Research Article

STUDY TO ASSESS THE SOCIAL NETWORKING ADDICTION ON MENTAL HEALTH AMONG B.SC NURSING FIRST SEMESTER STUDENTS IN SELECTED NURSING COLLEGES OF BUDGAM, KASHMIR

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Abstract

Social media has become an integral part of modern life, influencing the way people communicate, access information, and express themselves. While it offers numerous benefits, such as connectivity and access to support networks, its impact on mental health has become a growing area of concern. Researchers have explored how excessive use of social media contributes to issues like anxiety, depression, low self-esteem, and cyberbullying. Additionally, the comparison culture fostered by social platforms can lead to unrealistic expectations and dissatisfaction with one's own life. This research aims to examine the positive and negative effects of social media on mental health, exploring the psychological mechanisms involved and potential strategies for mitigating its harmful impacts. Understanding these influences is crucial for developing healthier digital habits and promoting mental well-being in an increasingly connected world This study used a descriptive design to explore the patterns of social networking usage and its impact on mental health among first-semester nursing students. A total of 100 students were selected from Ibn Sina College of nursing and health sciences ompora Budgam using a convenience sampling technique, which may limit the generalizability of the findings. Data were collected using a structured questionnaire and the standardized Depression Anxiety Stress Scale-21 (DASS-21) to assess mental health. The tool measured two sections: impact on mental health and addiction behavior. Scores were categorized into mild, moderate, and severe according to standard DASS-21 cut-offs. In the impact section, 64% of participants scored mild, 35% moderate, and 1% severe. In the addiction section, 57% scored mild, 38% moderate, and 5% severe. It emphasizes the need for interventions to promote healthy social networking habits and mental well-being in academic settings. The study aimed to assess the impact of social networking on the mental health of B.Sc. Nursing first-semester students in a selected nursing college in Budgam, Kashmir. The findings indicate that social networking has both positive and negative effects on students' mental well-being. While it serves as a platform for communication, knowledge sharing, and social support, excessive use has been linked to stress, anxiety, sleep disturbances, and reduced academic

performance. The study highlights the need for a balanced approach to social networking, promoting healthy online habits to minimize adverse effects. Educational institutions should implement awareness programs and provide guidance on responsible social media use. Further research is recommended to explore long-term impacts and intervention strategies to enhance students' mental well-being.

Keywords: Social Networking, Addiction. B.Sc. Nursing Students, Mental Health, Effectiveness

1. Introduction

Social media has become an integral part of modern life, influencing the way people communicate, access information, and express themselves. While it offers numerous benefits, such as connectivity and access to support networks, its impact on mental health has become a growing area of concern. Researchers have explored how excessive use of social media contributes to issues like anxiety, depression, low self-esteem, and cyberbullying. This research aims to examine the positive and negative effects of social media on mental health, exploring the psychological mechanisms involved and potential strategies for mitigating its harmful impacts. Understanding these influences is crucial for developing healthier digital habits and promoting mental well-being in an increasingly connected world. The quantity of preadolescents and youths utilizing social networking sites has expanded significantly. As per the recent survey, 22% of adolescents sign on to their top choice social networking sites over 10 times each ay, and the greater part of young people sign on to SNS more than once a day. Seventy-five percent of young people presently use phones, and 25% use them for social media, 54% use them for messaging, and 24% use them for instant messaging. Thus, a huge amount of this current age's social and enthusiastic advancement is happening while on the Internet and cell telephones[1].

Recently, a few specialists have related social networking sites with a few mental disorders which include depression and anxiety. Since social networking sites are a moderately new wonder, numerous inquiries concerning the potential effect on mental health remain unanswered. Therefore this research undergoes the impact of social media on mental health issues of the student.

2. Need for the Study

There is a growing need to assess the extent of social networking use and its psychological consequences among nursing students. Understanding its effects can help educators, counselors, and policymakers develop interventions to promote responsible social media usage, encourage healthy coping mechanisms, and improve mental health awareness among students.

This study is particularly relevant in the context of Budgam, Kashmir, where students may experience additional stressors related to socio-political factors and geographical isolation. Identifying the impact of social networking on mental health will provide valuable insights into how digital engagement influences the emotional well-being of nursing students in this region. he findings can guide the development of mental health support systems, digital wellness programs, and institutional policies to ensure a balanced and healthy academic life for nursing students.

The prevalence of social media addiction was 36.9% among users, distributed equally among private and Government universities. The most common health problem identified was strain on eyes (38.4%), anger (25.5%), and sleep disturbance (26.1%)[2].

Studies have reported that individuals living with a range of mental disorders, including depression, psychotic disorders, or other severe mental illnesses, use social media platforms at comparable rates as the general population, with use ranging from about 70% among middle-age and older individuals, to upwards of 97% among younger individuals[3].

WHO reveals a sharp rise in problematic social media use among adolescents, with rates increasing from 7% in 2018 to 11% in 2022. This, coupled

with findings that 12% of adolescents are at risk of problematic gaming, raises urgent concerns about the impact of digital technology on the mental health and well-being of young people[4].

We conducted this study to assess the impact and addiction of social networking on the mental health of teenage students because excessive social media use can significantly contribute to issues like depression, anxiety, low self-esteem, poor body image, and even suicidal thoughts.

3. Review of Literature

Deepa M, Dr.V.Krishna Priya (2020): Conducted a descriptive study among top 2 deemed universities in Chennai with a sample of 90 respondents. It included questions on demographical information, the pattern of social networking usage, social relationship and health effects. The results found that there is a significant associations between time spent on social media and the number of SNS. There is a positive correlation between feeling anxious and serious active on SNS than in real life. This study concludes that more usage of social media, number of SNS and too much of time spent on social networking sites is affecting the student's mental health such as depression and anxiety[5].

Ting Xuan Wang, Janet Y H Wong , Man Ping Wang , Jung Jae Leeetal (2021): Conducted an online cross sectional survey among Chinese university students in Hong Kong (HK) , using a convenience sampling method. In total, 533 university students (323 [66.9%] female, mean age [SD]=20.87 [2.68] years) were recruited from February to March 2019. Multiple linear regression was used to assess the association between SNS use and SNS addiction. Structural equation modelling (SEM) was performed to examine the pathways and associations among SNS use, SNS addiction, psychosocial status, and mental health status (including anxiety and depressive symptoms). A longer time spent on SNSs per day (>3 h), a longer time spent on each SNS access (≥31 min), a higher frequency of SNS access (≤every 30 min), a longer duration of SNS use before sleeping (≥61 min), and a shorter duration from waking to

first SNS use (≤5 min) were significantly associated with a higher level of SNS addiction (adjusted beta [aβ]=6.03, 95% CI 4.66-7.40; aβ=4.99, 95% CI 3.14-6.83; aβ=5.89, 95% CI 4.14-7.64; aβ=5.92, 95% CI 4.19-7.65; and aβ=3.27, 95% CI 1.73-4.82, respectively). SEM showed a significant mediating effect of SNS addiction in the relationship between SNS use and psychosocial status, and mental health status, including an indirect effect (β=0.63, 95% CI 0.37-0.93) and the total effect (β=0.44, 95% CI 0.19-0.72), while the direct effect was insignificant (β=-0.19, 95% CI -0.49 to 0.08). SNS use patterns were associated with SNS addiction, and SNS addiction mediated the associations between SNS use, psychosocial status, and mental health status of Chinese university students in HK. The findings suggest that screening for and addressing excessive SNS use are needed to prevent SNS addiction and mental distress among young people[6].

Md. Rabiul Islam, Sanjida Jannath, Amena A. Moona, etal (2021): Conducted a cross-sectional study among 791 subjects aged between 15 and 40 years. Self-reported questionnaires were used to collect demographics and SNS usage patterns of the respondents. We have measured the levels of loneliness, depression, generalized anxiety, and sleep disturbance using the recommended mental health assessment scales. The estimations of loneliness, depression, generalized anxiety, and sleep disturbance among the respondents were 64%, 38%, 63%, and 75%, respectively. Young adults, female sex, unmarried individuals, students, and urban residents reported higher psychological issues regarding the SNS use. Reported mental health issues were associated with time spent in SNS, the number of friends and groups connected with, personal beliefs, and feeling about SNS. A notable association between the use of SNS and the mental health issues of users has been ascertained. The present study findings might have significant implications in the field of clinical psychology and psychotherapy. Therefore, we recommend more comprehensive clinical interventions to find the tangible impact of SNS on the mental health of users[7].

4. Objectives

1. To assess the impact of social networking usage among BSc Nursing first semester students in selected Nursing colleges of Budgam, Kashmir.

2. To assess the addiction of social networking usage on mental health among B.Sc Nursing first semester students in selected Nursing Colleges of Budgam Kashmir.

3. To Associate the impact and addiction of social networking usage on Mental Health among B.Sc Nursing first semester students with the selected Socio demographic variables(age, gender, place of living, parent's education and occupation, parents income, type of family, no of sibling) in selected Nursing colleges of Budgam Kashmir.

