



LITHUANIAN UNIVERSITY OF HEALTH SCIENCES

MEDICAL ACADEMY

FACULTY OF NURSING

NURSING CLINIC

ANDRIYA BRIGIHT

EFFECTS OF SOCIAL MEDIA ON MENTAL HEALTH OF STUDENTS

Final thesis of the bachelor's study programme "Nursing" (state code 6121GX006N)

Scientific supervisor of the bachelor thesis

Assist. Jovita Demskyte

Kaunas, 2023

CONTENTS

Abstract	3
Abbreviations	4
Introduction	5
1. Literature review	7
1.1 Effect of social media on sleep	7
1.1.1 Social media and social isolation	10
1.1.2 Use of social media as a sleeping aid	10
1.2 Effect of social media on mental health	10
1.2.1 Social media and anxiety	12
1.2.2 Social media and stress	12
1.2.3 Social media and depression	13
1.3 Positive impacts of social media	14
2. Research methodology and design	18
2.1 Research planning	18
2.2 Research ethics	18
2.3 Selection of subject	18
2.4 Characteristics of the subject	19
2.5 Research methodology.....	20
2.6 Data analysis methods	21
3. Results	22
3.1 Usage of social media	22
3.2 Effect of social media on sleep	23
3.3 Effect of social media on mental health	25
3.4 Positive impacts of social media	27
4. Discussion	31
Conclusion	34
Recommendations	35
Reference	36
Annexes	41

ABSTRACT

Andriya Briht. Effect of social media on mental health of students. Bachelor thesis. Supervisor – assist. Jovita Demskyte. Lithuanian University of Health Sciences, Medical Academy, Faculty of Nursing, Department of Nursing, Kaunas 2023; 40 p.

Research aim: To evaluate weather usage of social media effects the mental health of students.

Goals:

1. To assess whether social media has any influence on student sleep time.
2. To assess whether social media has any effect on students' mental health.
3. To assess if social media has any beneficial effects on students.

Research methodology: The objects of bachelor's thesis research were the international students from Nursing Faculty at LSMU. The Dean of the Nursing Faculty and LSMU center of Bioethics granted the permission to conduct the research. The total population of the selected faculty was 67 out of which 40 participated in the research. The survey was constructed by the author of the thesis. It consisted of 22 questions. All the questions were mandatory. The results were analyzed using MS Excel and IBM SPSS. Chi- square test was used to compare the variables.

Research results: The survey respondents were mostly female, accounting for 70% of the participants. The majority of the respondents belonged to the age group of 18-25 years old (90%). In terms of their academic background, 65% were studying for a BSc in Nursing, while 22.5% were studying Occupational Therapy, and 12.5% were studying Physiotherapy. In terms of the year of study, 37.5% were in their first year, 20% were in their second year, 25% were in their third year, and 17.5% were in their fourth year. The majority of the respondents consumed movies and TV shows (55%) and interacted with friends and family (52.5%) on social media. Chi-square test was done to compare between sleeping hours, depression symptoms, anxiety symptoms and time spent on social media. There was correlation between all these variables.

Conclusion:

1. Survey results suggest that social media use may be negatively impacting the sleep patterns of students. Inadequate sleep can lead to a range of physical and mental health problems, including anxiety and depression in students. Social media use before bedtime can also increase cognitive arousal, making it more difficult for people to relax and fall asleep. Using social media before sleep result in poor sleep hygiene.

2. It can be argued that social media has a negative impact on the mental health of the students. Excessive use of social media can lead to reduced productivity, loss of sleep, and increased levels of anxiety and depression. For the benefit of students' mental health, it is crucial to be aware of the drawbacks of social media and take action to restrict our usage of it.

3. There are several positive impacts of social media such as; keeping up with current events, staying connected with friends and family, Reducing tension and enhancing mood, suggesting that social media can be a source of entertainment and enjoyment.

ABBREVIATIONS

S.M - social media

P.S.I -Perceived social isolation

S.M.U- social media use

O.C.D - obsessive compulsive disorder

A.D.H.D - attention- deflct/ hyperactivity disorder

Fo.Mo - fear of missing out

E.R.P - event related potential

P.V.S - phantom vibration syndrome

P.S.M.U - problematic social media use

P.T.S.D - post traumatic stress disorder

L.M.S - learning management system

INTRODUCTION

Social media's recent rise has fundamentally changed how students engage, communicate, and exchange knowledge. Platforms for social media like Facebook, Twitter, and Instagram have ingrained themselves into our daily lives. Although social media may have a good impact on society in certain ways, there are rising worries about how it may harm people's mental health. Social media use has been linked in studies to concerns with depression, anxiety, and other aspects of mental health. For many college students, social media has turned into an addiction that might interfere with their everyday life if they are constantly exposed to social media feeds. Social media users frequently make comparisons between their lives and the "perfect" lives depicted by social media influencers, which can cause inadequacy and low self-esteem (1)

In addition to disrupting sleep patterns and quality, excessive social media usage can also cause these problems. Before going to bed, using social media might disrupt sleep patterns. Sleep deprivation has been linked to mood swings, tension, and anxiety levels that are higher. The physical health of users might also suffer as a result of social networking. Obesity and other related health problems can result from using social media excessively, as can a lack of exercise. It's vital to recognize, though, that social media may also be beneficial for mental health. Social media may be used as a way to connect with loved ones and forging deep connections with others. People have the chance to share their problems and experiences with others who might be going through similar circumstances thanks to social media platforms.(2)

Social media has undoubtedly had a big negative impact on students' mental health, despite its benefits. Establishing social media usage guidelines and encouraging students to take breaks from the site if they feel overwhelmed or dependent on it would help to reduce this. Additionally, it's critical to raise awareness of both the benefits of responsible social media usage and the possible drawbacks of prolonged use. Recent studies have linked social networking sites to anxiety and depression, among other mental diseases. Given the relative youth of social networking sites, many questions regarding their possible impact on mental health remain unresolved. (1)

The main aim of the study is to check whether social media has any effect on mental health of students.

Objectives:

1. To determine whether social media affects sleep patterns in students
2. To determine whether social media has any impacts on mental health of students
3. To determine whether social media has any positive impacts on students

LITERATURE REVIEW

1.1 Effects of social media on sleep

Sleep is essential to promoting good health. It is recommended that young and midlife adults obtain 7–9 h of sleep per night, 40% of American adults report getting less than 7 h of sleep per night on weeknights. Sleep disruption and inadequate sleep duration are linked to daytime drowsiness and a variety of negative health effects. Inadequate sleep and sleep disruption are caused by a variety of biological, psychological, and environmental variables in adolescents and young adults. This includes physiologic changes such as an increase in homeostatic sleep pressure (the chance of falling asleep), increased academic and professional expectations, and the use of stimulants such as alcohol and caffeine.(2) However, little is known regarding the links between social media (SM) use and sleep quality and quantity.

Previous research on SM usage and sleep has had inconclusive findings. Two recent evaluations in this field found an inverse relationship between electronic media usage and sleep metrics such slower falling asleep, later bedtime, and less overall sleep time. The fast-increasing rate of SM usage in recent years raises concerns that SM use may impair sleep quality and shift overall quantity of sleep (2).

While almost all study in this area has focused on children and adolescents, 96% of young people aged 18 to 30 use technology before night, including mobile phones (67%), laptops (60%), and electronic music players (43%) (3). Given the availability of devices that might be used for SM and the negative health effects of disturbed and inadequate sleep among young adults, research that specifically concentrate on the relationship between SM and sleep disruption in young adults are needed. In recent years, the usage of SM has increased substantially. Furthermore, disrupted and inadequate sleep has been linked to negative health effects. As a result, the substantial link between SM usage and sleep disruption has major therapeutic consequences for health.

In a study conducted by Jessica C Levenson et al. (4), they found that among a nationally representative sample of young adults, greater SM use in the 30 minutes before bed was independently associated with greater sleep disturbance, even when controlling for total SM use.

In a study conducted by Jessica C Levenson et al. , they found that among a nationally representative sample of young adults, greater SM use in the 30 minutes before bed was independently

associated with greater sleep disturbance, even when controlling for total SM use. A second major finding was that total SM use remained independently associated with sleep disturbance in the overall adjusted model. Their findings are consistent with a recent report showing that media use of various types in the 2 hours before bed was associated with shorter total sleep time and later bedtimes among university students.

The findings by Hjetland GJ et. al. support research on students and young adults that screen use has a major impact on sleep quantity and quality. The findings also show that social media addiction plays a significant effect, with greater rates of insomnia among individuals with higher levels of self-reported addiction and a curvilinear association with sleep length, sleep onset latency, and sleep efficiency. There is just a little variation between the completely corrected connections and the associations that have only been adjusted for age and gender. When compared to increasing overall screen time, increasing evening screen time is related with bigger declines in both sleep quantity and quality. Thus, the relationship between screen time and sleep may be predominantly driven by evening screen time. It would be interesting to analyze the sleep of people who only use screens during the day; unfortunately, far too few participants in the current research did not use screens in bed.

Sleep issues are common among students, and lowering evening screen use may lead to better sleep, however more data is needed to demonstrate cause-and-effect. The findings also point to a role for social media addiction, and addictive social media use may be a focus for intervention in order to minimize evening screen time.(5)

In a study done by Kana Okano et.al, Longer sleep duration, higher sleep quality, and more sleep consistency were shown to be related with improved academic performance in this study. These three sleep indicators accounted for 24.44% of the variance in total grade performance, according to a multiple linear regression. As a result, there was a significant relationship between sleep and academic achievement. This study, on the other hand, greatly expands their understanding of the relationship between sleep and academic performance by utilizing numerous objective measurements of sleep over the course of a semester as well as academic evaluations done along the way.

There is solid evidence that students who use social media and engage in media multitasking more frequently are more likely to experience attention issues in their daily lives. Furthermore, utilising digital media before going to bed is associated with decreased sleep and more sleep disorders (6).

