

# A Study of the Impact of Social Media on Psychological Well-being and Mental Health of Young Adults

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## ABSTRACT

**Aim of the Study:** The study aims to expound on the role of social media in psychological well-being and mental health. For this purpose, the effect of spending more and less than 5 hours on social media on the participant's psychological well-being and mental health was assessed.

**Methods:** For the sample 20 young adults [10 males and 10 females] were purposively selected from the data collection. Psychological Well Being Scale (PWBS-SDP) developed by Dr. Devendra Singh Sisodia and Ms. Pooja Chaudhary (2012), Udaipur and PGI Health Questionnaire (PGI HQ N-1) developed by S. K. Verma, N. N. Wig and D. Pershad (1985), Chandigarh was administered on the selected sample.

**Findings:** This study reveals that people who spend lots of time on social media are having a low level of psychological well-being and mental health. It also indicates that both Males and Females spending more than 5 hours on social media are having poor psychological well-being and mental health; likewise, males and Females spending less than 5 hours on social media have good psychological well-being and mental health.

**Keywords:** Social Media, Social Networking sites, Mental Health, Psychological well being.

*Journal of Teacher Education and Research* (2021). DOI: 10.36268/JTER/16101

## PROLOGUE

Today we are aware of different types of mass media. People of all ages (children, young people, or adults) share media-related exposure every day. Mass media refers to communication devices, which can be used to communicate and interact with a large number of people in different languages. Technology now surrounds everyone; mass media becomes an inseparable part of our lives. Mass media is well known and effective means of communication in today's scenario. From ancient times, humans are fond of entertainment; we use to do some recreational activities to entertain ourselves and others as well. Today we are in the age of technology so that there is no need to do much effort for entertainment, now we all have an idiot box (Television) that entertains us twenty-four hours and three sixty-five days.

Moreover, mass media remains an effective means of communication, spreading information, advertising, marketing, and expressing and sharing views, opinions, and ideas. The "social" part refers to interacting with other people by sharing and receiving information with them. The "media" part: refers to an instrument of communication, just like the internet (while TV, radio, and newspapers are examples of more conventional forms of media). With these two separate terms, we can pull a fundamental definition together: Social media are web-based communication gadgets that allow individuals to interact with each other by sharing and consuming information.

The easiest way to understand the difference between social media sites and social networking sites is by thinking about the terms "media" and "networking" separately. Media mentions the information you are actually sharing—whether it is a link to an article, a video, an animated GIF, a PDF document, a simple status update, or anything else. Networking, adversely, has to do with who your audience is and their relationships with them. Your network can incorporate people like friends, relatives, colleagues, anyone from your past, present customers, mentors, and even strangers. They actually overlap, which is why it gets confusing.

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**How to cite this article:** Gupta, A. (2021). A Study of the Impact of Social Media on Psychological Well-being and Mental Health of Young Adults. *Journal of Teacher Education and Research*, 16(1):1-8.

**Source of support:** Nil

**Conflict of interest:** None

## Most Popular Social Networking Sites

- Facebook
- Instagram
- WhatsApp
- Snapchat
- Twitter

## Well Being

Well-being is one of the important goals which individuals, as well as societies, strive for. The term denotes that something is in a good state. However, it doesn't specify what the "something" is and what is meant by 'good.' Well-being can be specified in two ways: first by specifying 'what' and secondly by spelling out wellness criteria. Well-being, welfare, or wellness is a general term for the condition of an individual or group, for example, their social, economic, psychological, spiritual or medical state; a high level of well-being means in some sense the individual or group's condition is positive, while low well-being is associated with negative happenings.

## Psychological Well Being

Psychological well-being is the subjective feeling of containment, happiness, satisfaction with life's, experience and of one's, role in the world of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc. these things are difficult to evaluate objectively; hence the emphasis is on the term "Subjective well-being."

It may well be maintained in adverse circumstances and, conversely, maybe lost in a favorable situation. It is related to but not dependent upon the physical/psychological conditions.