5. Research Methodology

A. **Research Approach:** Quantitative Approach

B. **Rresearch Design:** Descriptive

C. **Setting:** Ibn Sina College of Nursing

D. **Population:** Nursing students

E. **Sample:** 100 B.Sc Nsg Ist sem Students

F. **Sampling Technique:** Non Probability Purposive sampling

G. **Tool:** Semi Structured knowledge Questionnaire

Section I demographic Variables (age, gender, number of siblings, number of friends on social media ,total income, type of family, area of belonging, fathers occupation, mothers occupation, age of using social media ,first social media app you interacted with ,social media platform you use the most, duration of time you spend on social media, how often you check social media platform throughout the day).

H. **Ethical Considerations:** The researcher took prior permission from the administrative authorities. The procedure and the purpose of the study was explained in detail to each participant included in the study and informed consent was obtained.

I. **Data collection Procedure:** The Principal of Ibn Sina College of Nursing and Health Sciences Budgam, granted permission for the final data. The actual data collection period was from 16/12/2024 to 23/12/2024. Data was gathered using a self-structured knowledge questionnaire throughout the research. Prior permission was obtained from the subjects, who were being studies. Subjects were made aware of the study's aim prior of participating.

6. Findings of the study

Description of Demographic Profile

This section describes the demographic characteristics of the sample under study. The data obtained describes the characteristics pertaining.

Table 1: Demographic Profile of the Subjects

Section-1 Socio Demographic Proforma		Percentage (%)	Frequency (F)
Age in years	Under 18 years	3%	3
	18-24 years	94%	94
	25-30 years	3%	3
	More than 30 years	0%	0
Gender	Male	19%	19
	Female	81%	81
Number of siblings	None	3%	3
	1-2 siblings	57%	57
	3-4 siblings	34%	34
	5 or more	6%	6
Number of friends on social media	None	21%	21
	One	8%	8
	Two	1%	1
	More than two	70%	70
Total income	1-5 Lakhs per annum	51%	51
	6-10 Lakhs per annum	39%	39
	11-15 Lakhs per annum	8%	8
	16-20 Lakhs per annum	2%	2
Type of family	Nuclear	79%	79
	Joint	21%	21

Area of belonging	Urban	35%	35
	Sub urban	6%	6
	Rural	52%	52
	Sub rural	7%	7
Father`s occupation	Govt. Employee	47%	47
	Private Employee	4%	4
	Business man	28%	28
	Others	21%	21
Mother`s occupation	Govt. Employee	7%	7
	Private employee	0%	0
	Home maker	92%	92
	Others	1%	1
Age of using social media	Under 12 years of age	3%	3
	12-15 years of age	13%	13
	16-18 years of age	51%	51
	19 years or older	33%	33
First social media app you interacted with	Facebook	8%	8
	What`s app	40%	40
	You tube	42%	42
	Others	10%	10
Social media platform you use the most	Facebook	1%	1
	What`s app	25%	25
	You tube	47%	47
	Others	27%	27
Duration of time you spend on social media each day	15-30 minutes	5%	5
	1-2 hours	49%	49
	3-4 hours	34%	34
	More than 4 hours	12%	12
How often do you check social media platform throughout the day?	Rarely	11%	11
	Occasionally	43%	43
	Frequently	31%	31
	Constantly	15%	15

Age in Years: Most participants (94%) were between 18–24 years, with only a few under 18 or between 25–30, indicating a predominantly young adult population.

Gender: The majority were females (81%), with males making up only 19% of the participants.

Number of Siblings: Over half of the participants (57%) had 1–2 siblings, while fewer had either no siblings or more than four.

Number of Friends on Social Media: A large portion (70%) had more than two friends on social media, suggesting active online social networks.

Total Income: Most participants came from families earning between 1–5 lakhs annually (51%), followed by 6–10 lakhs (39%), indicating a middle-income background.

Type of Family: The majority (79%) lived in nuclear families, while 21% belonged to joint families.

Area of Belonging: Most participants were from rural areas (52%), followed by urban areas (35%), with fewer from sub-urban or sub-rural backgrounds.

Father's Occupation: Nearly half (47%) had fathers working in government jobs, followed by businessmen (28%) and others (21%).

Mother's Occupation: Most mothers were homemakers (92%), with very few in government jobs or other occupations.

Age of Using Social Media: Over half (51%) started using social media between 16–18 years, while 33% began at 19 or older.

First Social Media App: The most common first apps were YouTube (42%) and WhatsApp (40%), followed by Facebook and others.

Most Used Social Media Platform: YouTube was the most used platform (47%), followed by WhatsApp (25%), with others being less frequently used.

Daily Time Spent on Social Media: Most participants (49%) spent 1–2 hours daily on social media, while 34% used it for 3–4 hours.

Frequency of Checking Social Media: 43% checked social media occasionally, while 31% did so frequently and 15% constantly.
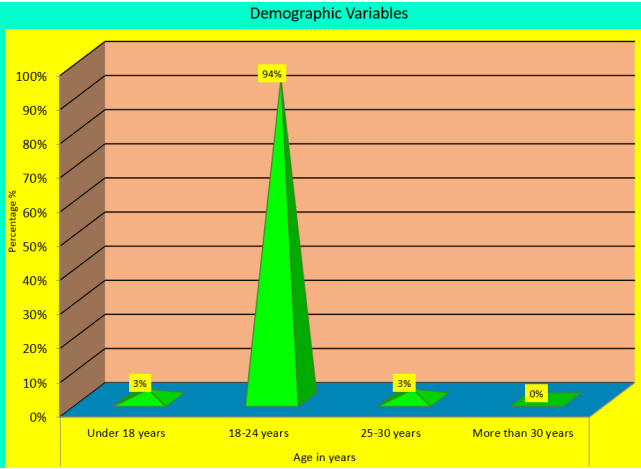

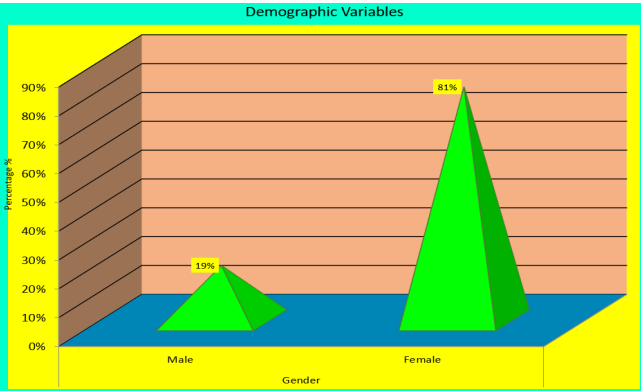**Figure 1: Diagram showing the percentage distribution according to their Age in years**

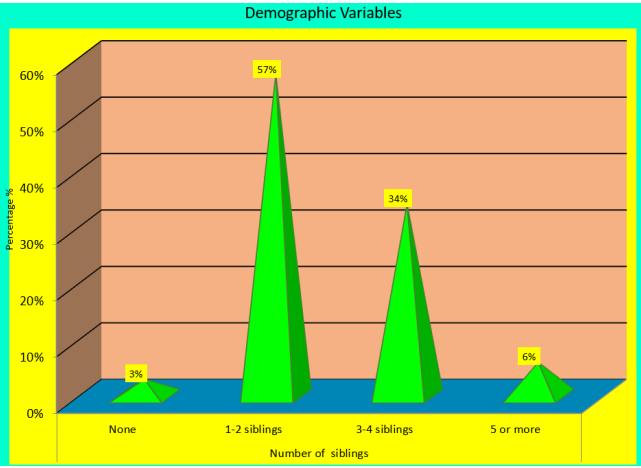**Figure 2: Diagram showing the percentage distribution according to their Gender**

Figure 3: Diagram showing the percentage distribution according to their Number of siblings
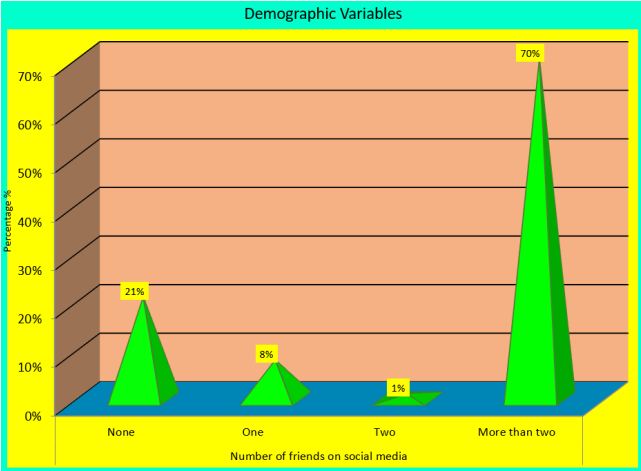