Female students get better and more consistently than male pupils. Furthermore, we discovered that guys required a longer and more consistent daily sleep pattern in order to receive adequate quality sleep. This female advantage in academic performance was lost after sleep patterns were statistically equal, indicating that it may be more crucial to foster improved sleep habits in male students.(7)

Mark Lawrence Wong et al. conducted longitudinal research to examine how sleep length and sleep quality may be causally connected to daily functions such as physical health (physical well-being and daytime drowsiness), psychological health (mood and self-esteem), and academic functioning. (School grades and study effort). The effect of mood in mediating the link between sleep quality, sleep duration, and these daytime functions was also investigated. They found that sleep length and quality had direct and indirect (through mood) impacts on academic function, physical and psychological health in college students. Our findings highlight the significance of healthy sleep habits for improved adjustment throughout the college years.(8)

In the research done by Elliott Perez et.al, Greater social media use was associated with poorer sleep quality and shorter sleep duration across the lifespan; however, the strength of the association between social media use and sleep increased with age, indicating that as we age, we become more susceptible to the negative effects of social media. Notably, the decreasing influence of age on sleep duration was observed among both average and heavy social media users. These findings highlight the necessity of investigating the impact of external influences, such as social media use, on an increasingly damaged sleep system.(9)

Social media use has a distinct and growing function in today's society, with both beneficial and bad health repercussions. According to preliminary data, age plays a role in the relationship between social media use and sleep. Additional empirical research might help discover age-related mechanisms implicated in the relationship between social media use and sleep.(9)

With the increased usage of SM, additional study is needed to identify the extent to which users have negative and pleasant SM experiences, and whether these experiences are connected with sleep disruption. Adolescent research reveals that unpleasant SM experiences, such as cyber victimization, may predict sleep disruption over time, and that this may be mediated by rumination on the bad events. Furthermore, 40% of individuals report unfavorable internet encounters such as name calling, intended humiliation, and exposure to inappropriate graphics or sexual pictures. However, it is uncertain if these encounters are linked to sleep disruption.(10)

1.1.1 Social Media and Social Isolation

Perceived social isolation (PSI) is linked to significant morbidity and death. Social media platforms, which are popular among young adults, may provide a chance to reduce social isolation.(11) In the study done by Brian A Primack et.al, they found out that young adults with high SMU seem to feel more socially isolated than their counterparts with lower SMU. Future research should focus on determining directionality and elucidating reasons for these associations. Positive experiences on SM are not associated with lower social isolation, whereas having negative experiences on SM is associated with higher social isolation. These findings are consistent with the concept of negativity bias, which suggests that humans tend to give greater weight to negative entities compared with positive ones.(12)

1.1.2 The Use of Media as a Sleep Aid

A significant number of teenagers and adults regularly utilize various media as a self-treatment technique for sleep disorders. It indicates that their media use is damaging rather than benefiting their sleep. People who use media as a sleep help may be more fatigued than people who do not use media, but they may be even more weary if they do not use media as a sleep aid. In the lack of longitudinal evidence to determine the causative direction of the association, such an explanation remains speculative, and no specific advice concerning media as a sleep aid, whether as a facilitator or inhibitor, can be offered. Future research may benefit from precisely clarifying what is meant by media usage as a sleep help, or several item scales might be employed to examine the pleasure sought by media use before bedtime in order to distinguish between individuals who use media as a sleep aid and those who do not. (13)

1.2 Effect of Social Media on Mental Health

Mental health is described as a condition of well-being in which people comprehend their skills, solve day-to-day difficulties, work successfully, and make a substantial contribution to the lives of others. There is currently debate over the advantages and drawbacks of social media on mental health. Social networking is an important part of safeguarding our mental health. Mental health, health behavior, physical health, and mortality risk are all affected by the amount and quality of social contacts. A number of research on the effects of social media have been undertaken, and it has been suggested that extended usage of social media platforms such as Facebook may be associated with negative indications and symptoms of depression, anxiety, and stress.(14)

The link between excessive usage of Social Networking Sites (SNS) and mental health is causing major worry among health and education experts. Problematic SNS usage has been linked to an increased risk of depression, anxiety, stress, obsessive-compulsive disorder (OCD), attention-deficit/hyperactivity disorder (ADHD), and excessive alcohol use. It may also increase sensitivity to aggressiveness, cyberbullying, and FOMO (fear of missing out). There is limited evidence for cognitive deficits, although there is early event-related potential (ERP) evidence indicating inefficiency in allocating and monitoring resources, as well as inhibitory control (15).

Students are increasingly spending time online and connecting to one another through digital tools. Mobile device ownership and social media usage have reached new levels, prompting fears that this constant connectedness is negatively impacting their mental health. As students spend more time interacting with digital technology, there is an urgent need to both understand the implications of this usage and harness new technologies in ways that support rather than hurt their mental health and well-being.(16)

In a cross-sectional study of young adult men and women, frequent mobile phone use was linked to present stress, sleep, and depressive symptoms. At 1-year follow-up, a prospective study found that high frequency of mobile phone usage was a risk factor (or marker) for developing symptoms of depression in both men and women.(17)

The usage of social networking sites (SNS) that is problematic has a detrimental influence on mental health. It has been discovered that persons with high neuroticism are especially sensitive to participating in problematic SNS use, however it is unclear which psychological mechanisms underlie this association. In the study done by Nino Gugushvili et.al, they discovered that those with high levels of neuroticism are more likely to engage in problematic SNS use. Furthermore, neuroticism was linked to both high levels of Fear of Missing Out (FoMo) and low levels of self-control, but only fear of missing out was found to be a strong mediator of the association between neuroticism and problematic SNS usage. This suggests that FoMo might be a useful intervention target to keep people from participating in problematic SNS use and the negative effects that come with it.

1.2.1 SOCIAL MEDIA AND ANXIETY

It has been shown that 45% of British people get agitated when they are unable to access their social networking sites. It has also been shown that the younger generation gets restless when they are unable to read messages on their social networking programs, giving birth to Phantom vibration syndrome

(PVS). Which is nothing more than an addict's impression of the vibration of his cell phone) each PVS victim reveals addiction of frequent checking of social communications demonstrates expression of anxiety induced by mobile phones (18).

In the study done by Doğan Aydoğan et. al, they reported that the students' social media usage densities were evaluated, and the relationships between density levels and self-efficacy and stress concepts were examined. Although it was discovered that self-efficacy levels declined as the duration of social media usage rose, there was no significant rise in stress levels. Self-efficacy levels, on the other hand, fell as the frequency of social media usage rose, while stress levels climbed. They determined that the necessity to keep up with social media changes, rather than the time spent on social media, raises stress levels (19).

Dobrea, et.al, in his studies said that individuals suffering from social anxiety may find that online social networking sites, particularly Facebook, provide excellent possibilities for connection with others. Two ideas have been presented to explain why socially nervous people use computers, both of which are easily relevant to online social networking sites. The first theory suggested is the social compensation hypothesis, which states that people utilise online social networking sites to compensate for social skill inadequacies or discomfort in face-to-face interactions. The social improvement hypothesis is the second theory, which contradicts the first. This hypothesis proposes that socially talented individuals use online social networking sites to discover more possibilities to communicate with others. (20)

1.2.2 SOCIAL MEDIA AND STRESS

In today's society, practically every person between the ages of 11 and 93 is linked to social media.(18) Young adults are the most active social media users, and they are disproportionately at risk of developing mental health issues. Acculturative stress among college students is positively related with social media applications such as Facebook. Students' mental health might suffer as a result of stress. Excessive use of social media might have a negative impact on the mental health of the younger generation

1.2.3 SOCIAL MEDIA AND DEPRESSION

Excessive usage of social media leads to negative outcomes, beginning with anxiety and progressing to despair. Students who spend a lot of time on Facebook report feeling more lonely. It has also been discovered that social media use worsens psycho-social difficulties such as adjustment and self-esteem. Depression symptoms are related with fewer good and more negative social contacts in the younger generation.(18)

Deepa M et al discovered that the majority of respondents use a variety of social networking sites and spend more than four hours per day on social networking sites in their study. They also discovered a

link between the quantity of social networking sites and depressive symptoms in their study. Furthermore, the study discovered a clear link between anxiety and depressive symptoms. They also verified that there was a link between feeling concerned and being serious on social networking sites rather than in real life. As a result of the increased use of social media, the quantity of social networking sites, and excessive time spent on social networking sites, students' mental health, such as depression and anxiety, is suffering.(1)

Greater online time is associated with less communication with family members and a reduction in the Internet user's social circle, which may lead to greater feelings of despair and loneliness. One reason why time spent on social networking sites may be connected with depressed symptoms is because computer-mediated communication can lead to an altered (and frequently incorrect) impression of the physical and psychological qualities of other users. This may lead to inaccurate inferences about online friends' physical attractiveness, educational level, IQ, moral integrity, and a variety of other attributes. Certain depressed behavioral features of a social network user may be measured, and such quantification has the potential to be highly predictive of a future depression diagnosis.(21)

Negative comparisons might be the underlying cause of depression/anxiety associated with SM. Young people use SM to portray the best image to their friends by sharing photographs of themselves having fun at parties and on vacation. This leads to comparisons and the sense that others are more wealthy and blessed than you. Furthermore, peer feedback becomes more frequent and faster with SM than without it. Such negative comparison and peer feedback may be at the root of any links between SM and anxiety and depression (22).

When social networks and the Internet in general are used to establish and preserve social bonds, particularly among family members and close friends, the resultant social support appears to be good to mental health. Extensive use of SNS outside of these groups, on the other hand, may erode existing close family and friend connections and raise feelings of loneliness and melancholy.(21) Igor Pantic et al. stated in their research that online social networking has created major changes in the way individuals communicate and interact over the last ten years. However, it is uncertain if any of these alterations impact normal elements of human behavior and result in psychiatric diseases.

Melissa G. Hunt et al's experiment clearly suggests that restricting social media usage has a direct and beneficial influence on subjective well-being over time, particularly in terms of reduced loneliness and despair. That is, their's is the first study to show a clear causal relationship between reduced social media

usage and reduced loneliness and depression. It's interesting, but perhaps not surprising, that cutting back on social media, which promises to link us with others, actually helps individuals feel less lonely and unhappy.(23) People regularly compare themselves to what they see on social media in order to gain acceptance, which leads to unhappiness and poorer life satisfaction.(24)

Participants in M Mathewson et al's study revealed both beneficial and negative mental health consequences of social media use. According to the study's statistical findings, there was a weak positive link between social media consumption and both anxiety and sadness. According to the findings of this study, there was a modest positive association between social media usage and both sadness and anxiety among undergraduate students. Globally, depression is the biggest cause of disability. The proposed link between social media usage and depression might be explained by a new maladaptive use pattern defined as problematic social media use (PSMU), which is characterized by addictive components.

In the study conducted by Ariel Shensa et.al, they concluded that in that sample of young adults, PSMU was found to be substantially and independently linked with greater depressed symptoms. PSMU explained the majority of the link between SMU and depressed symptoms, suggesting that it is how we use social media rather than how much we use it that poses a danger. Interventions aiming at lowering depressed symptoms, such as tests for maladaptive SMU, may be most effective if they address addictive components and frequency-rather than time-of-use of SMU.

1.3 POSITIVE IMPACTS OF SOCIAL MEDIA

The advancement of technology and the variety of numerous social media platforms have altered the structure of our communication by erasing physical and temporal constraints. With continued technology improvements, social media will continue to evolve and affect its users in a variety of directions, including educational elements. In the context of education and learning, social media platforms provide venues for the exchange of knowledge and ideas and can be used to arrange events or discussions, support courses and reading groups and provide space for communication and interaction (27).

