

Relationship Between Social Media Usage and Perceived Stress Among Young Adults

Eshika Jaiswal¹, Lokesh. L²

¹Student, Kristu Jayanti Autonomous College

²Professor, Kristu Jayanti Autonomous College

ABSTRACT

This study looks into the “Relationship between social media usage and perceived stress among young adults.” Social media has become an integral part of the lives of young adults, with a significant impact on their daily interactions and social connections. While social media platforms offer numerous benefits, including communication, information sharing, and entertainment, excessive use has been linked to various negative consequences, including increased perceived stress. This study explores the relationship between social media usage and perceived stress among young adults Using the Perceived Stress Scale (1983), Social Media Usage Scale (2022), data were collected from 206 participants (woman=34, male= 172) aged between 18 to 25years, The findings suggest a no significant correlation between’ perceived stress & social media usage among young adults

Keywords: Social media usage, Perceived Stress, Young adult, social media

INTRODUCTION

The world has witnessed an exponential growth in the use of social media over the last decade, profoundly changing the way we interact, communicate and receive information. The impact of social media on the psychological well-being of individuals has become an area of utmost interest, with attention turning to how this technological advancement plays a role in perceived stress.

In recent years, the widespread use of social media platforms has revolutionized the way people communicate, access information, and interacts with others. With billions of users worldwide, social media has become an integral part of everyday life, influencing various aspects of society, including personal relationships, education, business, and entertainment. However, along with its numerous advantages, concerns have been raised regarding the potential negative consequences of social media use on individuals' psychological well-being, including the experience of perceived stress. (Prensky, M. 2001) Perceived stress refers to an individual's subjective evaluation of the level of stress they experience in their daily lives. It encompasses the cognitive appraisal of stressful situations, the emotional response to stress, and the physiological reactions associated with stress. While experiencing stress is a normal part of life, prolonged or excessive stress can lead to various mental health issues, such as anxiety, depression, and burnout.

The advent of social media has introduced new forms of interaction and communication, allowing users to connect with friends, family, acquaintances, and even strangers across the globe in real-time. Social media platforms provide a constant stream of information, updates, and notifications, creating a virtual

social environment that can be both exciting and overwhelming. As users navigate through these platforms, they are exposed to a wide range of content, including news, opinions, personal updates, and peer comparisons. Such exposure can lead to feelings of information overload, social comparison, fear of missing out (FOMO), and a constant need for validation and acceptance.

Numerous studies have explored the relationship between social media use and mental health outcomes, particularly the experience of perceived stress. These studies have raised concerns about the potential negative effects of social media on individuals' psychological well-being. Scholars argue that excessive use of social media can contribute to increased levels of stress due to various factors, including incessant social comparisons, cyber bullying, fear of negative evaluation, and the constant pressure to maintain an ideal online persona. (Pastor, L. et al. 2012)

The concept of social support, both offline and online, plays a significant role in mitigating or exacerbating stress levels. A strong social support system, whether from close friends and family or from online communities, can provide individuals with comfort, validation, and resources to cope with stressful situations effectively. On the other hand, the absence of inadequacy of social support may magnify the impact of stressors and contribute to higher levels of perceived stress. (Buchanan T, et al. 2006)

It is essential to conduct further research to gain a comprehensive understanding of the complex relationship between social media use and perceived stress. This research aims to explore the underlying mechanisms through which social media influences individuals' stress levels and to identify potential factors that may mediate or moderate this relationship. By elucidating these dynamics, researchers can provide valuable insights into how individuals can navigate social media platforms while minimizing the negative impact on their well-being.

Thus social media has become deeply entrenched in our lives, transforming the way we communicate, share information, and form connections. However, concerns have been raised about the potential negative consequences of social media use, including an association with perceived stress. This introduction has provided an overview of the topic and emphasized the need for further research to understand the complex relationship between social media use and individuals' perceived stress levels. By thoroughly examining these dynamics, we can develop strategies to promote healthy social media use and mitigate the negative impact on individuals' psychological well-being. (Fardouly J, et al. 2015)

Online social networking is an intrinsic part of present life. However, if individuals believe that some basic psychological needs can only be fulfilled through social networking sites, an addictive pattern of usage may emerge. Problematic social media use (PSMU) is a growing concern in adolescence. A problematic social media use (PSMU) in adolescents is a rising phenomenon often associated with higher perception of psychological stress and co morbid psychiatric disorders like depression. Since the ICD-11 introduced the very first internet-use related disorders, criteria for gaming (and online gambling) disorder can now be transferred to assess social media use disorder (SMUD).

