

# FIJI YEAR 13 CERTIFICATE PROJECT



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## **Theme**

Youth Mental Health in the Digital Age

## **Topic**

Impact of Social Media on Mental Health of Teenagers of Velau Drive, Kinoya.

## **Thesis Statement**

Social media platforms offer opportunities for connection and self – expression. This research identifies the impact of social media issues and develop strategies by identifying how social media influences mental health. It also explores the main social media platforms that contribute to mental health issues, how teenagers cope, and implementing strategies to overcome the social media issue in Velau Drive, Kinoya.

## **Acknowledgement**

I would like to express my sincere gratitude to the following individuals for their invaluable support in completing this project:

- 1. The Lord Almighty** – for providing me with strength, wisdom, and guidance throughout this journey.
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- 3. My form teacher, Mrs. Shayna Jaanvi Dutt Sharma** – for letting me use her laptop to type this project and do my further research.
- 4. My parents** – for their financial support and constant motivation, which encouraged me to complete this project.
- 5. The respondents** – for taking the time to participate in my questionnaires and providing valuable insights.

## **Methodologies**

This research used both primary and secondary methods to study how social media affects teenagers' mental health.

### **1. Primary Research Methods**

- Questionnaires**

Short, structured questions were given to teenagers. This helped collect basic information about their social media use and how they feel about it.

- Interviews**

One-on-one interviews were held with selected students. These allowed for deeper and more personal responses.

- Observation**

Teenagers' social media habits were observed without any interference. This helped identify common patterns and behaviors.

### **2. Secondary Research Methods**

- Online Sources**

Reliable websites and articles were used to gather facts and past research on social media and mental health.

- Books**

Books written by experts were studied to understand existing theories and past findings.

- Library Resources**

Journals and research papers from the library were used to support the findings and give more depth to the study.

## **Declaration of Originality**

I, **Vishav Arsh Prasad**, a student at **Assemblies of God High School**, hereby declare that this project is my original work. All relevant sources used to gather information for the completion of this project have been duly acknowledged in the reference section.

**Vishav Arsh Prasad**

*Vishav Prasad*

## LITERATURE REVIEW

Mental health is not merely the absence of mental illness but the presence of characteristics (symptoms) that reflect a positive state of being (the presence of life satisfaction, general well-being, resilience, positive relationships, and a sense of purpose) (Bauman & Rivers, 2015). This review explores its effects on teenagers in Velau Drive, Kinoya, using primary data like surveys and observations, as well as secondary sources like books and online research.

Social media is frequently linked to rising levels of anxiety and depression among teenagers. Constant exposure to idealized content often leads to negative self-comparison and increased stress. Studies show that fear of missing out (FOMO) and the need for online validation contribute to these feelings (Wikipedia Contributors, 2019).

Social media platforms play a significant role in shaping teenagers' self-esteem and identity. The pursuit of likes, comments, and shares often results in an overreliance on external validation, affecting self-worth. Research highlights how these behaviours lead to lower confidence and self-esteem among adolescents (Males, 2024).

While social media connects people globally, it can also lead to social isolation. Digital interactions sometimes replace face-to-face communication, weakening social skills and reducing real-world connections. In Velau Drive, observations indicate that excessive screen time often limits opportunities for physical socialization, increasing feelings of loneliness and disconnection.

The impact of social media on teenage mental health is complex and multifaceted. While it offers opportunities for connection and self-expression, it also contributes to anxiety, low self-esteem, and social isolation. Encouraging responsible usage, promoting digital literacy, and fostering offline engagement can help mitigate these negative effects and support healthier social media habits.

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## 1.0 Introduction

In today's digital age, social media has become an essential part of teenagers' everyday lives, shaping how they communicate, express themselves, and view their self-worth. In Fiji, especially within growing communities like Velau Drive in Kinoya, the use of platforms such as **Facebook**, **Instagram**, and **TikTok** has become deeply ingrained in daily routines. While these platforms offer opportunities for creativity, connection, and entertainment, they also introduce new challenges—particularly concerning mental health. Teenagers are increasingly exposed to unrealistic beauty standards, constant social comparison, and the pressure to seek validation through likes and followers. This topic was chosen due to its immediate relevance to youth well-being and the urgent need to understand the hidden pressures that come with digital life.

This study investigates how social media affects the **emotions**, **self-esteem**, and **stress levels** of teenagers living in Velau Drive, Kinoya. Data was collected primarily through surveys and interviews with local youths, providing direct insights into their experiences. Findings reveal that while many teens appreciate the **entertainment** and **social opportunities** offered by these platforms, frequent exposure to idealized content often leads to feelings of **inadequacy**, **anxiety**, and **disconnection**. Some teenagers have adopted **coping mechanisms**, such as taking social media breaks, curating their feeds, or setting screen time limits, in an attempt to **protect** their **mental health**. Suggestions emerging from the study include promoting greater **digital literacy**, **encouraging healthier online habits**, and **creating community spaces** where teens can openly discuss the emotional challenges of living in a digital-first world.