Today, social media plays an essential function in influencing the learning behavior of university students in order to attain long-term education. The influence of social media on long-term schooling is becoming an important and motivating component. The globe has shrunk to the size of a hamlet as a result of social media and technological advancements in education. Social media is rapidly transforming our

social conventions, values, and culture. Sharing information and distributing material are becoming increasingly essential societal demands. Social media has altered how individuals, especially university students—particularly female students—communicate, engage, and socialize during their learning processes at educational institutions (26). Social media is becoming increasingly significant in higher education, both in course delivery and evaluation. This study investigates the use of social media as a support tool in undergraduate (UG) education from the viewpoints of both educators and students (27).

In the study done by Michelle O'Reilly et.al, they found out that social media has the ability to improve healthy mental health. Second, teens commonly use social media and the internet to research mental health issues. Finally, there are advantages and disadvantages to using social media in this manner. They conclude that, despite the limitations and hazards of utilizing social media, social media may be used to educate and reach teenagers in order to enhance mental health. (28)

Social media has provided a place for treating people's post-traumatic stress disorder (PTSD) symptoms. People have become more sensitive to exposure to potentially traumatic events as the number of disasters, violent conflicts, and other unpleasant occurrences has increased (29). A study was done by Verlumun Celestine Gever et.al, to check the effectiveness of social media-based music, art and drama therapies in treating PTSD symptoms among Nigerian evacuees from the Russia-Ukraine war. According to the findings of this study, social media-based therapies are an effective technique for treating PTSD symptoms in those who have experienced conflict. The researchers also suggest that theatre is more beneficial than art and music treatments in mental recovery.

Student engagement is an integral part of a successful learning experience. Student engagement has traditionally been achieved primarily through on-campus interaction and contact but is facilitated through the use of university-provided online tools such as Blackboard and other modern online learning management systems (LMS). You can also. Learning experiences such as Moodle and Canvas (25). Social-media-led communication enhancements in medical and healthcare education have been shown to lower students' worry and tension while increasing students' participation, feedback, cooperation, and professional growth. In the study done by Almutairi M et.al, found evidence of the advantages of utilizing social media to increase nursing students' engagement with their course of study.

In the study done by Whyte W et.al, they found that students from various universities highlighted that using social media was a more active process than traditional didactic lectures. They felt more confident

in terms of knowledge and more able to readily discuss topics and share their thoughts.(30) Social media websites and applications are online environments in which users may contribute, retrieve, and explore material created mostly by other users. Unlike more traditional kinds of information and communication technology used in health care organizations, social media material is often developed by users for users, allowing knowledge and assistance to flow more efficiently.(31)

Many students utilize social networking sites to share information, debate subjects or concepts, and cooperate on homework assignments or term projects. SNS facilitate and accelerate peer-to-peer information exchange and cooperation, which appears to be a favored mode of learning. This new learner behavior promotes self-learning and is a major motivator for a move from traditional teacher-centered learning to student-centered learning.(32)

Google and learning Google's technologies have aided approximately 20 million students in their schooling. Students get better experience with computers and other electronic devices by spending so much time working with new technology. With a greater emphasis on technology in education and industry, students will be able to develop skills that will benefit them throughout their life. The social networking sites place a strong emphasis on forming online communities around shared interests or activities. Social networking platforms can also assist pupils in developing leadership skills. talents ranging from low-level planning and organizing to acts that promote social change and democratic participation. Social media tools and networking sites empower students to interact with one another while also expressing and sharing their creativity. Such interpersonal contacts are critical for developing and maintaining a sense of belonging.(33)

In conclusion, social media platforms have completely changed how we engage and communicate with one another. Although social media offers numerous advantages, it's crucial to be aware of any possible harm it may do to students' mental health. It is crucial that we raise awareness among teachers and students about appropriate social media use in order to improve their general wellbeing.

2. RESEARCH METHODOLOGY AND DESINGS

2.1 Research Planning

In the modern society, social media plays a significant role. It enables users to keep in touch and communicate with one another in a protected setting. Even it played a crucial role in academics. A lot of students relay on social media for studies and other purpose. We all are dependent on social media on one way or the other. Social media has both positive and negative impacts. As we all know mental health is as important as physical health. A student must be both mentally and physically healthy, so that he\she can attain great success. So it is really important to talk about mental health of students. This is the inspiration for my topic “Effects of social media on mental health of students”.

The aim is to check weather social media has any effect on mental health and also to check the positive impacts of it. A literature analysis was conducted in order to establish the goal. A questionnaire (Annex No.2) was constructed by myself and send to the students after getting permission from LSMU Center of Bioethics. Pub med and google scholar are the most used data bases. My key words were – mental health, social media, sleep ,positive impacts. It was analyzed on March 2023 and with the help of analysis conclusions and recommendations were decided.

2.2 Research Ethics

1. An informed consent will be taken from all the voluntary respondents in this study. and will not be used for any other purposes. It will only be evaluated by the student and the associated researchers involved in the study.
2. All respondents will engage in this survey voluntarily, and there will be no compulsion or reward for them to do so.
3. The information is collected in an anonymous manner, so that the collected data cannot be connected to a particular participant.
4. The permission from the bioethics center was obtained after a review of all documents sent to this center, which included a copy of the survey and details about the research process. (Annex no. 1)

2.3 Selection of Subjects

Lithuanian University of Health Sciences was the target population in this study. Students in the Faculty of Nursing received a questionnaire online. The questionnaire was sent to sixty seven students in which forty students responded. My sample size is forty with response rate of 59.7%.

2.4 Characteristics of the Subject

The survey respondents were mostly female, accounting for 70% of the participants. (Figure 1)

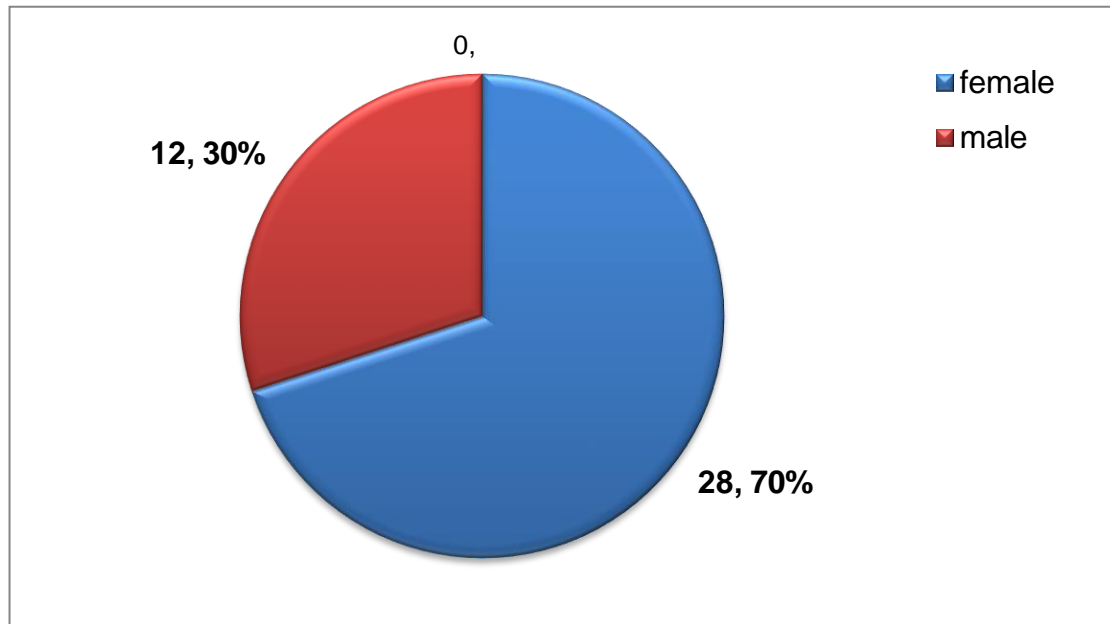


Figure 1. Gender

The majority of the respondents belonged to the age group of 18-25 years old (90%) and 10% population was in the age group 26-35 years old. (Figure 2)

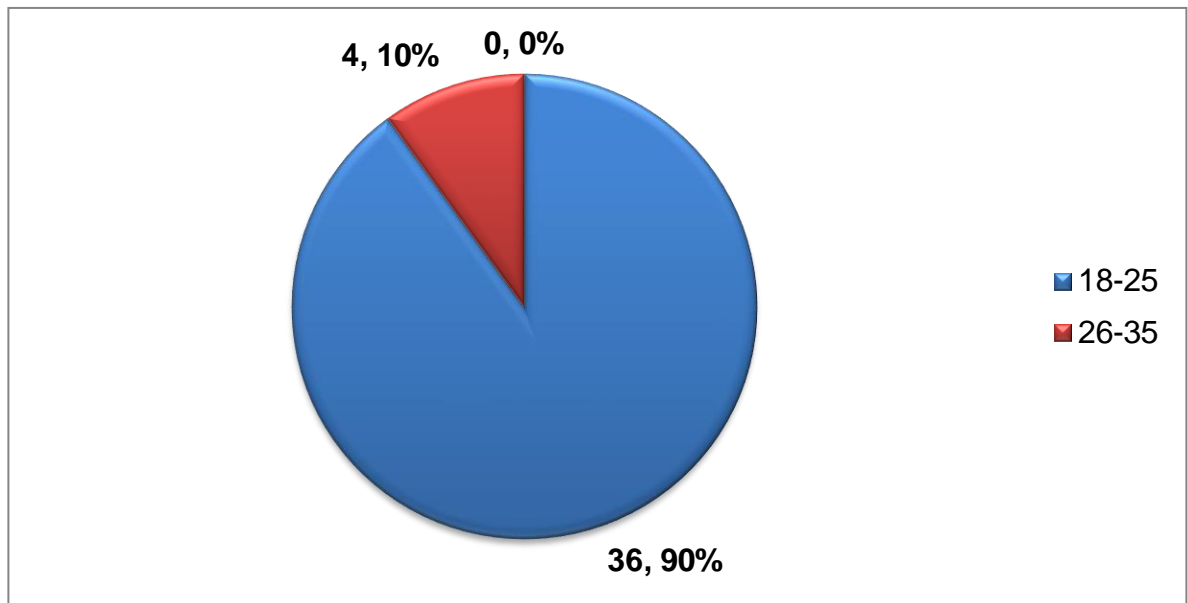


Figure 2. Age

In terms of their academic background, 65% were studying for a BSc in Nursing, while 22.5% were studying Occupational Therapy, and 12.5% were studying Physiotherapy.