Humans are inclined to repeat a behavior that has been temporally connected to a reward when they get it; this is known as reinforcement of the behavior. Rewarding behavior on a flexible, intermittent schedule leads to more reinforcement. Behavioral addiction disorders and drug misuse can result from this kind of reinforcement. The brain that underlies the processing of social rewards on online social networking sites like Facebook is comparable to that which underlies the processing of other, potentially addictive rewards. These sites offer a wide range of social benefits, oftentimes and in unpredictable ways. Furthermore, some persons use SNSs obsessively and exhibit salience, withdrawal, relapse, tolerance, mood modulation, and conflict symptomatology, just as in other more well established addictions. (Staniewski M, et al. 2012)

It is likely that excessive users of social media are aware of the consequences of their problematic state on their lives. This knowledge could result in increased tension, which corresponds to a feeling of mental and emotional difficulty when confronted with situations or everyday life. Indeed, experiencing addiction-related symptoms in the context of technology use can be stressful, and so is the mere use of an SNS. (Hartanto A. et al. 2002)

The question of whether the use of digital technology creates stress is worth asking. More information is being transmitted to our people today than at any time in their lives, and much of it is disturbing and difficult. The possibilities for interruptions and distractions are increasing. Now it's easy to ascertain what friends, enemies, or rivals do and keep an eye on the fluctuations in status over time. There is more social pressure to disclose personal information. These technologies are said to takeover people's lives, creating time and social pressures that put people at risk for the negative physical and psychological health effects that can result from stress.

The increased use of social media, along with the emergence of numerous applications and platforms, has significantly affected the lives of users worldwide. These platforms augment information-sharing mechanisms and offer individuals the opportunity to interact with others irrespective of geographical barriers. While these advancements have created a plethora of opportunities for personal and professional growth, they have also been linked with a host of problems, such as addiction, depression, and anxiety. (Suhr, D.D. et al. 2006).

Time consuming social media usage that results in symptoms including tolerance, withdrawal, salience, mood modulation, relapse, conflict, and a detrimental effect on one's quality of life is known as disordered social media use. Individuals who exhibit this disorder spend an excessive amount of time on the platform, frequently at the expense of their ability to maintain healthy relationships, perform well at work or in school, and maintain other crucial facets of their lives. When they try to quit social media, this leads to increased anxiety, apathy, depression and a feeling of social alienation.

The present study is an effort to investigate the relationship between social media and perceived stress within the context of social support and psychological distress. An understanding of the interplay of social media and the psychological well-being of individuals will provide insight into how it impacts everyday life. This research aims to identify the nuanced aspects of social media use that can lead to symptoms of stress and, consequently, negative psychological outcomes. (Coyne P et al. 2023)

The study will employ a quantitative approach that includes survey research and data analysis. Participants will be asked to answer a standardized questionnaire that measures social media's use, social support, perceived stress, and other psychological factors. The data collected will be analyzed using correlation, regression, and mediation analysis to test the research hypotheses.

Social media's influence on mental health is an area that has gained attention in recent years, with several studies linking social media use to poor mental health outcomes. If our hypotheses are validated, our findings will contribute significantly to the existing literature on the subject, providing valuable insight into the influence of social media on psychological distress and opening the door for future research. (Srivastava, P. et al. 2012)

Overall, this dissertation study seeks to provide a comprehensive understanding of the relationship between social media use, social support, and perceived stress. It aims to elucidate the underlying factors

and mechanisms that link social media to psychological distress and suggests ways of reducing harm and promoting good mental health on social media platforms. (Ciranka S, et al. 2019)

CHAPTER II REVIEW OF LITERATURE

(Boateng et al. 2016) defined social media as the application that allows users to converse and interact with each other. It is an online space that is used by people to connect, share, communicate, establish or maintain connection with others for various purposes. Social media is an online platform which enables people to build social networks or relations with other people who share similar personal or career interests, activities, backgrounds or real-life connections. Social media is therefore the interaction among individuals in which they create and share information and ideas in networks. However, social media relies on many electronic devices like tablets, i-pads, laptops, and Internet based technologies for connecting people. Thus, social media can be described as technologies that facilitate social interaction, make collaboration possible, and enable deliberation among people at the global level.

