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Relationship Between Social Media Usage and Mental Health Among Members of Kuala Lumpur and Country Club



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Abstract | This study aimed to investigate the Relationship Between Social Media Usage and Mental Health Among Members of Kuala Lumpur Golf and Country Club. A quantitative research design was applied which was a survey method by distributing a questionnaire via Google form to 421 members of Kuala Lumpur Golf and Country Club. Bergen Social Media Addiction Scale (BSMAS) was used to evaluate social media usage among the members with 6 items. The Depression, Anxiety, and Stress Scale-21 (DASS-21) were used to assess mental health with 21 items. Descriptive analyses were used to determine the members' highest mental health factors involvement. The result showed no significant difference ($p = 0.408$) regarding mental health factors between genders. Therefore, it failed to reject the null hypothesis. In addition, there was a significant relationship ($p < 0.001$) between social media usage and mental health with a moderate positive level of correlation ($r = 0.494$). The study's findings will provide a greater understanding of the differences between genders regarding mental health factors among the members of KLGCC. The study found a positive association between social media usage and mental well-being. Social media facilitated stronger connections, fostered community, and served as a channel for sharing golf-related information. The context-specific nature of the relationship, centered around shared interests, aligned with recent research on the benefits of active, engaged social media use in specific communities. To build on the findings, KLGCC should implement workshops, online forums, and campaigns on responsible social media use and mental health awareness. They could also create dedicated social media groups for members to connect over common interests. Regular monitoring and feedback from members could optimize these initiatives for promoting good mental health.

Keywords: *Social media, mental health, Kuala Lumpur Golf and Country Club.*

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I. INTRODUCTION

Social media offers a unique opportunity for individuals to define their identities [2]. Social media is defined as internet-based apps that allow for user-generated content and engagement [1]. Social media has a global reach, with at least 3.5 billion users out of 7.7 billion. Malaysia's most popular platforms are YouTube, WhatsApp, and Facebook [5]. Emotional, psychological, and social well-being are all aspects of mental health that impact our attitudes, sentiments, and actions. The World Health Organization (WHO) defines mental health as a condition of well-being that permits individuals to effectively manage life's stressors, develop their potential, study and work effectively, and give back to their communities [4]. Still, many adults worldwide play organised sports. According to [5], the great majority of sports involvement takes place in organised recreational settings, with the main goals being fun and health.

II. METHODS

The methodology employed in this thesis involved a quantitative research design, utilizing a survey method to investigate the relationship between social media usage and mental health among members of the Kuala Lumpur Golf and Country Club (KLGCC). A structured questionnaire was distributed to 421 members via Google Forms. The questionnaire comprised three sections: demographic profile, the Bergen Social Media Addiction Scale (BSMAS) to assess social media usage, and the Depression, Anxiety, and Stress Scale-21 (DASS-21) to evaluate mental health factors. Data were analysed using descriptive statistics to identify the prevalence of mental health issues, and inferential statistics, including independent t-tests and Pearson correlation analysis, to examine the relationship between social media usage and mental health outcomes. Statistical analyses were conducted using SPSS software version 28.0.

III. RESULTS AND DISCUSSION

The results in Table 1 showed that there was no significant difference ($p = 0.408$) between genders regarding mental health factors. Therefore, it failed to reject the null hypothesis. In addition, there was a significant relationship ($p < 0.001$) between social media usage and mental health with a moderately positive level of correlation ($r = 0.494$). The study's findings will provide a greater understanding of the differences between genders regarding mental health factors among the members of KLGCC.

TABLE 1
PEARSON CORRELATION RESULTS FOR SOCIAL MEDIA USAGE ON MENTAL HEALTH

Variables	Social Media Usage
Mental Health	Pearson Correlation
	0.494**
	Significant (2-tailed)
	< 0.001
	N
	421

Social media and mental health are positively connected. The discussion highlights the importance of promoting balanced social media use and implementing support systems to mitigate its adverse effects on mental well-being. These findings contribute to the broader understanding of how digital behaviours influence mental health and underscore the need for targeted interventions within specific communities. Furthermore, research on social media's impact on mental well-being in a recreational club's context is crucial. By examining club culture, technology use patterns, and ethical considerations, researchers can develop targeted interventions and support strategies. This comprehensive approach can enhance mental health initiatives and promote positive social media engagement within recreational sports communities.

IV. CONCLUSIONS

Research on the relationship between social media usage and mental health among members of KLGCC (Kuala Lumpur Golf & Country Club) found a significant positive correlation. Social media likely facilitated stronger connections among members, fostered a sense of community, and served as an effective channel for sharing golf-related information and achievements. The context-specific nature of this relationship, focused on recreational sports, likely contributed to its positive outcomes. This finding aligns with recent research highlighting the potential benefits of active, engaged social media use within specific communities. The results suggest that KLGCC and similar organizations could benefit from leveraging social media as a tool for community building and promoting mental health. Further research is needed to understand the specific mechanisms through and how social media usage contributes to positive mental health outcomes in recreational sports communities.

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