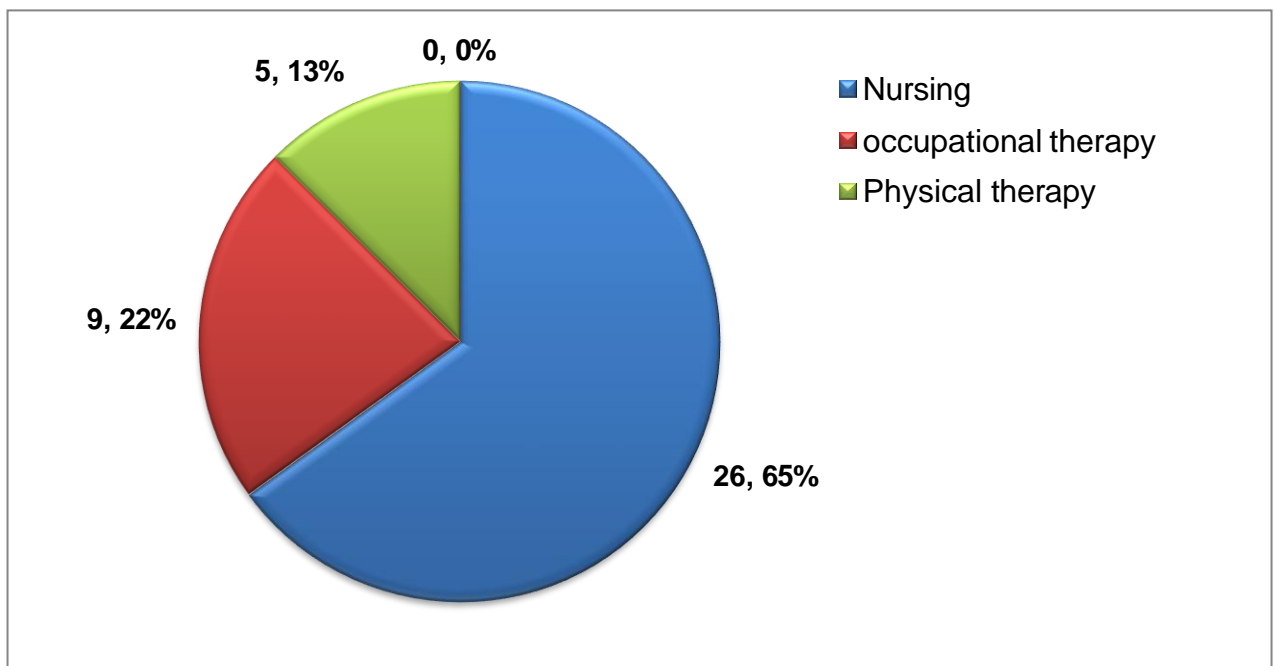


Figure 3. Study group

2.5 Research Methodology

A questionnaire was sent to the students online. It had closed questions. It was mandatory to answer every question. The respondents were asked to choose the most appropriate option.

The questionnaire was sent to students from the program: Nursing, Occupational therapy, and Physical therapy. The survey respondents were mostly female, accounting for 70% of the participants. The majority of the respondents belonged to the age group of 18-25 years old (90%). In terms of their academic background, 65% were studying for a BSc in Nursing, while 22.5% were studying Occupational Therapy, and 12.5% were studying Physiotherapy. In terms of the year of study, 37.5% were in their first year, 20% were in their second year, 25% were in their third year, and 17.5% were in their fourth year.

There were a total of twenty two questions in the questionnaire.

It had four parts:

1. The first part is to check the usage of social media and what all content they see.
2. The second part is to check whether social media has any effects on sleep.
3. The third part is to check whether the participants have any mental health issues due to social media use.
4. The final part is to check whether social media has any positive impacts on the respondents.

2.6 Data analysis methods

Questionnaire was shared to students via email. It was stored in Google Forms. IBM SPSS and MS Excel was used to take the results. Chi square test was applied for comparison. The data was presented in the form of tables and graphs to make the analysis easier.

3. RESULTS

This part of the bachelor thesis shows the result that were from the response of the participants. Its shows the frequencies of the usage, mental health issues (depression and anxiety), sleep disturbances and the impact of social media on students. Also a comparison is done between the usage of social media and mental health issues (depression and anxiety), sleep disturbances and the impact of social media on students.

3.1 Usage of social media

The table below will show the frequency and the observed factors that determine the usage of social media.(Table 1)

Table 1. Usage of social media

Usage of social media	Frequency
Most use social media platform	Instagram: 82.5% Facebook: 2.5% Whatsapp :15% Twitter and Snapchat: 0%
Most watched contents	Movies and T.V shows: 55% Fitness and nutrition: 10% Health and lifestyle: 27.5% Regarding studies: 7.5%
Aim of using social media	Updates on daily news: 42.5% Making new friends: 5% Shopping through advertisement: 0% Interact with family and friends :52.5% For study purpose: 0%
Does social media help with studies	Yes: 85% No : 15%
Live without social media for a day	Yes: 55% No: 12.5% I don't know: 32.5%

Instagram was the most popular social media platform among the respondents, with 82.5% using it the most. The majority of the respondents use social media for watching movies and TV shows (55%) and to interact with friends and family (52.5%). For majority of the students social media helps with their studies (85%) as shown in (Table 1).

3.2 Effect of social media on sleep

The primary objective of this study was to check if social media has any effect on sleep of the students. One of the most significant findings from the survey is that 57.5% of the participants reported sleeping for less than 7 hours a day. Another finding from the survey is that 50% of the participants reported having difficulty falling asleep, as shown below. (Table 2)

Table 2. Social media and sleep

Factors related to social media that effect sleep	Frequencies
Period when you are most engaged in social media	Before 6:00 AM: 0% 6:00 AM to 9:00 AM: 0% 9:00 AM to 12:00 PM: 2.5% 12:00 PM to 4:00 PM: 2.5% 4:00 PM to 6:00 PM: 12.5% 6:00 PM to 10:00 PM: 45% After 10:00 PM: 37.5%
Time spent on social media in per day	Less than one hour: 5.% One to two hour: 20% Three to four hours: 3% More than four hours: 40%
Sleeping hours	Below 7 hours: 57.5% 7-9 hours: 42.5% Above 9 hours: 0%
Difficulty in falling asleep	Yes: 50% No: 50%

From table 2. we can see that 45% of the participants use social media from 6 pm to 10 pm. Also 37.5% of the students are active on social media after 10 pm.

In table 3, below we compare the sleeping hours and the time spent in social media to check whether they have any relation.

Table 3. Comparison between sleeping hour and time spent on social media

Sleeping Hours n (%)		Social media usage hours n (%)			
		1 to 2 hours	3 to 4 hours	Less than 1 hour	More than 4 hours
	7 to 9 hours	1 (12.5%)	9 (64.3%)	1 (50%)	6 (37.5%)
	Below 7 hours	7 (87.5%)	5 (35.7%)	1 (50%)	10 (62.5%)

Majority (62%, n=10) of the students sleep below 7 hours also uses social media for more than 4 hours. Also majority of students (64.3%, n= 9), who sleeps for 7 to 9 hours uses for 3 to 4 hours as shown in table 3. Figure 4 shows the graphical representation of the given table (table 3) for better understanding.

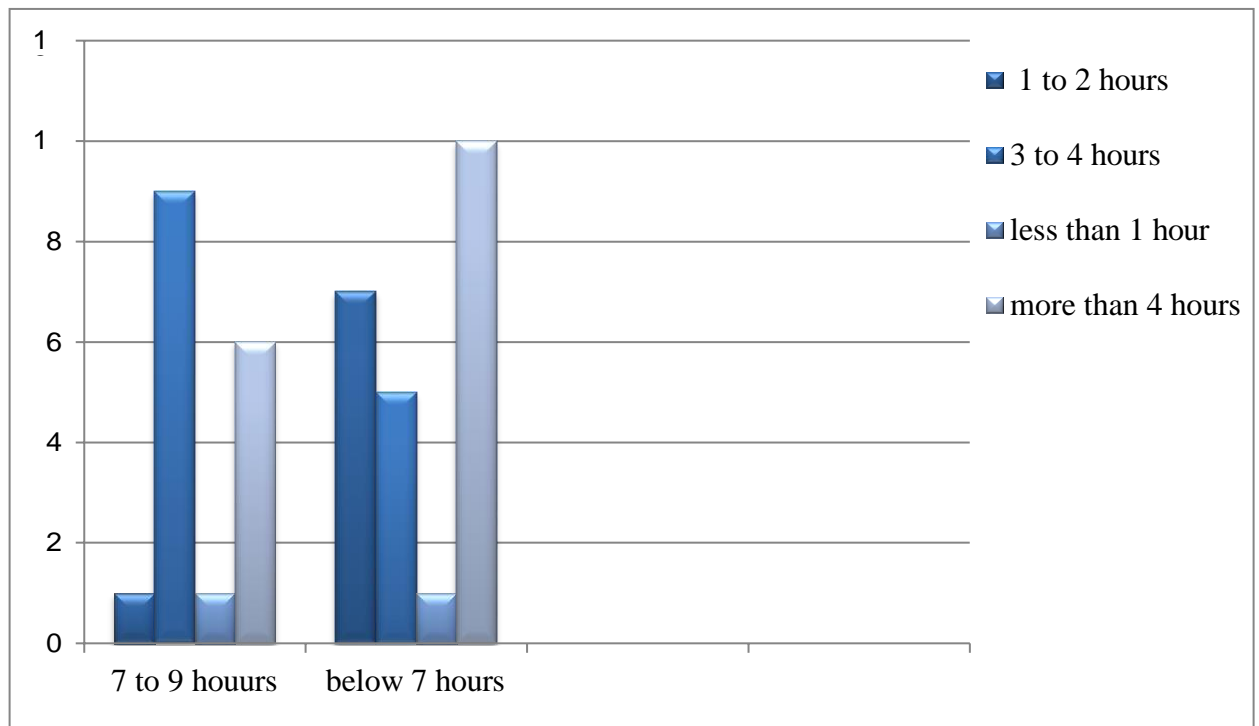


Figure 4: Comparison frequencies of sleep

3.3 Effect on mental health

The secondary objective of this study is to check whether social media has any effect on mental health of the students. In the figure below, it shows the result of the responses given by the students for the questions asked regarding their mental health.

Table 4. Social media and mental health

Factors affecting mental health	Frequencies
Rating mental health	Very good: 17.5% Good: 30% Not bad: 42.5% Bad: 10%
Has social media made you lazy	Yes: 75.0% No: 25.0%
Symptoms of depression	Yes: 35.0% No: 65.0%
Symptoms of anxiety	Yes: 55.0% No: 45.0%

In table 4, the majority of the participants (42.5%) have rate their mental health as “not bad”. Also for 75% of the students, they felt that social media has made them lazy. 35% of the participants have depression symptoms and 55 % of the students responded that they had anxiety symptoms.

