

Impact Of Social Media on the Spiritual Beliefs

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Aim Of the Study

Impact Of Social Media on Spiritual Beliefs and Well-Being



Objectives of the Study

- ① To study the impact of social media on well-being.
- ② To study the impact of social media on spiritual beliefs.
- ③ To study the impact of spiritual beliefs on well-being.
- ④ To study the mediating effect of spiritual beliefs on the relationship between social media and well-being.

In this study, the study will be around three variables:

- Social Media
- Spiritual Beliefs
- Well-Being

A brief Introduction

- Social Media - An integral part of our life. An era where digital interaction is as commonplace as breathing.
- Spiritual Beliefs - How social media navigate and change the landscape of the beliefs in our life. Shape our individual faith journeys and personal fulfillment.
- Well Being - The buzzword of Well Being or say subjective well-being is the most affected by social media.

- **What is social media?**

- Platforms on the internet where people can create and share content.
- Enables participation in social networking.

- **Why are we even talking about it?**

- Most content is user-generated, making it highly engaging.
- Involves people from all over the world.

- **Relevant Stats:**

- Globally, there are 5.04 billion social media users as of 2024, representing 62.3% of the world's population.
- Social media users grew by 5.6% over the past year, adding 266 million new users in 2023 – an average increase of 8.4 new users every second.
- On average, people spend 2 hours and 23 minutes daily on social media platforms.