There are five major areas of psychological well-being, which covers the wholesome meaning, are as follows:

1. **Life Satisfaction**- The act of satisfying or the state of being satisfied; gratification or desire; containment in possessions and enjoyment; repose of mind resulting from compliance with its desires or demands.
2. **Efficiency**- The comparison of what is actually produced or performed with what can be achieved with the same consumption of resources (money, time, labor, etc.). The quality of being efficient or producing an effect or effects; efficient power, effectual agency.
3. **Sociability**-The relative tendency or disposition to be sociable or associate with one's fellows. The quality or state of being sociable; also: the act or an instance of being sociable.
4. **Mental health**- Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a mental disorder. A person's overall psychological and emotional condition, Good mental health is a state of well-being in which a person can cope with everyday events, think clearly, be responsible, meet challenges, and have good relationships with others.
5. **Interpersonal Relations**- An interpersonal relationship is an association between two or more people that may range from fleeting to enduring. This association may be based on limerence, love and liking, regular business interactions, or other social commitment types.

### Mental Health

Mental health is a level of psychological well-being or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment." From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience. According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others."

### Physical Health

Physical health consists of many components; these are some major areas that should be addressed by Physical activity - includes strength, flexibility, and endurance Nutrition and diet encompasses of nutrient intake, fluid intake, and healthy digestion Alcohol and drugs - includes the abstinence from or reduced consumption of these substances Medical self-care - contains addressing minor ailments or injuries and seeking emergency care as necessary rest and sleep - comprises periodic relaxation, along with high-quality sleep.

### Psychological Health

Psychological health entails a normal emotional, behavioral, and social maturity to a person. This means such a person is in a healthy state of mental Well-being, one that they can use to function generally in society and during everyday events. Thus, psychological health includes good emotional health, positive feeling, good behavioral and social health.

## METHODOLOGY

The present research is mainly concerned with studying the impact of social media on psychological well-being and mental health. The present study is Exploratory in nature in which the independent variables have already occurred and in which the researcher starts with the observation of the dependent variable. Thus a 2x2 factorial design was considered suitable for the study. Each dependent variable was studied separately. Each independent variable in this study had two levels. The 2x2 factorial design was separately used for analyzing all dependent variables.

GROUPS	Psychological well-being		Mental health	
	S	E	S	Ps
<b>MALE</b>				
Spending more than 5 hours on social media				
Spending less than 5 hours on social media				
<b>FEMALE</b>				
Spending more than 5 hours on social media				
Spending less than 5 hours on social media				
Abbreviation				
<ul style="list-style-type: none"> <li>• S- Satisfaction</li> <li>• E- Efficiency</li> <li>• S- Sociability</li> <li>• MH- Mental Health</li> <li>• IR- Interpersonal Relation</li> <li>• P- Physical</li> <li>• Ps- Psychological</li> </ul>				

For the sample, 20 young adults from the population [ Delhi] were purposively selected from the data collection.

### Sampling

- Population- Delhi
- Sampling unit – South Delhi
- Sample size – 20
- Sampling frame- Men and women aged between years [18- 25]
- Sampling method - Purposive sampling

### Objectives of the Study

- To see the impact of spending less than 05 hours and more than 05 hours on social media on the individuals' psychological well-being and mental health.
- To partial out the gender role in social media in respect of psychological well-being and mental health.
- To see the impact of social media on the psychological well-being and mental health of the participants.

### Hypothesis

The main null hypotheses formulated and tested in the present study are as follows:

1. There is no significant difference between groups spending less than 05 hours on social media and more than 05 hours (Male group) regarding their various levels of Psychological well-being.
2. There is no significant difference between a group spending less than 05 hours on social media and more than 05



hours (Female group) with regard to their various levels of Psychological well-being.

3. There is no significant difference between groups spending less than 05 hours on social media and more than 05 hours (Male group) regarding their mental health.
4. There is no significant difference between groups spending less than 05 hours on social media and more than 05 hours (Female group) regarding their mental health.
5. There is no significant difference between males and females (group spending less than 05 hours group on social media) with regard to their various levels of Psychological well-being.
6. There is no significant difference between males and females (group spending more than 05 hours group on social media) regarding their various levels of Psychological well-being.
7. There is no significant difference between males and females (group spending less than 05 hours group on social media) concerning their mental health.
8. There is no significant difference between males and females (group spending more than 05 hours group on social media) with regard to their mental health.

