

Survey Report: The Impact of Social Media on Life

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Target Group: Students (Ages 15–35)

Sample Size: 48 respondents

Survey Method: Google Form

1. Introduction

Social media has become an integral part of daily life, especially among young people. This survey was conducted to understand how social media affects students' academic performance, social relationships, mental well-being, and lifestyle.

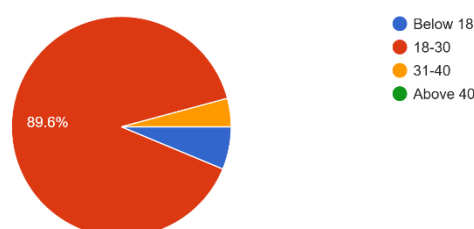
2. Objectives of the Survey

- To determine the time spent by students on social media.
- To identify the most popular social media platforms.
- To assess the impact of social media on mental health and academic performance.
- To gather student opinions on the advantages and disadvantages of social media.

3. Data Analysis

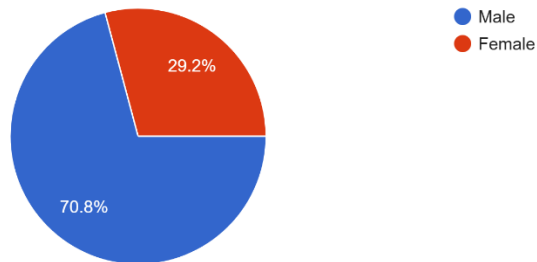
- Age Group:
 - Below 18:6.3%
 - 18-30:89.6%
 - 31-40:4.2%
 - Above 40:0%

Age
48 responses



- Gender:
 - Male: 70.8%
 - Female: 29.2%

Gender
48 responses

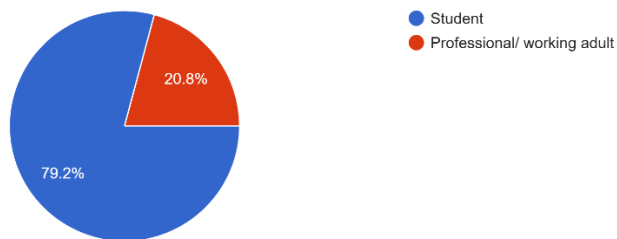


Occupation

Students: 60%

Professionals/Working Adults: 40%

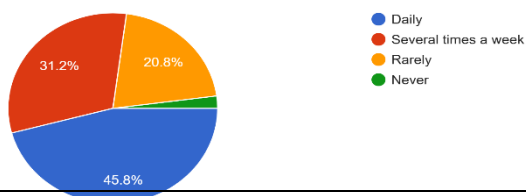
What is your primary role
48 responses



4. Social Media Usage

- Frequency of Use:
 - Daily:45.8%.
 - Several times a week:31.2%
 - Rarely:20.8%
 - Never:3.3%

Section A : Social Media Usage 1: How often do you use social media?
48 responses

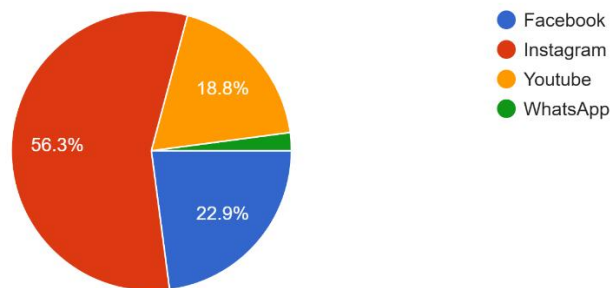


• *Most Used Platforms:*

- *Instagram – 56.3%*
- *YouTube – 18.8%*
- *WhatsApp – 3.3%*
- *Facebook – 22.9%*

2: Which Platform do you use the most?

48 responses

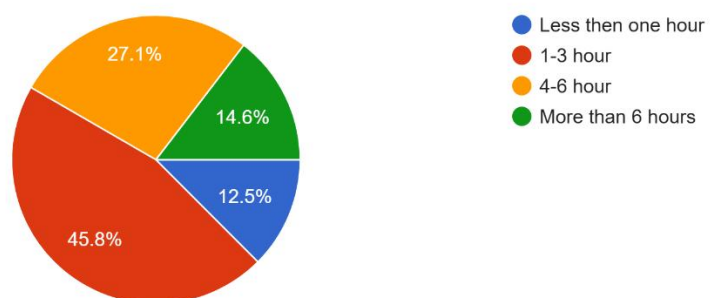


• *Average Daily Usage Time:*

- *Less than 1 hour – 12.5%*
- *1–3 hours – 45.8%*
- *4–6 hours – 27.1%*
- *More than 6 hours – 14.6%*

3: On average, How many hours per day do you spend on social media?

48 responses



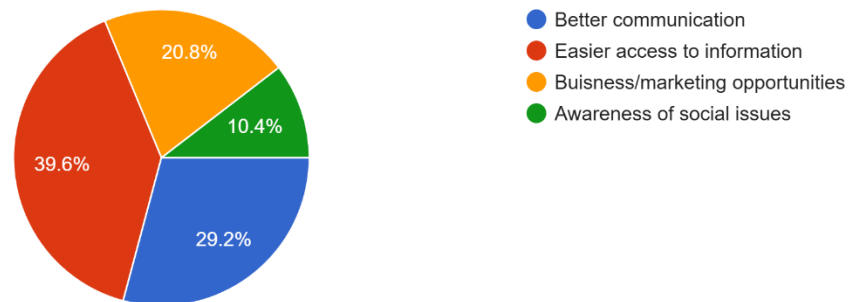
5. Perception of Social Media Impact

Positive Impacts:

- *Better communication* – 35%
- *Easier access to information* – 30%
- *Business and marketing opportunities* – 20%
- *Awareness of social issues* – 15%

Section B : perception of social media impact 1: What do you Think the biggest positive impact of social media in your community?