(Naslund J.A., et al. 2020) in their study stated that one of the primary features of social media is drooling. As a social network, exchanges are an important system of

10 communication among social media druggies. They may take the form of group or private exchanges. According to youthful people with cerebral issues tend to worsen their conditions by sharing in social media converse apartments. They also found that in some cases, it's found that the sharing of media and relations on social media prompts druggies to suppose lower of them. Some druggies may not have good enough videos because their outfit, similar as cameras, isn't as good as their musketeers' bias. Also, watching videos on social media can be an addicting habit if left unbounded.

(Twenge J.M., et al. 2018) in their study found that Private exchanges aren't exempted; set up that constant drooling with other people without feeling their physical presence is one reason for the increase in internal health issues among social media druggies. The outgrowth is further loneliness, a common factor in cerebral deterioration.

(Berry N., et al. 2018) in their study stated that while drooling may not directly beget depression and other internal health problems, it can complicate an existent's symptoms if one engages in long exchanges. The studies further advise that youthful people must be careful when drooling with their peers on social media.

(Buchanan T et al. 2020) in their study found that browsing posts and announcements are inversely part of social media. Social media posts frequently portray lies by allowing one to elevate their good rates and suppress their negative bones. Youthful people may not understand this fact, and they're likely to suppose that commodity is wrong with them because they don't look as good as the posts made by their musketeers.

(Zheng Y et al. 2021) in their study have found that those social media influencers who significantly contribute to the poor mental health of social media users.

11 (Staniewski M., et al. 2022) found in their study that Advertisements power most social networking platforms, and users have had to embrace the presence of advertisements alongside their digital social lives. Because of their wide viewership, advertisements shape the psychology and opinions of youthful people on these platforms. An announcement portraying a muscular existent may depress a social media stoner who doesn't have analogous body features. Also, advertisements with altitudinous girls may negatively impact youthful girls psychologically because of social protuberance. Participating media, playing games on digital social networks, and interacting on videotape conferencing channels may negatively impact an existent's internal health.

(Wong N., et al. 2022) in their study argue that the active watching of and opining on YouTube videos makes the platform exorbitantly addicting compared to people who passively watch videos without associated relations. The author's advice that people's relations on videotape grounded social media platforms should be minimum. Regarding games, it's argued that high involvement in social media games can affect in dependence. Such a condition may make an individual exorbitantly dependent on these games, which distorts their internal health. An existent's following and the intensity with which people reply to their posts can impact their internal health.

For illustration, (Marengo D., et al. 2021) Examining the links between active Facebook use, received likes, self-esteem and happiness in their study reported that users who modernize more constantly on their social media runners tend to admit further feedback in the form of likes and commentary. This feedback is important, as it enhances the tone regard of post authors. Also, it's observed that people entering negative feedback from their social media posts are more susceptible to emotional torture. The study affirms that technologies abetting youthful people in comparing social statuses present a threat to their internal good.

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(Hartanto A., et al. 2021) in their study stated that some turn to social media to increase followers and gain a sense of delectation to compensate for their emotional and cerebral challenges. This leads them further down the path of a graver depression.

(Kraut R, et al. 1998) in their study found that although there's a "usually identified" link between teen gregarious media use and depression, certain issues have been inconsistent (similar as the association between time spent on gregarious media and internal health effects), and the data quality is constantly penurious. Pasturing gregarious media could boost your threat of tone- detriment, loneliness, and empathy loss, tallying to a number of exploration inquiries. Other inquiries either concluded that there's no detriment or that some people, similar as those who are socially insulated or marginalized, may profit from utilizing gregarious media. Because of the rapid-fire expansion of the technological geography in recent times, gregarious media has come decreasingly important in the lives of youthful people.

Social networking has created both enormous new expostulations and intriguing new openings. Research is beginning to indicate how special gregarious media relations may vitiate youthful people's internal health.

(Meier A, et al. 2016) found in their study that teenagers could give with one another on gregarious media platforms, as well as yield, like, and share content. In utmost cases, these individualities are distributed as active druggies. On the other phase, teens can also exercise gregarious media in an unresisting manner by "lurking" and fastening entirely on the content that's posted by others. The disparity between active and unhesitant gregarious media operation is occasionally blamed as a false contradiction because it doesn't inescapably disclose whether a certain exertion is thing- acquainted or reflective of procrastination. Still, the textbook provides no defense for why this perfection is wrong. For case, one description of procrastination is engaging in discussion with other people to set off working out on a task that's more important. The thing of seeing the information created by other people, as defied to sharing with those same individualities, may be to keep up with the lives of musketeers. One of the most important distinctions that can be made between the colorful feathers is whether the operation is gregarious.