### Tools of the Study

Following tools were used to assess Psychological Well-being and Mental Health:

#### 1. Psychological Well Being Scale (PWBS-SDP)

Developed by Dr. Devendra Singh Sisodia and Ms. Pooja Chaudhary (2012), Udaipur. To measure the psychological well-being of the participant, Psychological Well-being Scale was used. This scale was developed by using the Likert technique. Suggestions were invited from experts from different fields such as Psychology, Sociology, Human Development, Family Relations, and Psychiatry. The final form of scale was thus prepared comprising of 50 statements with a view to measure several aspects of Well-being like

1. Satisfaction,
2. Efficiency,
3. Sociability,
4. Mental Health
5. Interpersonal Relations.

**Scoring System:** The scale consists of 50 statements. All statements are positive manner. A total of 5 marks to strongly agree, 4 marks to agree, 3 marks to undecided, 2 marks to disagree, and 1-mark o strongly disagree responses are assigned. The sum of marks is obtained for the entire scale. The higher the score more is the well-being. Area-wise and total, both scoring can be done. Area-wise scores indicate the level of psychological well-being, 10-12, 12-16, 16-43, 43-48, and 48-50 showed very low, low, moderate,

high, and very high.

**Reliability:** The reliability of the scale was determined by (a) the test-retest method and (b) the internal consistency method. The test-retest reliability was 0.87, and the consistency value for the scale is 0.90.

**Validity:** Besides face validity, as all the scale items are concerned with the variable under focus, the scale has high content validity. The scale was validated against the external criteria, and the coefficient obtained was 0.94.

#### 2. PGI Health Questionnaire (PGI HQ N-1)

It was developed by S. K. Verma, N. N. Wig, and D. Pershad (1985), Chandigarh. It measures the general health of the participant. PGI HQ N-1 is an Indigenous tool (PGI. HQ N-2 by Verma 1978). It is based on CMI Health Questionnaire and includes the characteristics as predicted by Cattell (vide supra). While developing it (PGI HQ N-1), first of all, those items of CMI were separated out, which are endorsed by more than 10% of psychiatric patients in our past records of a large number of protocols? These items were then suitably modified and translated so as to be nearer to patients' own descriptions of symptoms. PGI HQ N-1 is used to measure Physical and Psychological Health. It consists of 38 items that measure Physical Distress and Psychological distress of the individuals with 16 and 22 items, respectively.

**Scoring System:** The PGI HQ N-1 is scored by adding each Right Mark () to get a total score. Each Right Marked statement () is scored with 01. The higher the score indicates the poorer Mental Health.

**Reliability:** The reliability of this test was examined through the test-retest and spit half methods and found 0.88 and 0.86, respectively. It was observed that the total score of PGI-HQN1 was highly correlated with similar traits on other scales.

**Validity:** The validity score with the MPI (N scale) was found to be 0.72.

### ANALYSIS OF THE DATA

Data were analyzed using mean, SD, and t-test (Table 1 and 2).

Table 3 expresses the significant difference between the spending group of fewer than 05 hours on social media and more than 05 hours (Male group) with regard to their psychological well-being.

The mean score of the satisfaction aspect of spending less than 05 hours on social media is 37, and spending more than 05 hours on social media is 34.4. In contrast, the standard deviation of spending group less than 05 hours on social media is 4.06, and more than 05 hours is 3.20. The value of t is found 1.1246, which is not a significant 0.05 level.

**Table 1:** Table showing Mean, S. D. and no. of subject of social-media groups of males and females with regard to their psychological well-being.

Groups of social media	Male group				Female group				
	E	SOC	M.H.	IR.	S	E	SOC	M.H.	IR.
Spending less than 5 hours on social media									
Mean	40.2	38.6	36.8	43.8	39.8	43	36.4	38.8	39.2
S. D	5.80	2.96	5.71	4.02	6.22	3.67	3.57	5.16	3.42
N	5	5	5	5	5	5	5	5	5
Spending more than 5 hours on social media									
Mean	36.2	33	33.6	35.4	32.4	38.6	32	31	36.4
S. D	2.28	2.91	2.88	2.70	5.41	4.159	3.39	5.06	8.96
N	5	5	5	5	5	5	5	5	5

The mean score of the efficiency aspect of the spending group of less than 05 hours on social media is 40.2, and spending more than 05 hours on social media is 36.2. The standard deviation of spending group less than 05 hours on social media is 5.80 more than 05 hours is 2.28. The value of 't' is found 1.435, which is not a significant 0.05 level.