Social Media Use Over Time

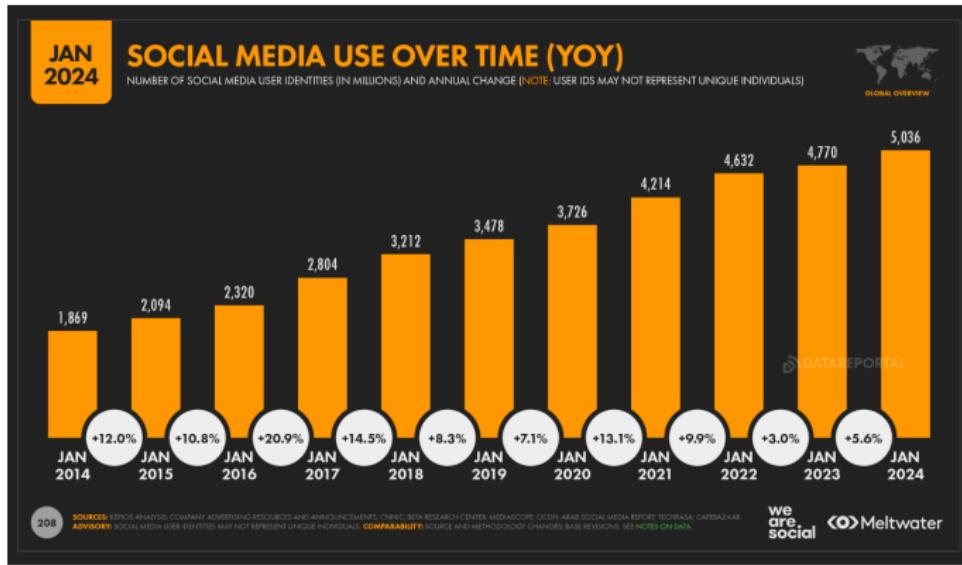


figure : Social Media Use Over Time

Population Diversity Over Social Media

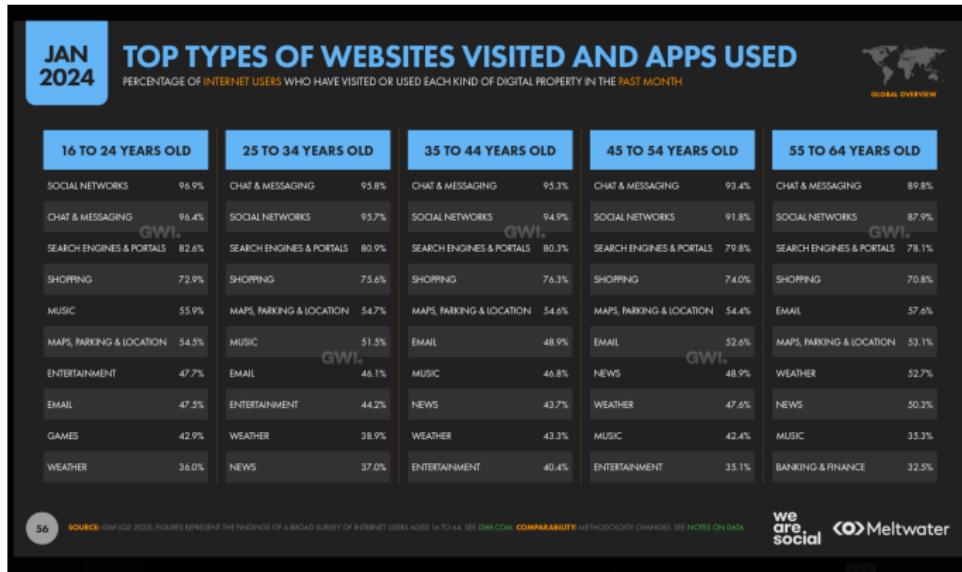


figure : Divide of population over Social Media

Widely Used Platforms

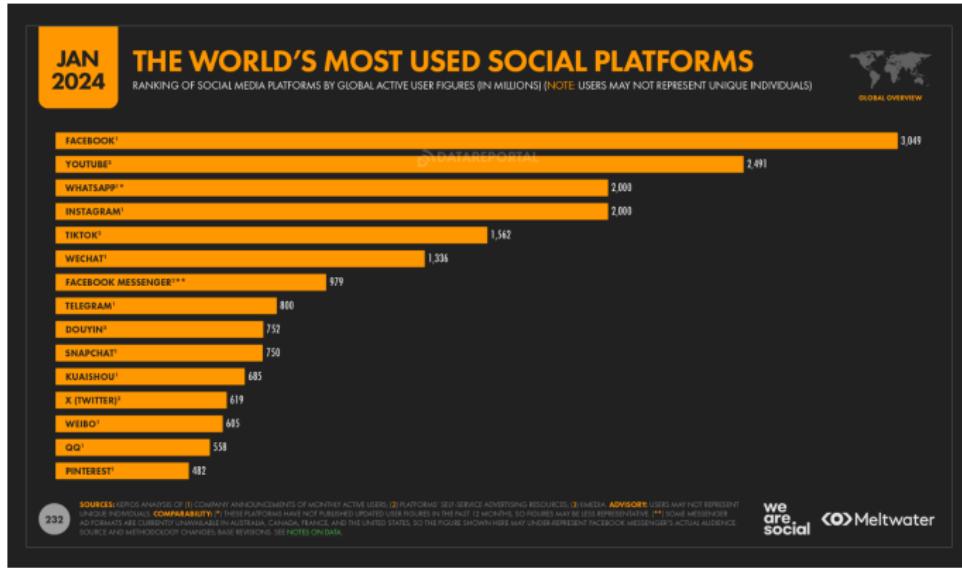


figure : Widely used platforms over Internet

Spiritual Beliefs

- Spirituality: A bigger picture

- Spirituality is a broad concept that extends beyond the self.
 - It seeks to answer profound questions about life, interconnectedness, the universe, and the mysteries of human existence.
 - Spirituality suggests that something greater connects all beings to each other and the cosmos.

• Signs of Spirituality

- Asking Deep Questions
 - Deepening Connections
 - Compassion and Empathy
 - Interconnectedness
 - Seeking Meaning and Purpose
 - Desire to Contribute

- **Why Study Spiritual Beliefs?**

- **Gain Meaning and Purpose:**

Explore fundamental questions about life.

- **Enhance Mental Health:**

Reduce symptoms of depression and anxiety and improve quality of life.

- **Foster Inner Connection:**

It allows us to communicate with our inner selves.

- **Achieve Clarity and Focus:**

Spiritual practices sharpen the mind and provide clarity, helping us see through life's challenges.

- **Promote Holistic Well-Being:**

It contributes to better mental, emotional, and physical health, promoting a balanced life.

Spirituality Study

Most Americans believe people have a soul or spirit

% of U.S. adults who say ...



Source: Survey of U.S. adults conducted July 31-Aug. 6, 2023.

"Spirituality Among Americans"

PEW RESEARCH CENTER

figure : spirituality study among Americans

Well Being

- **What is well-being?**

- It refers to the overall experience of health, happiness, and prosperity.

- **Dimensions of Well Being**

- **Physical Well-Being:**

This involves maintaining good physical health through exercise, nutrition, and healthy habits.

- **Emotional Well-Being:**

Focuses on managing stress, practicing relaxation techniques, and cultivating positive emotions.

- **Social Well-Being:**

Relates to social connections, relationships, and a sense of community.

- **Purpose and Meaning:**

Having a sense of purpose or meaning in life contributes to overall well-being.

- **Mental Health:**

Good mental health is essential for well-being.

