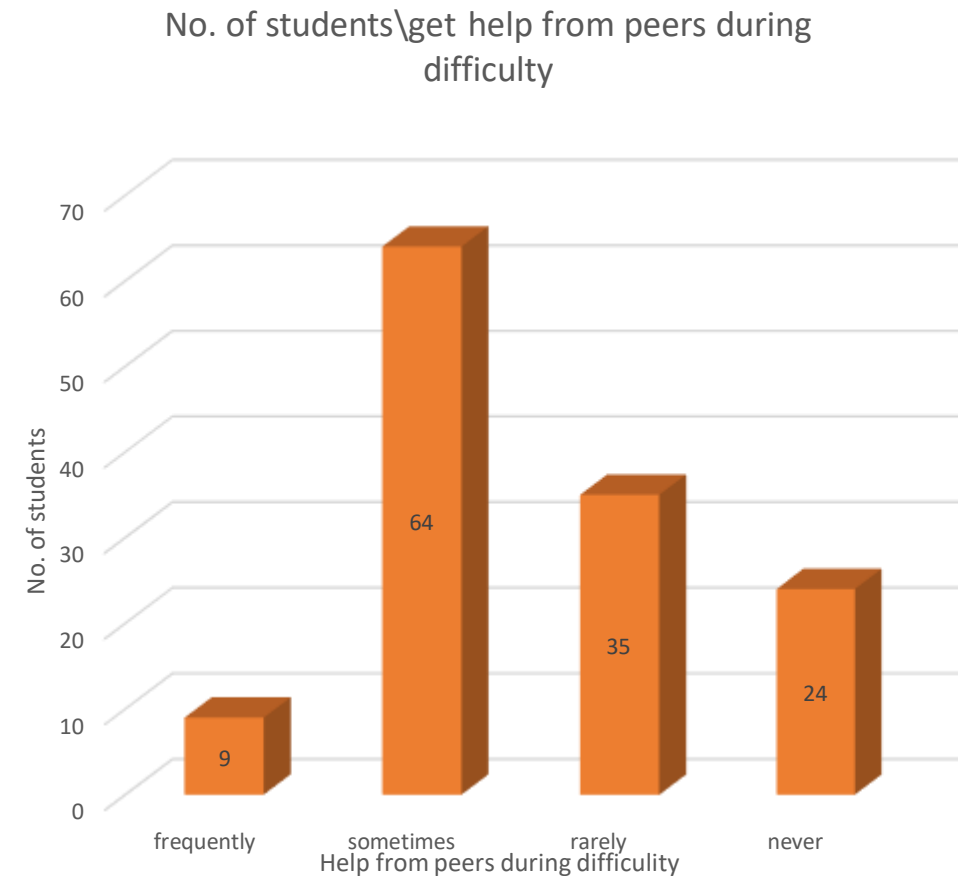
Primary data is collected from 132 respondents.

6.82% users gets helps frequently from peers during difficulty .

48. 48% users gets helps sometimes from peers during difficulty .

26.51% users gets helps rarely from peers during difficulty.

18.18%% users gets helps never from peers during difficulty.



Distribution of no. of students  
Vs Students get negative  
comments on social Media

Table-3.14

Student gets negative comment	No. of students	Percentage
Very often	27	20.45%
Often	31	23.49%
Sometimes	33	25%
Rarely	23	17.42%
Never	18	13.64%