The mean score of sociability aspect of the spending group of less than 05 hours on social media 38.6, and spending more than 05 hours on social media is 33. In contrast, a standard deviation of spending group less than 05 hours on social media is 2.96 and more than 05 hours is 2.91. The value of 't' is found 3.0167, which is significant at 0.05 level.

The mean score of the Mental Health aspect of spending group of less than 05 hours on social media is 36.8 and spending more than 05 hours on social media is 33.6. The standard deviation of spending group more than 05 hours on social media is 5.71, and more than 05 hours is 2.88. The value of 't' is found 1.1189, which is not significant 0.05 level.

The mean score of the interpersonal Relations aspect spending group of less than 05 hours on social media is 43.8. Spending more than 05 hours on social media is 35.4, whereas the standard deviation of spending group less than 05 hours on social media is 4.02 more than 05 hours is 2.70. The value of 't' is found 3.87, which is significant at 0.05 level.

Table 4 expresses the significant difference between the spending group of less than 05 hours on social media and more

than 05 hours (Female group) with regard to their psychological well-being.

The mean score of satisfaction aspect of spending group less than 05 hours on social media is 39.8 and spending more than 05 hours on social media is 32.4 whereas the standard deviation of spending group less than 05 hours on social media is 6.22 and more than 05 hours is 5.41. The value of 't' is found at 2.0072, which is not significant at 0.05 level.

The mean score of efficiency aspect of spending group less than 05 hours on social media is 43 and spending more than 05 hours on social media 38.6 whereas standard deviation of spending group less than 05 hours on social media is 3.67 and more than 05 hours is 4.15. The value of 't' is found 1.7759, which is not significant at 0.05 level.

The mean score of sociability aspect of spending group less than 05 hours on social media is 36.4. Spending less than 05 hours on social media is 32, as the standard deviation of spending group less than 05 hours on social media is 3.57 and more than 05 hours is 3.39. Value of 't' is found 1.9985, which is not significant at 0.05 level.

The mean score of the Mental Health aspect of spending group less than 05 hours on social media is 38.8, and spending less than 05 hours on social media is 31. The standard deviation of spending group less than 05 hours on social media is 5.16, and more than 05 hours is 5.06. The value of 't' is found at 2.4134, which is significant at 0.05 level.

The mean score of the Interpersonal Relations aspect of spending group less than 05 hours on social media is 39.2. Spending less than 05 hours on social media is 36.4, whereas the standard deviation of spending group less than 05 hours on social media is 3.42 more than 05 hours is 8.96. The value of 't' is found 0.6258, which is not significant at 0.05 level.

Table 5 reveals the significant difference between spending group of less than 05 hours on social media and more than 05 hours on social media (Male group) with regard to their mental health. The mean score of spending less than 05 hours on social media is 9.2 and spending less than 05 hours on social media is 22, whereas standard deviation of spending group less than 05 hours on social media is 1.64, and more than 05 hours is 5.87. The value of 't' is found 4.69, which is significant at 0.05 level.

Table 6 reveals the significant difference between spending group of less than 05 hours on social media and more than 05 hours

**Table 2:** Table showing Mean, SD, and No. of subjects of social media groups of males and females with regard to their mental health.

Groups of social media	Male group	Female group
<i>Spending less than 5 hours on social media</i>		
Mean	9.2	11.4
S. D	1.64	1.14
N	5	5
<i>Spending more than 5 hours on social media</i>		
Mean	22	17
S. D	5.87	3.80
N	5	5

**Table 3:** Table showing Mean, SD, N and Significant difference between spending group of less than 05 hours and more than 05 hours on social media (Male group) with regard to their psychological well-being.

Groups of social media	Psychological well-being.				
	S	E	SOC	MH.	IR.
<i>Spending less than 5 hours on social media</i>					
Mean	37	40.2	38.6	36.8	43.8
S. D	4.06	5.80	2.96	5.71	4.02
N	5	5	5	5	5
<i>Spending more than 5 hours on social media</i>					
Mean	34.4	36.2	33	33.6	35.4
S. D	3.20	2.28	2.91	2.88	2.70
N	5	5	5	5	5
Value of 't'	1.1246	1.435	3.0167	1.1189	3.8787
Level of significance	NS	NS	S	NS	S
*p < 0.05					
Degree of freedom (df) = 8					





(Female group) with regard to their mental health. The mean score of spending group less than 05 hours on social media is 11.4 and more than 05 hours is 17 whereas standard deviation of spending group less than 05 hours on social media is 1.14 and more than 05 hours is 3.80. The value of 't' is found 3.15, which is significant at 0.05 level.