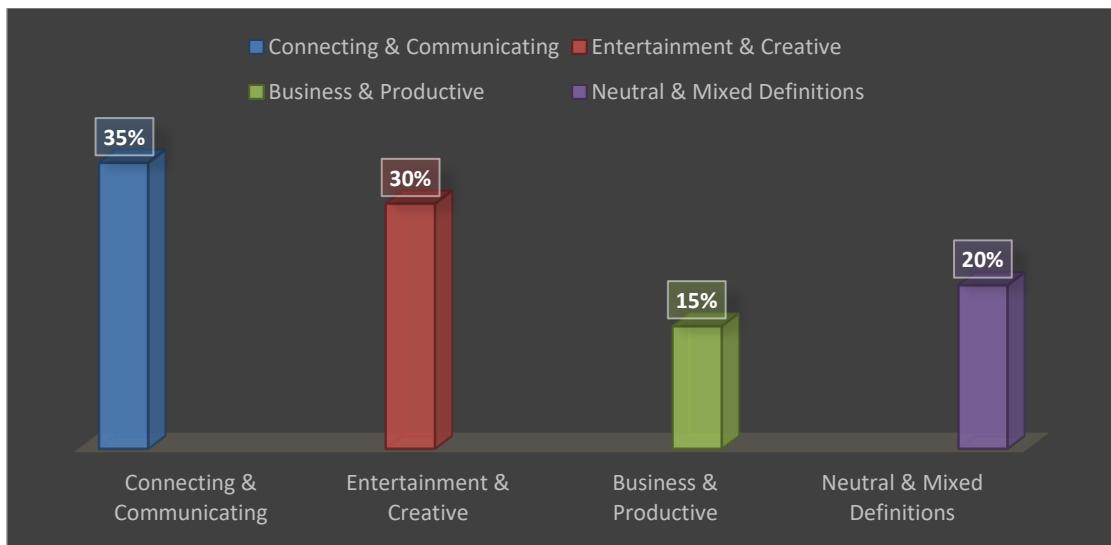
One of the major challenges faced during this project was encouraging **honest feedback** from participants, given the personal and sometimes sensitive nature of mental health discussions. To address this, anonymity was guaranteed, and trust was built through careful communication. Another difficulty was the scarcity of Fiji-specific research on teen mental health and social media, requiring the study to blend local observations with international findings to create a meaningful and culturally relevant analysis. Despite the limitation, the project has fulfilled its scope and investigation.

## 2.0 Investigation Result

### 2.1 Understanding of Social Media

Social media refers to **web-based platforms and applications** that enable users to create, share, and interact with content in real time. According to Kaplan and Haenlein (2010), social media can be defined as "**a group of Internet-based applications that build on the ideological and technological foundations of Web 2.0, and that allow the creation and exchange of user-generated content.**" Based on the survey which was conducted in Velau Drive, Kinoya, approximately **35% of teens** described social media primarily as a **tool for connection and communication**. Around **30%** viewed it mainly as a **source of entertainment or creativity**. **15%** recognized it as a **business or productivity tool**. The remaining **20%** gave more **mixed or neutral** definitions. These responses demonstrate that teenagers recognize social media as a powerful tool for social interaction, creativity, and personal growth — not just a casual distraction.

**Figure 2.1: How Teenagers Define the Purpose of Social Media**



**Source: Questionnaire Q1**

In **Figure 2.1**, the different ways teenagers define social media show that each individual engages with it based on their personal needs and interests. **7 out of 20 teenagers** viewed it mainly as a tool for **connection and communication**, using it to stay in touch with friends and family. **6 teenagers** use it primarily for **entertainment and creative expression**, enjoying platforms like TikTok and Instagram to share content and express themselves. A smaller group, **3 teenagers**, see social media as a **business or productivity tool**, using it for learning, promotions, or future career goals. Meanwhile, **4 teenagers** have a **neutral or mixed view**, using it casually without strong emotional attachment. This variety highlights that while social media is a key part of teenagers' lives, the way they use and understand it is highly individual and shaped by their lifestyle and priorities.

The wide variety in how students define social media reflects how deeply digital platforms have blended into their everyday lives. Today's teenagers multitask between **entertainment**, **learning**, **self-expression**, and **networking**—often on the same app.