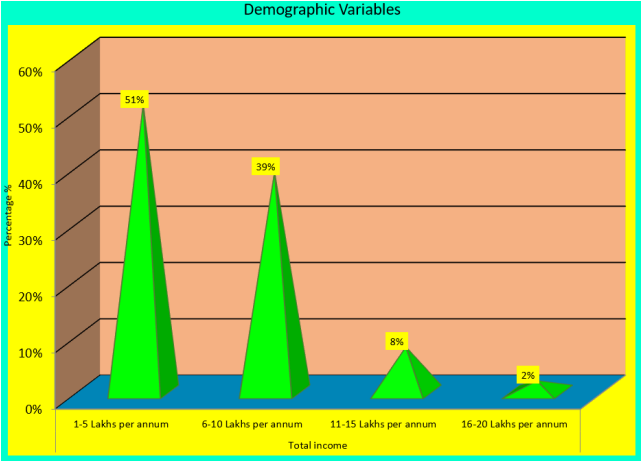**Figure 4: Diagram showing the percentage distribution according to their Number of friends on social media**

Figure 5: Diagram showing the percentage distribution according to their Total income
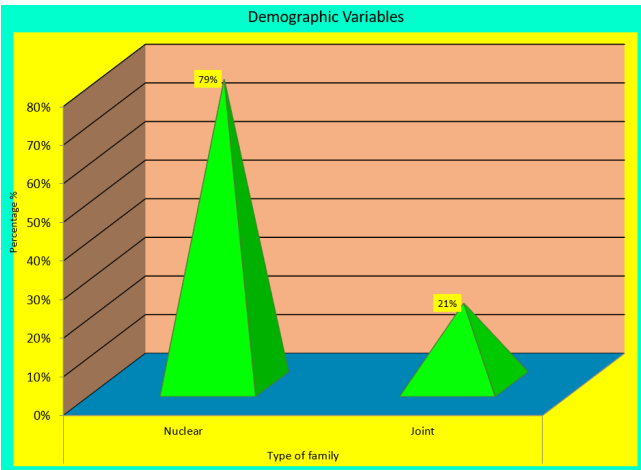

Figure 6: Diagram showing the percentage distribution according to their Type of family

Figure 7: Diagram showing the percentage distribution according to their Area of belonging
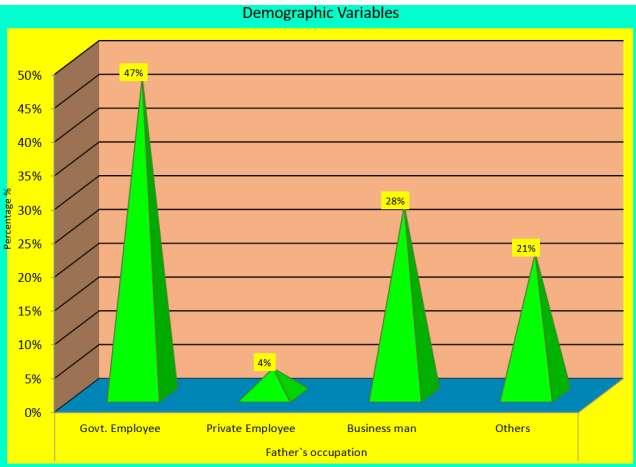
Figure 8: Diagram showing the percentage distribution according to their Father`s occupation
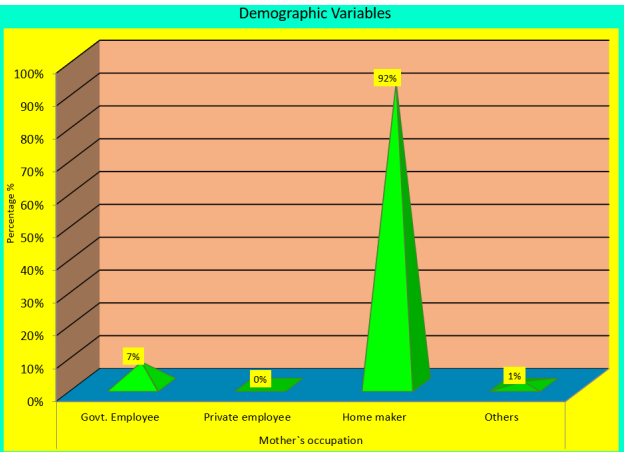
Figure 9: Diagram showing the percentage distribution according to their Mother`s occupation
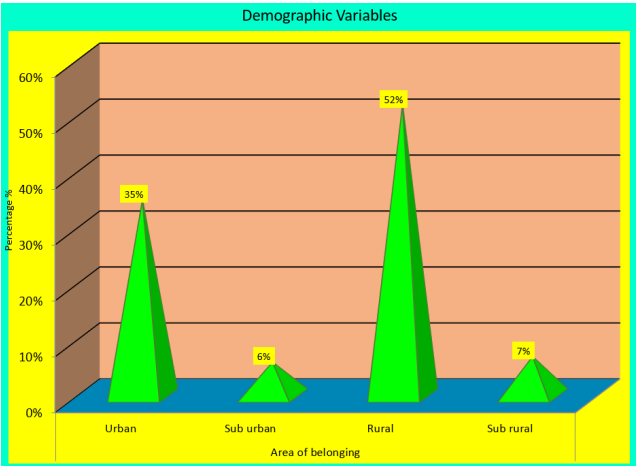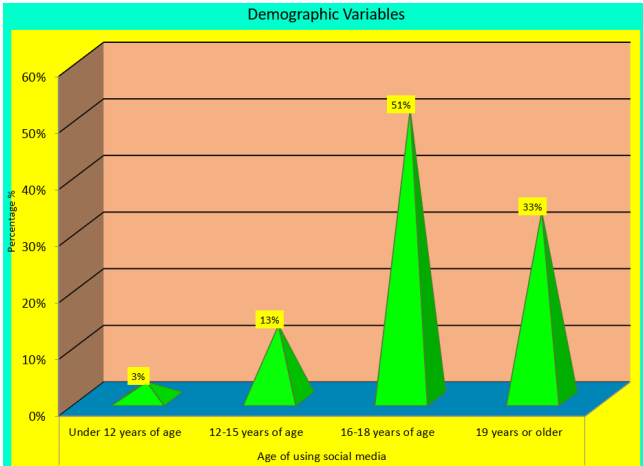

Figure 10: Diagram showing the percentage distribution according to their Age of using social media
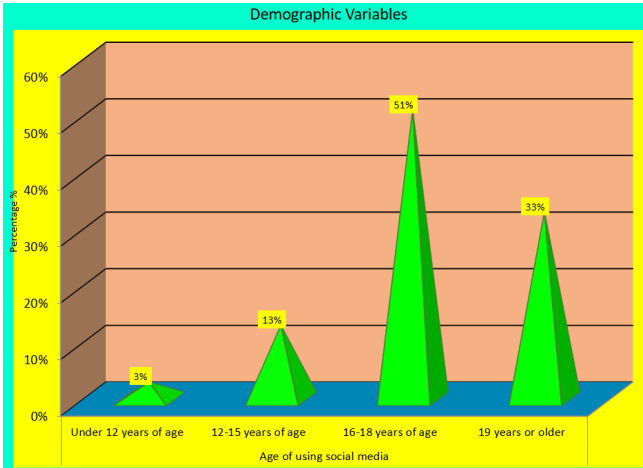

Figure 11: Diagram showing the percentage distribution according to their First social media app you interacted with
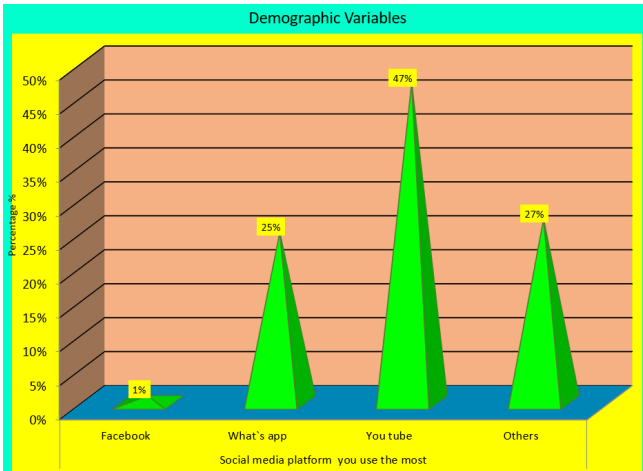

Figure 12: Diagram showing the percentage distribution according to their Social media platform you use the most
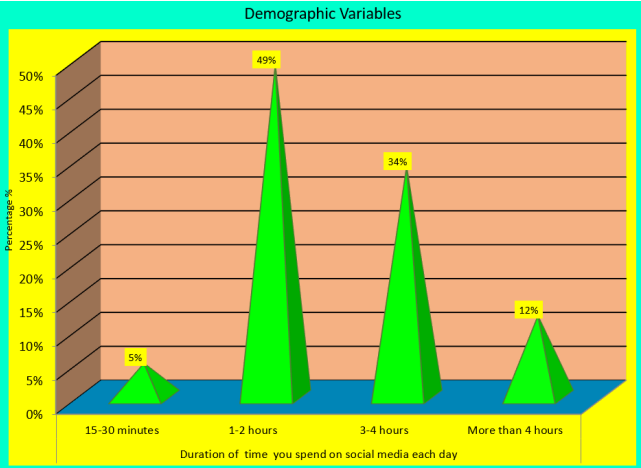
Figure 13: Diagram showing the percentage distribution according to their Duration of time you spend on social media each day
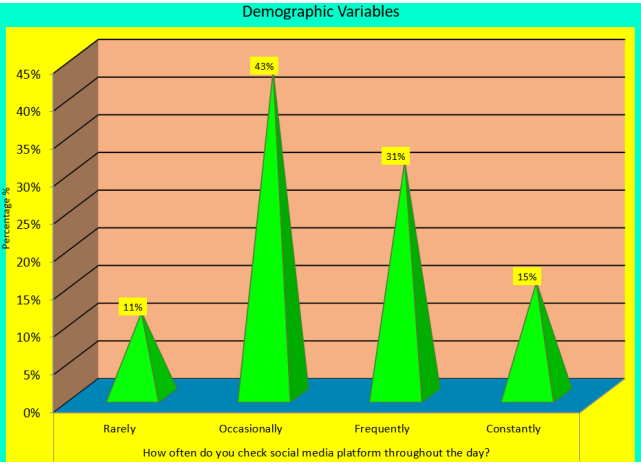
Figure 14: Diagram showing the percentage distribution according to their How often do you check social media platform throughout the day?