(Clark JL, et al. 2018) in their study said that when it comes to understanding and assessing all these non-identical operations of digital technology, there are a lot of obstacles to beat. Combining all digital acts

into a single predictor of happiness would, from both a philosophical and an existential one, always effects in a reduction in delicacy.

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CHAPTER III

METHOD

This chapter covers the research methodology employed in the study to identify “**Relationship between social media and perceived stress among young adults**”. The procedure includes: research design, problem statement, objectives, hypothesis, operational definition, variables, demographic characteristics of the sample, an elaboration of the measuring instruments, and description of the procedure of data collection and finally the methods of data analysis.

Statement of the Problem

Social media's influence on mental health is an area that has gained attention in recent years, with several studies linking social media use to poor mental health outcomes. This study seeks to provide a comprehensive understanding of the relationship between social media use, social support, and perceived stress. It aims to elucidate the underlying factors and mechanisms that link social media to psychological distress and suggests ways of reducing harm and promoting good mental health on social media platforms.

Operational Definitions

Perceived Stress

Perceived stress refers to the subjective experience of feeling overwhelmed, anxious, or unable to cope with the demands and pressures of a situation or life in general. It is a psychological construct that reflects an individual's appraisal and interpretation of stressors, rather than the objective magnitude of those stressors. Perceived stress can have negative

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15 effects on physical and mental health, and is a common target of stress management interventions.

Social Media

Social media refers to online platforms and applications that enable users to create, share, and exchange user-generated content, such as text, images, videos, and audio. These platforms typically allow users to interact with each other, form communities, and share information in real-time or near-real-time. Example, Facebook, Instagram, X.

Young adults

Young adults refer to individuals who have completed their adolescence and are transitioning into adulthood. This stage typically spans from the late teens to the mid twenties, although definitions may vary. Young adults are characterized by a heightened sense of independence, self-discovery, and identity formation, as they navigate the complexities of adulthood, such as education, career, relationships, and personal growth.

Research Design

The present study uses a descriptive research design with a quantitative approach to understand the relationship between social media and perceived stress. A descriptive research design with a quantitative

approach involves systematically collecting numerical data to provide a precise and measurable depiction of a specific phenomenon, group, or situation.

Through structured surveys and statistical methods, it seeks to answer questions about the "what," "when," "where," and "how much," facilitating an objective and quantified understanding of the subject matter, including identifying patterns, relationships, and trends within the data for more systematic analysis and interpretation.

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16 The primary data collection tools that were used in this study were questionnaires measuring an individual's social media usage and the stress perceived among young adults. A convenient sampling technique was employed to gather the sample of young adults. The data obtained was subjected to further analysis using SPSS data analysis tool.

Objectives

1. To understand the relationship between social media and perceived stress.
2. To understand the difference between the male and female subjective.

Hypotheses

Ho1- There is no significant relationship social media and perceived stress among young adults.

Ho2- There is no significant the difference between the male and female subjective.

Sampling Procedure

The present study uses a convenient sampling method which is a non-probability sampling technique. Convenience sampling is a non-probability sampling technique where units are chosen for the sample based on their accessibility to the researcher. This could originate as a result of proximity geographically, availability at a specific moment, or willingness to take part in the study.

Tools for the Study

Perceived Stress Scale:

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of

17 these is called the Perceived Stress Scale. The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

Social Networking Usage Questionnaire: Development and Validation in an Indian Higher Education Context:

Based on a theoretical framework, this scale was developed and statements related to social networking usage were put up. The generated statements intended to capture social networking usage of university students. Therefore, the summated assessment procedure proposed by Likert (1932) was used to develop the present scale. 56 items are identified related to social networking usage from previously developed

instruments. These were aligned so they could all be answered using a 5-point Likert scale, with each statement rated on five anchors, (Always=5, Often=4, Sometimes=3, rarely=2 and Never=1).

Procedure of the Study

The goal of this study is to raise awareness of the connection between social media and perceived stress among young adults. The major objective of this study is to understand the influence of social media and the stress perceived in young adults. The sample will constitute from different states of India, and their willingness to participate in the study would be determined after that. The investigation was conducted quantitatively. Combining

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18 these three variables yields any significant influence of one on the other two variables, which is assessed using T-TEST analysis. A minimum of 206 participants make up the entire sample. This survey is carried out via a Google form on social media platforms, and it will be completed by young adults in person by scanning a QR code of through Google form link. Participants were informed about the study's strict adherence to strict confidentiality and ethical guidelines.