Teens shared these personal reflections through the **interview Q1**:

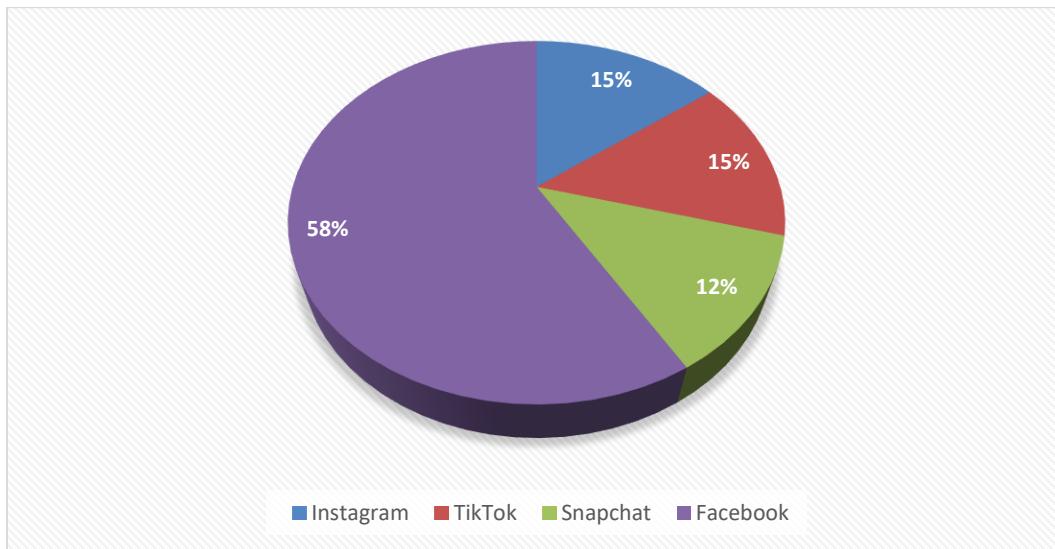
- 👤 "It's where I can show my art and not just talk to friends."
- 👤 "Snapchat and TikTok are my escape when life gets boring."
- 👤 "Social media is like my second school; I learn a lot from there too."

These comments illustrate that for most teenagers, social media is not one-dimensional. It plays a **complex role** in shaping their identity, boosting their creativity, and sometimes filling emotional or social gaps.

## 2.2 Most Influential Platforms on Mental Health

Different social media platforms impact teenagers' mental health in different ways. Studies show that highly visual platforms like Instagram and TikTok are linked to increased anxiety, depression, and body image concerns among youth (Royal Society for Public Health, 2017; Common Sense Media, 2022). Teenagers of Velau Drive, Kinoya show that **30%** of the teenagers chose **Instagram, and TikTok**, **25%** selected **Snapchat** with **15%** interested in **Facebook**. To better understand this locally, the figure below shows which platforms teenagers in Velau Drive, Kinoya, feel have the biggest impact on their mental health.

**Figure 2.2 Most Influential Social Media Platform**



**Source: Questionnaire Q2**

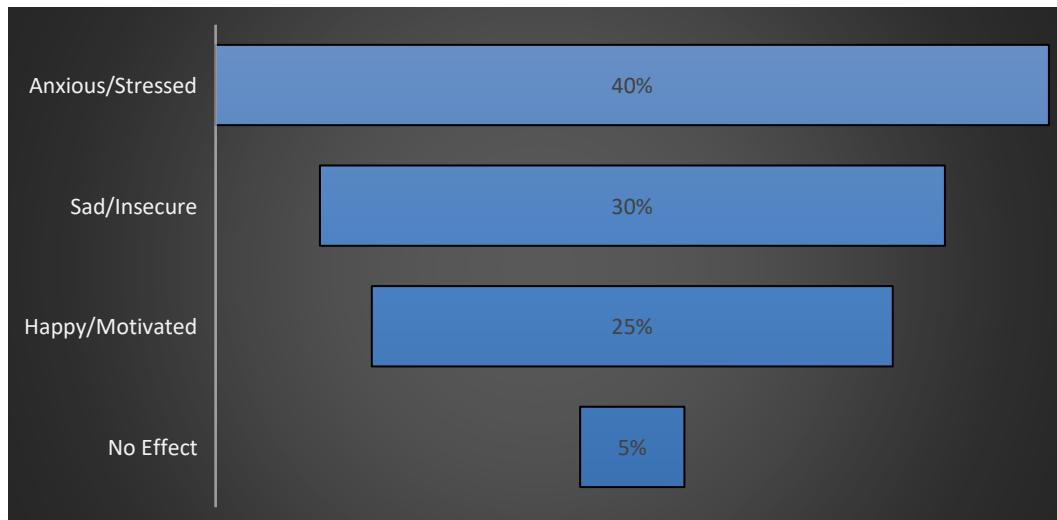
**Figure 2.2** shows that **Instagram** and **TikTok** were tied as the most influential platforms, each chosen by **6 out of 20 teenagers (30%)**. These results support global findings that highly visual, trend-driven platforms can strongly affect teenagers' emotions and self-image. **Snapchat** was selected by **5 teenagers (25%)**, showing that messaging-focused platforms also have a significant