Main Analysis and Interpretation of Data

Table 2: Frequency & Percentage distribution of Impact on Mental Health Scores

Criteria Measure of Impact on Mental Health Score		
Category Score	Percentage	Frequency
Severe (35-51)	1.0%	1
Moderate (18-34)	35.0%	35
Mild (0-17)	64.0%	64

Maximum Score=51 Minimum Score=0

The majority of participants (64%) experienced mild impact on mental health, suggesting relatively low distress levels. Around 35% reported a moderate impact, indicating some level of mental health concern. Only 1% of participants experienced a severe impact, showing that serious mental health issues were rare in this group.
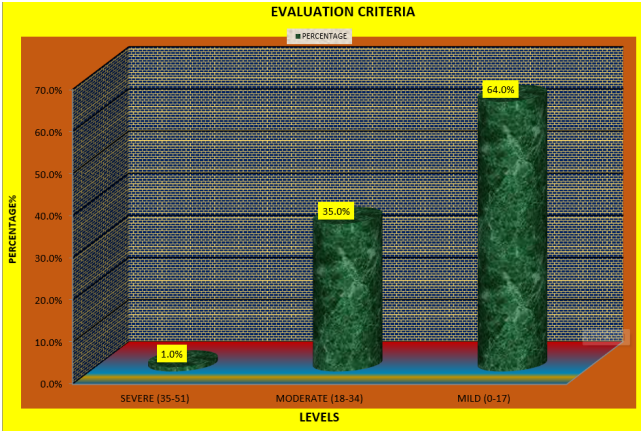
Figure 15: Diagram showing the percentage distribution of Impact on Mental Health Scores

Table 3: Descriptive statistics of Impact on Mental Health Scores

Descriptive Statistics	Impact on Mental Health Score
Mean	16.09
SD	6.94
Median	14.00
Maximum	37
Minimum	3
Range	34

Maximum= 51 Minimum= 0

The average score for impact on mental health was 16.09, with a standard deviation of 6.94, indicating moderate variation among participants. The median score was 14, showing that half the participants scored below this level. The scores ranged from 3 to 37, with a range of 34. The mean percentage score was 31.5%, reflecting a generally low to moderate level of mental health impact across the group.
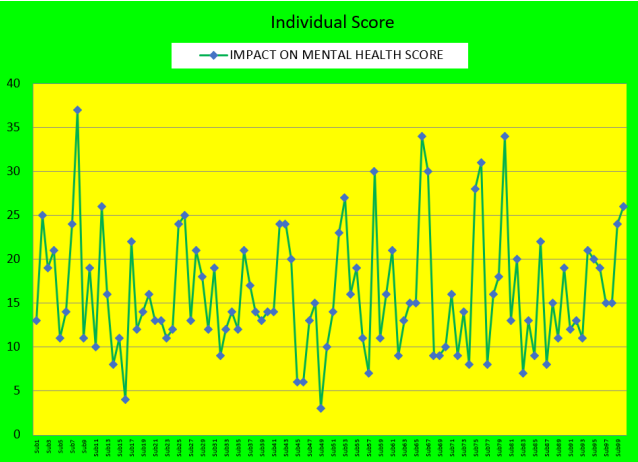
Figure 16: Line diagram showing Individual Scores

Figure 18: Diagram Showing Mean and SD Score of Impact on Mental Health Score

Figure 17: Diagram representing descriptive statistics of Impact on Mental Health Scores
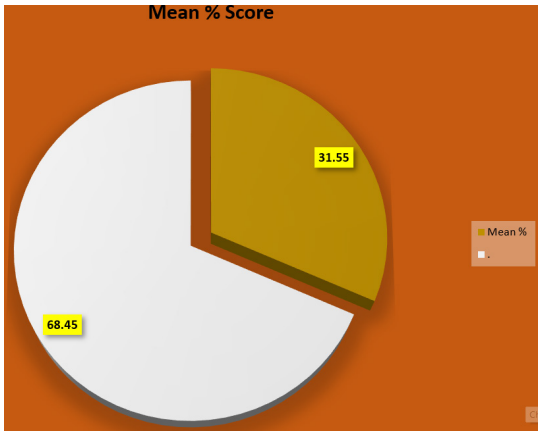
Figure 19: Diagram Showing Mean Percentage Scores

Table 4: Table Showing Association of Scores and Demographic Variables

Demographic Variables		N= 100			Association with Impact on Mental Health Score				
Variable	**Opts**	**Severe**	**Moderate**	**Mild**	**Chi Test**	**P Value**	**df**	**Table Value**	**Result**
Age in years	Under 18 years	0	0	3	1.786	0.775	4	9.488	Not Significant
	18-24 years	1	34	59					
	25-30 years	0	1	2					
	More than 30 years	0	0	0					
Gender	Male	0	8	11	0.710	0.701	2	5.991	Not Significant
	Female	1	27	53					
Number of siblings	None	0	1	2	3.215	0.781	6	12.592	Not Significant
	1-2 siblings	0	22	35					
	3-4 siblings	1	11	22					
	5 or more	0	1	5					

Number of friends on social media	None	0	7	14	17.501	0.008	6	12.592	Significant
	One	1	5	2					
	Two	0	1	0					
	More than two	0	22	48					
Total income	1-5 Lakhs per annum	1	15	35	5.468	0.485	6	12.592	Not Significant
	6-10 Lakhs per annum	0	15	24					
	11-15 Lakhs per annum	0	3	5					
	16-20 Lakhs per annum	0	2	0					
Type of family	Nuclear	1	24	54	3.675	0.159	2	5.991	Not Significant
	Joint	0	11	10					
Area of belonging	Urban	0	12	23	18.232	0.006	6	12.592	Significant
	Sub urban	1	1	4					
	Rural	0	21	31					
	Sub rural	0	1	6					
Father`s occupation	Govt. Employee	0	21	26	8.540	0.201	6	12.592	Not Significant
	Private Employee	0	2	2					
	Business man	0	8	20					
	Others	1	4	16					
Mother`s occupation	Govt. Employee	0	2	5	0.815	0.936	4	9.488	Not Significant
	Private employee	0	0	0					
	Home maker	1	33	58					
	Others	0	0	1					
Age of using social media	Under 12 years of age	0	1	2	1.513	0.959	6	12.592	Not Significant
	12-15 years of age	0	5	8					
	16-18 years of age	1	16	34					
	19 years or older	0	13	20					
First social media app you interacted with	Facebook	0	3	5	7.705	0.261	6	12.592	Not Significant
	What`s app	1	15	24					
	You tube	0	17	25					
	Others	0	0	10					
Social media platform you use the most	Facebook	0	0	1	5.626	0.466	6	12.592	Not Significant
	What`s app	0	13	12					
	You tube	1	14	32					
	Others	0	8	19					
Duration of time you spend on social media each day	15-30 minutes	0	2	3	3.026	0.806	6	12.592	Not Significant
	1-2 hours	1	20	28					
	3-4 hours	0	10	24					
	More than 4 hours	0	3	9					
How often do you check social media platform throughout the day?	Rarely	0	5	6	2.603	0.857	6	12.592	Not Significant
	Occasionally	1	16	26					
	Frequently	0	10	21					
	Constantly	0	4	11					

Age in Years: No significant association was found between age and impact on mental health. Most participants were aged 18–24, and mental health status varied similarly across all age groups (p = 0.775).

Gender: There was no significant association between gender and mental health impact. Both males and females showed mild to moderate mental health effects, with females forming the majority (p = 0.701).

Number of Siblings: The number of siblings did not significantly affect mental health impact. Most participants had 1–2 or 3–4 siblings, and scores remained similar across groups (p = 0.781).

Number of Friends on Social Media: A significant association was found (p = 0.008). Participants with more than two friends tended to report milder mental health impacts, while those with fewer friends showed more moderate to severe effects.

Total Family Income: No significant link was observed between family income and mental health impact. Participants from all income groups mostly reported mild to moderate levels (p = 0.485).

Type of Family: Family structure (nuclear or joint) did not show any significant association with mental health status (p = 0.159).

