The Impact of Social Media on Student's Mental Well-being in Pakistan

Muhammad Arslan
BS-Economics Scholar, Akhuwat College University Kasur, Punjab, Pakistan.
officialarslan.pk@gmail.com

Ashfaq Sabir
BS-IT Scholar, Akhuwat College University Kasur, Punjab, Pakistan.
Email: ashfaqbaloch5451106@gmail.com

Abstract

The research investigates the intricate relationship between social media usage and the mental well-being of students in Punjab, Pakistan. Employing a methodology based on non-probability and snowball sampling techniques, data is gathered through Google Form questionnaires. The study aims to illuminate how social media positively impacts the mental well-being of students. The purpose of this quantitative study is to investigate possible causal relationships by examining correlations between social media use patterns and indicators of mental health. Additionally. The results provide light on the complex relationship between social media use and psychological health in the cultural setting of Punjab, Pakistan. This study has important implications for schools, lawmakers, and mental health providers because it sheds light on how to encourage healthy social media habits among students and how to ensure their mental health in the digital era.

Keywords: Social media, Mental well-being, student progress

Introduction:

Social media is still hard to define, but it typically includes things like online communities, blogs, wikis, video sharing sites, online games, and virtual worlds for social interaction. The major emphasis is on social networking sites because of how commonplace they are. Users are able to build profiles, contribute content, and converse with one another through these web-based services (Tess, 2013). The rise of social media has had a profound impact on students' mental health, prompting concerns among educators, parents, and mental health experts. While these platforms offer connectivity and information, the exposure to idealized images and social pressures has raised worries about their influence on students' well-being. It indicates that excessive social media use can lead to heightened anxiety, depression, and low self-esteem among students. The act of comparing one's life to carefully constructed online personas can breed unrealistic expectations and feelings of inadequacy. Additionally, cyberbullying, digital harassment, and the fear of missing out can compound stress and

The Impact of Social Media on Student's Mental Well-being in Pakistan

emotional distress. On a positive note, social media also serves as a vehicle for awareness, support, and community building, allowing students to express themselves, seek guidance, and connect with like-minded individuals. Furthermore, efforts promoting digital well-being and mindfulness are emerging to counter the negative effects of social media on mental health.

Literature review:
How students' mental health is affected by social media. For this study, we surveyed 90 students from the two best universities in Chennai. Spending more time on social media, having more SNS, and experiencing more anxiety and serious activity on SNS compared to real life are all positively correlated with one another, according to the findings. The study also found that students' mental health suffered as a result of their social media use, specifically from anxiety and depression (Deepa, 2020). the examination of students' mental health, overall welfare, and transition from school to work, whether they participate in co-operative education or not. This study aims to examine the impact of social media, classmates, and personal possessions on the psychological health and self-esteem of undergraduates as they enter the workforce. It will do so through a cooperative education framework. All faculty members and 314 undergraduates participated in the data collection process. This study found that compared to students whose schools did not use a cooperative education system, those whose schools did had higher levels of confidence (work efficacy), as well as higher levels of peer support, a feeling of belonging, and confidence. The student's self-assurance is impacted by demographic factors as well. Students who are well-supported by their peers and who feel a strong sense of belonging tend to be emotionally resilient. Similarly, those students who excessively use social media are also less emotionally strong than those who do not use social media (McBeath, 2016). Social media is a big part of how we live today, affecting how we talk, learn, see ourselves, and feel good about ourselves. It's also connected to people feeling too important and disagreements because we rely on it too much. Researchers are studying how social media affects what's normal in society and how we act, especially looking at how being self-centered online is related to using social media a lot. Arguments often happen because we spend too much time on social media, leading to feelings of being better or worse than others based on looks. Studies want to figure out how platforms like Facebook and Instagram change how young people think about themselves, their friendships, and their overall happiness. They're also looking at how people become too focused on themselves and addicted to these platforms, including those who post a lot and those who follow them. Understanding these things helps us deal with the problems and make social media a healthier place for everyone (Umer.S.A, 2024). Since the 1990s, the Internet and social media have become prevalent in daily communication. This has led to both opportunities and challenges. Recent years have seen increased concerns like suicide, mental health issues, political polarization, and online aggression. This article reviews evidence linking social media to negative effects on well-being, including political divides, depression, suicide, aggression, and cyberbullying. It also explores historical patterns to understand if these issues are new or existed before the internet era. The conclusion highlights that while social media can contribute to these problems, the relationships are complex and influenced by various factors. Rigorous research methods and careful interpretation are crucial for

understanding social media's impact accurately (Ferguson, 2021). This study looked at how people use social media, how much they think about themselves, and how they feel about themselves. They asked over 23,000 people in Norway about their habits. They found that younger people, especially women, students, and those with less education or money, often use social media. People who think a lot about themselves and don't feel very good about themselves also use social media more. It seems like some people use social media to feel better about themselves or distract themselves from feeling bad. The study suggests that we might need to help certain groups of people use social media in a healthier way (Andreassen, 2017).

Hypothesis: There is a significant relationship between social media and students' mantel well-being.