emotional impact, likely due to social pressures like maintaining streaks. **Facebook**, chosen by **3 teenagers (15%)**, appears to be less influential among this group, reflecting Facebook's decreasing popularity among younger users. No teenagers (0%) identified "Other" platforms, suggesting that emerging apps have not yet gained strong influence. Overall, teenagers are most impacted by platforms that emphasize appearance, popularity, and online validation, all of which contribute to mental health challenges.

## 2.3 Effects of Social Media on Personal Mental Health

The mental health effects of social media on teenagers have become a major area of concern worldwide. Studies have shown that heavy social media use is linked to increases in anxiety, depression, and low self-esteem among adolescents (Twenge, 2019). To explore this issue locally, teenagers from Velau Drive were asked how social media affects their personal mental health. **40%** of the teenagers chose that they feel **anxious or stressed** with **30%** feeling **sad or insecure**. However, **25%** of the students say that they feel **happy and motivated** and **5%** with **no strong emotional effects**. Their responses are summarized in the figure below.

**Figure 2.3 Effects of Social Media on Teenagers' Mental Health**



**Source: Questionnaire Q3 & Q9**

The results in **Figure 2.3** shows that a significant number of teenagers experience negative emotions linked to social media. **40%** of teenagers reported feeling **anxious or stressed**, while **30%** felt **sad or insecure** after using social media. This supports global findings that frequent exposure to idealized online content can harm self-esteem and emotional stability. Meanwhile, **25%** of teenagers felt **happy and motivated**, showing that positive content can sometimes improve mood. Only **5%** reported **no emotional effect**, suggesting that almost all teenagers are emotionally impacted by social media in some way. Overall, the findings highlight that while social media can offer moments of positivity, its emotional effects on teenagers are mostly negative, reinforcing the need for greater awareness and healthier online habits.

There were some interviews conducted with the teenagers, and below are some quotations of personal opinion from the teenagers;

***"When I scroll through Instagram, I start feeling like I'm not doing enough with my life."***

This quote shows how social media triggers **comparison anxiety**, making teenagers feel that their lives are less successful compared to others online.

***"Seeing perfect pictures all the time makes me feel bad about how I look."***

This reflects **body image insecurity**, where constant exposure to edited or idealized images lowers teenagers' self-confidence.

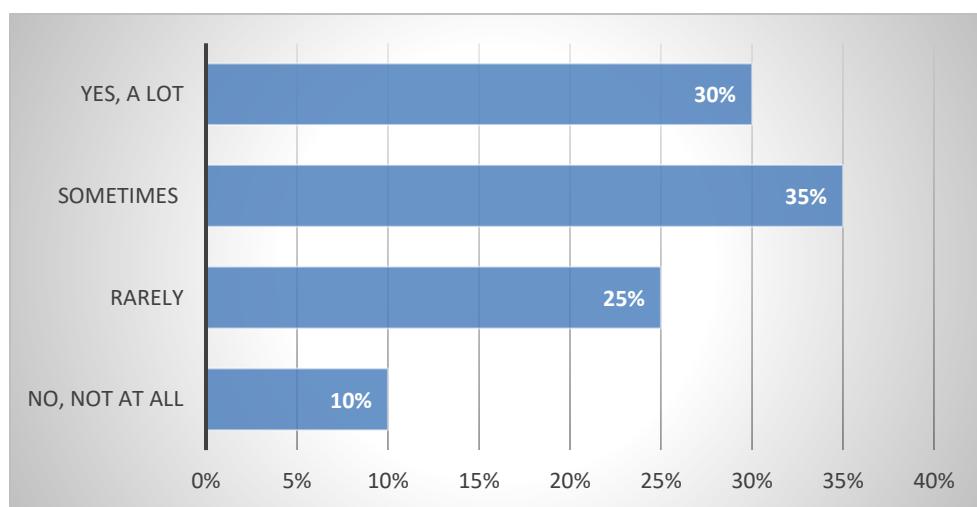
***"Watching motivational TikToks actually lifts my mood when I'm down."***

This highlights that not all social media experiences are negative — **positive, uplifting content** can actually help teenagers feel inspired and emotionally stronger.