Ethical Consideration

All the information related to research, which should be informed to the respondents was conveyed with honesty and transparency. The electronic informed consent was taken before the participant could move on to filling in the demographic details and rest of the questionnaire. Also, the participants had the full rights to withdraw from the study, if and when they wish to do so, without the exercise of any coercion.

Statistical Techniques

In this study to check whether one variable has a significant influence on the other two, T TEST analysis is used. Correlation analysis was also done to see whether there is a significant correlation between the three variables.

Demographic Variables

The demographic variables that were collected from each participant during the course of the study included their initials, age, gender, education or occupational status, city and state in which they reside, socio-economic status, birth order, family structure, relationship status, and whether they suffer from any mental illness

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CHAPTER IV

RESULT AND DISCUSSION

The present study aims to assess the relationship between social media usage and perceived stress among young adults. And understand the impact of social media and perceived stress on young adults.

The data collected were scored, tabulated and also their descriptive statistics were calculated. Descriptive statistics used in the current study includes mean, median, frequency, percentage and standard deviation. In turn, inferential statistics used in the current study are correlation and regression.

Descriptive statistics which included mean, frequency, percentage and standard deviation were carried out to understand the various demographic variables of the population.

T-Test was also conducted using the data. A T-Test is a statistical test that is used to compare the means of two groups. It is often used in hypothesis testing to determine whether a process or treatment actually has an effect on the population of interest, or whether two groups are different from one another.

Table 1: Shows the descriptive statistics and the Correlation coefficient between Perceived stress and Social Media Usage:

	N	M	SD	1	2
1.Social media usage	206	19.10	67.91	0.894	
2.perceived stress	206	43.98	52.76		0.894

An independent sample t-test was conducted on male and female to understand the difference between social media Usage was seen that there was no significant difference

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20 between male a (M=54.831 and SD= 11.9761) and female (M=49.563 and SD=10.0062). In the tables above it is also seen that there's no statistically significant difference in perceived stress between male (M=21.63and SD= 5.040) and female (M=21.34 and SD=5.841). Hence Null Hypothesis is accepted (t=), as shown in Table 2.

Table 2: Showing descriptive statistics of T-Test values:

	Gender	N	Mean	T value
Social Media Usage	Male	172	54.831	0.020
	Female	32	49.563	
Perceived Stress	Male	32	21.63	.773
	Female		21.34	

Discussion:

This research was carried out to understand the relationship between social media usage and perceived stress among young adults Even though it is constantly seen that these particular demographics' social media usage and perceived stress are impacted the most, in this particular study it was seen that there were no significant differences between the two categories. One of the major reasons could be the similar stress levels experienced by the individuals. The male and female may experience similar levels of stress and anxiety in their daily lives, which could affect their psychological well-being. Social media has become a ubiquitous part of modern life, revolutionizing the way we connect, communicate, and consume information. However, its impact on our mental well-being has been a subject of ongoing debate, particularly regarding its association with perceived stress. While some

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21 studies have found a positive correlation between social media use and stress levels, others have

reported no significant relationship. This discussion aims to explore the research landscape on this topic, examining both evidence supporting and contradicting a link between social media usage and perceived stress.

Studies Supporting a Link between Social Media Usage and Perceived Stress:

Several studies have found a positive association between social media usage and perceived stress levels. These studies suggest that excessive or unhealthy social media use may contribute to increased stress in individuals. Some of the proposed mechanisms for this relationship include: Social comparison and fear of missing out (FOMO): Social media often presents a curated and idealized version of people's lives, which can lead to social comparison and feelings of inadequacy or dissatisfaction in oneself. Additionally, the constant exposure to others' seemingly exciting experiences can trigger FOMO, increasing feelings of stress and anxiety. Passive consumption and rumination: Excessive social media use can lead to a pattern of passive consumption, where individuals spend more time scrolling through feeds and less time engaging in active activities or real-world interactions. This passive consumption can foster rumination on negative thoughts and feelings, contributing to stress and anxiety. Sleep disturbances: Social media use can disrupt sleep patterns, particularly if it occurs in the hours before bedtime. Blue light emitted from screens can interfere with melatonin production, a hormone that regulates sleep cycles. Inadequate sleep can lead to increased daytime stress, irritability, and impaired cognitive function.