48 responses

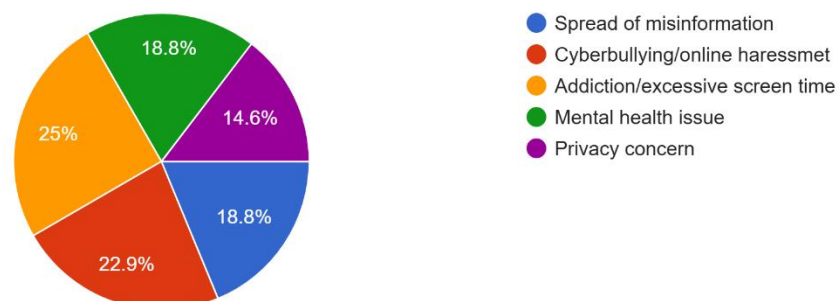


Negative Impacts:

- *Addiction and excessive screen time* – 32%
- *Mental health issues* – 28%
- *Spread of misinformation* – 25%
- *Privacy concerns* – 15%

2: What do you think the biggest negative impact of social media in your community?

48 responses

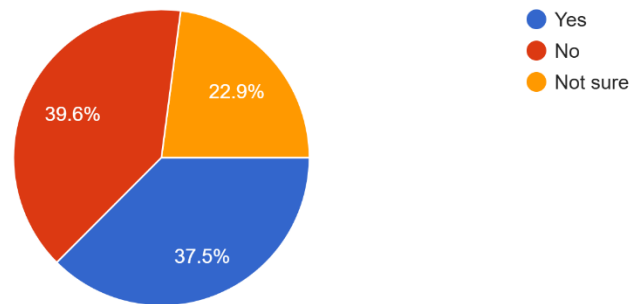


6. Community Engagement

- Yes:37.5%
- No:39.6%
- Not sure:22.9%

Section C : community engagement 1: Do you believe social media strengthness community bonds?

48 responses



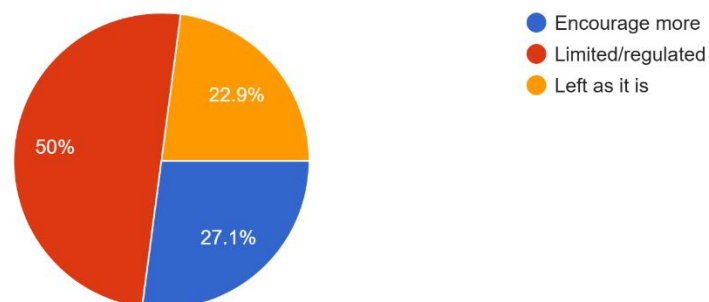
When asked about how social media should be managed:

- Encouraged more:27.1%
- Limited or regulated:50%

Left as it is:22.9%

2: In your opinion should the use of social media in the community be:

48 responses



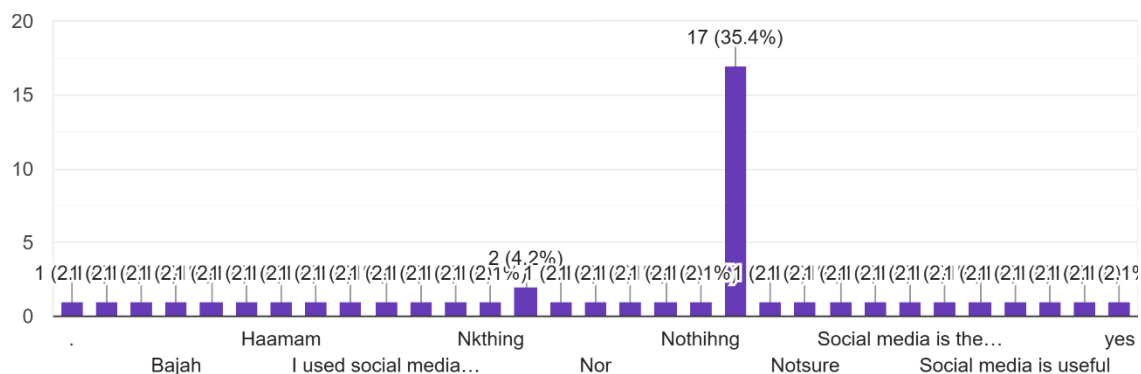
7. Open-Ended Responses Summary

Respondents shared that:

- Social media helps people stay connected and aware of community events.
- It promotes faster communication and social awareness.
- However, it also leads to distraction, stress, and reduced real-world interaction.
- Many participants mentioned the need to balance online and offline life.

Section D : Open ended question In what ways has social media changed your daily life and relationship in the community?

48 responses



8. Key Finding

- Most people use social media daily for several hours.
- Instagram and YouTube are the most popular platforms.
- Social media improves communication but increases screen addiction.
- Many respondents agree that social media strengthens community ties but also causes mental stress and misinformation.
- A majority suggest regulating or limiting its use.

9. Conclusion

The survey concluded that social media has a strong influence on the community. It connects people, spreads awareness, and helps in information sharing, but also leads to problems like addiction, stress, and privacy issues. A balanced approach and responsible use of social media can ensure that its benefits outweigh the drawbacks.

10. References

- Data collected through Google Form responses (October 2025)
- General research on community and social media impact