Spiritual Well Being



figure : Four Dimensions Of Spiritual Well Being

- **Syncretic Behavior:**

- Social media leads to a mix of spiritual beliefs, moving away from strict adherence to a single religious tradition. [1]

- **Community Building:**

- Digital platforms serve as new spaces for spiritual expression and community formation. [1]

- **Diverse Perspectives:**

- Social media opens up a global conversation on spirituality, exposing individuals to a wide array of beliefs. [2]

Social Media and Spiritual Beliefs

- **Influence on Rituals:**

- Traditional spiritual practices may be adapted or influenced by trends and discussions found on social media. [3]

- **Information Access:**

- The ease of accessing diverse spiritual content online can significantly impact an individual's belief system.

Social Media and Well Being

Social media has become an integral part of daily life, influencing various aspects of psychological well-being. The relationship between social media use and well-being is complex and multifaceted, with both positive and negative effects reported in the literature.

- **Bonding and Bridging Social Capital:**
 - Social media facilitates the formation of social capital, which is crucial for psychological well-being. [4]
- **Social Support and Connection:**
 - Opportunities for social support and connection, which can be particularly beneficial during times of stress or isolation. [5]
- **Enhanced Communication:**
 - Social media provides a space for individuals to communicate and maintain relationships, regardless of geographical barriers. [5]

Negative Effects of Social Media on Well Being

- **Stress and Comparison:**

- Users may experience stress and pressure to compare themselves to others, leading to increased sadness and isolation. [5]

- **Mental Health Risks:**

- Excessive use of social media has been linked to lower psychological well-being, including increased loneliness, fear of missing out (FOMO), and decreased life satisfaction. [5]

- **Addiction:**

- There are risks of addiction and cyberbullying involvement, which can have detrimental effects on mental health. [5]

Spiritual Belief and Well-being

Spiritual beliefs encompass a wide range of practices and beliefs that contribute to an individual's sense of purpose, understanding and connection to the larger universe. These beliefs can be rooted in personal spirituality or on a community basis.

Effects of Spiritual Belief on Well-Being

- **Mental Health:**

- Spirituality is linked with better mental health outcomes, including lower rates of depression and anxiety. [6]

- **Physical Health:**

- Spiritual practices, such as meditation, can improve physical health by reducing stress, lowering blood pressure, and enhancing immune function. [7]

- **Social Well-being:**

- Spiritual communities provide social support and a sense of belonging, which are crucial for overall well-being. [8]

Hypothesis

- ① **H1:** Social Media has a direct influence on Well-Being.
- ② **H2:** Spiritual Beliefs have a direct influence on Well-Being.
- ③ **H3:** Social Media has a direct influence on Spiritual Beliefs.
- ④ **H4:** Spiritual Beliefs mediate the relationship between Social Media and Well-Being.

Conceptual Model

Model Used For the Study

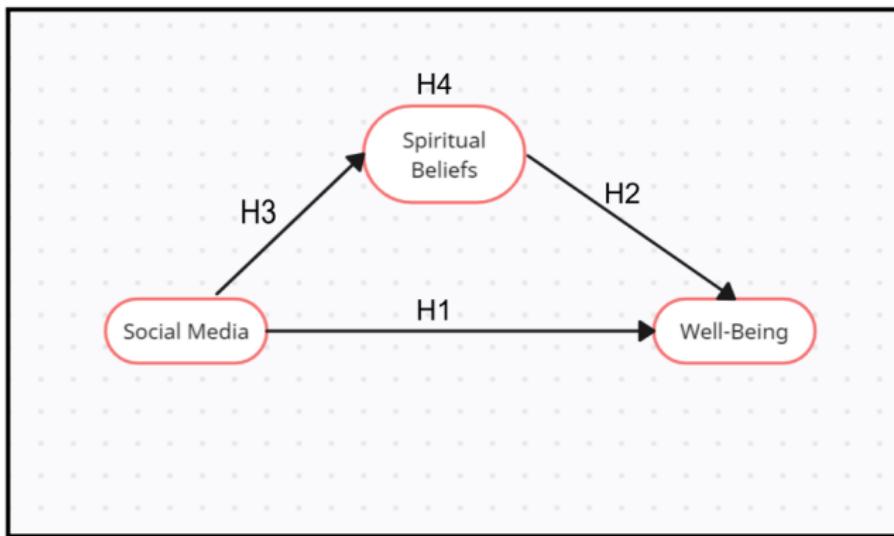


figure : Conceptual Model

Sample: Young Adults

① The research incorporates **Snow-Ball Sampling and Survey Method**.

