

Social Media impact on the mental and physical well-being of college students

Introduction

The primary research problem addressed in this study revolves around exploring the potential influence of social media on the mental and physical well-being of college students.



<https://bernardmarr.com/wp-content/uploads/2022/02/What-Is-Social-Media-2.0-Simple-Explanation-And-Examples.jpg>

Research Question

How does Social Media influence the mental and physical wellbeing of college students?



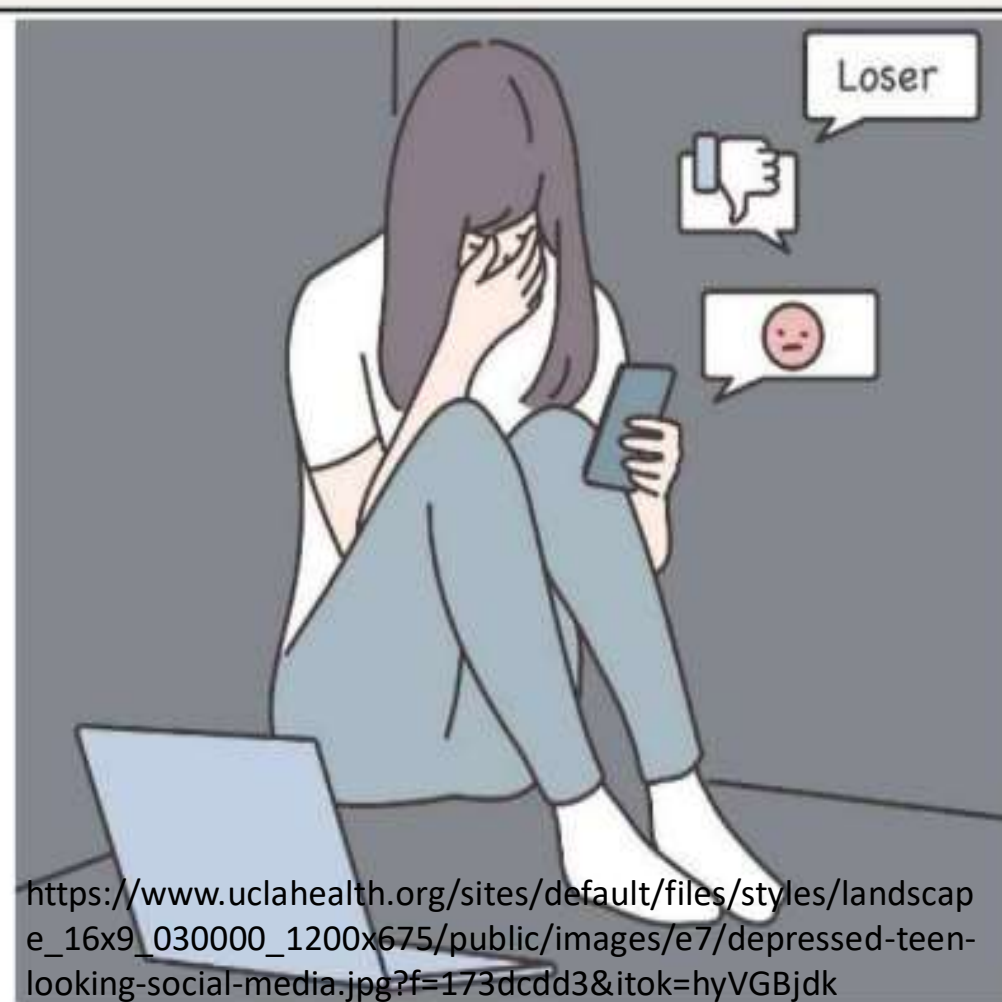
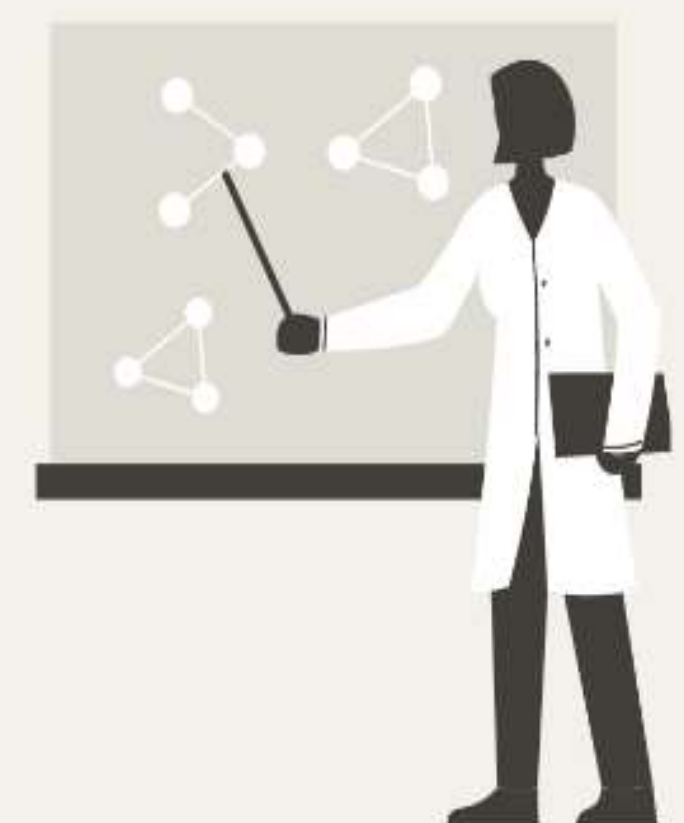
Analysis