Interpretation-

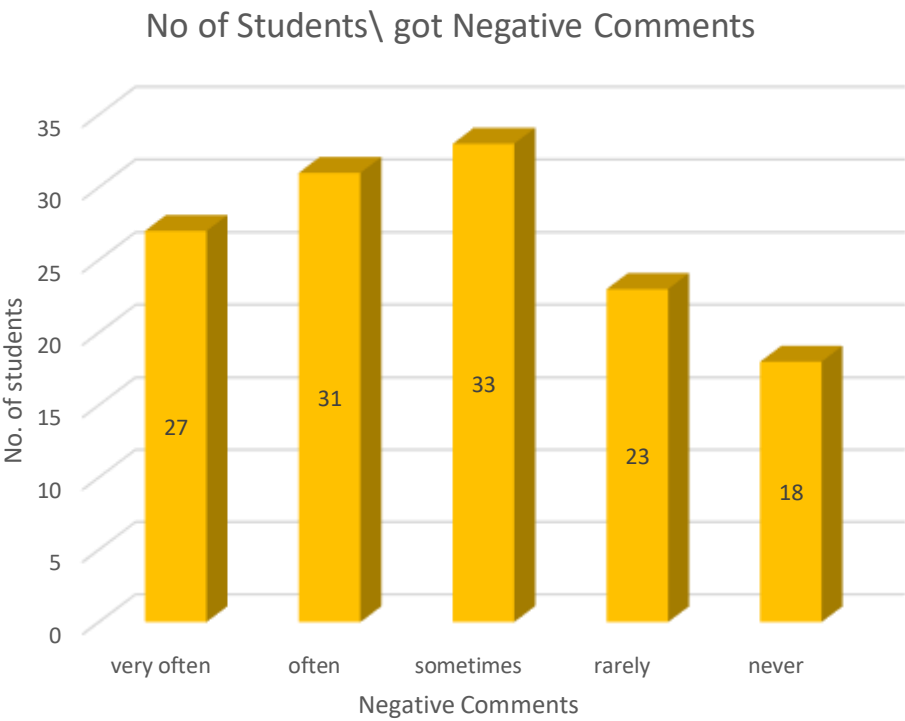
20.45% users gets very often negative comments on Social Media.

23.49% users gets often negative comments on Social Media

25% users gets sometimes negative comments on Social Media.

17.42% users gets rarely negative comments on Social Media.

13.64% users gets never negative comments on Social Media.



Distribution of no. of students  
Vs students faces  
cyberbullying or harassment  
on Social Media

