



**Faculty of Administrative Science  
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**Bachelor of Administrative Science**

**Title of Proposal**

**The Connection of Social Media Use and Mental Health**

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## ABSTRACT

Social media exacerbates issues related to mental health. This research endeavors to unravel the intricate relationship between social media usage and mental health, employing a focused quantitative survey approach. The study seeks to elucidate the impact of various dimensions of social media engagement on mental well-being, exploring patterns, and potential risk factors associated with digital interactions. The quantitative phase involves gathering data in which questionnaires will be sent digitally to respondents in UiTM Kampus Samarahan 2, Sarawak, with a proposed sample 300, assessing the frequency, time spent, specific social media platform used and types of activities of social media use. The analysis focuses on statistical analysis, revealing no significant correlations between specific social media behaviors and mental health indicators. By concentrating on quantitative data, the research aims to provide a clear and objective assessment of the prevalence and significance of social media's impact on mental health. The findings are anticipated to offer insights into potential trends, identifying key factors that may contribute to positive or adverse mental health outcomes in the context of social media use. This study's outcome shows that the usage of social media platforms does not have a connection with mental health among students in UiTM Kampus Samarahan 2, Sarawak. By concentrating on quantitative measures, the research aims to contribute to the growing body of empirical evidence, informing evidence-based strategies that can promote a healthier and more informed approach to social media use in contemporary society. Nevertheless, significant variations exist due to the cross-sectional design and sampling method limitations. To gain a deeper understanding of the impact of social media on mental health, it is essential to conduct qualitative research and vertical cohort studies for a more thorough analysis of the structural aspects.

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# THE CONNECTION BETWEEN SOCIAL MEDIA USE AND MENTAL HEALTH

## CHAPTER 1

### INTRODUCTION

#### 1.1 Introduction

Concerns about the connection between social media use and its effects on mental health have grown in recent years. Social media use among teens and young people and the rise in mental health issues have been linked by studies, although the idea is still relatively new and expanding. This study was created to learn more about the connection between social media use and its connection to mental health problems. The objective of the current study is to add to the body of knowledge on this subject by examining the connection between social media use and mental health problems. Researching this relatively recent link between social media use and mental health will help with understanding the precise causes of these mental disorders because eating disorders, self-esteem issues, anxiety, stress, and depression have become more prevalent in recent years. As a result of knowing this, people will use social media in a more responsible manner and be more aware of the negative effects of excessive use.

The two factors that will be the focus of this study are social media and mental health. Any website or program that enables online connections between individuals all over the world, including chat, content sharing, and other types of communication, is considered a form of social media.

The definition of social media given by Merriam-Webster (2014) is "forms of electronic communication (such as websites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (such as videos)." Facebook, Instagram, Snapchat, Twitter, and a number of other social media networks are some of the most well-known and frequently utilized platforms.

Mental health comprises emotional, psychological, and social well-being, according to Medline Plus (2019). It influences how people think, feel, and behave when navigating life. Additionally, it influences how someone responds under pressure,

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## CHAPTER 2

### LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

#### 2.1 Introduction

This chapter will serve as an overview and examination of prior research conducted on heavy social media use and its impact on mental health. The subsections in this chapter will include the prevalence of social media usage, lack of social media use recognizable as a mental health diagnosis, mental health through social media, and current treatment gaps. The final subsections will examine system theory and integrative theory, which is relevant to the research topic.

##### 2.1.1 Social Media Use and Mental Health

The relationship between social media use and mental health outcomes has been the subject of extensive research. In order to gain a better understanding of the ways in which social media may affect one's mental health, a great number of research has been conducted on a variety of its elements. The amount of time spent on various social media sites is one of the most important factors that are considered. Researchers have investigated the relationship between the length of time spent on social media and negative mental health outcomes such as depression, anxiety, and stress. A number of studies have discovered a positive association between an excessive amount of time spent on social media and bad impacts on mental health, which suggests that extended exposure to the content that is shared on social media may contribute to psychological distress (Berryman, Ferguson, & Negy, 2018).

In addition to the amount of time users spend on social media platforms, the frequency with which they access these platforms has also been analyzed. Researchers have investigated whether engaging with social media on a regular basis, such as checking notifications or uploading updates numerous times a day, is associated with an increased risk of developing mental health problems. According to the findings of certain studies, people who connect with social media on more frequent basis have a greater probability of having symptoms of both