Area of Belonging: A significant association was found (p = 0.006). Mental health impact varied depending on whether participants were from urban, rural, or suburban areas, with rural participants more likely to report mild impact.

Father's Occupation: No significant effect was seen based on the father's job type. Participants across all occupational backgrounds had similar mental health scores (p = 0.201).

Mother's Occupation: There was no significant association with mental health. Most mothers were homemakers, and their children had mostly mild to moderate mental health impacts (p = 0.936).

Age of Using Social Media: No significant relation was found between the age participants started using social media and their mental health status (p = 0.959).

First Social Media App Used: The initial social media platform (YouTube, WhatsApp, etc.) did not significantly affect the mental health score (p = 0.261).

Most Used Social Media Platform: The most frequently used platform also showed no significant association with mental health impact. YouTube was most used, followed by others and WhatsApp (p = 0.466).

Daily Social Media Usage Duration: Time spent on social media each day did not significantly affect mental health status. Mild impacts were common across all usage durations (p = 0.806).

Frequency of Checking Social Media: How often participants checked social media throughout the day showed no significant association with mental health impact (p = 0.857).

Table 5: Table Showing Association of Scores and Demographic Variables

| Areas	Item Wise Analysis	Agree	Strongly Agree	Disagree	Strongly Disagree
Section –B Impact on Mental Health	Qno.1	45.0%	24.0%	27.0%	4.0%
	Qno.2	31.0%	62.0%	6.0%	1.0%
	Qno.3	54.0%	35.0%	11.0%	0.0%
	Qno.4	46.0%	20.0%	26.0%	8.0%
	Qno.5	42.0%	20.0%	34.0%	4.0%
	Qno.6	40.0%	44.0%	15.0%	1.0%
	Qno.7	39.0%	30.0%	28.0%	3.0%
	Qno.8	56.0%	37.0%	7.0%	0.0%
	Qno.9	42.0%	34.0%	19.0%	5.0%
	Qno.10	35.0%	18.0%	37.0%	10.0%
	Qno.11	35.0%	15.0%	39.0%	11.0%
	Qno.12	52.0%	16.0%	24.0%	8.0%
	Qno.13	52.0%	21.0%	22.0%	5.0%
	Qno.14	42.0%	30.0%	24.0%	4.0%
	Qno.15	37.0%	46.0%	12.0%	5.0%
	Qno.16	51.0%	23.0%	23.0%	3.0%
	Qno.17	14.0%	3.0%	42.0%	41.0%
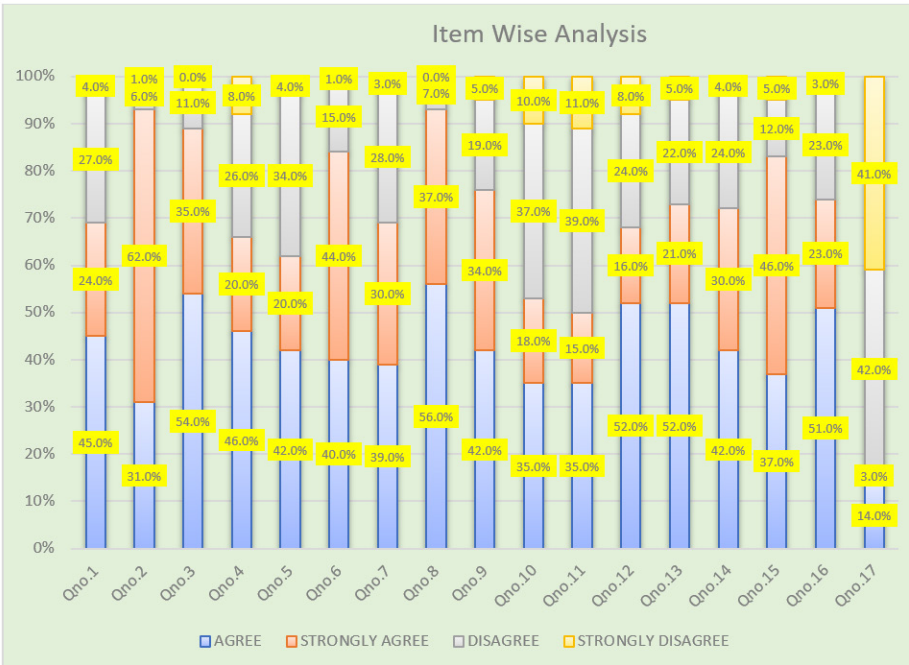
Figure 20: Bar diagram representing Item wise analysis

Table 6: Showing Descriptive score according to Demographic variables

Impact on Mental Health Score					
Frequency Distribution		**Mean%**	**Mean**	**SD**	**N**
Age in years	Under 18 years	28.76	14.67	1.53	3
	18-24 years	31.44	16.03	6.86	94
	25-30 years	37.91	19.33	13.05	3
	More than 30 years	0.00			0
Gender	Male	31.17	15.89	6.67	19
	Female	31.64	16.14	7.04	81
Number of siblings	None	31.37	16.00	7.00	3
	1-2 siblings	30.93	15.77	6.90	57
	3-4 siblings	32.53	16.59	7.45	34
	5 or more	32.03	16.33	5.57	6
Number of friends on social media	None	29.23	14.90	6.00	21
	One	47.79	24.38	9.49	8
	Two	49.02	25.00		1
	More than two	30.14	15.37	6.28	70
Total income	1-5 Lakhs per annum	30.99	15.80	7.57	51
	6-10 Lakhs per annum	31.93	16.28	6.07	39
	11-15 Lakhs per annum	30.39	15.50	7.60	8
	16-20 Lakhs per annum	43.14	22.00	4.24	2
Type of family	Nuclear	30.43	15.52	6.99	79
	Joint	35.76	18.24	6.43	21
Area of belonging	Urban	31.15	15.89	6.45	35
	Sub urban	35.29	18.00	10.92	6
	Rural	32.05	16.35	7.18	52
	Sub rural	26.61	13.57	3.15	7
Father`s occupation	Govt. Employee	33.08	16.87	7.16	47
	Private Employee	38.24	19.50	11.09	4
	Business man	29.97	15.29	5.99	28
	Others	28.94	14.76	6.85	21
Mother`s occupation	Govt. Employee	32.49	16.57	7.35	7
	Private employee	0.00			0
	Home maker	31.67	16.15	6.92	92
	Others	13.73	7.00		1
Age of using social media	Under 12 years of age	22.88	11.67	11.59	3
	12-15 years of age	30.17	15.38	6.51	13
	16-18 years of age	31.60	16.12	6.73	51
	19 years or older	32.80	16.73	7.18	33
First social media app you interacted with	Facebook	31.62	16.13	7.79	8
	What`s app	31.72	16.18	7.11	40
	You tube	34.31	17.50	6.55	42
	Others	19.22	9.80	3.82	10

Social media platform you use the most	Facebook	19.61	10.00		1
	What`s app	33.80	17.24	6.27	25
	You tube	32.21	16.43	6.73	47
	Others	28.76	14.67	7.86	27
Duration of time you spend on social media each day	15-30 minutes	34.12	17.40	4.28	5
	1-2 hours	34.17	17.43	6.68	49
	3-4 hours	28.84	14.71	6.74	34
	More than 4 hours	27.45	14.00	8.73	12
How often do you check social media platform throughout the day?	Rarely	36.01	18.36	8.00	11
	Occasionally	33.15	16.91	7.43	43
	Frequently	30.23	15.42	5.16	31
	Constantly	26.41	13.47	7.61	15

Age in Years: Mental health scores were highest among the 25–30 age group (Mean = 19.33), followed by 18–24 (Mean = 16.03), and lowest among under 18s (Mean = 14.67). No data was reported for those over 30.

Gender: Females (Mean = 16.14) reported slightly higher scores than males (Mean = 15.89), indicating a slightly greater mental health impact.

Number of Siblings: Participants with 3–4 siblings had the highest mean score (16.59), suggesting more mental health impact compared to other sibling groups.

Number of Friends on Social Media: Those with only one or two friends showed significantly higher mental health scores (Mean = 24.38 and 25.00) than those with more than two (Mean = 15.37), indicating increased impact with fewer social media friends.

Total Income: The highest scores were seen in the 16–20 lakh group (Mean = 22.00), suggesting that participants from this group may be more affected, though sample size was very small.

Type of Family: Joint family participants had higher scores (Mean = 18.24) compared to nuclear families (Mean = 15.52), indicating slightly more impact in joint family settings.

Sub-urban participants had the highest mean (18.00), followed by rural (16.35) and urban (15.89). Sub-rural participants had the lowest (13.57), indicating regional variation in mental health impact.

Father's Occupation: Children of private employees had the highest scores (Mean = 19.50), followed by government employees (16.87). Business and "others" had lower scores.

Mother's Occupation: Participants whose mothers were homemakers (Mean = 16.15) or government employees (Mean = 16.57) had similar mental health impacts. Very limited data was available for other categories.

Age of Using Social Media: Those who started at 19+ years had the highest scores (Mean = 16.73), and those who started under 12 had the lowest (Mean = 11.67), suggesting later exposure may relate to greater impact.