## 2.4 Pressure to Look or Act a Certain Way

Social media often creates unrealistic expectations for teenagers, pressuring them to look perfect or behave a certain way. According to Tiggemann and Slater (2014), constant exposure to idealized images online can significantly increase body dissatisfaction and social pressure among adolescents. This was evident in the survey which showed that **30%** of the teenagers **do feel pressured to look or act a certain way**, with **35%** of the students said that it happens to them **sometimes**. However, **25%** of the teenagers chose **rarely** while **10% does not feel pressure to look or act a certain way due to social media**. Their responses are virtually presented in the figure below.

**Figure 2.4 Pressure to Look or Act a Certain Way Due to Social Media**



**Source: Questionnaire Q4**

The results show that a majority of teenagers feel some level of pressure from social media. **6 teenagers (30%)** reported feeling pressured **a lot**, showing that a noticeable group feels strong and constant pressure to meet online expectations. **7 teenagers (35%)** said they **sometimes** feel pressured, meaning they are occasionally influenced but not always affected. **5 teenagers (25%)** reported they **rarely** feel pressured, suggesting they are mostly confident and less influenced by online trends. **2 teenagers (10%)** stated they **feel no pressure at all**, indicating that only a few teenagers are fully unaffected by what they see on social media. Overall, the data suggests that while some teenagers manage to stay unaffected, most experience at least some pressure to look or act differently because of social media.

Below are some quotations which were acquired through the formal interview.

**"I feel like I have to look perfect all the time because of what I see on Instagram."**

This shows how teenagers experience **appearance pressure**, constantly comparing their real looks to edited, unrealistic images online.

**"Sometimes I copy TikTok trends even if they're not really me, just to feel included."**

This reflects **behavioral pressure**, where teenagers feel pushed to act a certain way online just to avoid feeling left out.

**"I don't really care about what others post; I just do my own thing."**

This shows that while some teenagers resist the pressure, they are **in the minority** compared to those who are affected.

## 2.5 Coping Mechanisms for Social Media – Induced Stressed

Teenagers often experience emotional stress from constant engagement with social media platforms. Research by Keles, McCrae, and Grealish (2020) suggests that higher social media use is strongly linked to greater levels of depression and anxiety among adolescents, increasing the need for coping strategies. The survey conducted revealed that **40%** of teenagers manage their stress by **taking social media breaks**, while **30% limit their screen time**. Meanwhile, **20% prefer engaging in offline hobbies**, and **10% stated that they do not use any specific coping mechanisms**. These findings are presented in the table figure below.

**Figure 2.5 Coping Mechanisms**

Coping Mechanisms	Number of teenagers (out of 20)	Percentage
Taking social media breaks	8	40%
Limiting screen time	6	30%
Engaging in offline hobbies	4	20%
No coping strategy	2	10%

*Source: Questionnaire Q5*

The results in Figure 4 show that **8 teenagers (40%)** cope with social media stress by **taking breaks**, indicating that stepping away from online platforms is the most popular method for managing emotional pressure. **6 teenagers (30%)** reported **limiting their screen time**, suggesting that many teenagers recognize the need to control how much time they spend online to protect their mental health. **4 teenagers (20%)** preferred **engaging in offline hobbies** such as sports, reading, or art, showing that finding alternative activities outside the digital world is another important coping mechanism. However, **2 teenagers (10%)** stated they **do not use any coping strategies**, meaning a small group might still be vulnerable to the negative effects of continuous social media use without any active effort to manage their stress. Overall, the data shows that while many teenagers are aware of the emotional toll of social media, there is still a need to promote stronger, healthier habits for coping with online stress.

Answers which were obtain through the interview are;

**"Sometimes I just delete the app for a while when it gets too much."**

This shows that **temporary disengagement** is a common coping method when teenagers feel overwhelmed.

**"I set a timer so I don't spend all day scrolling."**

This reflects **self-discipline strategies** where teenagers actively limit their screen time to stay in control.

**"When I'm stressed, I go play football instead of checking my phone."**

This highlights that **offline hobbies** provide teenagers with healthy alternatives to reduce stress and avoid digital burnout.

## 2.6 Social Media Usage and Emotional Reactions

Teenagers today spend a significant portion of their day on social media, and this can directly affect their emotions and mental state. According to Woods and Scott (2016), extended use of social networking sites is associated with poorer sleep quality and higher levels of anxiety in adolescents. In the survey, **5 teenagers (25%)** reported using social media for more than **5 hours a day**, with most of them feeling **anxious, sad, or stressed**. **6 teenagers (30%)** said they **spend 3–5 hours** online, and **experienced mixed emotions**, mostly leaning toward stress. Another **6 teenagers (30%)** used social media for **1–3 hours daily** and felt **motivated or happy afterward**. The remaining **3 teenagers (15%)** reported **less than 1 hour** of usage, and most of them **did not feel any strong emotional reaction**. The results are shown in the figure below.

