

Week 4 Bibliographies

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1 Abstract:

[1] This article outlines the increasingly prevalent risk of social media addiction. The research performed focused mainly on college students, examining the effect of social media use on their psychological well-being and academic performance. It also explores promising potential methods to curb the social media addiction. The results of the study show a negative relationship between social media addiction and mental health as well as academic performance.

2 Abstract:

[2] This study explores the effects of social media addiction on work-place performance. It validates the conservation of resources theory, which in this specific context states that increased social media use will lead to decreased work performance as a result of decreased motivation. After studying a sample of 326 full-time employees, it was found that increased social media use did in fact lead to decreased job performance.

References

- [1] Yubo Hou, Dan Xiong, Tonglin Jiang, Lily Song, and Qi Wang. Social media addiction: Its impact, mediation, and intervention. *Cyberpsychology: Journal of psychosocial research on cyberspace*, 13(1), 2019.
- [2] Suzanne Zivnuska, John R Carlson, Dawn S Carlson, Ranida B Harris, and Kenneth J Harris. Social media addiction and social media reactions: The implications for job performance. *The Journal of social psychology*, 159(6):746–760, 2019.