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ABSTRACT

The Effect of Social Media Usage and Mental Health Among Visitors of Bangi Wonderland

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I. INTRODUCTION

These days, we can see that there has been a trend that most of the community love to use social media but eventually affect their mental health. The prevalence of mental health problems is increasing at a rate of 13% per year [1]. Increased use of social media may also lead to a constant desire to be connected and can promote negative experiences, which in turn can affect the mental health of the users [2]. This study addresses that gap by investigating the influence of social media usage on the mental health of Bangi Wonderland visitors, providing a new perspective within a Malaysian leisure context.

II. METHODS

This quantitative, non-experimental study employed a correlational survey design. A total of 250 respondents were purposely sampled from among visitors of Bangi Wonderland, selected based on their willingness to participate an active use of social media. Two validated instruments were used: the Social Media Use Questionnaire (SMUQ) to assess social media usage patterns, and the Connor-Davidson Resilience Scale (CD-RISC) to evaluate mental health factors. Descriptive statistics (mean, standard deviation) were used to identify levels of social media usage and mental health, while inferential statistics (Linear Regression, Independent Samples T-test, and Chi-square test) were used to examine relationships and gender differences, using Jamovi software.

III. RESULTS AND DISCUSSION

A. Social Media Usage

As shown in Table I, high levels of social media usage across four dimensions. Frequency had a mean of 4.20, Duration 3.85, Platform 4.05, and Engagement 3.70 — all on a 5-point Likert scale. These results suggest that respondents frequently use social media, spend significant time on it, engage across multiple platforms, and interact actively with content.

TABLE I
DESCRIPTIVE ANALYSIS

Social media usage level	N	Mean	Median	SD
Frequency	250	4.20	4.00	0.65
Duration	250	3.85	4.00	0.72
Platform	250	4.05	4.00	0.68
Engagement	250	3.70	4.00	0.75

B. Mental Health

The results showed a mean score of 3.90 for Resilience, indicating high coping ability; 3.75 for Life Satisfaction, reflecting generally positive well-being; 2.60 for Perceived Stress, suggesting moderate stress levels; and 3.45 for Vitality, showing moderate energy and mental alertness. Overall, the respondents demonstrated relatively stable mental health with some variation in stress and vitality levels. [2][3].

TABLE II
MENTAL HEALTH FACTORS

Mental health factor	N	Mean	Median	SD
Resilience	250	3.90	4.00	0.65
Life satisfaction	250	3.75	4.00	0.72
Perceived stress	250	2.60	2.50	0.82
Vitality	250	3.45	3.00	0.74

C. Relationship Between Social Media Usage and Mental Health

A multiple linear regression analysis revealed that social media usage significantly influenced mental health among visitors of Bangi Wonderland ($R^2 = 0.23$, $F(4, 245) = 9.24$, $p < 0.001$). Frequency was a significant positive predictor ($\beta = 0.34$, $p < 0.001$), and Duration showed a significant negative effect ($\beta = -0.25$, $p < 0.01$). In contrast, Engagement and Platform usage were not significant [4][5].

TABLE III
RELATIONSHIP BETWEEN SOCIAL MEDIA USAGE & MENTAL HEALTH

Social media usage level	N	Mean	Median	SD
Frequency	250	4.20	4.00	0.65
Duration	250	3.85	4.00	0.72
Platform	250	4.05	4.00	0.68
Engagement	250	3.70	4.00	0.75

D. Gender Differences

An independent sample t-test was conducted to examine gender differences in social media usage and mental health among 250 visitors of Bangi Wonderland. The results showed a significant difference in social media frequency, where males reported higher usage than females ($p = 0.042$). However, no significant differences were found between males and females in overall mental health scores ($p = 0.225$) or perceived stress levels ($p = 0.058$) [2][5].

TABLE IV
COMPARISON BETWEEN GENDERS

Variables	Group	N	Mean (SD)	t	df	p
Social media frequency	Male	110	4.30 (0.68)	2.04	248	.042
	Female	140	4.10 (0.72)			
Mental health score	Male	110	3.80 (0.66)	1.22	248	.058
	Female	140	3.70 (0.69)			

IV. CONCLUSIONS

Although the respondents in this study reported frequent and active use of social media, some still exhibited signs of moderate stress and fluctuating mental health levels. This suggests that while social media can serve as a platform for relaxation, entertainment, and social connection, it may also contribute negatively to emotional well-being when overused or consumed during inappropriate times such as late at night. Excessive screen time and constant engagement with digital content can heighten mental stimulation, disrupt circadian rhythms, and reduce melatonin production due to prolonged exposure to blue light, which may impact psychological resilience and increase stress levels [2]. Although many Bangi Wonderland visitors actively use social media to share experiences and stay connected, frequent and intense usage, especially during excessive or emotionally charged online interaction may still have detrimental effects on mental health. Recent evidence shows that higher overall screen time and frequent evening use are significantly associated with elevated levels of anxiety and depression among adolescents and young adults [3]. Furthermore, daily use of screens in the evenings has been found to disrupt sleep patterns, delay chronotype, and increase emotional difficulties effects mediated by what is known as “social jetlag” [4].

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