- This research utilized inferential statistics.
- The correlation and regression analyses revealed weak or non-significant associations.

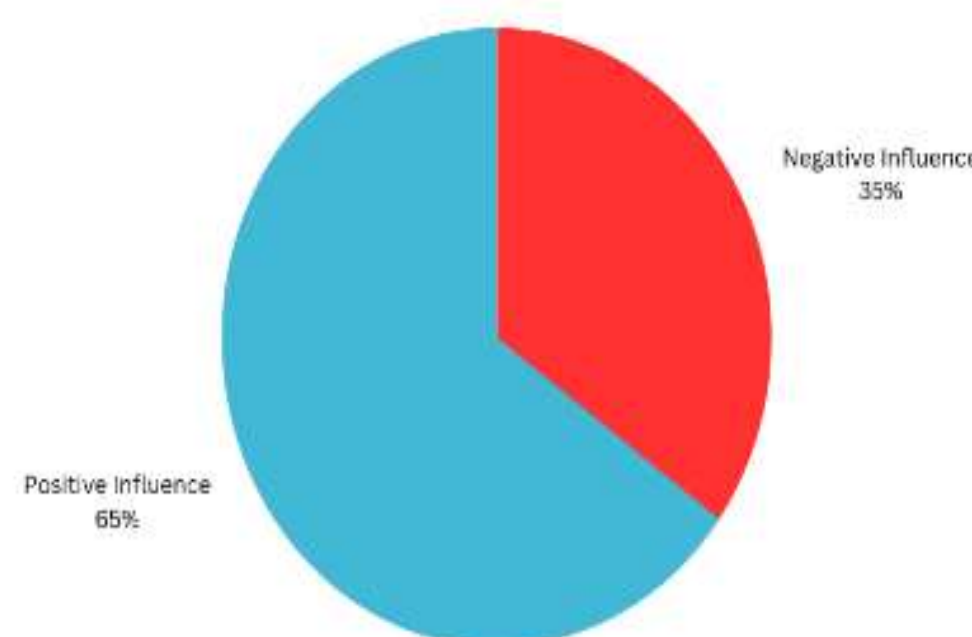


Findings

- The findings shows that the "Use of Social Media" does not significantly predict mental health among college students is consistent with some previous research.



https://www.uclahealth.org/sites/default/files/styles/landscape_16x9_030000_1200x675/public/images/e7/depressed-teen-looking-social-media.jpg?itok=hyVGBjdk



35% reported facing negative social media influences and occasional cyberbullying experiences. Surprisingly, 65% of participants reported positive effects, such as feeling happier and even earning from social media.



https://www.memn.org/sites/default/files/styles/panopoly_image_original/public/images/mental-health-on-laptop-screen-3958403.jpg?itok=6XHkYfM5

Conclusion

Excessive social media use has been associated with adverse effects on mental health among college students. However, it is crucial to acknowledge the significance of social media platforms in facilitating e-learning and online classes, enabling seamless communication and access to educational resources.



https://img.freepik.com/free-vector/e-learning-icons-flat_1284-3950.jpg?w=2000