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EXTENDED ABSTRACT

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A Comprehensive Study on the Determination Between Social Media Usage and Mental Health Among FSR Student at UITM Seremban 3

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I. INTRODUCTION

Social media has become an integral part of daily life among university students, serving as a primary platform for communication, entertainment, and information sharing. While social media provides various benefits, excessive usage has been associated with psychological concerns such as stress, anxiety, and depression [1]. Teenagers and college students in Malaysia are using social media at much higher rates than they did globally. Young people in Malaysia actively used social media platforms like Facebook, Instagram, Twitter, and TikTok for self-expression, social interaction, and information gathering. Nonetheless, recent research highlights the negative impact of excessive social media use on the mental health of Malaysian teenagers, including increased anxiety and irregular sleep patterns [2].

Therefore, this study aimed to (1) examine the level of social media usage among students in the Faculty of Sports Science and Recreation (FSR), (2) determine the levels of depression, anxiety, and stress, and (3) investigate the relationship between social media usage and mental health among FSR students at UiTM Seremban 3.

II. METHODS

This study employed a quantitative cross-sectional research design. A total of 302 students from the Faculty of Sports Science and Recreation at UiTM Seremban 3 participated in the survey. Descriptive statistics were used to analyze the level of social media usage and mental health status. Mental health was assessed using the Depression, Anxiety, and Stress Scale (DASS-21). Pearson correlation analysis was conducted to determine the relationship between social media usage and mental health variables. Statistical analysis was performed using Jamovi software.

III. RESULTS AND DISCUSSION

A. Demographic Profile of Respondent

A total of 302 students participated in the study, consisting of 57% male and 43% female respondents. Most students were aged between 21 and 23 years. The majority reported spending between five to more than seven hours per day on social media, indicating high engagement levels.

B. Social Media Usage

Table I presents the descriptive statistics for social media usage. The highest mean score was recorded for Convenience (M = 4.59, SD = 0.47), followed by Information Seeking (M = 4.51, SD = 0.55) and Entertainment (M = 4.46, SD = 0.55), all categorized as very high. Social Interaction was high (M = 3.97, SD = 0.71), while Social Comparison was moderate (M = 2.91, SD = 0.72). This reflects current digital engagement trends among university students, where social media has become embedded in daily routines [3]. Although high usage may provide informational and social benefits, prolonged exposure may also increase vulnerability to emotional strain depending on the nature of engagement.

TABLE I
DESCRIPTIVE STATISTIC OF SOCIAL MEDIA USAGE

Variable	M	SD	Rank	Level
Convenience	4.59	0.47	1	V. High
Information Seeking	4.51	0.55	2	V. High
Entertainment	4.46	0.55	3	V. High
Social Interaction	3.97	0.71	4	Hight
Social Comparison	2.91	0.72	5	Moderate

C. Mental Health Levels

Table II shows the mean scores for mental health variables. Most respondents were within the normal range based on DASS-21 classification. Among the three domains, Stress recorded the highest mean score (M = 1.95), followed by Anxiety (M = 1.22) and Depression (M = 0.82). This suggests that while overall psychological well-being remains stable, stress may be more sensitive to lifestyle pressures experienced by sport science students, who often balance academic demands with physical training commitments.

TABLE II
MEAN SCORE OF MENTAL HEALTH VARIABLES

Variable	M	Frequency (N)
Stress	1.95	302
Anxiety	1.22	302
Depression	0.82	302

D. Relationship Between Social Media Usage and Mental Health

Pearson correlation analysis revealed a statistically significant but weak positive relationship between social media usage and mental health (r = 0.12, p = 0.04, N = 302). This suggests that although increased social media engagement is associated with slight variations in psychological well-being, its overall impact is relatively small. This finding aligns with prior research indicating that social media effects are often modest and influenced by multiple contextual factors [4]. From a sport education management perspective, these results highlight the importance of promoting digital well-being awareness and mental health support initiatives within sport faculties to ensure balanced student development.

TABLE III
MEAN SCORE OF MENTAL HEALTH VARIABLES

Variables	r	p
Social Media Usage	Pearson's Correlation	0.12*
	p-value	0.04

Note. $p < 0.05$

IV. CONCLUSIONS

In conclusion, this study found a statistically significant but weak relationship between social media usage and mental health among FSR students at UiTM Seremban 3. While most students reported normal levels of depression, anxiety, and stress, increased social media engagement was associated with slight variations in psychological well-being. The findings emphasize the importance of digital awareness and student support initiatives within sport education environments to promote holistic student development.

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