- Selection is made entirely by chance, often using random number generators.
- Gender unbias.

Scales

We have used 3 scales to study the all of the three variables:

- ① Social Media Usage
- ② Spiritual Beliefs
- ③ Psychological Wellbeing

Social Media Use Scale (SMUS)

- **Development:**

- Developed by Alison B. Tuck and Renee J. Thompson from the Department of Psychological & Brain Sciences at Washington University in St. Louis. [9]
- Developed through a series of studies involving college students, aiming to capture a wide range of social media activities that are objective, subjective, and emotional.

- **Dimensions:**

- Belief-based SMU
- Consumption-based SMU
- Image-based SMU
- Comparison-based SMU

Items & Likert Scale

Sr-no	Items	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	Made/shared a post or story about something positive personally about me					
2	Looked at how many people liked, commented on, shared my content, or followed/friended me					
3	Read comments to my own content					
4	Edited and/or deleted my own social media content					
5	Played with photo filtering/photo editing					
6	Compared my body or appearance to others'					
7	Compared my life or experiences to others'					
8	Reminiscing about the past					
9	Made/shared a post or story about something negative personally about me					
10	Made/shared a post or story about something negative not personally about me					
11	Commented unsupportively or disliked/reacted unsupportively on other's post(s)					
12	Sought out content that I morally or ethically disagreed with					
13	Scrolled aimlessly through my feed(s)					
14	Looked at others' stories					
15	Navigated to others' profiles in my social network					
16	Navigated to others' pages who I do not know					
17	Watched videos such as memes, news content, how-tos/recipes, etc.					

figure : items listed in SMUS[9]

The Spirituality Questionnaire

The Spirituality Questionnaire

Developed by Jochen Hardt and colleagues from the University Medical Center of the University of Mainz, Germany [10], the Spirituality Questionnaire aims to assess spirituality through a multidimensional approach, capturing various aspects of spirituality adequately.

Dimensions:

- Belief in God
- Search for Meaning
- Mindfulness
- Feeling of Security

The Spirituality Questionnaire contd.

Items & Likert Scale

Sr-no.	Items	not true at all	hardly true	don't know	rather true	absolutely true
1	I trust in God					
2	My faith helps to cope w. problems					
3	I trust in my faith for decisions					
4	I feel the love of God					
5	I feel that God is my friend					
6	My life means searching and asking					
7	I look for insight and coherence					
8	I try to open my mind					
9	I try to expand my soul					
10	I search for the spirit					
11	I try to deal consciously with others					
12	I deal consciously with environment					
13	I try to help others					
14	I try to be patient and tolerant					
15	I try to be empathetic with others					
16	I feel peace deep inside me					
17	My life is peace and joy					
18	I feel one with the world					
19	I see a friendly world around me					
20	I feel there is a lot of love in the world					

figure : items listed in Spirituality Questionnaire[10]

Psychological Wellbeing Scale

Psychological Wellbeing Scale

The Psychological Wellbeing Scale was developed by Carol D. Ryff [11] to assess various aspects of psychological well-being in adults.

Dimensions:

- Autonomy
- Environmental Mastery
- Personal Growth
- Positive Relations with Others
- Purpose in Life
- Self-Acceptance

Psychological Wellbeing Scale contd.

Items & Likert Scale

Sr- no.	Items	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	I like most parts of my personality.					
2	When I look at the story of my life, I am pleased with how things have turned out so far.					
3	Some people wander aimlessly through life, but I am not one of them.					
4	The demands of everyday life often get me down.					
5	In many ways I feel disappointed about my achievements in life.					
6	Maintaining close relationships has been difficult and frustrating for me.					
7	I live life one day at a time and don't really think about the future.					
8	In general, I feel I am in charge of the situation in which I live.					
9	I am good at managing the responsibilities of daily life.					
10	I sometimes feel as if I've done all there is to do in life.					
11	For me, life has been a continuous process of learning, changing, and growth.					
12	I think it is important to have new experiences that challenge how I think about myself and the world.					
13	People would describe me as a giving person, willing to share my time with others.					
14	I gave up trying to make big improvements or changes in my life a long time ago.					
15	I tend to be influenced by people with strong opinions.					
16	I have not experienced many warm and trusting relationships with others.					
17	I have confidence in my own opinions, even if they are different from the way most other people think.					
18	I judge myself by what I think is important, not by the values of what others think is important.					

figure : items listed in Psychological Wellbeing Scale[11]

Data Collection

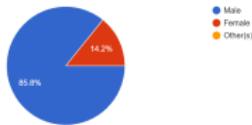
The data collection was conducted online, utilizing Google Forms as the medium for data gathering.