First Social Media App: Participants who started with YouTube (Mean = 17.50) had higher scores than those who started with WhatsApp or Facebook. "Others" had the lowest scores (Mean = 9.80).

Most Used Social Media Platform: WhatsApp (Mean = 17.24) and YouTube (Mean = 16.43) users reported more impact than users of other platforms.

Daily Social Media Usage Duration: 1–2 hour users had the highest scores (Mean = 17.43), while those using more than 4 hours had lower scores (Mean = 14.00), indicating moderate use might relate to more impact.

Frequency of Checking Social Media: Those who rarely or occasionally checked had higher scores (Mean = 18.36 and 16.91) than frequent or constant checkers, suggesting overuse may lead to desensitization or coping.

Main Analysis and Interpretation of Data

Table 7: Showing Descriptive score according to Demographic Variables

Criteria Measure of Addiction Score		
Category Score	**Percentage**	**Frequency**
High (25-36)	5.0%	5
Moderate (13-24)	38.0%	38
Low (0-12)	57.0%	57
Maximum Score=36 Minimum Score=0		

Low Addiction (Score 0–12): The majority of participants (57%) fall under this category, indicating that most have a low level of social media addiction.

Moderate Addiction (Score 13–24): About 38% of participants showed moderate addiction levels, suggesting that a significant portion engages with social media frequently but not excessively.

High Addiction (Score 25–36): Only 5% of participants are in the high addiction range, meaning very few show signs of potentially problematic or compulsive usage.
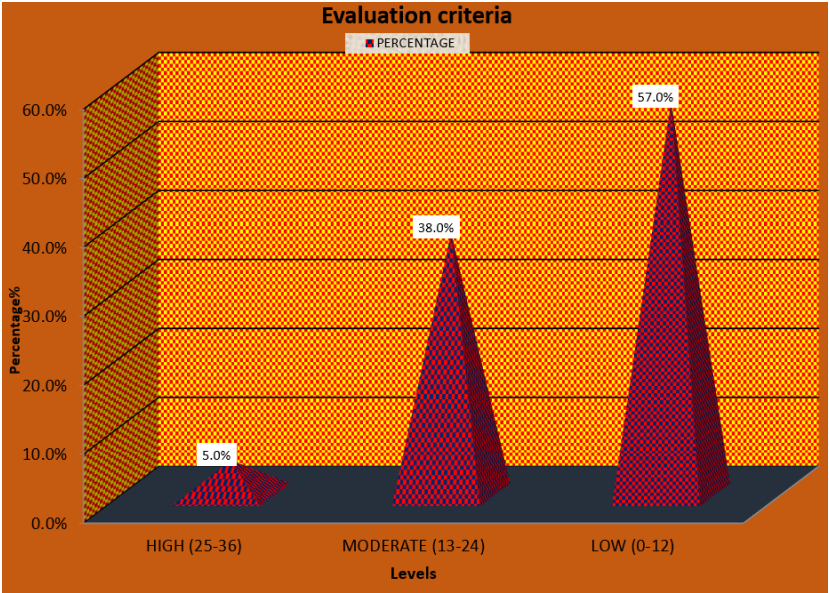

Figure 21: Diagram showing the percentage distribution of Addiction Scores

Table 8: Descriptive statistics of level of Addiction Scores

Descriptive Statistics	Mean	SD	Median	Maximum	Minimum	Range	Mean %
Addiction Score	11.84	6.74	11.00	31	0	31	32.9
Maximum= 36 Minimum= 0							

The mean addiction score is 11.84, with a standard deviation of 6.74, showing some variability in addiction levels among participants. The median score is 11.00, which is close to the mean, indicating a fairly balanced distribution. The scores range from 0 to 31, and the mean percentage is 32.9%, suggesting that overall, participants tend to have low to moderate levels of social media addiction.
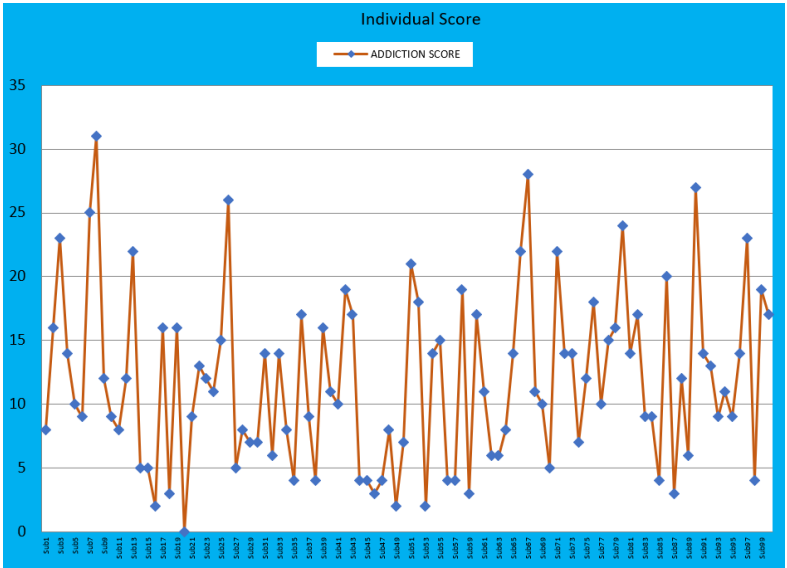
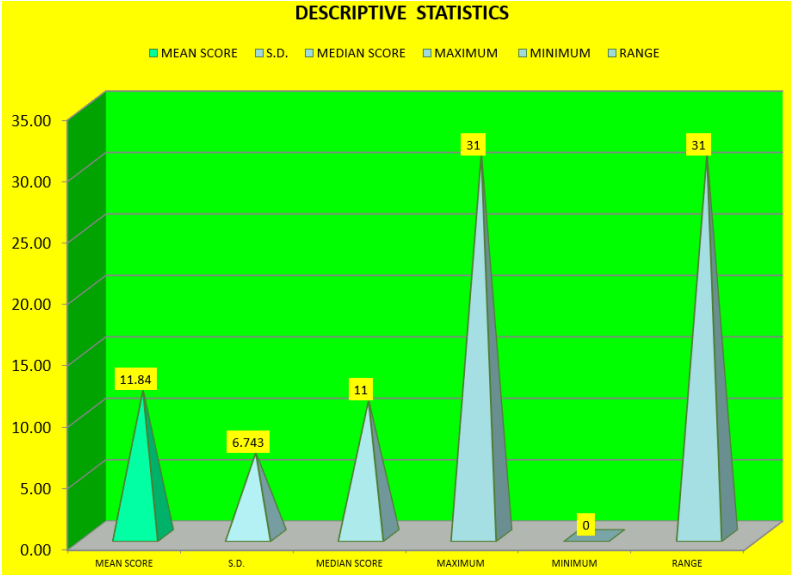**Figure 22: Line diagram showing Individual Scores**

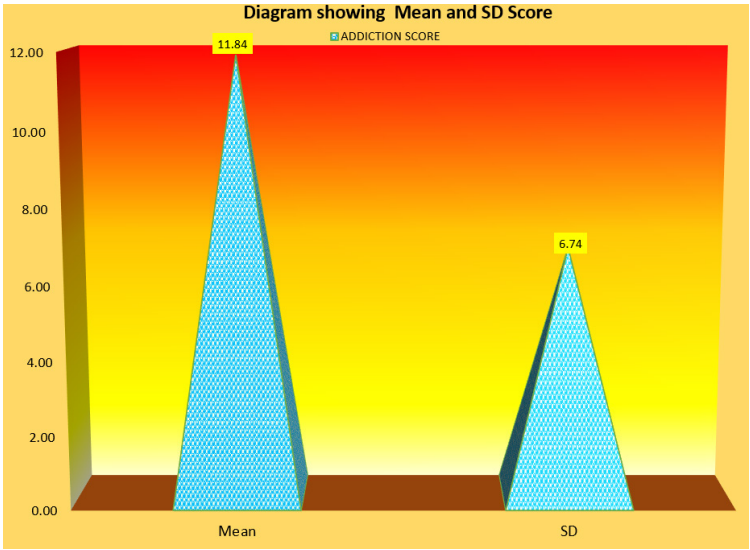**Figure 23: Diagram representing descriptive statistics of Addiction Score**

Figure 24: Bar diagram representing descriptive statistics of Addiction
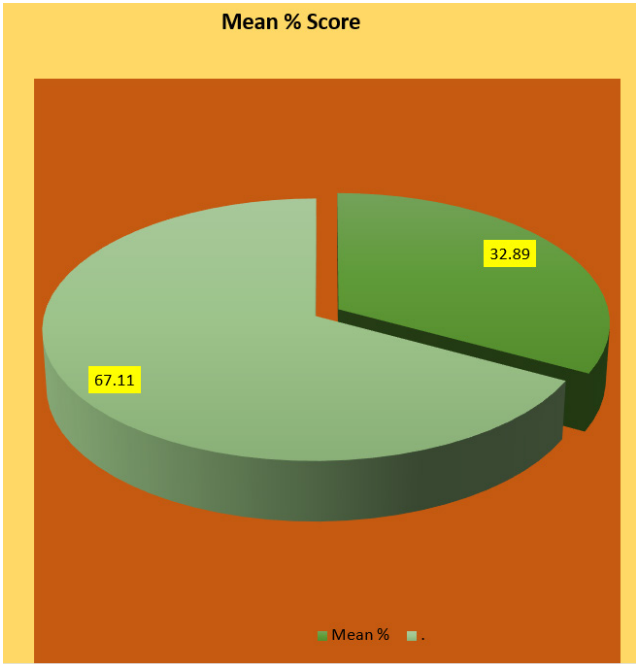
95   IJHMP

Figure 25: Diagram Showing Mean Percentage Scores

This section deals with the findings related to the association between score and selected demographic variables. The chi-square test was used to determine the association between the score levels and selected demographic variables.