Table 7 reveals the significant difference between males and females (spending group of less than 05 hours on social media) with regard to their psychological well-being.

The mean score of the satisfaction aspect of male participants is 37, and female participants is 39.8, whereas the standard deviation of Male participants is 4.06 and female participants are 6.22. The value of 't' is found 0.84, which is not significant at 0.05 level.

The mean score of the efficiency aspect of Male participants is 40.2 and Female participants are 43, whereas the standard deviation of Male participants is 5.80 and female participants are 3.67. The value of 't' is found 1.06, which is not a significant 0.05 level.

The mean score of sociability aspect of Male participants is 38.6, and female participants is 36.4, whereas standard deviation of Male participants is 2.96 and female participants is 3.57. The value of 't' is found 0.28, which is not significant at 0.05 level.

The mean score of the mental health aspect of Male participants is 36.8 and Female participants is 38.8, whereas the standard deviation of Male participants is 5.71 and female participants is 5.16. The value of 't' is found 0.58, which is not significant at 0.05 level.

The mean score of male participants' interpersonal relations aspect is 43.8 and female participants is 39.2, whereas the standard

deviation of Male participants is 4.02 and female participants is 3.42. The value of 't' is found 1.94, which is not significant at 0.05 level.

Table 8 reveals the significant difference between males and females (spending group of more than 05 hours on social media) with regard to their psychological well-being.

The mean score of satisfaction aspect of Male participants is 34.4, and female participants are 32.4, whereas the standard deviation of Male participants is 3.20 and Female participants is 5.41. The value of 't' is found 0.71 which is not significant at 0.05 level.

The mean score of the Efficiency aspect of Male participants is 36.2 and Female participants are 38.6, whereas the standard deviation of Male participants is 2.28 and female participants are 4.15. The value of 't' is found 1.13, which is not significant at 0.05 level.

The mean score of sociability aspect of Male participants is 33, and female participants is 32, whereas standard deviation of Male participants is 2.91 and Female participants is 3.39. Value of 't' is found 0.50, which is not significant at 0.05 level.

The mean score of the mental health aspect of Male participants is 33.6, and female participants is 31 whereas standard deviation of Male participants is 2.88 and Female participants is 5.06. The value of 't' is found 0.99 which is not significant at 0.05 level.

The mean score of the interpersonal relations aspect of Male participants is 35.4, and female participants is 36.4, whereas the standard deviation of Male participants is 2.70 and female participants are 8.96. The value of 't' is found 0.23, which is not significant at 0.05 level.

**Table 4:** Table showing Mean, SD, N and Significant difference between spending group of less than 05 hours on social media and more than 05 hours (Female group) with regard to their psychological well-being.

Groups of Social media	Psychological well-being.				
	S	E	SOC	MH.	IR.
Spending less than 5 hours on social media					
Mean	39.8	43	36.4	38.8	39.2
S. D	6.22	3.67	3.57	5.16	3.42
N	5	5	5	5	5
Spending more than 5 hours on social media					
Mean	32.4	38.6	32	31	36.4
S. D	5.41	4.159	3.39	5.06	8.96
N	5	5	5	5	5
Value of 't'	2.0072	1.7759	1.9985	2.4134	0.6528
Level of significance	NS	NS	NS	S	NS
*p<0.05					
Degree of freedom (df)= 8					

**Table 5:** Table showing mean, SD, N and significant difference between spending group of less than 05 hours on social media and more than 05 hours (Male group) with regard to their mental health

Groups	Mean	S. D	N	Df	Value of 't'	Level of significance *p <0.05
Spending less than 5 hours on social media	9.2	1.64	5	8	4.6961	Significant
Spending more than 5 hours on social media	22	5.87	5			

**Table 6:** Table showing Mean, SD, N and Significant difference between spending group of less than 05 hours on social media and more than 05 hours (Female group) with regard to their mental health

Groups	Mean	S. D	N	Df	Value of 't'	Level of significance *p <0.05
Spending less than 5 hours on social media	11.4	1.14	5	8	3.1563	Significant
Spending more than 5 hours on social media	17	3.80	5			

Table 9 reveals the significant difference between males and females (spending group of less than 05 hours on social media) with regard to their mental health. The mean score of Male participants is 9.2, and Female participants is 11.4, whereas the standard deviation of Male participants is 1.64 and Female participants are 1.14. The value of 't' is found 2.46, which is significant at 0.05 level.