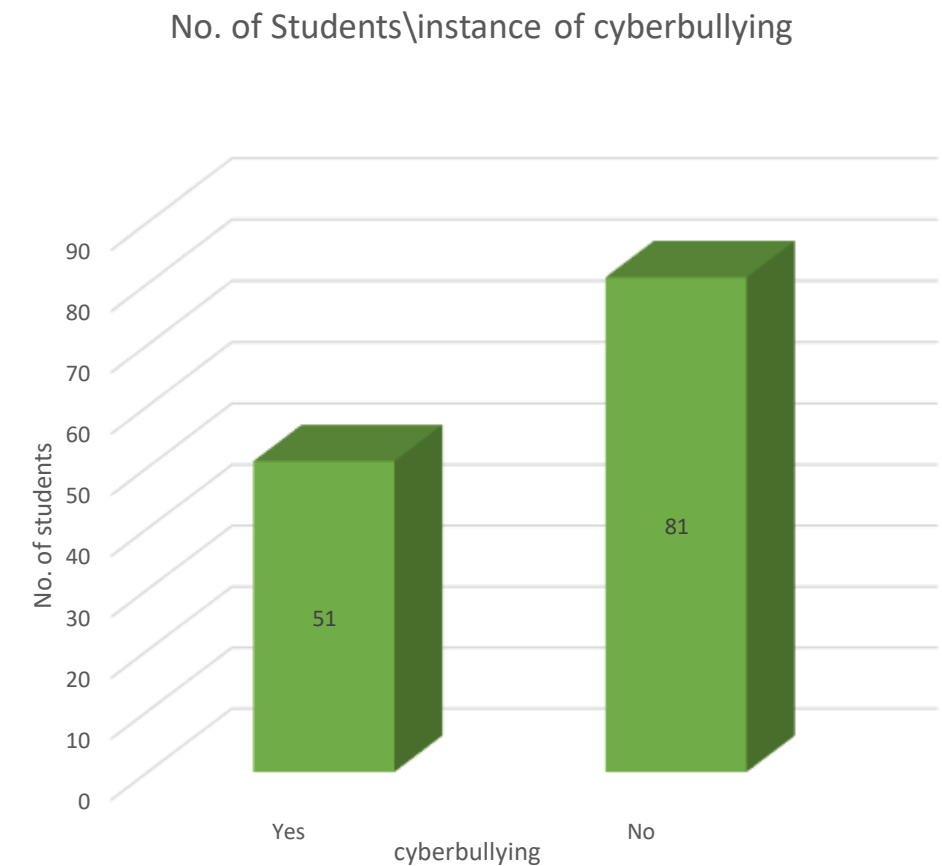
Table-3.15

Student reported instance of cyberbullying	No. of students	Percentage
Yes	51	38.64%
no	81	61.36%

Interpretation-

38.64% students reported instance of cyberbullying on Social media platforms.

61.36% students not reported instance of cyberbullying on Social media platforms.



# DATA ANALYSIS & INTERPRETATION





# Concept of Chi-Square( $\chi^2$ )

- Test:-
- Chi-square test is applied to find out whether the two variables in a bivariate contingency table under the study are dependent or independent. Our two hypotheses; null hypothesis  $H_0$  and alternate hypothesis  $H_1$ .

$H_0$ : The two attributes are independent

$H_1$ : The two attributes are dependent

Computation is done using the formula:

$$\chi^2 (\text{cal.}) = \sum \sum (O_{ij} - E_{ij})^2 / E_{ij} \sim \chi^2 (r-1)(s-1)$$

Where  $r$  and  $s$  are the no. of rows and number of columns of the contingency table and  $i=1, 2, \dots, r$  and  $j=1, 2, \dots, s$ .

$O_{ij}$  = Observed frequency of  $(i, j)$ th cell.

$E_{ij}$  = Expected frequency of  $(i, j)$ th cell.

Where  $N_{i0}$  and  $N_{0j}$  are marginal totals and  $N$  is the total number of observations.

The test statistic follows, under  $H_0$  a chi-square distribution with  $(r-1)(s-1)$  degrees of freedom. The null hypothesis can be tested either at 5% or 1% level of significance.

If  $\chi^2 (\text{cal.}) < \chi^2 (\text{tab})$  then  $H_0$  may be accepted which shows that the two variables are independent of each other otherwise we may reject the  $H_0$  which shows that the two variables are not independent i.e., dependent of each other.

Also, when the observed frequency is less than five, pooling is done to apply the test.

# Test-1

- Social Media V/s Sleep of Students
- To test the association between use of Social Media (in Hours) and Sleep of students:
- The Null and Alternative hypothesis for the test are:
- **H<sub>0</sub>**: There is no significant association between students sleep and time spent on Social Media.
- **H<sub>1</sub>**: There is significant association between students sleep and time spent on Social Media.
- Observed Frequency:

Time	Adequate Sleep	Insufficient Sleep	Total
Less than 1 hour	14	6	20
1-2 hours	16	25	41
2-4 hours	8	36	34
More than 4 hours	5	22	27
Total	43	89	132

## Expected Frequency

- 

Time	Adequate Sleep	Insufficient Sleep	Total
Less than 1 hour	6.5151	13.4848	20
1-2 hours	13.3560	27.6439	41
2-4 hours	14.3333	29.6667	44
More than 4 hours	8.7954	18.2045	27
Total	43	89	

- 

Degree of freedom(d. f.)	(4-1)(2-1)=3
$\chi^2_{\text{calculated}}$	20.1091
$\chi^2_{\text{tabulated}}$	7.8147

- Since  $\chi^2_{\text{Cal}} > \chi^2_{\text{Tab}}$  so we don't have enough evidence to accept the null hypothesis( $H_0$ ) at 95% confidence interval.
- Hence , at 95% confidence interval we can conclude that there is significant association between student's sleep and time spent on Social Media.