Table 9: Association of demographic variables with addiction score

Demographic Variables		N= 100			Association With Addiction Score				
Variable	Opts	High	Moderate	Low	Chi Test	P Value	df	Table Value	Result
Age in years	Under 18 years	0	1	2	1.347	0.853	4	9.488	Not Significant
	18-24 years	5	35	54					
	25-30 years	0	2	1					
	More than 30 years	0	0	0					
Gender	Male	3	7	9	5.851	0.054	2	5.991	Not Significant
	Female	2	31	48					
Number of siblings	None	0	2	1	5.335	0.502	6	12.592	Not Significant
	1-2 siblings	2	20	35					
	3-4 siblings	3	15	16					
	5 or more	0	1	5					
Number of friends on social media	None	1	7	13	42.941	0.000	6	12.592	Significant
	One	3	4	1					
	Two	1	0	0					
	More than two	0	27	43					
Total income	1-5 Lakhs per annum	2	22	27	6.222	0.399	6	12.592	Not Significant
	6-10 Lakhs per annum	3	11	25					
	11-15 Lakhs per annum	0	3	5					
	16-20 Lakhs per annum	0	2	0					

Type of family	Nuclear	4	28	47	1.061	0.588	2	5.991	Not Significant
	Joint	1	10	10					
Area of belonging	Urban	1	14	20	3.808	0.703	6	12.592	Not Significant
	Sub urban	1	1	4					
	Rural	3	21	28					
	Sub rural	0	2	5					
Father`s occupation	Govt. Employee	3	19	25	6.748	0.345	6	12.592	Not Significant
	Private Employee	0	3	1					
	Business man	0	8	20					
	Others	2	8	11					
Mother`s occupation	Govt. Employee	0	3	4	1.186	0.880	4	9.488	Not Significant
	Private employee	0	0	0					
	Home maker	5	35	52					
	Others	0	0	1					
Age of using social media	Under 12 years of age	0	1	2	3.458	0.750	6	12.592	Not Significant
	12-15 years of age	1	5	7					
	16-18 years of age	1	18	32					
	19 years or older	3	14	16					
First social media app you interacted with	Facebook	0	2	6	3.479	0.747	6	12.592	Not Significant
	What`s app	2	18	20					
	You tube	3	15	24					
	Others	0	3	7					
Social media platform you use the most	Facebook	0	0	1	3.544	0.738	6	12.592	Not Significant
	What`s app	2	11	12					
	You tube	3	17	27					
	Others	0	10	17					
Duration of time you spend on social media each day	15-30 minutes	2	2	1	19.122	0.004	6	12.592	Significant
	1-2 hours	3	20	26					
	3-4 hours	0	14	20					
	More than 4 hours	0	2	10					
How often do you check social media platform throughout the day?	Rarely	1	5	5	6.120	0.410	6	12.592	Not Significant
	Occasionally	4	16	23					
	Frequently	0	13	18					
	Constantly	0	4	11					

Age in Years: There was no significant association between age and addiction score (p = 0.853). Most participants with high addiction scores were between 18–24 years, but the result was not statistically significant.

Gender: Gender did not show a significant association with addiction (p = 0.054), although females showed slightly higher moderate addiction levels than males.

Number of Siblings: The number of siblings was not significantly associated with addiction scores (p = 0.502). All categories had participants mostly in the low to moderate range.

Number of Friends on Social Media: There was a significant association between number of social media friends and addiction score (p = 0.000). Participants with fewer friends (especially one or two) had a higher proportion of high addiction scores

compared to those with many friends.

Total Income: Income level was not significantly associated with addiction (p = 0.399). Moderate and low addiction levels were distributed across all income groups.

Type of Family: Type of family showed no significant association (p = 0.588). Both nuclear and joint families had a similar spread of addiction levels.

Area of Belonging: The area (urban, rural, etc.) did not significantly affect addiction scores (p = 0.703). All regions showed mostly moderate to low levels of addiction.

Father's Occupation: No significant association was found between father's occupation and addiction score (p = 0.345). Participants across all occupation types had mostly moderate to low addiction levels.

Mother's Occupation: There was no significant relationship between mother's occupation and addiction level (p = 0.880). Most participants were from homemaker backgrounds with moderate addiction levels.

Age of Using Social Media: The age at which participants started using social media was not significantly related to addiction (p = 0.750). Most started between 16–18 years and had moderate to low addiction scores.

First Social Media App Used: No significant link was found between the first app used and addiction (p = 0.747). Users of WhatsApp and YouTube mostly had moderate scores.

Most Used Social Media Platform: The platform most used was not significantly associated with addiction (p = 0.738). YouTube and WhatsApp users mostly fell in the moderate category.

Duration of Daily Use: There was a significant association between time spent daily on social media and addiction (p = 0.004). Those using it for shorter durations (15–30 mints) showed higher addiction scores, which may suggest intense short-term use behaviour.

Frequency of Checking Social Media: How often participants checked social media had no significant association with addiction (p = 0.410). All frequency levels had mostly moderate to low scores.

Table 10: Item wise analysis (Table Showing Response in frequency percentage of Subjects according to each question)

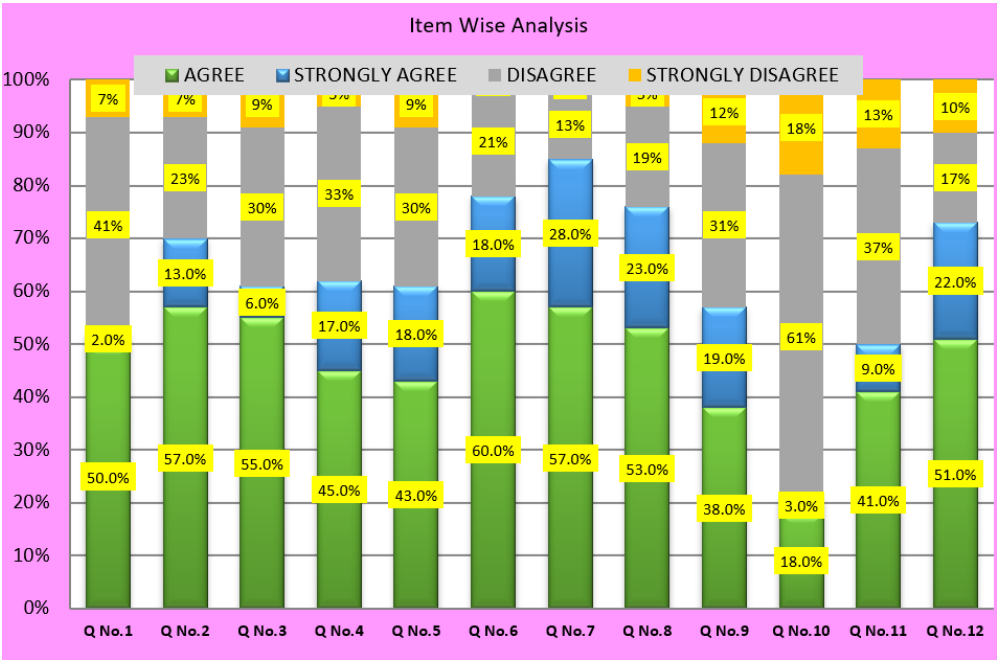| Areas	Itemwise Analysis	Agree	Strongly Agree	Disagree	Strongly Disagree
Item wise Analysis	Q No.1	50.0%	2.0%	41%	7%
	Q No.2	57.0%	13.0%	23%	7%
	Q No.3	55.0%	6.0%	30%	9%
	Q No.4	45.0%	17.0%	33%	5%
	Q No.5	43.0%	18.0%	30%	9%
	Q No.6	60.0%	18.0%	21%	1%
	Q No.7	57.0%	28.0%	13%	2%
	Q No.8	53.0%	23.0%	19%	5%
	Q No.9	38.0%	19.0%	31%	12%
	Q No.10	18.0%	3.0%	61%	18%
	Q No.11	41.0%	9.0%	37%	13%
	Q No.12	51.0%	22.0%	17%	10%

