Social Media in Bangladesh

A social media survey in Bangladesh taken from 04/02/21 to 10/03/21 was completed by 771 people. This survey gave information on the effect of social media on mental health.
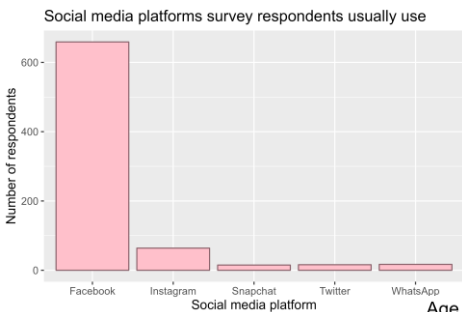
Figure 1 shows Bangladesh

Figure 2 shows a bar chart of social media platforms used

This survey recorded the social media platform respondents usually use. The most common was Facebook with 659 people, followed by Instagram at 64. The least common were WhatsApp (17), Twitter (16) and Snapchat (15).
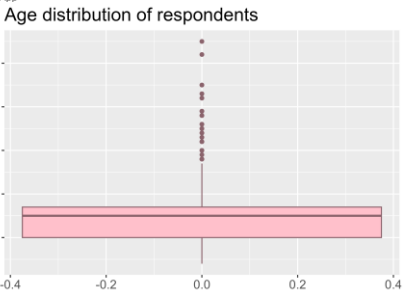
A range of ages completed this survey from ages 14 to 65. However, most participants were young with the median being 25, lower quartile 20 and upper quartile 27. This is unlikely to be representative of the population as it is not an equal distribution across ages.

Figure 3 shows a boxplot of ages

Social media usage and sleep quality

The survey shows that 576 people have good sleep quality and 195 have poor sleep quality. For social media usage, 1-3 hours a day was most common at 282 people, followed by 201 spending 3-5 hours and 175 spending 5+ hours. It was least common to spend less than an hour, at just 113 people.

Figure 4 shows a bar chart of social media usage split by sleep quality

This bar chart splits the people who get good and poor quality sleep to compare time spent on social media. The bar chart shows a higher proportion of people spending less time for those who get good sleep. Of those getting poor sleep, 87/195 (44.6%) spend less than 3 hours on social media, compared to 308/576 (53.5%) of those getting good sleep. Also, of those getting poor sleep, 64/195 (32.8%) spend 5+ hours, compared with 111/576 (19.3%) of those getting good sleep. Both these comparisons, along with the trend of the bar chart, suggest more time on social media negatively impacts sleep quality.

The effect of social media usage on concentration

The survey shows that 326 people have never had problems concentrating in the last 30 days, 307 often have and 138 have daily. It also shows 282 people spending 1-3 hours daily on social media, followed by 3-5 hours, 5+ hours and 0-1 hour at 201, 175 and 113 people respectively.

The graph shows that 1-3 hours spent on social media is only the most common for those who have never had (133/326) or have often had (114/307) concentration problems in the last 30 days. For those who had daily problems, it is more common to spend longer on social media each day with 46/138 people

Figure 5 shows a bar chart of social media usage split by concentration problem levels

This graph shows the percentage spending longer than 3 hours daily on social media for each level of concentration problem. There is a correlation between these with 44.5% for never, 49.8% for often and 56.5% for daily.

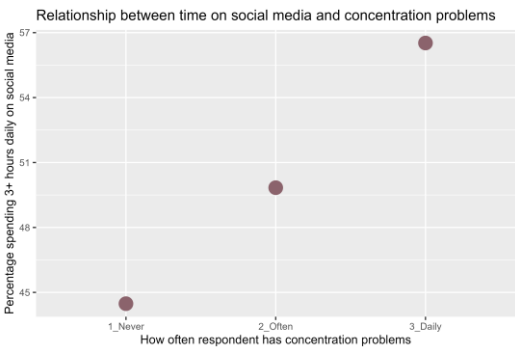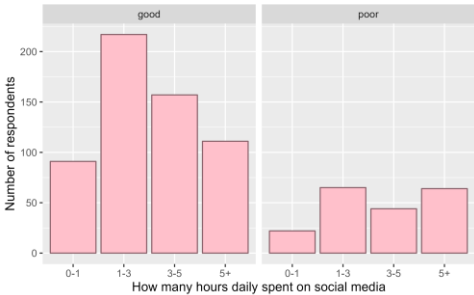*Figure 6 shows a scatter graph of concentration frequency against percentage spending 3+ hours daily on social media*

The data trends found, along with the information shown in both graphs suggest that there is evidence excessive social media usage can have a negative effect on concentration.

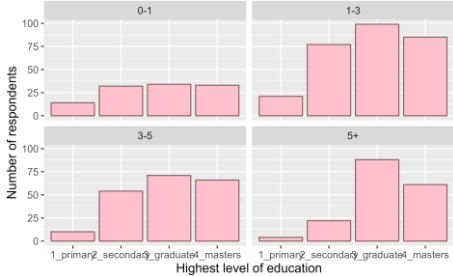## Education and social media usage

Figure 7 shows a bar chart showing education levels split by social media usage

This information shows that social media usage may be impacted by education levels. Whilst up to 5 hours all have similar levels for those above primary, there is data to suggest those with higher education levels are more likely to spend 5+ hours on social media each day.