In table 5, it shows the comparison between the frequencies of symptoms of depression and the hours spent on social media.

Table 5. Depression symptoms and social media usage hours

Symptoms of depression		Social media usage hours n (%)			
		1 to 2 hours	3 to 4 hours	Less than 1 hour	More than 4 hours
	No	5 (62.5%)	10 (71.4%)	1 (50%)	10 (62.5)
	Yes	3 (37.5%)	4 (28.6%)	1 (50%)	6 (37.5)

According to the data in the table above (table 5), the majority of students do not experience depressive symptoms and use social media for 3 to 4 hours (74.4%, n = 10) or more than four hours (62.5%, n = 10). 37.5% (n= 6) of students with depressive symptoms spend more than 4 hours on social media. Figure 5 shows the graphical representation of table 5.

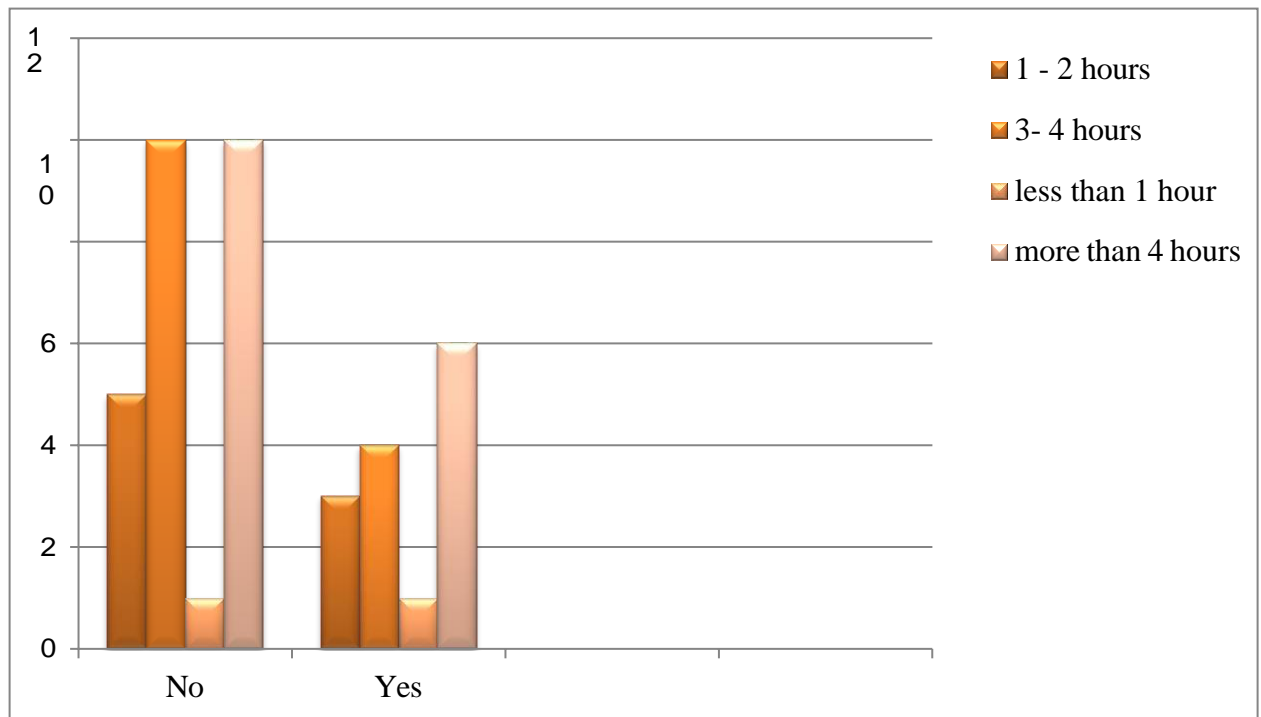


Figure 5: Comparison frequencies of depression

The table below (table 6) shows the comparison between symptoms of anxiety and time spent on social media.

Table 6. Anxiety symptoms and social media use

Symptoms of anxiety		Social media usage hours n (%)			
		1 to 2 hours	3 to 4 hours	Less than 1 hour	More than 4 hours
Symptoms of anxiety	No	5 (62.5%)	9 (64.4%)	0 (0%)	4 (25%)
	Yes	3 (37.5%)	5 (35.7%)	2 (100%)	12 (75%)

The results from the table above (table 6) show that, a large number of students (55%) who experience anxiety symptoms uses social media for more than 4 hours (75%, n = 12). In students who

doesn't have anxiety symptoms, majority of them uses social media for 3 to 4 hours (64%, n =9). Figure 6 shows the graphical representation of table 6 for better understanding.

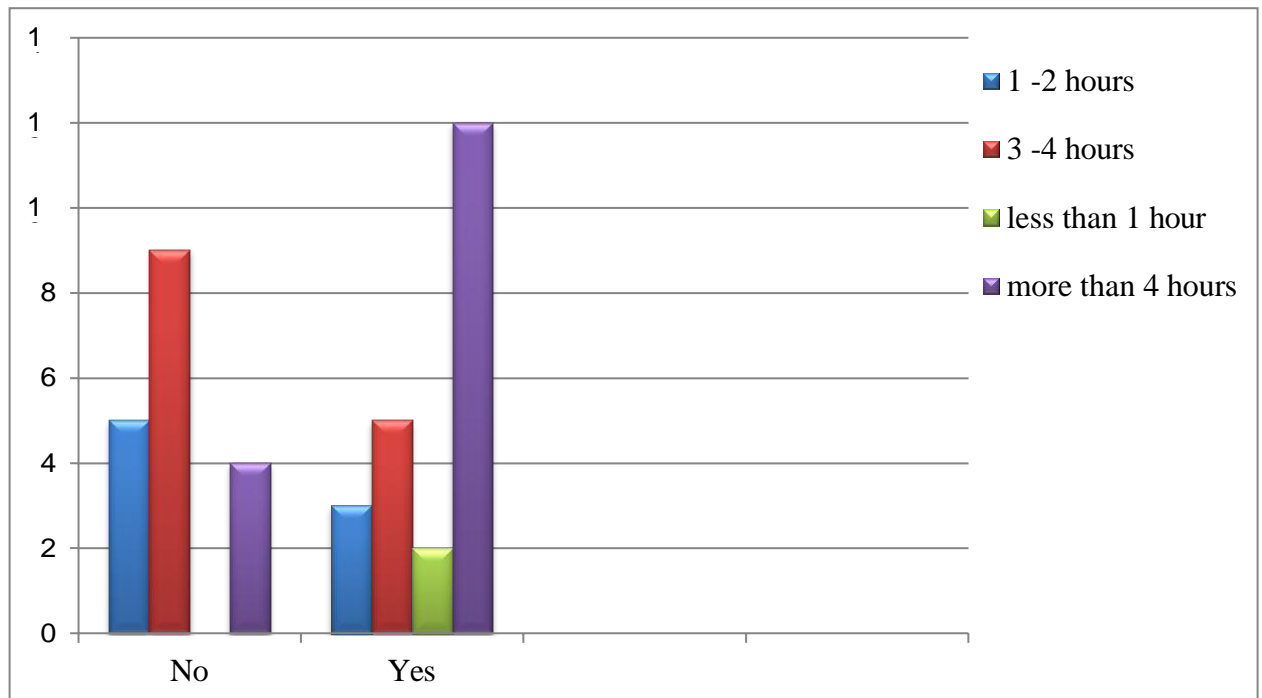


Figure 6: Comparison frequencies of anxiety

3.4 Positive impacts of social media

The final objective of this study was to check whether social media has any positive impacts on the mental health of the students.

The table (table 7) below displays the statistical findings of the participant responses.

Table 7. Impact of social media

Impact of social media	Frequencies
Impact social media has on you	Positive impact: 12.5% Negative impact: 5.% No impact: 17.5% Both positive and negative: 65.%
Social media helps with tension reduction	Yes: 72.5%

	No: 27.5%
Feel happy while using social media	Yes: 85% No: 15%
Social media help you to lighten up your mood	Yes: 80% No: 20%
Do you think you have to reduce the use of social media	Yes: 67.5% No: 32.5%

Based on the survey results, the test takers identified several positive impacts of social media. Here are some positive impacts of social media:

Reducing tension: The majority of test takers (72.5%) reported that social media helps them to reduce tension, suggesting that social media can be a useful tool for relaxation and stress relief. Enhancing mood: A large proportion of test takers (80%) reported that social media helps to lighten their mood, suggesting that social media can be a source of entertainment and enjoyment. 65% of the test takers think that social media has both positive and negative impact on them. Also 85% percent of the participants feel happy while they use social media.

67.5% participants think that they have to reduce the use of social.

The table below (table 8) shows the comparison between impact of social media and time spent on social media.

Table 8. Comparison between impact of social media and social media usage

		Social media usage hours n (%)			
		1 to 2 hours	3 to 4 hours	Less than 1 hour	More than 4 hour
Impact of social media	Both positive and negative	6 (75%)	9 (64.3%)	1 (50%)	10 (65%)
	Negative impact	0 (0%)	1 (7.1%)	0 (0%)	1 (6.3%)
	No impact	1 (12.5%)	3 (21.4%)	0 (0%)	3 (18.8%)
	Positive impact	1 (12.5%)	1 (7.1%)	1 (50%)	2 (12.5%)

The result from table 8 says that majority of the participants thinks that they have both positive and negative impact from social media. These participants use social media for more than 4 hours (65%, n = 10). Majority of the participants who thinks they have negative impact on social media sleeps for 3 to 4 hours (7.1%, n = 1). Also, majority of the participants who thinks they have positive impacts sleeps below 4 hours (12.5%, n = 2). For better understanding of the table 8, graphical representation of the data of this table is is given below in figure 7.