Research Design

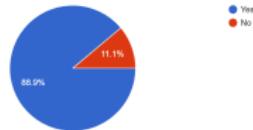
Source of Data Collection	Google Forms
Sample Size	261
Gender Diversity	Male: 224, Female: 37
Active Social Media Users	252
How many do Belief in Spirituality	232
Residential info of the sample	Urban:191 , Rural:17 , Metropolitan:53

Research Design

Gender
261 responses



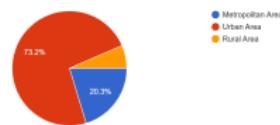
Do you believe in spirituality ?
261 responses



Are you an active social media user ?
(Social media applications like Facebook,WhatsApp,Instagram,X(Twitter),Reddit etc)
261 responses



Where do you currently reside
261 responses



What is your current employment status
261 responses



Procedure

Procedure

The data collection was conducted online, utilizing Google Forms as the medium for data gathering.

Data Filtering Process

- The collected data was filtered based on two criteria:
 - ① **Active Social Media Users:** Participants who actively use social media.
 - ② **Belief in Spirituality:** Participants who expressed belief in spirituality.
- Responses not meeting these criteria were excluded from the analysis.

Data Analysis Process

- The data analysis was conducted using **SPSS (Version 28)** software with the **Hayes Process Macro (Version 4.1)** extension.
- The following analyses were performed:
 - ① **Reliability Analysis:** Measured using Cronbach's Alpha to ensure internal consistency.
 - ② **Descriptive Analysis:** Summarized key statistical properties of the data.
 - ③ **Correlation Analysis:** Assessed relationships between variables.
 - ④ **Mediation Analysis:** Explored indirect effects using the Hayes Process Macro.

Reliability of Social Media Scale

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Rows	1695.65	222.00	7.64	8.14	0.00	1.17
Columns	1261.24	16.00	78.83	83.97	0.00	1.65
Error	3334.29	3552.00	0.94			
Total	6291.18	3790.00				
			0.88			

Cronbach's $\alpha = 0.88$

Reliability of Spirituality Scale

ANOVA						
Source of V:SS	df	MS	F	P-value	F crit	
Rows	1629.81	222.00	7.34	14.54	0.00	1.17
Columns	216.79	19.00	11.41	22.61	0.00	1.59
Error	2129.01	4218.00	0.50			
Total	3975.61	4459.00				
		0.93				

Cronbach's $\alpha = 0.93$

Reliability of Well-Being Scale

ANOVA					
Source of V:SS	df	MS	F	P-value	F crit
Rows	425.62	222.00	2.92	1.91	0.00
Columns	598.86	17.00	35.23	35.08	0.00
Error	3789.70	3774.00	1.00		1.63
Total	4814.18	4013.00			
		0.66			

Cronbach's $\alpha = 0.66$

Descriptive Analysis

Descriptive Analysis

Mean	26.05
Median	22.00
Mode	18.00
Standard Deviation	10.32
Range	42.00
Minimum	17.00
Maximum	59.00

Results and Discussion

Discussion of Impact of Social Media on Spiritual Beliefs

➔ Correlations

Correlations

		IV	MV
IV	Pearson Correlation	1	.254**
	Sig. (2-tailed)		<.001
	N	223	223
MV	Pearson Correlation	.254**	1
	Sig. (2-tailed)	<.001	
	N	223	223