# Test -2

- Gender Vs Cyberbullying:
- To test the association between gender and experiencing cyberbullying by Social Media.
- The Null and Alternative hypothesis for the test are:
- **H<sub>0</sub>**: There is no significant association between gender and experiencing cyberbullying by Social Media uses.
- **H<sub>1</sub>**: There is significant association between gender and experiencing cyberbullying by Social Media uses.
- Observed frequency-

Cyberbullying			
Gender	Yes	No	Total
Male	18	73	91
Female	12	29	41
Total	30	102	132

## Expected Frequency

Cyberbullying			
Gender	Yes	No	Total
Male	20.6818	70.3182	91
Female	9.3182	31.6818	41
Total	30	102	132

Degree of freedom (D.F.)	1
$\chi^2$ calculated	1.4488
$\chi^2$ tabulated	3.8414

Since  $\chi^2_{cal} < \chi^2_{tab}$  so we have proper evidence that we may accept the null hypothesis ( $H_0$ ) at 95% confidence interval.

Hence at 95% confidence interval we can conclude that there is not significant association between gender and experiencing cyberbullying by using Social Media uses.

## Test 3

- **Social Media Vs Anxiety:**
- To test the association between student's anxiety and social media.
- The Null and Alternative hypothesis for the test are-
- **H<sub>0</sub>**- There is no significant association between student's anxiety and time spent on Social Media.
- **H<sub>1</sub>**- There is significant association between student's anxiety and time spent on Social Media.

Time	Anxiety		
	Low anxious	Highly Anxious	Total
Less than 1 hour	14	6	20
1-2 hours	28	13	41
2-4 hours	25	19	44
More than 4 hours	14	13	27
Total	81	51	132

## Expected Frequency:

- | Time              | Anxiety     |                |         |
|-------------------|-------------|----------------|---------|
|                   | Low anxious | Highly Anxious | Total   |
| Less than 1 hour  | 12.2728     | 7.7273         | 20.0001 |
| 1-2 hours         | 25.159      | 15.8409        | 40.9999 |
| 2-4 hours         | 27          | 17             | 44      |
| More than 4 hours | 16.5682     | 10.4318        | 27      |
| Total             | 81          | 51             | 132     |

Degree of freedom (D.F.)	(4-1)(2-1)=3
$\chi^2_{\text{calculated}}$	2.8732
$\chi^2_{\text{tabulated}}$	7.8147

- Since  $\chi^2_{\text{cal}} < \chi^2_{\text{tab}}$  so we have proper evidence that we may accept the Null hypothesis( $H_0$ ) at 95% C.I.
- So from this we can conclude that at 95% confidence interval there is no significant association between student's anxiety and time spent on Social Media by the students.

## Test 4

- **Social Media Vs CGPA:**
  - To test the association between CGPA And Social Media apps between the students
  - The Null and Alternative hypothesis for the test are:
    - **H<sub>0</sub>**-There is no significant association between CGPA and time spent on Social Media by the students.
    - **H<sub>1</sub>**- There is significant association between CGPA and time spent on Social Media by the students.

Time	CGPA			
	Above 4 but below 6.5	Above 6.5 but below 8.5	Above 8.5	Total
Less than 1 hour	2	10	8	20
1-2 hours	7	29	5	41
2-4 hours	5	33	6	44
More than 4 hours	3	20	4	27
Total	17	92	23	132



## Expected Frequency:

- | Time              | CGPA                  |                         |           |         |
|-------------------|-----------------------|-------------------------|-----------|---------|
|                   | Above 4 but below 6.5 | Above 6.5 but below 8.5 | Above 8.5 | Total   |
| Less than 1 hour  | 2.5757                | 13.9394                 | 3.4848    | 19.9999 |
| 1-2 hours         | 5.2803                | 28.5757                 | 7.1439    | 40.9999 |
| 2-4 hours         | 5.6667                | 30.6667                 | 7.6667    | 44.0001 |
| More than 4 hours | 3.4773                | 18.8182                 | 4.7046    | 27.0001 |
| Total             | 17                    | 92                      | 23        | 132     |