Table 10 reveals the significant difference between males and females (spending group of more than 05 hours on social media) regarding their mental health. The mean score of Male participants is 22, and female participants is 17, whereas the standard deviation of Male participants is 5.87 and Female participants are 3.80. The value of 't' is found 1.59, which is not significant at 0.05 level.

**Table 7:** Table showing Mean, SD, N and significant difference between male and female (spending group of less than 05 hours on social media) with regard to their Psychological well being

Groups	Psychological well-being.				
	S	E	SOC	MH.	IR.
<b>MALE</b>					
Mean	37	40.2	38.6	36.8	43.8
S. D	4.06	5.80	2.96	5.71	4.02
N	5	5	5	5	5
<b>FEMALE</b>					
Mean	39.8	43	36.4	38.8	39.2
S. D	6.22	3.67	3.57	5.16	3.42
N	5	5	5	5	5
Value of 't'	0.8429	0.9122	1.0608	0.5811	1.9488
Level of significance [ $*P < 0.05$ ]	NS	NS	NS	NS	NS
Degree of freedom (df) = 8					

**Table 8:** Table showing Mean, SD, N and significant difference between male and female (spending group of more than 05 hours on social media) with regard to their psychological well-being.

Groups	Psychological well-being.				
	S	E	SOC	MH.	IR.
<b>Males</b>					
Mean	34.4	36.2	33	33.6	35.4
S. D	3.20	2.28	2.91	2.88	2.70
N	5	5	5	5	5
<b>Females</b>					
Mean	32.4	38.6	32	31	36.4
S. D	5.41	4.159	3.39	5.06	8.96
N	5	5	5	5	5
Value of 't'	0.7115	1.1334	0.5005	0.9986	0.2389
Level of significance $*p < 0.05$	NS	NS	NS	NS	NS
Degree of freedom (df) = 8					

**Table 9:** Table showing Mean, SD, N and significant difference between male and female (spending group of less than 05 hours on social media) with regard to their mental health

Groups	Mean	S. D	N	Df	Value of 't'	Level of significance $*p < 0.05$
Male	9.2	1.64	5	8	2.4630	Significant
Female	11.4	1.14	5			

**Table 10:** Table showing Mean, SD, N and significant difference between male and female (spending group of more than 05 hours on social media) with regard to their mental health

Groups	Mean	S. D	N	Df	Value of 't'	Level of significance $*p < 0.05$
Male	22	5.87	5	8	1.5989	Not Significant
Female	17	3.80	5			



## FINDINGS AND CONCLUSION

### **HYPOTHESIS- 1 - There is no significant difference between a group of spending less than 05 hours on social media and more than 05 hours (Male group) with regard to their various levels of Psychological well-being.**

Table 3 reveals that the mean score of the group of Males spending less than 05 hours on social media is significantly greater, which shows the better well-being of the participants than the group of Males spending more than 05 hours on social media with regard to their various levels of Psychological well-being.

On satisfaction, efficiency and mental health aspect of Psychological well-being the mean scores of group of Males spending less than 05 hours on social media is greater than the group of Males spending more than 05 hours on social media. The 't' value shows that there is no significant difference between watching group of spending less than 05 hours on social media and more than 05 hours on social media (Male group) with regard to their various levels on these aspects of psychological well-being. Conclusively, there is not any significant difference in the two groups, and that proves our hypothesis.

Whereas the other aspects of psychological well-being like sociability and interpersonal relations aspect of Psychological well-being show a significant difference. It means that there is a significant difference found in both groups at 0.05 level of confidence. Conversely, the result is partially proven and partially rejects the hypothesis.

### **HYPOTHESIS- 2 - There is no significant difference between groups of spending less than 05 hours on social media and more than 05 hours (Female group) regarding their various levels of Psychological well-being.**

Table 4 reflects that the mean score of the group of Females spending less than 05 hours on social media is significantly greater than the group of Females spending more than 05 hours on social media regarding their various levels of Psychological well-being.

The 't' value of the mental health aspect of psychological well-being was found significantly different at 0.05 level of confidence.

