The research data indicates the distribution of time spent on social media as follows:

4–6 hours: This is the most common category, with 39.3% of respondents spending this amount of time on social media daily.

1–3 hours: The second most common, accounting for 36.6% of respondents.

More than 6 hours: A smaller group, 13.4%, reported spending over six hours daily on social media.

Less than 1 hour: Only 10.7% of respondents spend less than an hour on social media each day.

These findings suggest that a significant majority (nearly 89.3%) spend over an hour daily on social media, highlighting its prevalence in daily life and the potential for its substantial impact on behavior and routines.