# Project: Summarizing and Analyzing Research Papers

## Submission Template

**Learner Name**: Baishaki Das

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**Topic**: Effects of social media on mental health.

**Research Paper**: https://drive.google.com/file/d/1h7byXcL1wUVYW0oeFUiEK6aRJyOHL\_o\_/view?usp=sharingInitial Prompt

**Description (50 words max)**: **Summarize the paper which explores the effects of social media on mental health.The summary should be clear and concise, not exceeding 100 words. Ensure that the summary provides an accurate representation of the paper's content while critically assessing the study's contributions and limitations.**

**Generated Summary (100 words max)**:

This paper explores the impact of social media use on the mental health of university students. It discusses the relationship between social media use and mental health conditions, highlighting potential risks such as depression, anxiety, and poor sleep quality. The study emphasizes the need for preventative and therapeutic mental health care services in response to the negative effects of excessive social media use. However, the paper also acknowledges the complexity of this relationship and the need for further research to fully understand the root causes and solutions to these issues.

### Iteration 1

**Description (50 words max)**: **Summarize the paper in at most 100 words focusing on the impact of social media on sleep quality. Analyze the correlation between respondents sleep pattern and their use of social media.Present the information in a bullet list format.**

**Generated Summary (100 words max)**: -

The study examines the impact of social media on sleep quality, finding that higher online social networking use is associated with poorer sleep quality.

- A survey showed that 37% of respondents reported that using social networking sites kept them up at night.

- The correlation between sleeping patterns and social media use was found to be significant, with a strong positive association between the two.

- Excessive social media use at night was shown to affect students' sleeping patterns, leading to later bedtimes and less restful sleep.

- Using social media on mobile devices before bed was found to negatively impact sleep quality.

### Iteration 2

**Description (50 words max)**: **Summarize the paper in at most 100 words focusing on the research methodolgy used .Analyze whether the research objective was met.**

**Generated Summary (100 words max)**:

The study employed a survey methodology targeting university students who use social media for over three hours daily. A sample of 400 students was selected to assess the impact of social media on their mental health, focusing on sleep patterns, self-satisfaction, anxiety, and depression. Data was collected using the Depression, Anxiety, and Stress Scale (DASS) and the Pittsburgh Sleep Quality Index (PSQI), analyzed through SPSS software .

The research objective to explore the relationship between social media use and mental health was met, as the findings indicated significant correlations between excessive social media use and negative mental health outcomes .

### Final Prompt

**Description (50 words max)**: **Summarize the research paper which explores the effects of social media on mental health. The summary should be clear and concise,not exceeding 100 words.**

**Focus on the following key aspects**

**1. Significant Findings**

**2. Areas of Improvement**

**3. Research Gaps**

**4. Analysis of Results**

**5. Suggest areas for future research.**

**Generated Summary (100 words max)**:

**Significant Findings: The study found a strong correlation between excessive social media use and increased levels of depression and anxiety among university students, with poor sleep quality also linked to high social media engagement. Notably, 59% of students reported that social media negatively affected their relationships.**

**Areas of Improvement: The methodology relied on self-reported surveys, which may introduce bias, and the sample was limited to specific universities, potentially affecting the generalizability of the findings.**

**• Research Gaps: The study did not explore the long-term effects of social media use on mental health or the impact of different types of social media interactions, such as passive versus active engagement.**

**• Analysis of Results: The results section effectively met the research objectives, demonstrating significant associations between social media use, mental health issues, and sleep patterns, supported by statistical analysis.**

**• Future Research Suggestions: Future studies should investigate the causal relationships between social media use and mental health over time, as well as the effects of different social media platforms and user behaviors on psychological well-being.**

### Insights and Applications

**Key Insights (150 words max)**:

* The study reveals a significant negative impact of excessive social media use on the mental health of university students, correlating with increased levels of anxiety and depression
* Participants reported irregular sleeping patterns, with social media addiction contributing to poor sleep quality .
* A demographic analysis showed a higher prevalence of mental health issues among female students, who constituted a majority of the sample.
* The research utilized validated tools like the Depression, Anxiety, and Stress Scale (DASS) and the Pittsburgh Sleep Quality Index (PSQI) to assess mental health outcomes .
* Findings suggest that unhealthy social comparisons on social media platforms lead to decreased self-satisfaction and self-confidence among students.
* The study emphasizes the urgent need for mental health interventions and educational programs to mitigate the adverse effects of social media use .

**Potential Applications (150 words max)**:

* The findings highlight the need for universities to implement mental health support programs that address the specific challenges posed by social media use among students.
* Educational workshops could be developed to raise awareness about the risks of excessive social media engagement and promote healthier online habits.
* Institutions might consider integrating mental health screenings into student orientation programs to identify at-risk individuals early.
* The research suggests that social media platforms could collaborate with mental health professionals to create features that encourage positive interactions and reduce harmful comparisons.
* Policymakers may use these insights to advocate for regulations that promote digital well-being, ensuring that social media companies prioritize user mental health.
* Overall, the study underscores the importance of fostering a balanced approach to social media use to enhance students' mental well-being and academic performance .

### Evaluation

**Clarity (50 words max)**:

Analyzing the research results I found the study effectively addresses the research objectives outlined by the authors.The findings are supported by the data collected through surveys & analyzed using SPSS software. Overall, the research contributes valuable insights into the relationship between social media use and mental health among university students.

**Accuracy (50 words max)**:

The final summary accurately reflects the study's findings on social media's negative impact on university students' mental health. It emphasizes the need for mental health support, educational workshops, and policy advocacy, aligning with insights from the study and conclusions drawn in the research.

**Relevance (50 words max)**:

I found that the research highlights critical insights into the adverse effects of social media on university student’s mental health, emphasizing the need for preventive measures and mental health services. Potential applications include developing psycho-educational programs and policies to promote healthier social media usage among students.

**Reflection** **(250 words max)**:

This exercise has been incredibly valuable in sharpening my ability to craft effective prompts. Through this process, I have gained a deeper understanding of how to refine my prompts to elicit more precise and accurate responses from the language model. I have explored different prompting techniques, such as few-shot and zero-shot prompting, and learned about their potential applications based on the specific use case.

However, to truly excel at the summarization task and extract the most insightful and concise summaries from the model, I feel that there is still room for growth and further refinement of my prompting skills. By continuing to practice and experiment with various prompting strategies, I am confident that I can unlock the model's full potential and eventually master the art of prompting large language models.