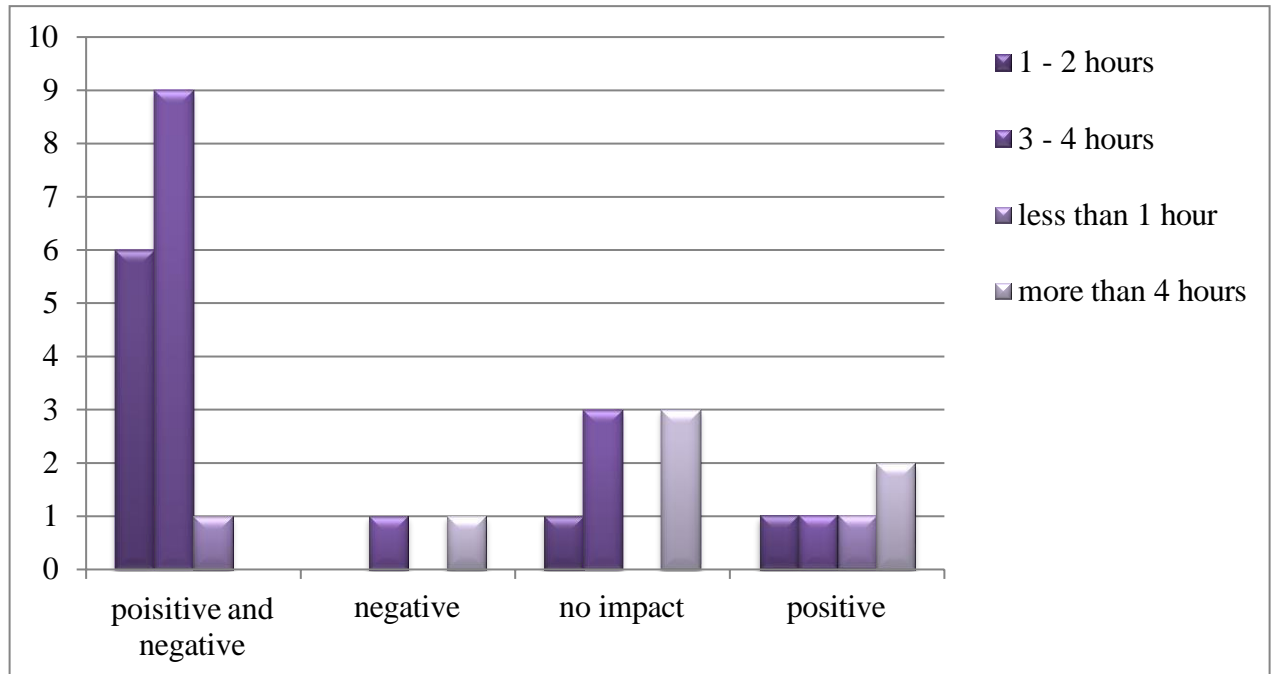


Figure 7: Comparison frequencies of impact of social media

The table below (table 9) shows the comparison between the question” Do you think you have to reduce the use of social media?” and the time spent on social media.

Table 9: Comparison between necessity to reduce social media and time spent on social media

Necessity to reduce social media		Social media usage hours n (%)			
		1-2 hours	3 – 4 hours	Less than 1 hour	More than 4 hours
No		4(50%)	2(14.3%)	2(100%)	5(31.3%)
Yes		4(50%)	12(87.7%)	0(0%)	11(68.8%)

The results from the table above shows that, in respondents who doesn't think that they need to reduce the use of social media majority of them (31%, n = 5) use social media for more than 4 hours. In the

respondents who thinks that they need to reduce the usage of social media 87.7% (n = 12) of them uses social media foe 3 to 4 hours and 68.8% (n = 11) of them uses social media for more than 4 hours. Figure 7 shows the graphical representation of table 9 for better understanding.

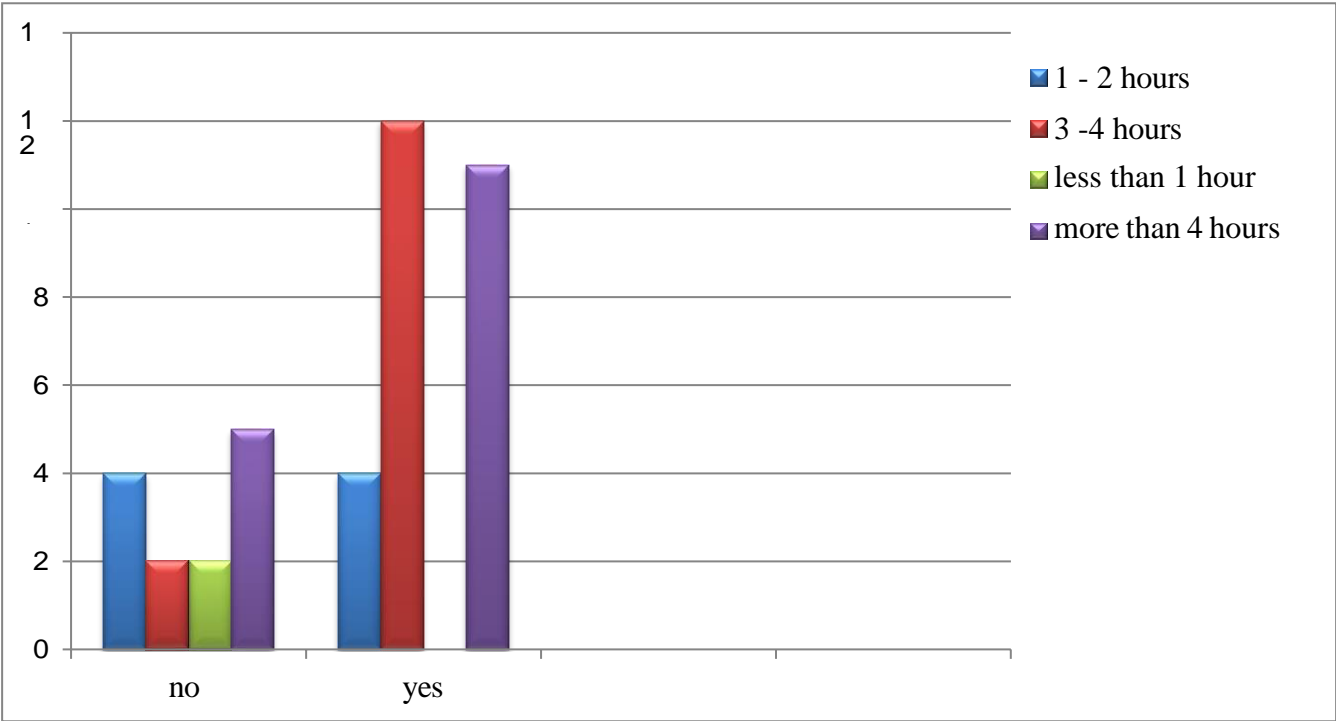


Figure 8: Comparison of necessity to reduce SM and usage of social media

4. DISCUSSION

The use of social media has become increasingly prevalent among young people, and its impact on various aspects of their lives is a focus of this study. This is concerning, as inadequate sleep can lead to a range of physical and mental health problems, including obesity, diabetes, and depression. Furthermore, research has consistently shown that young people require between 8 to 10 hours of sleep per night, and anything less than that can have adverse effects on their academic performance, mood, and overall well-being (2). This is consistent with our research, which has shown that the use of social media before bedtime can disrupt sleep patterns. The blue light emitted by electronic devices, such as smart phones and tablets, suppresses the production of melatonin, a hormone that regulates sleep, making it harder for people to fall asleep. Furthermore, social media use before bedtime can also increase cognitive arousal, making it more difficult for people to relax and fall asleep.

In addition to the impact on sleep quantity and quality, social media use can also affect sleep hygiene. Sleep hygiene refers to the habits and practices that promote good sleep, such as maintaining a consistent sleep schedule, avoiding caffeine and alcohol before bedtime, and keeping the bedroom quiet and dark. However, the use of social media before bedtime can disrupt these habits and practices, leading to poorer sleep hygiene. (34)

Based on the survey results, it can be argued that social media has a negative impact on the mental health of the test takers. The majority of test takers reported spending more than three hours a day on social media, with 40% of them spending more than four hours a day. This excessive use of social media can lead to negative outcomes such as reduced productivity, loss of sleep, and increased levels of anxiety and depression. The most commonly used social media platform among the test takers was Instagram, and the content consumed mostly consisted of movies and TV shows, as well as health and lifestyle content. While some of this content may be informative and educational, the overconsumption of social media can result in a distorted view of reality and unrealistic expectations, leading to negative self-comparisons and feelings of inadequacy.

Additionally, the survey results suggest that social media can interfere with sleep patterns, with the majority (57.5%) of the test takers reporting sleeping less than 7 hours a day. This lack of sleep can result in decreased cognitive function, increased stress levels, and reduced ability to cope with daily challenges.

Moreover, the majority (55%) of test takers reported experiencing symptoms of anxiety, with more than half of them reporting that social media does not help them to reduce tension. This suggests that social media can be a source of stress and anxiety rather than a means of relaxation and stress relief.

While the majority of test takers reported feeling happy when using social media, the results also suggest that social media can have a negative impact on mental health. The majority (65%) of test takers reported that social media had both positive and negative impacts on their mental health, with 5% of them reporting that social media had a negative impact on their mental health.

Furthermore, the survey results show that the majority of the test takers (42.5%) use social media to interact with friends and family, which suggests that social media has replaced face-to-face communication and human interaction. This can result in feelings of loneliness and isolation, which are known risk factors for mental health issues such as anxiety and depression (35).

The results from the study done by Renee Garrett et.al, suggest that social media use is associated with sleep quality among students. Results provided can be used to inform future interventions to improve sleep quality among college students. (36)

In this study, one of the most significant findings from this study is that 57.5% of the participants reported sleeping for less than 7 hours a day. This is concerning, as inadequate sleep can lead to a range of physical and mental health problems. Also 50% of the participants reported having difficulty falling asleep. In this study more than 40 percentage of respondents uses social media more than four hours. Similar to the previous study, this study showed a relationship between time spent on SM and depressive and anxiety symptoms.

In the study conducted by Hilal Bashiret.al, the researcher thoroughly analyzed and synthesized relevant literature on social media and various mental health-related issues. The topic's importance is determined by how social media use and poor mental health are related. Use of social media might be risky repercussions on the next generation since issues with mental health that arise in childhood can spread like an epidemic to anyone throughout their lifetime. Their paper provides insight into the nuanced relationship between youth mental health issues and social media use. Online harassment, depression, sexting/texting, stress, exhaustion, loneliness, a reduction in intellectual ability, cyber bullying, emotion suppression, and lack of attention are some of these issues. These factors all have an impact on young people's mental health, either directly or indirectly.(35)

In this study we found that anxiety and depression symptoms are related to social media use. 35% of the participated had depression symptoms and 55% of the participants experienced anxiety symptoms.

According to the survey conducted by Abbas Fadhil Aljuboori et.al, students have an overall favorable opinion of social media. The usage of various social media for academic purposes is growing in popularity. Noteworthy among these social media platforms is Facebook, which was mentioned in the questionnaire with a clear and noticeable improvement of YouTube in the academic field only, increasing the likelihood that academic institutions will use it for academic purposes with confidence.(37)

In our current study we found that there were few positive impacts of SM. It includes: Keeping up with current events: About 42.5%, Staying connected with friends and family: Over half of the participants (52.5%), Reducing tension: The majority of test takers (72.5%) and Enhancing mood: A large proportion of test takers (80%).