**Figure 2.6 Time Spent on Social Media and Related Emotions**

Usage Duration	Number of teenagers	Percentage	Emotion Felt Most Often
<b>More than 5 hours</b>	5	25%	Anxious, sad or stressed
<b>3 – 5 Hours</b>	6	30%	Mixed (mostly stressed)
<b>1 – 3 Hours</b>	6	30%	Happy or motivated
<b>Less than 1 hour</b>	3	15%	No strong emotions

*Source: Questionnaire Q8 & Q9*

The results in **Figure 2.6** show a clear connection between how much time teenagers spend on social media and how they feel afterward. **5 teenagers (25%)** who spend more than 5 hours a day online reported feeling **anxious, sad, or stressed**, suggesting that extended usage may lead to emotional fatigue or comparison-based insecurity. **6 teenagers (30%)** who spend between 3 to 5 hours a day felt **mixed emotions**, mostly leaning toward stress, which shows that even moderate use can affect emotional well-being. Another **6 teenagers (30%)** who use social media for 1 to 3 hours a day felt **motivated or happy**, meaning shorter use with more balance can have a more positive emotional impact. Lastly, **3 teenagers (15%)** who use social media for less than 1 hour reported feeling **no strong emotional reaction**, suggesting minimal engagement may help protect mental stability. Overall, the data indicates that heavier social media usage is more likely to trigger negative emotions, while limited use may lead to a more positive or neutral experience.

Below are some personal reflections from the teens through the interview

**"After scrolling for hours, I feel drained and annoyed with myself."**

This highlights the emotional exhaustion that comes from **prolonged social media use**.

**"If I stay on TikTok too long, I start comparing myself to others."**

This reflects how **moderate to high usage** can lead to **negative self-comparison**.

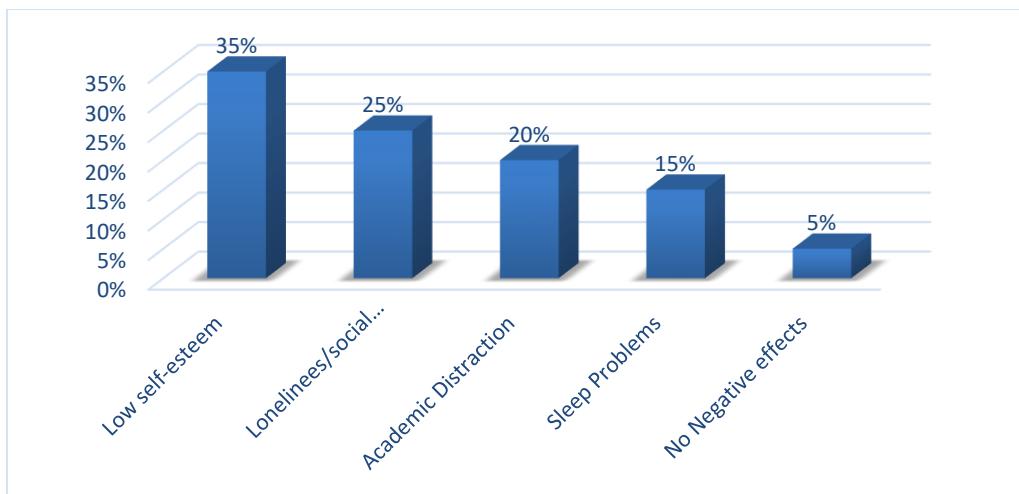
**"I usually scroll for like an hour after school and it helps me relax."**

This shows that **limited use** of social media can actually have a **positive emotional effect** when balanced well.

## 2.7 Negative Effects of Social Media on Teenagers

While social media offers entertainment and connection, it also has serious downsides that affect teenage mental health. According to a study by O'Reilly et al. (2018), many young people report feelings of depression, anxiety, and loneliness as a result of constant engagement with social platforms. In this study, 7 teenagers (35%) said they experienced **low self-esteem** due to social media, while 5 teenagers (25%) reported feeling **lonely or socially disconnected**. Another 4 teenagers (20%) admitted to facing **academic distractions**, and 3 teenagers (15%) experienced **sleep problems** related to nighttime scrolling. Only 1 teenager (5%) reported **no negative effects** at all. The results are presented in the figure below.

**Figure 2.7 Common Negative Effects of Social Media Among Teenagers**



**Source: Questionnaire Q10**

The results in **Figure 2.7** highlight the most common negative effects teenagers experience from using social media. **7 teenagers (35%)** reported **low self-esteem**, which suggests that comparing themselves to others online may damage their self-image and confidence. **5 teenagers (25%)** said they felt **lonely or socially disconnected**, showing that even though social media is supposed to connect people, it can sometimes leave users feeling isolated. **4 teenagers (20%)** experienced **academic distractions**, indicating that constant notifications or time spent scrolling may interfere with schoolwork. **3 teenagers (15%)** reported having **sleep problems**, likely due to late-night usage or screen exposure. Only **1 teenager (5%)** said they experienced **no negative effects**, showing that nearly everyone in the group is impacted in some way. Overall, the data shows that social media negatively affects multiple aspects of teenage life — including confidence, focus, social connection, and health.