On the other hand the 't' value for Interpersonal Relationship, Sociability, efficiency, and satisfaction aspect of Psychological well-being is showing that there is no significant difference between spending less than 05 hours on social media and more than 05 hours (Female group) with regard to their various levels of Psychological well-being. Conversely, the result is partially proven and partially rejects the hypothesis.

### **HYPOTHESIS- 3 - There is no significant difference between groups of spending less than 05 hours on social media and more than 05 hours (Male group) regarding their mental health.**

As shown in Table 5, the mean score of the group of Males spending more than 05 hours on social media is significantly greater than the group of spending less than 05 hours on social media with regard to their mental health. The obtained result rejects the hypothesis because it is clearly showing the significant difference between the spending group of less than 05 hours on social media and more than 05 hours Male group with regard to their mental health. The value of 't' is found significant at 0.05 level. These findings

are understandable that people who spends more time on social media obviously feel stressed, anxious, lose of memory, etc. on the other hand, people who devote less time to social media are satisfied with life, having healthy relationships, good memory, less stressed, confident, etc.

### **HYPOTHESIS- 4 There is no significant difference between a group of spending less than 05 hours on social media and more than 05 hours (Female group) with regard to their mental health.**

Table no. 6 indicates that the mean score of the group of females spending more than 05 hours on social media is significantly higher which depicts the poor mental health of the participants than the group of Females spending less than 05 hours on social media hours with regard to their mental health. The 't' value clearly displays that there is a significant difference between group spending less than 05 hours on social media and more than 05 hours (Female group) regarding their mental health. We can say that there is a significant difference in the two groups and that disproves our hypothesis.

### **HYPOTHESIS- 5 There is no significant difference between male and female (group spending less than 05 hours on social media) with regard to their various levels of Psychological well-being.**

Table 7 shows the significant difference between male and female (group spending less than 05 hours on social media) with regard to their various levels of psychological well-being. On all aspects of psychological well-being (Satisfaction, Efficiency, Sociability, Mental Health & Interpersonal Relations), no significant difference was found between male and female (group spending less than 05 hours on social media) regarding their various levels of psychological well-being. Conclusively, there is not any significant difference in the two groups and that proves our hypothesis. Finally, the result proves the hypothesis because there is no significant difference between male and female (group spending less than 05 hours on social media) regarding their various levels of psychological well-being.

### **HYPOTHESIS- 6 There is no significant difference between males and females (group spending more than 05 hours on social media) regarding their various levels of Psychological well-being.**

Table 8 shows the mean scores of group of males and females (group spending more than 05 hours on social media) with regard to their various levels of psychological well-being. On all aspects of psychological well-being (Satisfaction, efficiency, sociability, mental health and interpersonal relations), no significant difference was found between male and female (group spending more than 05 hours on social media) regarding their various levels of psychological well-being. Conclusively, there is not any significant difference in the two groups and that proves our hypothesis. Lastly, the result proves the hypothesis because there is no significant difference found between male and female (group spending more than 05 hours on social media) with regard to their various levels of psychological well-being.

### **HYPOTHESIS- 7- There is no significant difference between male and female (group spending less than 05 hours group on social media) with regard to their mental health.**

Table no. 9 is showing that the mean score of group of females spending less than 05 hours on social media is greater than the

group of Males spending less than 05 hours on social media. The 't' value shows that there is a significant difference between male and female (group spending less than 05 hours group on social media) regarding their mental health. Conclusively, there is a significant difference in the two groups and that disproves our hypothesis.

**HYPOTHESIS- 8- There is no significant difference between male and female (group spending more than 05 hours group on social media) with regard to their mental health.**

Table 10 is displaying that the mean score of group of Females group spending more than 05 hours group on social media is greater than the group of Males group spending more than 05 hours group on social media. The 't' value is showing that there is no significant difference found between male and female (group spending more than 05 hours group on social media) with regard to their mental health. Finally, there is not any significant difference in the two groups and that proves our hypothesis.

**CONCLUSION**

The aim of the study is to expound on the role of social media in psychological well-being and mental health. For this purpose, the effect of spending more and less than 5 hours on social media on the participant's psychological well-being and mental health was assessed. Studies show that people who spend lots of time on social media have a low level of psychological well-being and mental health. This piece of work indicates that both male and females spending more than 05 hours on social media are having poor psychological well-being and mental health; likewise Male

and Females spending less than 5 hours on social media are having good psychological well-being and mental health.

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