**3 questions asked are:**

Ques 1 - On how many social media sites do you have account

Ques 2 - Avg time spent on social media per day on each social media

Ques 3 - how many friends do you have on each social media

Variable on which paper is focused on-

1.self esteem

2.emotional stability

3.age

4.satisfaction with life

**Measures** On which it is calcualted-

first measure is the

**Kessler Psychological Distress Scale**, which

will be used in order to gain insight into participants’ psychological distress.

The second measure

that will be utilized in this study is **Rosenberg's Self-Esteem Scale (RSES)** , which will be used to measure self-esteem.

The final measure to

be utilized in this study is the **Patient Health Questionnaire-9 (PHQ-9)** will be used to determine if participants have depressive symptoms.

**Hypotheses**

- Facebook use increases psychological distress.

- Both Facebook and Instagram lower self-esteem, with Instagram having a stronger

**Data analysis’s Method** -

One way ANOVA is used , ANOVA can be used by scipy library for each hypothesis   
and, if needed, Bonferroni tests to explore specific group differences.

Author conducted a test in which there are 200 participants , 200 individuals aged 18–25.

- Method: Participants will either use Facebook, Instagram, or abstain from social media for a week.

giving 5dollar to each and then he measures their result to 3 measures of

**Kessler pychological distress scale k10 ,**

**Rosenberg self esteem scale and at last**

**Patient health questionnaire (PHQ-9).**

Then he proposed it to IRB(Institution Review Board)it is a committee that reviews research involving human subjects to ensure that the research is ethical

**Descriptive Statistics:** calculate averages, medians, and frequencies for all users’ responses, providing a snapshot of overall social media usage.

**Inferential Analysis:** Tools like SPSS, R, or similar are used to perform one-way ANOVA tests. These tests compare the groups (e.g., Facebook, Instagram, no social media) simultaneously, and if significant differences are found, Bonferroni post-hoc tests help pinpoint exactly which groups differ.