4. CONCLUSION

1. Survey results suggest that social media use may be negatively impacting the sleep patterns of students. Inadequate sleep can lead to a range of physical and mental health problems, including anxiety and depression in students. Social media use before bedtime can also increase cognitive arousal, making it more difficult for people to relax and fall asleep. Using social media before sleep result in poor sleep hygiene.

2. It can be argued that social media has a negative impact on the mental health of the students. Excessive use of social media can lead to reduced productivity, loss of sleep, and increased levels of anxiety and depression. For the benefit of students' mental health, it is crucial to be aware of the drawbacks of social media and take action to restrict our usage of it.

3. The participants identified several positive impacts of social media such as; keeping up with current events, staying connected with friends and family, Reducing tension and enhancing mood.

PRACTICAL RECOMMENDATIONS

Social media has both positive and negative impacts. It is always good to use social media with proper limits. Social media can give you better results when you use it in the correct time and with proper limits.

To students:

1. Try to avoid using SM 30 min before your sleep time.
2. Try not to use social while in bed.
3. Use social media for good by sharing uplifting and encouraging information and messages with your friends, family, and classmates.
4. Use internet platforms and services to promote healthy mental health and well-being.
5. Stay present and connected – the lines between the online and offline worlds can become increasingly blurred, making it difficult to live in the moment and satisfy our innate need for human contact. So it's important to stay present and connected.

REFERENCES

1. Deepa, M., and K. Priya. "Impact of social media on mental health of students." *International Journal of Scientific & Technology Research* 9.03 (2020).
https://www.researchgate.net/profile/V-Krishna-Priya/publication/340779328_IMPACT_OF_SOCIAL_MEDIA_ON_MENTAL_HEALTH_OF_STUDENTS/links/5e9d856e299bf13079aa9558/IMPACT-OF-SOCIAL-MEDIA-ON-MENTAL-HEALTH-OF-STUDENTS.pdf
2. Jessica C. Levenson, Ariel Shensa, Jaime E. Sidani, Jason B. Colditz, Brian A. Primack, The association between social media use and sleep disturbance among young adults, *Preventive Medicine*, Volume 85, 2016. <https://doi.org/10.1016/j.ypmed.2016.01.001>. (<https://www.sciencedirect.com/science/article/pii/S0091743516000025>)
3. Gradisar M, Wolfson AR, Harvey AG, Hale L, Rosenberg R, Czeisler CA. The sleep and technology use of Americans: findings from the National Sleep Foundation's 2011 Sleep in America poll. *J Clin Sleep Med*. 2013 Dec 15.
<https://www.sciencedirect.com/science/article/abs/pii/S0091743516000025?via%3Dihub>
4. Levenson JC, Shensa A, Sidani JE, Colditz JB, Primack BA. Social Media Use Before Bed and Sleep Disturbance Among Young Adults in the United States: A Nationally Representative Study. *Sleep*. 2017 Sep 1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8205627/>
5. Hjetland GJ, Skogen JC, Hysing M, Sivertsen B. The Association Between Self-Reported Screen Time, Social Media Addiction, and Sleep Among Norwegian University Students. *Front Public Health*. 2021 Dec 16. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8716598/>
6. Baumgartner, S. (2022). The Effects of Digital Media and Media Multitasking on Attention Problems and Sleep. In J. Nesi, E. Telzer, & M. Prinstein (Eds.), *Handbook of Adolescent Digital Media Use and Mental Health* (pp. 317-337). Cambridge: Cambridge University Press.
doi:10.1017/9781108976237.017 <https://www.cambridge.org/core/books/handbook-of-adolescent-digital-media-use-and-mental-health/effects-of-digital-media-and-media-multitasking-on-attention-problems-and-sleep/8A65B9D01D42E33800E57840A8A04F77>
7. Okano K, Kaczmarzyk JR, Dave N, Gabrieli JDE, Grossman JC. Sleep quality, duration, and consistency are associated with better academic performance in college students. *NPJ Sci Learn*. 2019

Oct 1; 4:16. doi: 10.1038/s41539-019-0055-z. PMID: 31583118; PMCID: PMC6773696.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6773696/>

8. Wong ML, Lau EY, Wan JH, Cheung SF, Hui CH, Mok DS. The interplay between sleep and mood in predicting academic functioning, physical health and psychological health: a longitudinal study. *J Psychosom Res.* 2013 Apr;74(4):271-7. doi: 10.1016/j.jpsychores.2012.08.014. Epub 2012 Sep 25. PMID: 23497826.

9. Perez E, Donovan EK, Soto P, Sabet SM, Ravyts SG, Dzierzewski JM. Trading likes for sleepless nights: A lifespan investigation of social media and sleep. *Sleep Health.* 2021 Aug;7(4):474-477. doi: 10.1016/j.sleh.2021.03.004. Epub 2021 May 9. PMID: 33980473; PMCID: PMC8384677.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8384677/>

10. Rzewnicki DI, Shensa A, Levenson JC, Primack BA, Sidani JE. Associations between positive and negative social media experiences and sleep disturbance among young adults. *Sleep Health.* 2020 Oct;6(5):671-675. doi: 10.1016/j.sleh.2020.02.013. Epub 2020 Apr 22. PMID: 32335040; PMCID: PMC7577979. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7577979/#R4>

11. Primack BA, Shensa A, Sidani JE, Whaite EO, Lin LY, Rosen D, Colditz JB, Radovic A, Miller E. Social Media Use and Perceived Social Isolation Among Young Adults in the U.S. *Am J Prev Med.* 2017 Jul;53(1):1-8. doi: 10.1016/j.amepre.2017.01.010. Epub 2017 Mar 6. PMID: 28279545; PMCID: PMC5722463. <https://pubmed.ncbi.nlm.nih.gov/28279545/>

12. Primack BA, Karim SA, Shensa A, Bowman N, Knight J, Sidani JE. Positive and Negative Experiences on Social Media and Perceived Social Isolation. *Am J Health Promot.* 2019 Jul;33(6):859-868. doi: 10.1177/0890117118824196. Epub 2019 Jan 21. PMID: 30661371. <https://pubmed.ncbi.nlm.nih.gov/30661371/>

13. Exelmans, Liese & Van den Bulck, Jan. (2014). The Use of Media as a Sleep Aid in Adults. *Behavioral sleep medicine.* 14. 1-13. 10.1080/15402002.2014.963582. https://www.researchgate.net/publication/266945072_The_Use_of_Media_as_a_Sleep_Aid_in_Adults

14. Karim F, Oyewande AA, Abdalla LF, Chaudhry Ehsanullah R, Khan S. Social Media Use and Its Connection to Mental Health: A Systematic Review. *Cureus.* 2020 Jun 15;12(6):e8627. doi: 10.7759/cureus.8627. PMID: 32685296; PMCID: PMC7364393. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7364393/#REF8>

15. Weinstein AM. Problematic Social Networking Site use-effects on mental health and the brain. *Front Psychiatry.* 2023 Jan 19;13:1106004. doi: 10.3389/fpsy.2022.1106004. PMID: 36741578; PMCID: PMC9893026. <https://pubmed.ncbi.nlm.nih.gov/36741578/>

16. Odgers CL, Jensen MR. Annual Research Review: Adolescent mental health in the digital age: facts, fears, and future directions. *J Child Psychol Psychiatry*. 2020 Mar;61(3):336-348. doi: 10.1111/jcpp.13190. Epub 2020 Jan 17. PMID: 31951670; PMCID: PMC8221420.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8221420/>
17. Thomée, S., Härenstam, A. & Hagberg, M. Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults - a prospective cohort study. *BMC Public Health* 11, 66 (2011). <https://doi.org/10.1186/1471-2458-11-66>
18. Bashir, Hilal, and Shabir Ahmad Bhat. "Effects of social media on mental health: A review." *International Journal of Indian Psychology* 4.3 (2017): 125-131.
https://www.researchgate.net/profile/Shabir-Bhat/publication/323018957_Effects_of_Social_Media_on_Mental_Health_A_Review/links/5a7c9e97aca272341aeb7472/Effects-of-Social-Media-on-Mental-Health-A-Review.pdf
19. Aydogan, Doğan, and Ozan Buyukyilmaz. "The effect of social media usage on students' stress and anxiety: A Research in Karabuk University Faculty of Business." *International Journal of Multidisciplinary Thought* 6.1 (2017): 253-260.
<http://www.universitypublications.net/ijmt/0601/pdf/R6ME230.pdf>
20. Dobrean, Anca, and Costina-Ruxandra Păsărelu. "Impact of Social Media on Social Anxiety: A Systematic." *New developments in anxiety disorders* 129 (2016).
<http://dx.doi.org/10.5772/65188>
21. Pantic I. Online social networking and mental health. *Cyberpsychol Behav Soc Netw*. 2014 Oct;17(10):652-7. doi: 10.1089/cyber.2014.0070. Epub 2014 Sep 5. PMID: 25192305; PMCID: PMC4183915. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4183915/>
22. Oberst U, Wegmann E, Stodt B, Brand M, Chamarro A. Negative consequences from heavy social networking in adolescents: The mediating role of fear of missing out. *J Adolesc*. 2017 Feb;55:51-60. doi: 10.1016/j.adolescence.2016.12.008. Epub 2016 Dec 27. PMID: 28033503.
<https://pubmed.ncbi.nlm.nih.gov/28033503/>
23. @article{Hunt2018NoMF, title={No More FOMO: Limiting Social Media Decreases Loneliness and Depression}, author={Melissa G. Hunt and Rachel Marx and Courtney Lipson and Jordyn Young}, journal={Journal of Social and Clinical Psychology}, year={2018} }
<https://www.semanticscholar.org/paper/No-More-FOMO%3A-Limiting-Social-Media-Decreases-and-Hunt-Marx/89e81f45afba5f0be1e17bc5fd67d72a8f21f4fc>