**. Correlation is significant at the 0.01 level
(2-tailed).

Results and Discussion

Discussion of Impact of Social Media on Spiritual Beliefs

➡ Correlations

Correlations									
	MV_D1	MV_D2	MV_D3	MV_D4	IV_D1	IV_D2	IV_D3	IV_D4	
MV_D1	Pearson Correlation	1	.648**	.537**	.506**	.238**	.010	.073	.153*
	Sig. (2-tailed)		<.001	<.001	<.001	<.001	.885	.277	.022
	N	223	223	223	223	223	223	223	223
MV_D2	Pearson Correlation	.648**	1	.755**	.525**	.240**	.063	.121	.260**
	Sig. (2-tailed)		<.001	<.001	<.001	<.001	.346	.072	<.001
	N	223	223	223	223	223	223	223	223
MV_D3	Pearson Correlation	.537**	.755**	1	.550**	.193**	.110	.039	.274**
	Sig. (2-tailed)		<.001	<.001		<.001	.100	.560	<.001
	N	223	223	223	223	223	223	223	223
MV_D4	Pearson Correlation	.506**	.525**	.550**	1	.278**	.033	.232**	.157*
	Sig. (2-tailed)		<.001	<.001	<.001		<.001	.625	<.001
	N	223	223	223	223	223	223	223	223
IV_D1	Pearson Correlation	.238**	.240**	.193**	.278**	1	.554**	.454**	.467**
	Sig. (2-tailed)		<.001	<.001	.004	<.001		<.001	<.001
	N	223	223	223	223	223	223	223	223
IV_D2	Pearson Correlation	.010	.063	.110	.033	.554**	1	.448**	.475**
	Sig. (2-tailed)		.885	.346	.100	.625	<.001		<.001
	N	223	223	223	223	223	223	223	223
IV_D3	Pearson Correlation	.073	.121	.039	.232**	.454**	.448**	1	.334**
	Sig. (2-tailed)		.277	.072	.560	<.001	<.001		<.001
	N	223	223	223	223	223	223	223	223
IV_D4	Pearson Correlation	.153*	.260**	.274**	.157*	.467**	.475**	.334**	1
	Sig. (2-tailed)		.022	<.001	<.001	.019	<.001	<.001	<.001
	N	223	223	223	223	223	223	223	223

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Discussion of Impact of Social Media on Spiritual Beliefs

- **Platform for Spiritual Discourse:** Social media opens up a global conversation on spirituality, exposing individuals to a wide array of beliefs [1].
- **Algorithm-Driven Content Exposure:** Personalized content curation by social media algorithms reinforces or challenges existing beliefs, subtly influencing users [9].
- **Complex Nature of Spirituality:** While social media plays a role, factors such as personal experiences and cultural contexts significantly shape spiritual beliefs, which limits the strength of this relationship [10].

Results and Discussion

Discussion of Impact of Spiritual Beliefs on Well Being

Correlations

Correlations

		MV	DV
MV	Pearson Correlation	1	.382**
	Sig. (2-tailed)		<.001
	N	223	223
DV	Pearson Correlation	.382**	1
	Sig. (2-tailed)	<.001	
	N	223	223

**. Correlation is significant at the 0.01 level
(2-tailed).

Results and Discussion

Discussion of Impact of Spiritual Beliefs on Well Being

Correlations

Correlations											
	DV_D1	DV_D2	DV_D3	DV_D4	DV_D5	DV_D6	MV_D1	MV_D2	MV_D3	MV_D4	
DV_D1	Pearson Correlation	1	.037	.231**	.249**	.379**	.296**	.360**	.292**	.288**	.443**
	Sig. (2-tailed)		.580	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N		223	223	223	223	223	223	223	223	223
DV_D2	Pearson Correlation	.037	1	.122	.219**	-.146	.045	.069	.064	.084	-.217**
	Sig. (2-tailed)		.580		.069	<.001	.029	.501	.303	.339	.211
	N		223	223	223	223	223	223	223	223	223
DV_D3	Pearson Correlation	.231**	.122	1	-.202**	.128	.018	-.001	-.021	-.041	.092
	Sig. (2-tailed)		<.001	.069		.002	.057	.788	.992	.759	.545
	N		223	223	223	223	223	223	223	223	223
DV_D4	Pearson Correlation	.249**	.219**	-.202**	1	.142*	.275**	.245**	.339**	.438**	.189**
	Sig. (2-tailed)		<.001	<.001	.002		.034	<.001	<.001	<.001	<.005
	N		223	223	223	223	223	223	223	223	223
DV_D5	Pearson Correlation	.379**	-.146	.128	.142*	1	.259**	.248**	.071	.161*	.391**
	Sig. (2-tailed)		<.001	.029	.057	.034		<.001	<.001	.292	.016
	N		223	223	223	223	223	223	223	223	223
DV_D6	Pearson Correlation	.296**	.045	.018	.275**	.259**	1	.130	.163*	.194**	.068
	Sig. (2-tailed)		<.001	.501	.788	<.001		.052	.015	.004	.314
	N		223	223	223	223	223	223	223	223	223
MV_D1	Pearson Correlation	.360**	.069	-.001	.245**	.248**	.130	1	.648**	.537**	.506**
	Sig. (2-tailed)		<.001	.303	.009	<.001		.052	<.001	<.001	<.001
	N		223	223	Double-click to activate	223	223	223	223	223	223
MV_D2	Pearson Correlation	.292**	.064	-.021	.339**	.071	.163*	.648**	1	.755**	.525**
	Sig. (2-tailed)		<.001	.339	.759	<.001	.292	.015	<.001	<.001	<.001
	N		223	223	223	223	223	223	223	223	223
MV_D3	Pearson Correlation	.288**	.084	-.041	.438**	.161*	.194**	.537**	.755**	1	.550**
	Sig. (2-tailed)		<.001	.211	.545	<.001	.016	.004	<.001	<.001	<.001
	N		223	223	223	223	223	223	223	223	223
MV_D4	Pearson Correlation	.443**	-.217**	.092	.189**	.391**	.068	.506**	.525**	.550**	1
	Sig. (2-tailed)		<.001	.001	.171	.005	<.001	.314	<.001	<.001	<.001
	N		223	223	223	223	223	223	223	223	223