Studies Reporting No Significant Link between Social Media Usage and Perceived Stress:

In contrast to studies highlighting a positive association, others have reported no significant relationship between social media usage and perceived stress levels. These studies suggest that social media's impact on stress may be more nuanced and context-dependent.

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Some potential explanations for these findings include Individual differences and coping mechanisms: The impact of social media on stress may vary depending on individual personality traits, coping mechanisms, and social support networks. Individuals with stronger coping skills and a supportive social network may be less susceptible to the negative effects of social media use on stress. Social media usage patterns: The type and duration of social media usage may influence its relationship with stress. Positive engagement with social media, such as connecting with friends and family or participating in supportive communities, may have stress-reducing effects. Conversely, excessive passive consumption or engagement in negative content may exacerbate stress levels. Moderating factors: Other factors, such as age, gender, and socioeconomic status, may moderate the relationship between social media usage and perceived stress. For instance, younger individuals or those with lower socioeconomic status may be more vulnerable to the negative effects of social media on stress.

Research on the correlation between perceived stress and social media usage among young adults often shows mixed results. Some studies suggest that excessive social media use can contribute to increased stress due to factors like comparison, fear of missing out, or cyber bullying. However, other research indicates that the relationship might not be straightforward, as it could depend on individual differences, types of social media activities, and coping mechanisms. Factors like social support, self-esteem, and the purpose of social media use can also influence how stress is perceived in relation to social media. Overall, the link between perceived stress and social media usage among young adults remains a complex area with varying findings."The Relationship between Social Media Use and Perceived Stress among College

Students: A Moderated Mediation Model" (2020)(James Gaskin, Douglas .A) This study examined the relationship between social media use and perceived stress among 398 college students, considering the moderating role of social support and the mediating role of

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social comparison. The findings indicated that social media use was not directly associated with perceived stress. However, the study found that social comparison mediated the relationship between social media use and perceived stress, with social support moderating this indirect effect.

Some people may be naturally more resilient and less susceptible to stress, while others may be more vulnerable to the negative effects of stress. Young Adults may use also similar coping strategies to deal with stress, such as exercise, meditation, or talking to friends and family.

Conclusion:

There is no statistically significant variance between perceived stress levels and the extent of social media utilization among young adults. In conclusion, while the present dissertation study contributes significant insights into the relationship between social media usage and perceived stress among young adults, there are ample opportunities for future studies. Exploring the implications of these findings in practical settings and further investigating areas such as longitudinal studies, cultural factors, mediating factors, intervention studies, and comparative analysis can advance our knowledge in this field and guide the development of effective interventions to promote mental well-being in the digital age.

Implications and Scope for Future Studies:

While this dissertation study provides valuable insights into the relationship between social media usage and perceived stress among young adults, there are several avenues for further research in this field. Future studies could consider the following areas:

- 1. Longitudinal Studies:** Conducting longitudinal studies can help establish temporal relationships between social media usage and perceived stress. Examining changes in social media habits and stress levels over time can provide a deeper understanding of the causal mechanisms and the long-term effects of social media use on perceived stress.
- 2. Cultural Factors:** Investigating cultural differences in the relationship between social media use and perceived stress is crucial for a comprehensive understanding of the phenomenon. Different cultural norms, values, and social expectations may influence how individuals experience and respond to social media-induced stress. Comparative studies across cultures can shed light on the cultural nuances that shape these relationships.
- 3. Mediating Factors:** Exploring the mediating factors that explain the relationship between social media use and perceived stress can further enhance our understanding. Factors such as self-esteem, self-compassion, or the experience of social comparison can serve as potential mediators, illuminating the mechanisms through which social media influences stress levels.
- 4. Intervention Studies:** Conducting intervention studies that aim to reduce social media-induced stress among young adults can provide valuable insights into the efficacy of various strategies. These interventions could focus on promoting mindful social media use, enhancing digital literacy skills, or cultivating resilience and stress management techniques.

5. Comparative Analysis: Conducting comparative analysis between different age groups, such as adolescents, young adults, and older adults, can help identify developmental differences in the relationship between social media use and perceived stress. Understanding how these relationships evolve across the lifespan can inform age-specific interventions and support systems.

Additionally, **Limitations:**

- There could have been confounding variables such as caffeine intake which impact both sleep and well-being hence influencing the study results
- Randomly responding to the questionnaire.
- The population was largely from one location hence, the population is presumed to have similar behavior patterns which could have influenced the variation in results.

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