Below are some answers in quotations which were gathered from the interview

**"Sometimes I just feel like I'm not good enough compared to people I follow."**

This shows how **low self-esteem** can develop from constantly comparing oneself to idealized lives online.

**"I have a lot of followers, but I still feel alone most of the time."**

This quote reflects **emotional disconnection**, where online popularity doesn't equal real-world connection.

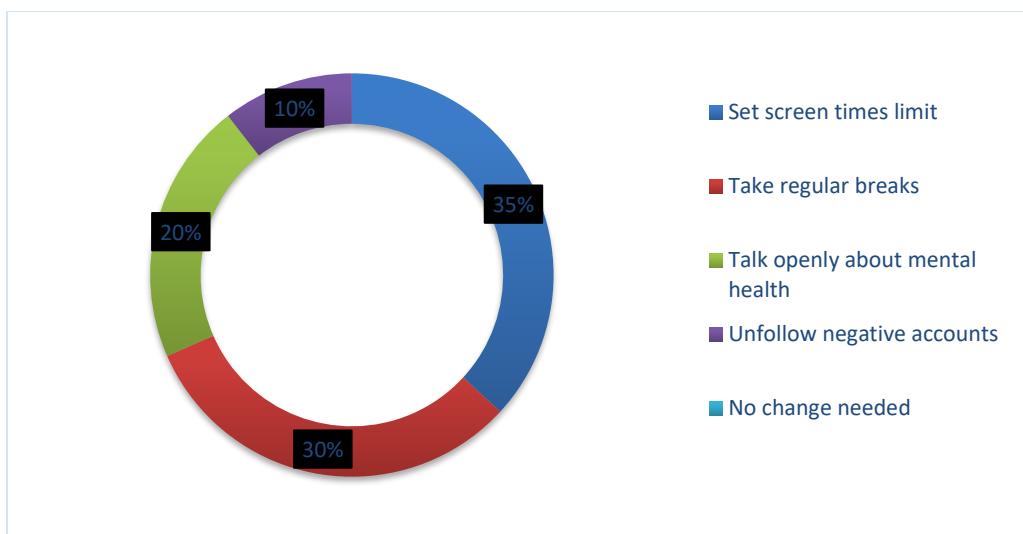
**"I end up staying up late scrolling and can't concentrate at school."**

This points to **sleep disruption and academic distraction**, both of which can harm focus and performance.

## 2.8 Promoting Healthy Social Media Habits

With social media playing such a huge role in teenage life, encouraging healthy usage habits is becoming more important than ever. According to Best, Manktelow, and Taylor (2014), promoting self-awareness and setting boundaries are key steps in reducing the mental health risks linked to excessive social media use. In this study, teenagers were asked which healthy habits they personally practice or believe schools and families should promote. The survey showed that **7 teenagers (35%)** supported **setting daily screen time limits**, while **6 teenagers (30%)** emphasized the importance of **taking regular breaks** from social media. **4 teenagers (20%)** felt that **open conversations about mental health** could help, and **2 teenagers (10%)** suggested **unfollowing negative or toxic accounts**. Only **1 teenager (5%)** said that **no changes were needed**. Their responses are presented in the figure below.

**Figure 2.8 Promoting Healthy Social Media Habits**



**Source: Questionnaire Q11**

The results in **Figure 2.8** show that teenagers are becoming more aware of the need to manage their time and mindset when using social media. **7 teenagers (35%)** suggested setting **screen time limits**, showing they believe that having boundaries can reduce overuse and emotional fatigue. **6 teenagers (30%)** said they take or support **regular social media breaks**, which helps reduce pressure and improve focus. **4 teenagers (20%)** believed that **talking openly about mental health** can help teens cope with online stress more positively. **2 teenagers (10%)** recommended **unfollowing toxic or negative accounts**, which shows a practical approach to curating healthier content. Only **1 teenager (5%)** felt **no changes were necessary**, indicating that most teens recognize the need for balance. Overall, the results highlight that teens are not just aware of social media's negative impact — they are actively thinking about ways to use it more positively and responsibly.

Some interview data which was collected are given below.

**"I set a screen timer so I don't get stuck scrolling for hours."**

This shows a proactive step toward **self-control and time management**.

**"I take breaks when I start to feel drained. It really helps."**

This highlights the benefit of **digital detoxing** as a form of emotional reset.