Figure 26: Bar diagram representing Item wise analysis

Table 11: Showing Descriptive score according to Demographic variables

Addiction Score					
Frequency Distribution		**Mean %**	**Mean**	**SD**	**N**
Age in years	Under 18 years	18.95	9.67	6.66	3
	18-24 years	23.05	11.76	6.76	94
	25-30 years	32.68	16.67	6.43	3
	More than 30 years	0.00			0
Gender	Male	26.93	13.74	8.76	19
	Female	22.34	11.40	6.16	81
Number of siblings	None	28.76	14.67	3.79	3
	1-2 siblings	21.81	11.12	6.39	57
	3-4 siblings	26.59	13.56	7.39	34
	5 or more	14.71	7.50	4.89	6
Number of friends on social media	None	22.78	11.62	6.87	21
	One	41.91	21.38	7.03	8
	Two	50.98	26.00		1
	More than two	20.81	10.61	5.62	70
Total income	1-5 Lakhs per annum	24.03	12.25	6.74	51
	6-10 Lakhs per annum	21.77	11.10	6.94	39
	11-15 Lakhs per annum	21.32	10.88	5.62	8
	16-20 Lakhs per annum	38.24	19.50	4.95	2
Type of family	Nuclear	22.64	11.54	6.90	79
	Joint	25.40	12.95	6.16	21
Area of belonging	Urban	24.09	12.29	5.88	35
	Sub urban	23.53	12.00	11.44	6
	Rural	22.78	11.62	6.95	52
	Sub rural	21.85	11.14	5.76	7

Father`s occupation	Govt. Employee	23.82	12.15	7.27	47
	Private Employee	31.37	16.00	7.83	4
	Business man	20.80	10.61	5.00	28
	Others	23.53	12.00	7.40	21
Mother`s occupation	Govt. Employee	25.21	12.86	5.90	7
	Private employee	0.00			0
	Home maker	23.12	11.79	6.86	92
	Others	17.65	9.00		1
Age of using social media	Under 12 years of age	14.38	7.33	7.57	3
	12-15 years of age	24.28	12.38	7.15	13
	16-18 years of age	21.30	10.86	6.62	51
	19 years or older	26.56	13.55	6.54	33
First social media app you interacted with	Facebook	16.42	8.38	5.37	8
	What`s app	25.49	13.00	6.58	40
	You tube	23.58	12.02	7.03	42
	Others	18.04	9.20	6.36	10
Social media platform you use the most	Facebook	13.73	7.00		1
	What`s app	26.35	13.44	6.16	25
	You tube	23.24	11.85	7.05	47
	Others	20.62	10.52	6.70	27
Duration of time you spend on social media each day	15-30 minutes	38.43	19.60	7.73	5
	1-2 hours	25.29	12.90	6.56	49
	3-4 hours	20.93	10.68	5.76	34
	More than 4 hours	14.87	7.58	6.61	12
How often do you check social media platform throughout the day?	Rarely	28.88	14.73	6.68	11
	Occasionally	25.72	13.12	7.12	43
	Frequently	20.68	10.55	5.60	31
	Constantly	17.12	8.73	6.70	15

Age in Years: Addiction scores increased with age, peaking in the 25–30 years group (Mean = 16.67), but the group had only 3 participants. The 18–24 age group had the highest number of participants and a moderate mean score (11.76).

Gender: Males had higher addiction scores (Mean = 13.74) than females (Mean = 11.40), indicating slightly higher social media addiction among males.

Number of Siblings: Participants with no siblings or 3–4 siblings had higher addiction scores (Means = 14.67 and 13.56 respectively), while those with 5 or more had the lowest (Mean = 7.50).

Number of Friends on Social Media: Addiction scores were highest among those with only one or two friends (Means = 21.38 and 26.00), while those with more than two friends had lower scores (Mean = 10.61), suggesting limited online social circles may relate to higher addiction.

Total Income: Participants from the highest income group (16–20 lakhs) had the highest mean addiction score (19.50), while lower-income groups had relatively moderate scores.

Type of Family: Joint family participants had slightly higher addiction scores (Mean = 12.95) than those from nuclear families (Mean = 11.54).

Area of Belonging: All regions showed similar

addiction scores. Suburban areas had slightly higher scores (Mean = 12.00), though variations were minor.

Father's Occupation: Addiction was highest among those whose fathers were private employees (Mean = 16.00), followed by government employees (Mean = 12.15). Business backgrounds had the lowest mean score (10.61).

Mother's Occupation: Participants with mothers in government jobs had slightly higher addiction (Mean = 12.86) compared to homemakers (Mean = 11.79). Only one participant was from the "Others" category.

Age of Using Social Media: Those who started using social media at age 19 or older had the highest addiction score (Mean = 13.55), while early users (under 12 years) had the lowest (Mean = 7.33).

First Social Media App Used: Addiction scores were highest among WhatsApp users (Mean = 13.00) and lowest among Facebook users (Mean = 8.38).

Most Used Social Media Platform: WhatsApp users had the highest addiction score (Mean = 13.44), while Facebook users had the lowest (Mean = 7.00). YouTube and other platforms had moderate scores.

Daily Time Spent on Social Media: Addiction scores were highest in those using social media for only 15–30 minutes (Mean = 19.60), and lowest among those using it for more than 4 hours (Mean = 7.58), possibly indicating intense short bursts of use are more addictive.

Frequency of Checking Social Media Daily: Addiction scores were highest among those who rarely or occasionally checked social media (Means = 14.73 and 13.12), and lowest among constant users (Mean = 8.73), again suggesting quality/intensity of interaction matters more than frequency.

Table 12: Showing Correlation Between both Tools

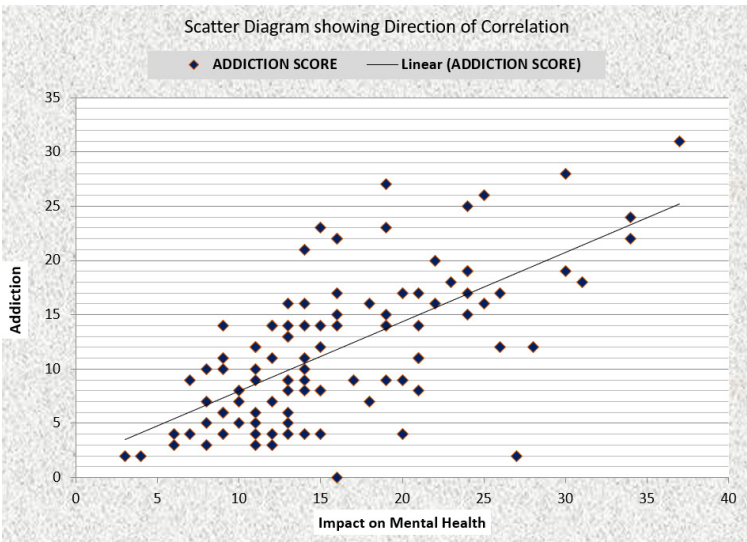| Pearson's Correlation	Pair1	
	Impact on Mental Health Score	**Addiction Score**
Mean	16.09	11.84
SD	6.939	6.743
N	100	
Correlation	0.657	
Table Value	0.197	
P Value	0.000	
Result	Significant	

Figure 26: Scatter Representing Correlation Between Impact on Mental Health &Addiction

The Pearson correlation analysis between the Impact on Mental Health Score and the Addiction Score shows a significant positive relationship ($r = 0.657$, $p < 0.001$). This indicates that as social media addiction scores increase, the impact on mental health also tends to be higher. In other words, participants with higher addiction levels are more likely to experience greater negative effects on their mental health.

7. Conclusion

Based on the findings of the study, it can be concluded that the majority of participants (64%) experienced only a mild mental health impact, while 35% reported a moderate impact and only 1% showed severe impact. Similarly, most participants (57%) had low levels of social media addiction, whereas 38% showed moderate and only 5% showed high addiction levels.

A significant positive correlation ($r = 0.657$, $p < 0.001$) was found between social media addiction and mental health impact, indicating that higher addiction levels are associated with greater negative effects on mental health. The study also revealed that participants who had more friends or social connections on social media tended to experience a milder mental health impact, suggesting that online social support may play a protective role.

The study found that students with a higher number of social media friends reported milder mental health impact. This may be because a larger online network provides emotional support, connection, and a sense of belonging. These students may feel less isolated, which reduces stress and negative mental health outcomes. Therefore, social connectedness appears to play a protective role.

Based on the findings, programs should be designed to support students who have fewer online social connections, as they showed higher mental health impact. Colleges can create peer-support groups, mentorship circles, or "area of belonging" programs to increase students' sense of connection and reduce isolation.

Overall, the findings highlight the importance of promoting healthy social media use and strengthening positive online connections to reduce mental health problems among students.

8. Source of Funding: No

9. Conflict of Interest: No

10. References

1. https://images.app.goo.gl/Rh1nRGHLT87YoP-9WA
2. https://pmc.ncbi.nlm.nih.gov/articles/PMC7785056/#:~:text=Studies%20have%20reported%20that%20individuals,individuals%2C%20to%20upwards%20of%2097%25
3. Https://pmc.ncbi.nlm.nih.gov/articles/PMC7785056/#:~:text=Studies%20have%20reported%20that%20individuals,individuals%2C%20to%20upwards%20of%2097%25
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6. https://pubmed.ncbi.nlm.nih.gov/34889760/
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