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Determination of Social Media Usage on Mental Health Among FSR Students at UiTM Seremban 3



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Abstract | This study aimed to investigate the determination of social media usage on mental health among FSR students at UiTM Seremban 3. A quantitative research design was applied which was a survey method by distributing a questionnaire via Google form to 349 FSR students at UiTM Seremban 3. Bergen Social Media Addiction Scale (BSMAS) was used to test the usage of social media among the students with 6 items. Depression, Anxiety and Stress Scale-21 (DASS-21) were used to test the level of mental health with 21 items. Descriptive analysis was used to determine the highest mental health factors involved among the students. SPSS software version 28.0 was used to analyze data of the result. The result showed that stress is the highest dimension under mental health with a mean score of ($M = 2.12$, $SD = 0.786$). The result showed that there was no significant difference (p -value = 0.480) between genders regarding mental health factors. Therefore, it failed to reject the null hypothesis. In addition, there was a significant relationship (p -value < 0.001) between social media usage and mental health with a moderate positive level of correlation ($r = 0.450$). The study's findings will provide a greater understanding.

Keywords: *Social media, mental health, depression, anxiety and stress.*

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I. INTRODUCTION

Nowadays, social media has a big influence on people's daily lives. Social media offers benefits including immediate information distribution, global connectivity, enhanced interpersonal communication, and business development through learning and discovery. It transforms interaction, connection, and self-development [1]. Additionally, the previous study stated that in January 2021, 86.0% of Malaysia's population was active on social media. An average of 181 minutes is spent on social media every day, and they spend time mostly on YouTube, Instagram, Facebook, and WhatsApp [4].

Social media platforms had become a vital part of the lives of Malaysian university students, bringing both benefits and threats. The widespread usage of social media had transformed communication and information sharing among Malaysian university students. Excessive use of social media platforms, on the other hand, can lead to addictive behaviours, significantly compromising students' academic performance, mental health, and social connections [9]. Thus, this study aimed to identify whether using social media can contribute to mental health problems.

According to the dual continuum model, mental health is made up of two linked but separate concepts, which are mental well-being and mental disease. Mental well-being may be defined as positive emotionality or aiming for optimal functioning as an individual, whereas mental disease refers to symptoms of mental illnesses. According to previous study, mental Health Promotion and Protection Model, a healthy mental state can operate as a protective factor for mental illness, whereas low mental health might be a risk factor for mental disease [5].

Moreover, there was a growing concern regarding whether social media use could worsen users' mental health, given the growth in adult and adolescent depression cases in Malaysia [4]. Between 2014 and 2015, Malaysian media and journals extensively covered the diverse array of mental health issues prevalent among adolescents. A total of 3,073 cases were identified, all associated with depression. The escalating incidence of depression among both Malaysian adults and children has raised apprehensions about the potential influence of social media on the mental well-being of its users. This escalating trend underscores the need for a closer examination of the interplay between social media and mental health in the Malaysian context. Thus, this study aims to examine whether there is any relationship between social media usage and mental health among students.

II. METHODS

A quantitative research design was used in this study by using the survey method. For this study, the population refers to UiTM Seremban 3 students who enrolled in the Faculty of Sports Science and Recreation. The Statistical Package for Social Science (SPSS) version 28 was used for analysing all the data. The questionnaire consisted of three sections. The first section was the demographic profile of respondents, followed by the Bergen Social Media Addiction Scale (BSMAS). Moreover, the next section was the Depression Anxiety and Stress Scale-21 (DASS-21). There were three factors or domains that were accessible in the questionnaire, which were depression, anxiety, and stress. In addition, the hypothesis was tested using Independent T-test and Pearson Correlation.

III. RESULTS AND DISCUSSION

A. Differences between Genders

The major purpose of this study was to find a comparison between two groups, which was male and female whether there's a difference between these two. The results of the Independent T-test comparing mental health scores between male ($N = 179$, $Mean = 1.997$, $SD = 0.783$) and female ($N = 170$, $Mean = 2.063$, $SD = 0.753$) respondents revealed a non-significant difference. Therefore, based on this analysis, we failed to reject the null hypothesis.

TABLE 1
INDEPENDENT T-TEST FOR GENDER ON MENTAL HEALTH

Variable	Group	N	Mean (SD)	t	df	p value
Mental Health	Male	179	1.997 (.783)	-0.801	347	0.480
	Female	170	2.063 (.753)			

B. Relationship Between Social Media Usage and Mental Health

TABLE 2
PEARSON CORRELATION FOR SOCIAL MEDIA USAGE AND MENTAL HEALTH

Variables		Social Media Usage
Mental Health	Pearson Correlation	0.450**
	Significant (2-tailed)	< 0.001
	N	349
Depression	Pearson Correlation	0.416**
	Significant (2-tailed)	< 0.001
	N	349
Anxiety	Pearson Correlation	0.413**
	Significant (2-tailed)	< 0.001
	N	349
Stress	Pearson Correlation	0.471**
	Significant (2-tailed)	< 0.001
	N	349

Table 2 presents Pearson correlation coefficients between social media usage and various aspects of mental health, which are depression, anxiety, and stress. Each correlation coefficient was statistically significant with p-values less than 0.001, indicating a robust relationship between social media usage and mental health variables. Specifically, social media usage showed a positive correlation with depression ($r = 0.416$), anxiety ($r = 0.413$), stress ($r = 0.471$), and overall mental health ($r = 0.450$). This suggests that both moderately positive levels of social media usage were associated with depression, anxiety, stress, and poorer overall mental health. Therefore, based on this analysis, there appears to be a significant positive

relationship between social media usage and adverse mental health outcomes, highlighting the potential impact of social media on psychological well-being. Thus, the null hypothesis was rejected.

IV. CONCLUSIONS

In brief, a significant amount of study had been done on the nuanced relationship between social media and mental health among the students. These studies revealed significant fresh findings about the relationship between student emotional health and the digital environment. Through a comprehensive investigation of this relationship, researchers wanted to get insight into the specifics of how social media affects depression, anxiety, and stress to improve the mental health setting for all students. The study highlights that among students at UiTM Seremban 3, stress was the most prevalent mental health issue, followed by anxiety and then depression, with all three showing moderate levels of occurrence and response variability. The high Cronbach's alpha of 0.959 underscores the reliability of these measures. Thus, this present study stated that the findings of the Independent T-test showed that there were no significant gender disparities in mental health outcomes.

On the other hand, social media use and mental health problems had strong positive relationships, indicating that increased social media use was linked to higher levels of stress, anxiety, and depression. According to this study, gender did not have an impact on students' mental health, but social media use does. Future research can be expanded on this study's foundation by addressing these recommendations and providing more in-depth and nuanced insights into the complicated relationship between students' usage of social media and mental health, ultimately fostering a more informed and healthy population of students.

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