24. Mathewson, M. "The impacts of social media usage on students' mental health." *J. Student Affairs* 29 (2020): 146-160. <https://sahe.colostate.edu/wp-content/uploads/sites/10/2020/08/Journal-of-Student-Affairs-Vol.-XXIX-2019-2020.pdf#page=147>
25. Almutairi M, Simpson A, Khan E, Dickinson T. The value of social media use in improving nursing students' engagement: A systematic review. *Nurse Educ Pract.* 2022 Oct;64:103455. doi: 10.1016/j.nepr.2022.103455. Epub 2022 Sep 19. PMID: 36182729. <https://pubmed.ncbi.nlm.nih.gov/36182729/>
26. Abbas, J.; Aman, J.; Nurunnabi, M.; Bano, S. The Impact of Social Media on Learning Behavior for Sustainable Education: Evidence of Students from Selected Universities in Pakistan. *Sustainability* 2019, *11*, 1683. <https://doi.org/10.3390/su11061683>
27. Anastasia Stathopoulou, Nikoleta-Theofania Siamagka, George Christodoulides, A multi-stakeholder view of social media as a supporting tool in higher education: An educator–student perspective, *European Management Journal*, Volume 37, Issue 4, 2019, Pages 421-431, ISSN 0263-2373, <https://doi.org/10.1016/j.emj.2019.01.008>.
28. O'Reilly M, Dogra N, Hughes J, Reilly P, George R, Whiteman N. Potential of social media in promoting mental health in adolescents. *Health Promot Int.* 2019 Oct 1;34(5):981-991. doi: 10.1093/heapro/day056. PMID: 30060043; PMCID: PMC6904320. <https://pubmed.ncbi.nlm.nih.gov/30060043/>
29. Gever VC, Iyendo TO, Obiugo-Muoh UO, Okunade JK, Agujiobi-Odoh N, Udengwu N, Talabi FO, Nwokolo PN. Comparing the effect of social media-based drama, music and art therapies on reduction in post-traumatic symptoms among Nigerian refugees of Russia's invasion of Ukraine. *J Pediatr Nurs.* 2023 Jan-Feb;68:e96-e102. doi: 10.1016/j.pedn.2022.11.018. Epub 2022 Dec 2. PMID: 36470757. <https://pubmed.ncbi.nlm.nih.gov/36470757/>
30. W. Whyte, C. Hennessy Social media use within medical education: a systematic review to develop a pilot questionnaire on how social media can be best used at BSMS MedEdPublish, 6 (2017), p. 83, [10.15694/mep.2017.000083](https://doi.org/10.15694/mep.2017.000083)
31. Cheston, Christine C. MD; Flickinger, Tabor E. MD, MPH; Chisolm, Margaret S. MD. Social Media Use in Medical Education: A Systematic Review. *Academic Medicine* 88(6):p 893-901, June 2013. | DOI: 10.1097/ACM.0b013e31828ffc23 https://journals.lww.com/academicmedicine/Fulltext/2013/06000/Social_Media_Use_in_Medical_Education_A.36.aspx

32. Mustafa I.M. Eid, Ibrahim M. Al-Jabri, Social networking, knowledge sharing, and student learning: The case of university students, *Computers & Education*, Volume 99, 2016, Pages 14-27, ISSN 0360-1315, <https://doi.org/10.1016/j.compedu.2016.04.007>
33. Raut, Vishranti, and Prafulla Patil. "Use of Social Media in Education: Positive and Negative impact on the students." *International Journal on Recent and Innovation Trends in Computing and Communication* 4.1 (2016): 281-285.
34. Franklin C. Brown PhD, Walter C. Buboltz Jr PhD & Barlow Soper PhD (2002) Relationship of Sleep Hygiene Awareness, Sleep Hygiene Practices, and Sleep Quality in University Students, *Behavioral Medicine*, 28:1, 33-38, DOI: [10.1080/08964280209596396](https://doi.org/10.1080/08964280209596396)
<https://www.tandfonline.com/doi/citedby/10.1080/08964280209596396?scroll=top&needAccess=true&role=tab&aria-labelledby=cit>
35. The International Journal of Indian Psychology ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) Volume 4, Issue 3, DIP: 18.01.134/20170403 DOI: 10.25215/0403.134 <http://www.ijip.in> | April - June, 2017
36. Renee Garrett, Sam Liu & Sean D. Young (2018) The relationship between social media use and sleep quality among undergraduate students, *Information, Communication & Society*, 21:2, 163-173, DOI: [10.1080/1369118X.2016.1266374](https://doi.org/10.1080/1369118X.2016.1266374)
37. Abbas Fadhil Aljuboori, Abdulnaser M. Fashakh, Oguz Bayat, The impacts of social media on University students in Iraq, *Egyptian Informatics Journal*, Volume 21, Issue 3, 2020, Pages 139-144, ISSN 1110-8665, <https://doi.org/10.1016/j.eij.2019.12.003>
38. Betul Keles, Niall McCrae & Annmarie Grealish (2020) A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents, *International Journal of Adolescence and Youth*, 25:1, 79-93, DOI: [10.1080/02673843.2019.1590851](https://doi.org/10.1080/02673843.2019.1590851)
39. Shensa A, Escobar-Viera CG, Sidani JE, Bowman ND, Marshal MP, Primack BA. Problematic social media use and depressive symptoms among U.S. young adults: A nationally-representative study. *Soc Sci Med*. 2017 Jun;182:150-157. doi: 10.1016/j.socscimed.2017.03.061. Epub 2017 Apr 24. PMID: 28446367; PMCID: PMC5476225. <https://pubmed.ncbi.nlm.nih.gov/28446367/>
40. Gugushvili N, Täht K, Schruoff-Lim EM, Ruiter RA, Verduyn P. The Association Between Neuroticism and Problematic Social Networking Sites Use: The Role of Fear of Missing out and Self-Control. *Psychol Rep*. 2022 Nov 25:332941221142003. doi: 10.1177/00332941221142003. Epub ahead of print. PMID: 36427043. <https://pubmed.ncbi.nlm.nih.gov/36427043/>

ANNEXES

Annex No. 1. Permission from the Center of Bioethics



LIETUVOS SVEIKATOS MOKSLŲ UNIVERSITETAS

BIOETIKOS CENTRAS

Kodas 302536989, Tilžės g. 18, LT- 47181, Kaunas, tel.: (8 37) 327233, www.lsmuni.lt, el.p.: bec.registracija@lsmuni.lt

Medicinos akademijos (MA)
Pirmosios pakopos studijų programa – Slauga
(studijos užsienio kalba)
IV k. studentui Andriya Brigiht
Darbo vadovė asist. Jovita Demškytė
LSMU Slaugos klinika

2023.02.20

BEC-SL(B)-139

DĖL PRITARIMO TYRIMUI

LSMU Bioetikos centras, įvertinęs Andriya Brigiht pateiktus dokumentus, studento tiriamajam darbui tema „Effects of social media on mental health of students“ pritaria*.



dr. Eimantas Pajūlis

* Pastaba: šis pritarimas neatleidžia tiriamąjį mokslinį darbą vykdančių asmenų nuo prievolės laikytis Bendrojo duomenų apsaugos reglamento nuostatų ir nuo atsakomybės gauti nacionalinio arba regioninio bioetikos komiteto leidimą, jei toks leidimas būtinas pagal LR Biomedicininų tyrimų etikos įstatyme numatytus reikalavimus.

Effect of social media on mental health of students

1. Your study programme?

- ☐ BSC nursing
- ☐ Occupational therapy
- ☐ Physiotherapy

2. Which year?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

3. Your gender?

- ☐ male
- ☐ female
- ☐ Other

4. What age group do you belong to?

- ☐ 18- 25
- ☐ 26-35
- ☐ above 35

5. What social media platform do you use the most?

- ☐ Instagram
- ☐ Facebook
- ☐ WhatsApp
- ☐ Twitter
- ☐ Snapchat

6. What type of content do you like to see on social media?

- ☐ movies and tv shows
- ☐ fitness and nutrition
- ☐ health and lifestyle
- ☐ regarding studies

7. At what time are you most active on social media?

- ☐ before 6 am
- ☐ 6-9 am
- ☐ 9-12 pm
- ☐ 1-4 pm
- ☐ 4-6 pm
- ☐ 6-10 pm
- ☐ after 10 pm

8. How many hours a day do you approximately use social media?

- ☐ under 1 hour
- ☐ 1-2 hours
- ☐ 3-4 hours
- ☐ more than 4 hours

9. What benefit do you get from using social media?

- ☐ updates on daily news
- ☐ making new friends
- ☐ shopping through advertisement
- ☐ interact with friends and family
- ☐ for study purpose

10. What impact do you think social media has on you?

- ☐ positive impact
- ☐ negative impact
- ☐ no impact
- ☐ both positive and negative

11. Will you be able to live without social media for a day without feeling frustrated?

- ☐ yes
- ☐ no
- ☐ I don't know

12. Does social media help you with your studies?

- ☐ yes
- ☐ No

13. How many hours do you sleep a day?

- ☐ Below 7 hours
- ☐ 7-9 hours
- ☐ above 9 hours

14. Do you have difficulty in falling asleep?

- ☐ Yes
- ☐ No

15. How do you rate your mental health?

- ☐ very good
- ☐ good
- ☐ not bad
- ☐ bad

16. Have you ever felt that social media has made you lazy?

- ☐ Yes
- ☐ No

17. Have you experienced any symptoms of depression?

- ☐ Yes
- ☐ No

18. Have you experienced any symptoms of anxiety?

- ☐ Yes

☐ No

19. Does social media help you to reduce tension?

☐ Yes

☐ No

20. Do you feel happy when you use social media?

☐ Yes

☐ No

21. Does social media help you to lighten up your mood?

☐ Yes

☐ No

22. Do you think you have to reduce the use of social media?

☐ Yes

☐ No

Annex No. 3. Declaration of Author's Contribution and Academic Integrity

Appendix 2.

LITHUANIAN UNIVERSITY OF HEALTH SCIENCES MEDICAL ACADEMY FACULTY OF NURSING

ANDRIYA BRIGHT LSMV195563
(Student's name and surname, student ID No)

DECLARATION OF AUTHOR CONTRIBUTION AND ACADEMIC INTEGRITY

April 20 23

Bachelor thesis EFFECT OF SOCIAL MEDIA ON MENTAL HEALTH
OF STUDENTS

(Title)

topic, scope of research (mark the appropriate line with an "x" and fill in):

<input type="checkbox"/>	I formulated and defined independently based on personal observations: (Indicate your previous research in this area, other sources and research that helped formulate the problem, goals and objectives of the thesis)
<input checked="" type="checkbox"/>	I chose from the proposed supervisor or other scientists, lecturers: (Indicate the name and surname of the researcher or lecturer): <u>JOVITA DEMSKYTĖ</u>


During the collection and evaluation of the material and the preparation of the final thesis, I was consulted by researchers, lecturers, and specialists. Their contribution to the preparation of the thesis:

My supervisor was Jovita Demskyte. she guided and supported me while I did my bachelor thesis.

When collecting the material, I used the following tools and infrastructure of the Lithuanian University of Health Sciences (if you used them, mark them; specify the percentage expression: if tools and infrastructure owned by other people were not used – 100 percent, if used – indicate the size of the University's share):

Laboratory and laboratory devices	<input type="checkbox"/>	%
Reagents	<input type="checkbox"/>	%
Other tools and materials (specify)	<input type="checkbox"/>	%

I confirm that my final bachelor's thesis is independently written, the submitted material is not plagiarized, falsified, the research data is not falsified, the work is not duplicated. Citations from other sources used directly or indirectly are marked in the literature references. The contribution of other persons (if any in the work) is clearly declared. I confirm that the work is written in the correct English language.


(Signature)

ANDRIYA BRIGHT
(Student's name, surname)