Degree of freedom (D.F.)	$(4-1)(3-1)-3=3$
$\chi^2_{\text{calculated}}$	8.5878
$\chi^2_{\text{tabulated}}$	7.8147

- Since  $\chi^2_{\text{cal}} > \chi^2_{\text{tab}}$  so we don't have enough evidence to accept the Null hypothesis( $H_0$ ) at 95% .C.I.
- So we can conclude that at 95% confidence interval there is significant association between Student's CGPA and time spent on Social Media by the students.

## Test -5

- **Social Media Vs Social Support:**

- To test the association between the level of social support received on Social Media and the time spent on Social Media by Male and Female.
- The Null and Alternative hypothesis for the test are:
- **H<sub>0</sub>**- There is no significant association between level of comparison of life with others and time spent on Social Media by Male and Female.
- **H<sub>1</sub>**- There is significant association between level of comparison of life with others and time spent on Social Media by Male and Female.

Gender	Comparison				
	Low comp.& low time	Low comp. & high time	High comp.& low time	High comp. & high time	Total
Male	22	25	20	24	91
Female	12	8	7	14	41
Total	34	33	27	38	132

## Expected Frequency:

- | Gender | Comparison          |                       |                      |                        |         |
|--------|---------------------|-----------------------|----------------------|------------------------|---------|
|        | Low comp.& low time | Low comp. & high time | High comp.& low time | High comp. & high time | Total   |
| Male   | 20.4394             | 22.75                 | 18.6136              | 26.1969                | 87.9999 |
| Female | 10.5606             | 10.25                 | 8.3864               | 11.8031                | 41.0001 |
| Total  | 31                  | 33                    | 27                   | 38                     | 132     |

Degree of freedom(D.F.)	$=(2-1)(4-1)=3$
$\chi^2$ calculated	1.9266
$\chi^2$ tabulated	7.8147

- Since  $\chi^2_{cal} < \chi^2_{tab}$  so we have proper evidence that we may accept the Null hypothesis( $H_0$ ) at 95% confidence interval.
- So we can conclude that at 95% confidence interval there is no significant association between the level of comparison of life with others and the time spent on Social Media by Male and Female.

# Limitations:

- Although every effort was made to address any limitations, this study was not exempt from shortcomings. The biggest limitation in this study was the relatively small sample size ( $n = 132$ ); however, the sample size is considered decent due to the exploratory nature of the research.
- Furthermore, due to the cross-sectional nature of this study, there was a lack of observation over time. The lack of randomization also rules out any inferential interpretation of the findings. Finally, this research did not include all the possible predictors, as a large proportion of the variance of the key dependent variables are still unexplained.

Future scope of the study:

- Research is never ending process. No research is perfect and this research is no exception. However, this chapter offers effect of Social Media on student's mental health.
- In the future, removing the project's constraints and expanding the study's scope would make the findings more alluring.

## Conclusion:

Following an analysis of all 132 student's data ,the following findings were made-

**Sleep**-Out of all respondents, only 32.5% reported getting enough sleep, while a significant majority of 67.5% indicated they do not get sufficient rest. Interestingly, there appears to be a notable correlation between sleep deprivation and time spent on social media apps among students.

- **Cyberbullying**-While a higher percentage of females reported engaging in cyberbullying compared to males among the respondents, the chi-square test did not reveal a significant relationship between cyberbullying behavior and gender.
- **CGPA**- The graph reveals a higher number of respondents with a CGPA between above 6.5 and below 8.5. Interestingly, there appears to be a significant relationship between CGPA and time spent on social media apps among the students.
- **Anxiety**- Interestingly, 61.3% of respondents reported experiencing low anxiety, while 38.7% indicated high anxiety due to spending time on social media platforms. Despite reports suggesting a link between social media use and increased anxiety and depression, the chi-square test did not find a significant relationship between these variables among students.
- **Comparison**- Among the respondents, both males and females who frequently compare themselves with others on social media and spend the most time there are highest in number. However, the chi-square test did not find a significant relationship between the comparison of life with others and time spent on social media across genders among students."

