



Impact of social media on mental health of Minia University students

تأثير وسائل التواصل الاجتماعي على الصحة النفسية
لطلاب جامعة المنيا

Protocol of thesis submitted to

Faculty of Medicine, Minia university
As a partial fulfillment of
Master degree in family medicine

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إيفاء جزئياً لدرجة الماجستير
في طب الأسرة

من

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1. Introduction

There is no doubt that social media is playing a major role in the daily routine of university students, It has a direct and significant impact not only on their behavior but also on their mental health.

Definition of mental health: According to the World Health Organization, mental health means being in a state that allows you to know your personal abilities correctly and to be able to deal with the stresses of daily life. Which makes you work more productively. And then participate and contribute to your community.

Social media has many negative effects on mental health: depression as a result of comparing your personal abilities and lifestyle with others and feeling psychological pressure that exposes you to stress and inability to face the pressures of daily life, anxiety, poor concentration, distraction and inattention, Internet addiction, exposure Cyber bullying, wasting time, negatively affects social relations, causing weakness and fragility, causing emotional and existential isolation, decreasing learning and scientific research abilities because it facilitates the process of accessing information.

In this study, we aim to find out the relationship between mental health disorders and the use of social media among Minia University students.

2. Aim of the work

- To determine the percentage of mental health disorders among Minia University students.
- To find the relationship between mental health disorders and misuse of social media.

3. Methods and materials

3.1 Study design

This is a cross sectional university bases study that will be conducted among students of Minia University after being approved by ethical committee of our institution.

3.2 Sample size

Randomly select sample that will represent Minia university students.

3.3 Study population

According to WHO prevalence of mental health disorders among populations from 18 to 23 years old is 20 %.

3.4 Inclusion criteria

Students from 18 to 23 years old in Minia University.

3.5 Exclusion criteria

- Students who will refuse to participate into the study.
- Students that are not able to give consent.

3.6 Data collection

Data will be collected through Minia university students. Minia University will be visited three times weekly Sunday, Tuesday and Thursday for recruitment of students after having verbal consent.

3.7 Data collection tools

A well-structured aided questionnaires will be used after being translated from English to Arabic:

- Survey: Mental Health and Social Media [1]

3.8 Data management

Data input will be done, questionnaires will gathered every week and the data will be evaluated using SPSS.

3.9 Data analysis and statistics

All analysis will be done using SPSS using a significant level $P \text{ Value} < 0.05$. Cleaning of data as a first step will be done to detected variables that could be missed or invalid.

4. Ethical considerations

Approval of the University ethical committee and approval of Minia University chairman will be taken, a verbal consent will be also taken after explaining the nature, purpose and uses of the data from each participant. The issues of privacy and confidentiality of all study participants will be considered.

الملخص العربي

لا شك أن وسائل التواصل الاجتماعي أصبحت تلعب دوراً كبيراً في روتين الحياة اليومية لطلاب الجامعة, حيث أن لها تأثير مباشر و كبير ليس فقط على سلوكياتهم و لكن ايضاً على صحتهم النفسية.

تعريف الصحة النفسية :طبقاً لمنظمة الصحة العالمية فالصحة النفسية تعني ان تكون في حالة تسمح لك بمعرفة قدراتك الشخصية بشكل صحيح و ان تستطيع التعامل مع ضغوط الحياة اليومية .مما يجعلك تعمل بإنتاجية جيدة .و من ثم تشارك و تساهم في مجتمعتك.

لوسائل التواصل الاجتماعي العديد من التأثيرات السلبية على الصحة النفسية : الإكتئاب نتيجة مقارنة قدراتك الشخصية و نمط حياتك بالآخرين و تشعر بالضغط النفسي الذي يعرضك للتوتر و عدم القدرة على مواجهة ضغوط الحياة اليومية ,القلق ,ضعف التركيز و التشتت و عدم الإنتباه ,إدمان الانترنت , التعرض للتنمر الإلكتروني ,إهدار الوقت ,تأثيرها بالسلب على العلاقات الاجتماعية حيث تصيبها بالضعف و الهشاشة و اصابت الإنسان بعزلة شعورية و وجودية ,إنخفاض قدرات التعلم و البحث العلمي لأنها تسهل عملية الوصول للمعلومات.

نهدف في هذه الدراسة إلى معرفة العلاقة بين اضطرابات الصحة النفسية و إستعمال وسائل التواصل الاجتماعي بين طلاب جامعة المنيا.

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