**: Correlation is significant at the 0.01 level (2-tailed).

*: Correlation is significant at the 0.05 level (2-tailed).

Discussion of Impact of Spiritual Beliefs on Well-Being

- **Purpose and Meaning in Life:** Spiritual beliefs provide a sense of purpose and direction, contributing to psychological well-being [10].
- **Coping Mechanisms:** Beliefs support coping strategies, such as prayer and meditation, which enhance emotional resilience [4].
- **Strengthened Social Connections:** Faith-based communities foster meaningful relationships, reducing loneliness and promoting mental health [7].

Results and Discussion

Discussion of Impact of Social Media on Well Being

Correlations

Correlations

		DV	IV
DV	Pearson Correlation	1	-.075
IV	Pearson Correlation	-.075	1
DV	Sig. (2-tailed)		.265
IV	Sig. (2-tailed)		.265
DV	N	223	223
IV	N	223	223

Results and Discussion

Discussion of Impact of Social Media on Well Being A Second Unit Of Analysis - Dimension Analysis

Correlations

		Correlations				
	DV	IV_D1	IV_D2	IV_D3	IV_D4	
DV	Pearson Correlation	1	-.024	-.153*	-.190**	.089
	Sig. (2-tailed)		.725	.022	.004	.184
	N	223	223	223	223	223
IV_D1	Pearson Correlation	-.024	1	.554**	.454**	.467**
	Sig. (2-tailed)	.725		<.001	<.001	<.001
	N	223	223	223	223	223
IV_D2	Pearson Correlation	-.153*	.554**	1	.448**	.475**
	Sig. (2-tailed)	.022	<.001		<.001	<.001
	N	223	223	223	223	223
IV_D3	Pearson Correlation	-.190**	.454**	.448**	1	.334**
	Sig. (2-tailed)	.004	<.001	<.001		<.001
	N	223	223	223	223	223
IV_D4	Pearson Correlation	.089	.467**	.475**	.334**	1
	Sig. (2-tailed)	.184	<.001	<.001	<.001	
	N	223	223	223	223	223

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

Results and Discussion

Discussion of Impact of Social Media on Well Being

Correlations

Correlations										
	IV_D1	IV_D2	IV_D3	IV_D4	DV_D1	DV_D2	DV_D3	DV_D4	DV_D5	DV_D6
IV_D1	Pearson Correlation	1	.554**	.454**	.467**	.108	-.190**	-.051	.037	.060
	Sig. (2-tailed)	<.001	<.001	<.001	.109	.004	.446	.587	.370	.538
IV_D2	N	223	223	223	223	223	223	223	223	223
	Pearson Correlation	.554**	1	.448**	.475**	-.129	-.103	-.137*	.013	-.096
IV_D3	Sig. (2-tailed)	<.001	<.001	<.001	.054	.123	.041	.846	.151	.771
	N	223	223	223	223	223	223	223	223	223
IV_D4	Pearson Correlation	.454**	.448*	1	.334**	.025	-.301**	-.140*	-.184**	.065
	Sig. (2-tailed)	<.001	<.001	<.001	.709	<.001	.037	.006	.333	.241
IV_D5	N	223	223	223	223	223	223	223	223	223
	Pearson Correlation	.467**	.475**	.334**	1	.027	-.047	-.087	.257**	.048
DV_D1	Sig. (2-tailed)	<.001	<.001	<.001	.686	.488	.196	<.001	.474	.094
	N	223	223	223	223	223	223	223	223	223
DV_D2	Pearson Correlation	.108	-.129	.025	.027	1	.037	.231**	.249**	.379**
	Sig. (2-tailed)	.109	.054	.709	.686	.580	<.001	<.001	<.001	<.001
DV_D3	N	223	223	223	223	223	223	223	223	223
	Pearson Correlation	-.190**	-.103	-.301**	-.047	.037	1	.122	.219**	-.146*
DV_D4	Sig. (2-tailed)	.004	.123	<.001	.488	.580	.069	<.001	.029	.501
	N	223	223	223	223	223	223	223	223	223
DV_D5	Pearson Correlation	-.051	-.137*	-.140*	-.087	.231**	.122	1	-.202**	.128
	Sig. (2-tailed)	.446	.041	.037	.196	<.001	.069	.002	.057	.788
DV_D6	N	223	223	223	223	223	223	223	223	223
	Pearson Correlation	.037	.013	-.184**	.257**	.249**	.219**	-.202**	1	.142*
DV_D7	Sig. (2-tailed)	.587	.846	.006	<.001	<.001	<.001	.002	.034	<.001
	N	223	223	223	223	223	223	223	223	223
DV_D8	Pearson Correlation	.060	-.096	.065	.048	.379**	-.146*	.128	.142*	.259**
	Sig. (2-tailed)	.370	.151	.333	.474	<.001	.029	.057	.034	<.001
DV_D9	N	223	223	223	223	223	223	223	223	223
	Pearson Correlation	-.041	-.020	-.079	.112	.296**	.045	.018	.275**	.259**
DV_D10	Sig. (2-tailed)	.538	.771	.241	.094	<.001	.501	.788	<.001	<.001
	N	223	223	223	223	223	223	223	223	223