**"Sometimes just talking about how I feel online makes it less heavy."**

This reflects the value of **open communication** and **mental health awareness** among peers.

## **Recommendations**

Based on the findings of this research, it is clear that while social media plays a huge role in teenagers' daily lives, it also presents serious challenges to their mental and emotional well-being. The pressures to look or act a certain way, constant comparison, and emotional burnout from too much screen time all affect how teenagers feel and function. However, the study also showed that teens are not unaware — many are already taking small steps to manage the impact. The following recommendations are aimed at schools, parents, and teenagers themselves, to support healthier, more balanced use of social media in everyday life.

### **1. Encourage Digital Literacy in Schools**

Schools should include digital literacy programs that teach students how to manage screen time, recognize unhealthy online behaviour, and develop positive online identities.

### **2. Promote Screen Time Boundaries at Home**

Parents should set clear limits for daily social media use and encourage screen-free time for offline bonding and hobbies.

### **3. Support Teen Mental Health Discussions**

Both schools and communities should create safe spaces where teenagers can openly talk about how social media affects their emotions without fear of judgment.

### **4. Guide Teens in Curating Healthier Feeds**

Teenagers should be encouraged to unfollow accounts that promote unrealistic lifestyles or toxic content and instead follow those that uplift and inspire.

### **5. Offer Counselling or Peer Support Programs**

Access to school counsellors or peer support groups can help teens manage social media-related stress and build resilience in handling online pressure.

### 3.0 Conclusion

Social media has become a powerful part of everyday life for teenagers, offering both opportunities and challenges. Throughout this study, it became clear that while platforms like Instagram, TikTok, and Snapchat provide spaces for communication, entertainment, and self-expression, they also bring emotional stress, social pressure, and distraction. The majority of teenagers in Velau Drive reported feeling anxious, insecure, or overwhelmed as a result of their social media use, showing that the emotional cost of online engagement can be significant.

Despite the negative effects, the study also revealed that many teenagers are not unaware of these challenges. In fact, a large number are already taking active steps to manage their social media habits—whether by setting time limits, taking breaks, or unfollowing harmful content. This shows that with the right awareness, support, and education, teenagers can learn to use social media in a more balanced and mindful way. It's not about removing social media completely, but about building healthy boundaries and coping strategies to protect their mental health.

In conclusion, the findings from this research emphasize the need for greater digital literacy and open conversations about mental well-being. Schools, parents, and communities all have a role to play in helping teenagers navigate the online world more safely. If guided properly, teenagers can continue to enjoy the positive side of social media while also protecting themselves from the emotional and psychological risks it may bring.

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## 5.0 Appendix

### 5.1 Questionnaire

**Theme:** Youth Mental Health in the Digital Age

**Topic:** Impact of Social Media on Mental Health of Teenagers of Velau Drive, Kinoya

#### Personal Information

Name: _____	Ethnicity: _____
Age: _____	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
School Name: _____	
Year Level: _____	

1. What do you understand by the term social media?

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2. Which social media platform do you think has the biggest impact on mental health

Facebook

Instagram

TikTok

Snapchat

Other: \_\_\_\_\_

3. How does social media affect your mental health?

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4. Do you feel pressured to look or act a certain way because of social media?

Yes, a lot

Sometimes

Rarely

No, not at all

5. How do you handle stress or anxiety caused by social media?

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6. Spending too much time on social media makes me feel lonely or disconnected.

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

If you strongly agree or agree, how does it make you feel that way?

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7. How many hours do you spend on social media each day?

Less than 1 hour

1 – 3 hours

3 – 5 hours

More than 5 hours

8. What emotions do you feel most when using social media?

Happy and motivated

Anxious or stressed

Sad or insecure

No strong feelings

If you feel anxious, stressed, or insecure, what do you think causes those feelings?

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9. What are some negative effects of social media on teenagers?

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10. What are some ways teenagers can use social media in a healthy way?

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11. Social media can be addictive.

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

If you strongly agree or agree, what makes it addictive for you?

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*All information will be kept highly confidential*

**THANK YOU FOR YOUR VALUABLE TIME** 😊

## 5.2 Interview Questions

1. How do you feel emotionally after spending a long time on social media?
2. Have you ever taken a break from social media? If so, why and how did it feel?
3. Do you feel pressure to look a certain way or act a certain way online?
4. How do you think social media affects your confidence or self-image?
5. Which platform do you think affects you the most emotionally, and why?
6. Have you ever compared yourself to people you see online? How did it affect you?
7. What are some ways you try to protect your mental health while using social media?
8. How do your parents or teachers talk to you about your screen time or social media use?
9. Have you ever talked to a friend about feeling stressed or insecure because of social media?
10. If you could change one thing about social media, what would it be?