

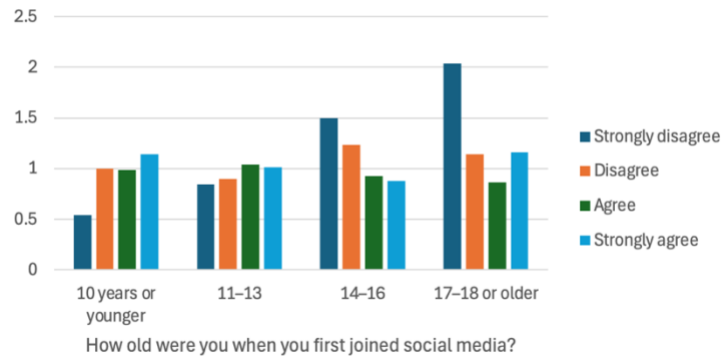
Question: Does joining social media at a younger age have a stronger effect on one's mental health?

It is well known that social media has drastic effects on mental health, especially those who are younger than 18. As a result, I am inclined to believe that the younger someone is when they join social media, the more it will affect their mental health. To find an answer to this, I created a crosstabulation of the age one joined social media¹ with how anxious they feel going a day without their phone, whether or not getting acknowledgment from posts or texts affects them, and whether or not they feel addicted to social media². To better understand the relationship between the variables, we can look at p-values. The p-values for each crosstabulation were all greater than 0.05, indicating that no statistically significant relationship exists between the age of joining social media and the mental health variables analyzed, therefore we must dig deeper. To further understand the relationship between the variables, I created graphs of the indexes for each of the dependent variables in relation to the age someone joined social media. In the graphs below, we can observe that individuals who joined social media at 17 and older reported they strongly disagreed with feeling addicted to social media higher than the average of other age groups. We can also observe that majority of people who joined social media at 10 years or younger reportedly strongly agreed with the fact that they feel anxious if they go a day without their phones, whereas individuals who joined at ages 14-16 overwhelmingly reported they strongly disagreed with this statement. By understanding the index graphs, we can visually understand the associations between the variables. More specifically, we can see that the earlier in your life that you join social media, the more addicted you will feel. Similarly, we can see that the graphs support the hypothesis the younger you join social media, the more anxious you will get and the more it will negatively affect one's mental health. In conclusion, the data supports my hypothesis that the younger someone is when they join social media, the greater effect it will have on their mental health.

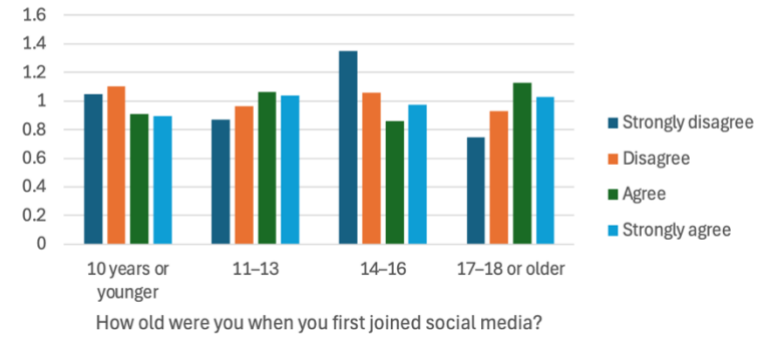
¹ Independent variable

² Dependent variables

Index: Sometimes I feel addicted to social media



Index: I feel bad when my posts or texts are not acknowledged by others



Index: If I have to go a day without my phone, I feel anxious

