Social Media and it's Effects on Mental Health of High School Students

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Social Media Effects on High School Students

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Introduction

Social media can be a great tool. It can help us stay connected with family, make new friends, and share the excitement of our lives. However, it is also one of the most powerful tools that we have. When used positively, social media can be a positive influence. It allows us to connect with others, share our experiences, and learn from each other. When used negatively, social media can be a source of harm. It can be used to spread misinformation, to create division, and to harm others. It can be addictive, leading to negative consequences for those who use it excessively.

Social media can also have some adverse effects. It has been shown that those who use social media frequently have lower self-esteem (Banyai et al., 2017). This is because social media is a tool that allows us to compare ourselves to others. It allows us to see others’ accomplishments, which can be discouraging. It also allows us to see others’ flaws, which can be damaging.

Social media can also be used for cyberbullying. Cyberbullying is the use of social media to harass others. It is often done anonymously, which can make it difficult to identify the person who is bullying. It can be a very harmful experience for those who are bullied.

Social media can also be used to spread misinformation. Social media is a tool that allows us to share information with others. It can be a powerful tool, but it can also be used to spread misinformation. This can be very harmful, as people can be misled by false information.

In conclusion, social media can be a great tool. It can help us stay connected with family, make new friends, and share the excitement of our lives. However, it is also one of the most powerful tools that we have. When used positively, social media can be a positive influence. It allows us to connect with others, share our experiences, and learn from each other. When used negatively, social media can be a source of harm. It can be used to spread misinformation, to create division, and to harm others. It can be addictive, leading to negative consequences for those who use it excessively.

Alm, Research Question & Hypothesis

RQ: How does social media affect high school students’ self-esteem?

Hypothesis 1: When a young adult uses social media frequently, they will report lower self-esteem levels.

Hypothesis 2: When a young adult does not use social media frequently, they will report higher self-esteem levels.

Results

Social Media Use:

Social Media Platform Usage

- Snapchat was the most used social media platform.
- 90% use social media to communicate with friends.
- Most indicated that they post on social media once a month.

Social Media and Self-Esteem:

- Anxiety and not being logged on to social media: p= .000
- Anxiety and hours on social media per day and depression: p= .003
- Anxiety and hours on social media per day and not satisfied with self: p= .026
- Anxiety and social media use and feeling life is dominated by it: p= .020
- Anxiety and social media use and feeling life is dominated by it: p= .005

Account number and being not satisfied with self: p= .030
Account number and feeling a lot of change: p= .022

Were the Hypotheses Supported?:

Overall, the results support the hypothesis.

It is shown in this study, that social media is a tool that can negatively affect self-esteem in young adults.

Implications

The intention of the research study is to make people more aware of social media affects them. This study shows how people to use social media less and be more aware when they are using it. This study should encourage people to take a break from social media. Social media is affecting our daily lives and interrupting the time we should be spending with our families/friends.

One specific goal is to make parents more aware of this issue. That way, they can monitor their child’s social media. We want people to be mindful that social media can lower our self-esteem. We want people to take action based on this information.

Limitations

This study was conducted using high schools in Northwest Indiana and a small portion of Illinois. It lacked diversity because of this fact. Another limitation that we may face is a lack of participation due to consent forms not being filled out or because of a lack of interest in the study. Out of the schools we contacted, many of them did not respond to our email or said they were not interested in participating. This prevented us from getting more diverse results. We also face the issue of the participants not being entirely truthful on their survey. Participants may want to answer questions that they want to answer in a way that will make them feel better. However, they want to answer questions that might trigger them, or they would want to give the answer we want to hear.

References