## Final Conclusion-

- The survey revealed significant findings regarding students' social media habits and their impacts. A majority of students (67.5%) reported inadequate sleep due to social media use. While cyberbullying tendencies were higher among females, gender did not show a significant relationship with cyberbullying. Academic performance seemed to be influenced by social media, with many students having a CGPA between 6.5 and 8.5. Contrary to expectations, anxiety levels were not significantly linked to social media use. Lastly, despite both genders frequently comparing themselves on social media, this behavior did not correlate significantly with time spent on these platforms."

# Questionnaire:-

## Personal Information

- **1.**What gender do you identify as?
  - Male ( )
  - Female ( )
  - Prefer not to say ( )
- **2.** From which age group you belongs to
  - Less than 18 ( )
  - 18-25 ( )
  - 25-32 ( )
  - Above 32 ( )



### 3. Select the course in which you are enrolled?

Undergraduate

Postgraduate

- **4.** Select your SGPA(if you are first year student) else CGPA upto end of your respective course till now?
  - Above 4 but below 6.5( )
  - Above 6.5 but below 8.5 ( )
  - Above 8.5 ( )
- **5.** How many hours per day do you spend on social media platforms (eg. Instagram , Facebook, twitter)?
  - Less than 1 hour( )
  - 1-2 hours( )
  - 2-4 hours( )
  - More than 4 hours( )

Social media uses

**6.** Do you use social media primarily for?

Socializing with friends ( )

Staying updated on news event ( )

Entertainment (reels , tweets)( )

Educational content( )

• **7.** On a scale of 1-5 how anxious do you feel while using social media platforms?

• Not anxious at all ( )

• Slightly anxious ( )

• Moderately anxious ( )

• Very anxious ( )

• Extremely anxious ( )

• **8.** How often do you compare your life with others on social media?

• Frequently ( )

• Sometimes ( )

• Rarely ( )

• Never ( )

**9.**How often do you feel sad or hopeless after using social media?

Very often ( )

Often ( )

Sometimes ( )

Rarely ( )

Never ( )

- Sleep disruption
- **10.**How often do you find yourself staying up late using social media ,affecting your sleep patterns?
- Multiple times a weeks ( )
- Once a week ( )
- Occasionally ( )
- Rarely ( )
- Never ( )
- **11.**Do you feel that your sleep is disrupted by use of social media before bed time?
- Frequently ( )
- Sometimes ( )
- Rarely ( )
- Never ( )

## Social support

**12.**How often do you receive positive support or encouragement from others on social media platforms?

Very often ( )

Often ( )

Sometimes ( )

Rarely ( )

Never ( )

• **13.**Have you ever receive help from peers on social media during time of stress and difficulty?

• Frequently ( )

• Sometimes ( )

• Rarely ( )

• Never ( )

• Cyberbullying

• **14.**Have you ever experienced cyberbullying on social media platforms ?

• Frequently ( )

• Sometimes ( )

• Rarely ( )

• Never ( )

**15.**Do you feel that social media platforms effectively address cyberbullying and harassment issue?

Yes ( )

No ( )

Not sure ( )

• **16.**How often do you witness or experience negative comments or behaviours directed at

• others on social media?

• Very often( )

• Often ( )

• Sometimes ( )

• Rarely ( )

• Never ( )

• **17**Have you ever reported instance of Cyberbullying or harassment on Social Media platforms?

• Yes ( )

• No ( )

**18.**Do you experience FOMO(Fear of Missing out) when using Social Media?

Frequently ( )

Sometimes ( )

Rarely ( )

Never ( )

**19.**How often do you use social Media?

Multiple times a week ( )

Once a day ( )

Few times in a week ( )

Rarely ( )

Never ( )

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