**: Correlation is significant at the 0.01 level (2-tailed).

*: Correlation is significant at the 0.05 level (2-tailed).

Discussion: Impact of Social Media on Well-Being

Dimension Analysis: Belief-Based Content

- Belief-based social media content encourages self-improvement by introducing new ideas and values that influence important life decisions.
- Engaging with value-driven content online fosters meaningful interactions and helps build supportive connections in real life.
- Social media platforms focused on belief-based content can help users clarify their goals and explore new perspectives for personal growth.

Results and Discussion

Discussion of Impact of Social Media on Well Being through Spiritual Beliefs

A third unit of Analysis - Mediation Analysis

```

Y : DV
X : IV_D3
M : MV

Sample
Size: 223

*****
OUTCOME VARIABLE:
MV

Model Summary
      R        R-sq       MSE        F        df1        df2          p
    .1332     .0177     .3564   3.9936   1.0000  221.0000   .8469

Model
      ccoeff       se         t        p       LLCI       ULCI
constant  3.7418   .0941  39.7583   .0000  3.5562  3.9273
IV_D3     .0854   .0428  1.9984   .0469   .0012   .1697

*****
OUTCOME VARIABLE:
DV

Model Summary
      R        R-sq       MSE        F        df1        df2          p
    .4527     .2849     .0855   28.3504   2.0000  220.0000   .0000

Model
      ccoeff       se         t        p       LLCI       ULCI
constant  2.5982   .1316  19.7462   .0000  2.3389  2.8576
IV_D3     -.8855   .0211  -4.6454   .0001  -.1271  -.0438
MV        .2251   .0329   6.8334   .0000   .1602   .2900

Test(s) of X by M interaction:
      F        df1        df2          p
    4.2586   1.0000  219.0000   .0402

*****
TOTAL EFFECT MODEL *****
OUTCOME VARIABLE:
DV

Model Summary
      R        R-sq       MSE        F        df1        df2          p
    .1902     .0362     .1831   8.2916   1.0000  221.0000   .0044

Model
      ccoeff       se         t        p       LLCI       ULCI
constant  3.4404   .0586  67.9479   .0000  3.3406  3.5402
IV_D3     -.8662   .0238  -2.8795   .0044  -.1115  -.0209

*****
TOTAL, DIRECT, AND INDIRECT EFFECTS OF X ON Y *****

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Discussion: Impact of Social Media on Well-Being Mediation Analysis

Key Limitations

- **Self-Reported Data:** The reliance on self-reported responses introduces the potential for response bias, as participants may overestimate or underestimate their social media usage or spiritual beliefs.
- **Subjectivity of Spirituality:** The subjective nature of spirituality leads to varying interpretations among participants, which may affect the consistency of the findings.
- **Social Media Content:** The study does not account for the wide variability in social media platforms, content types, and engagement patterns, which could influence the results.

Key Implications

- **Understanding Online Influence:** The study underscores the impact of social media on shaping spiritual beliefs and well-being, offering insights for educators, researchers, and policymakers.
- **Guidance for Content Creators:** Social media platforms and content creators can leverage these findings to promote positive, value-based content that fosters personal growth.
- **Framework for Further Research:** The findings serve as a basis for future studies to explore specific social media platforms and their differential effects on well-being.

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Thanking You !