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The Effect of Social Media Usage on Psychological Well-Being Among UiTM Seremban 3 Students

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Keywords: *Social Media Usage, Psychological Well-Being, UiTM, Seremban 3, Students*

I. INTRODUCTION

The aim of this research is to examine the effect of social media usage on psychological well-being among students UiTM Seremban 3. Via age, gender, level education, faculty, current semester, social media platforms use, social media use, bonding and bridging social capital, social isolation, smartphone addiction and psychological well-being.

II. METHODS

This study employed a quantitative research method using a google form survey administered to 437 students at UiTM Seremban 3. Data were analysed using descriptive statistic and inferential statistics, including multiple linear regression, to predict social media usage affect psychological well-being.

III. RESULTS AND DISCUSSION

A. Social Media Usage

Bonding Social Capital ($M = 3.91$, $SD = 0.67$) and Social Media Use ($M = 3.88$, $SD = 0.75$) scored the highest, both in the High category, showing that respondents agreed social media strengthens close ties and is used often. Bridging Social Capital ($M = 3.76$, $SD = 0.78$) also falls in the High category, indicating agreement that social media helps widen networks. Smartphone Addiction ($M = 3.01$, $SD = 0.98$) and Social Isolation ($M = 2.61$, $SD = 1.26$) are in the Moderate category, reflecting mixed views on compulsive use and isolation.

B. Psychological Well-being

The result of psychological well-being. The mean score recorded is 3.51 with a standard deviation of 0.76, indicating moderate levels of psychological well-being among respondents.

C. Effect of Social Media Usage on Psychological Well-Being Among Students UiTM Seremban 3

The results show that social media factors significantly influence psychological well-being. Bonding Social Capital, Bridging Social Capital, and Smartphone Addiction were strong predictors, while Social Media Use had only a weak effect and Social Isolation was not significant. The model explains 52% of the variance in psychological well-being ($R^2 = 0.52$), indicating these factors are important but do not fully account for well-being outcomes. The research hypothesis is supported.

TABLE I
MULTIPLE REGRESSION ANALYSIS OF THE EFFECT OF SOCIAL MEDIA USAGE

Coefficients				
Model	**Unstandardized Coefficient**	**Standardized Coefficient**	**t**	**sig**
	B	**Beta**		
Intercept	0.47	-	2.85	<0.05
Social Media Use	0.05	0.05	1.13	<0.05
Bonding Social Capital	0.22	0.20	3.90	<0.05
Bridging Social Capital	0.30	0.31	5.90	<0.05
Social Isolation	-0.004	-0.006	-0.14	<0.05
Smartphone Addiction	0.28	0.36	7.88	<0.05
R^2	0.52			
Significant	<0.05			

Significance level: 0.05 (2 -tailed)
Dependent Variable: Psychological Well-Being

IV. CONCLUSIONS

This study examined the effect between social media use, smartphone addiction, social isolation, bridging and bonding social capital and psychological well-being among students UiTM Seremban 3. The finding revealed that smartphone addiction and social media usage both showed positive and significant associations with psychological well-being, suggesting that digital platforms, when use purposefully, can serve as important tools for connection, support and emotional resilience.

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