



Examining the Impact of Social Media on Mental Health



INTRODUCTION

Social media significantly influences daily emotions and behaviors, leading to distraction, restlessness, comparison, and validation-seeking, which harm mood, concentration, and sleep. The report highlights the importance of understanding these effects for healthier interactions and better mental well-being.

RESEARCH QUESTION

Is there a significant association between social media usage and mental health issues among the participants?

HYPOTHESIS

First Hypothesis:

Alternative Hypothesis (H1):

Increased time on social media increases mental health issues across different groups.

Second Hypothesis:

Alternative Hypothesis (H1):

A positive correlation exists between at least one pair of mental health issues (Anxiety, Depression, Self-Esteem) among participants.

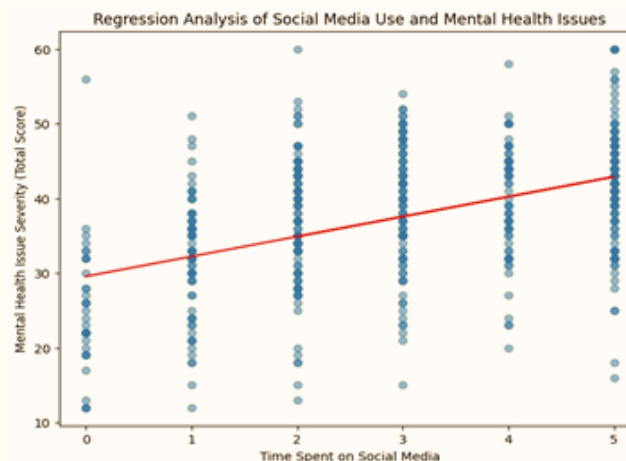
CONCLUSION

This study explored how social media use affects mental health in different groups (students, workers, retirees), finding links to increased anxiety, depression, and self-esteem issues, and highlighting connections between these factors.

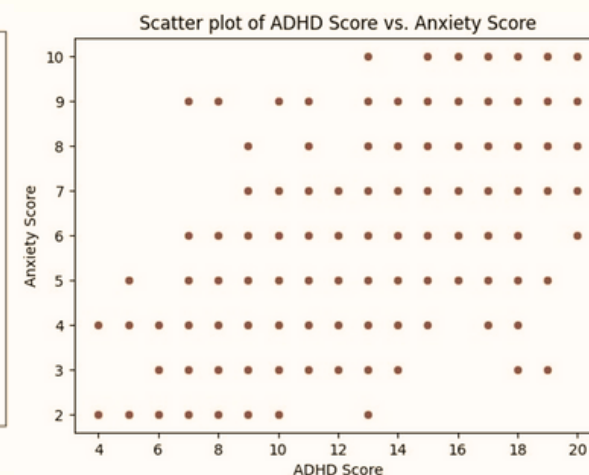
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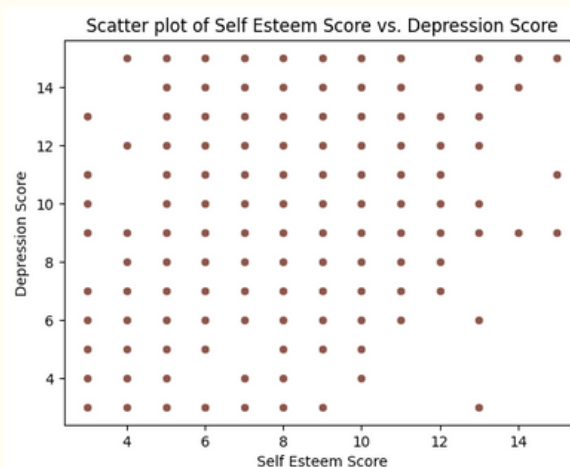
ANALYSIS



The analysis shows a strong link between social media use and mental health issues. Each extra hour increases severity by 2.67 points, with a P-value of $9.14e-26$ and an R-squared of 0.206. More social media time leads to more mental health problems.



The study found a strong connection between ADHD and anxiety. Scores on both tests tended to increase together (positive correlation of 0.676). Statistical tests confirmed this wasn't random (very low p-values). Basically, people with more ADHD symptoms likely experience more anxiety.



The analysis shows a significant link between self-esteem and depression scores. A correlation coefficient of 0.402 indicates a moderate positive relationship, with a p-value of $4.30e-20$. The Chi-Square test ($\chi^2 = 337.164$, p-value = $1.56e-17$) further supports this finding. Low self-esteem increases with higher depression scores.