

# Survey on Social Media Engagement and its Impact on Mental Health of University Students

Greetings !

I am Sreyasi Dey, a 3rd year undergraduate student pursuing B.Sc. Statistics (Hons.) at St. Xavier's College (Autonomous), Kolkata. The primary objective of this survey is to assess the relationship between social media engagement and the mental health status of **university/college students** of India.

Please take a few minutes to complete this questionnaire. Your responses will remain confidential, and we appreciate your honest input.

Thank you for your time and participation!

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\* Indicates required question

1. Email \*

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2. Name \*

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3. Age \*

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4. Sex \*

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5. Level of Education currently pursuing \*  
(Undergraduate/ Post-graduate/ PHD etc.)

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6. Name of University/College \*

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7. Name of Discipline \*

(For e.g.: Statistics/ Data Science/ English/ Commerce/ BBA/ Engineering/ MBBS etc.)

### Social media usage

8. How many social media platforms do you actively use ? \*

*Mark only one oval.*

- ☐ 1 or 2
- ☐ 3 or 4
- ☐ 5 or more

9. Which social media platforms do you use most frequently ? (Check all that apply) \*

*Check all that apply.*

- ☐ Facebook
- ☐ Instagram/Threads
- ☐ Twitter/X
- ☐ Snapchat
- ☐ LinkedIn
- ☐ YouTube
- ☐ Pinterest
- ☐ Discord
- ☐ Other: \_\_\_\_\_

10. What is your average time spent daily on social media ? \*

*Mark only one oval.*

- ☐ Less than 1 hour
- ☐ 1 - 3 hours
- ☐ 4 - 6 hours
- ☐ More than 6 hours

11. What is your primary purpose for using social media ? (Check all that apply) \*

*Check all that apply.*

- ☐ Sharing your own content (photos, videos etc.)
- ☐ Connecting with friends/family
- ☐ Entertainment
- ☐ News and information
- ☐ Networking professional opportunities
- ☐ Other: \_\_\_\_\_

12. At what time of day do you mostly use social media ? \*

*Mark only one oval.*

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Late night

13. How would you describe your workload (academic or professional) on a scale of 1-5 ? \*

1: Very Light, 2: Light, 3: Moderate, 4: Heavy, 5: Very heavy

*Mark only one oval.*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. How often do you find yourself using social media without a specific purpose ? \*

1: Not At All, 2: Rarely, 3: Sometimes, 4: Often, 5: Always

*Mark only one oval.*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. How often do you get distracted by social media when you are busy doing something ? \*

1: Not At All, 2: Rarely, 3: Sometimes, 4: Often, 5: Always

*Mark only one oval.*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. Do you feel restless or FOMO (fear of missing out) if you haven't used social media in a while ? \*

1: Not At All, 2: Rarely, 3: Sometimes, 4: Often, 5: Always

*Mark only one oval.*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. How often do you compare yourself to other people through the use of social media ? \*

1: Not At All, 2: Rarely, 3: Sometimes, 4: Often, 5: Always

*Mark only one oval.*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. Do you feel pressure to conform to social norms (e.g., fashion trends, opinions) which you see on social media ? \*

*Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Maybe

19. Have you ever faced cyberbullying on social media ? \*

*Mark only one oval.*

☐ Yes

☐ No

### Emotional and psychological aspects

20. How often do you experience negative emotions (e.g., anxiety, stress, or frustration) after using social media ? \*

1: Not At All, 2: Rarely, 3: Sometimes, 4: Often, 5: Always

*Mark only one oval.*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. Do you face issues regarding sleep due to excessive use of social media ? \*

1: Not At All, 2: Rarely, 3: Sometimes, 4: Often, 5: Always

*Mark only one oval.*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. Do you think that setting boundaries (time limits, content filters, etc.) on social media use could improve your overall well-being ? \*

*Mark only one oval.*

☐ Yes

☐ No

☐ Maybe

23. Have you ever considered taking a break or permanently leaving social media due to its impact on your mental health ? \*

*Mark only one oval.*

☐ Yes

☐ No

24. Have you ever sought help (therapy, counselling, etc.) due to mental health issues related to social media usage ? \*

*Mark only one oval.*

☐ Yes

☐ No

25. In your opinion, do you think social media adversely affects the mental health of students ? If yes, what remedy do you suggest to solve this issue ?

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