Theoretical Framework:
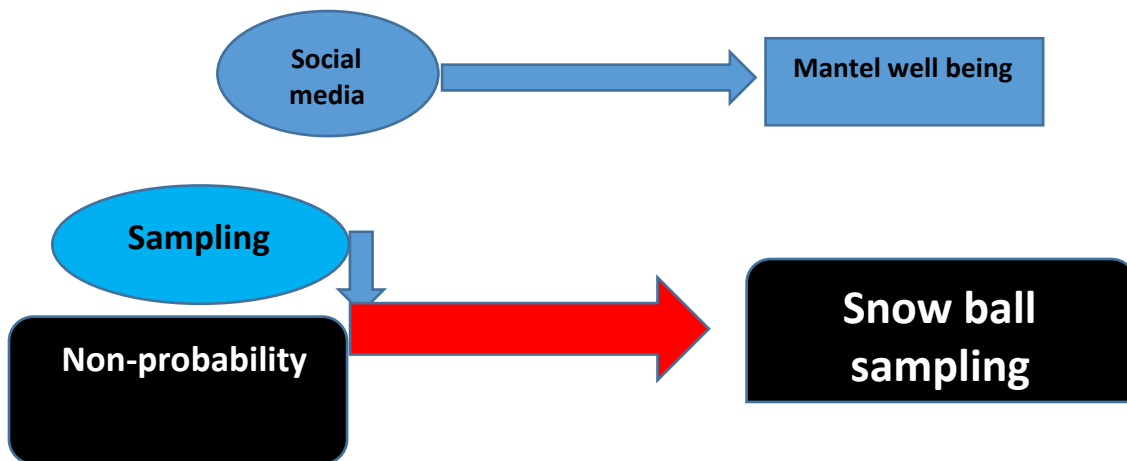
Research methodology:

Sampling Techniques:

In this study we implied a Likert scale for measurement through a questionnaire online Google form subsequently, we conducted a sample to Non non-probability sampling and further snowball sampling in Punjab's different colleges and universities. Our data collection method is a questionnaire survey from different university students in Punjab.

Data analysis Techniques: The data was analyzed with the help of the statistical tool SPSS software to find a correlation and regression between social media and students' mantel well-being.

Results & findings:

Statistics		socialmedia	mantelwellbeing
N	Valid	40	40
	Missing	2	2
Mean		3.1781	3.1375

The Impact of Social Media on Student's Mental Well-being in Pakistan

Median	3.1250	3.1500
Mode	3.00	3.60
Std. Deviation	.60373	.60370

Interpret:

Mean: Social media value is around 3.1781, mantel well-being, its value is around 3.1375. This means most people rated their social media use and mental well-being closely. Median: social media value is about 3.1250, and mantel well-being value is about 3.1500. So, about half of the people rated their social media use and mental well-being higher than these numbers, and half rated them lower. Mode: social media value is 3.00, and the mantel wellbeing value is 3.60. So many people gave a rating of 3.00 for social media use, and 3.60 for mental well-being. Standard Deviation: social media value is about 0.60373, and mantel well-being value is about 0.60370.

Correlations		socialmedia	mantelwellbeing
		socialmedia	mantelwellbeing
social media	Pearson Correlation	1	.463[**]
	Sig. (2-tailed)		.003
	N	40	40
mantel wellbeing	Pearson Correlation	.463[**]	1
	Sig. (2-tailed)	.003	
	N	40	40
[**]. Correlation is significant at the 0.01 level (2-tailed).			

Interpret:

Pearson Correlation: social media and Mantel well-being correlation is about 0.463. This means there's a good positive relationship between using social media and feeling mental well. When one goes up, the other tends to go up too. Significance (2-tailed): The p-value, which is 0.003, is less than 0.01. That means there's a very small chance this connection happened randomly. So, we can trust that there's a link between social media use and mental well-being.

ANOVA[a]						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3.049	1	3.049	10.375	.003[b]
	Residual	11.167	38	.294		
	Total	14.215	39			
a. Dependent Variable: social media						
b. Predictors: (Constant), mantel wellbeing						

Interpret: Sig. (Significance): The p-value is .003, Indicating that the model is statistically significant at the 0.05 level.

Conclusions:

The findings from our study demonstrate the statistical importance of the model

The Impact of Social Media on Student's Mental Well-being in Pakistan

investigating the connection between students' use of social media and their mental well-being in Punjab, Pakistan. The low p-value of .003 suggests a strong statistical significance, indicating that the observed relationship is significant within the usual threshold of 0.05. This suggests that the factors considered in our model significantly influence the mental well-being outcomes of students in Punjab. Thus, we can confidently assert that there is a substantial link between how students engage with social media and their mental well-being in Punjab.

Implications of the study:
Awareness and Education: It highlights the importance of educating students about healthy and responsible use of social media. Students, parents, educators, and policymakers should be made aware of the potential impact of excessive or inappropriate social media usage on mental health**.**
Intervention and Support: Students who are worried about the potential negative impacts of social media use will find this helpful. Counseling, support groups, or educational initiatives aimed at fostering digital wellness could fall under this category.
Policy and Regulation: Policies and regulations may be shaped by the results to mitigate the possible detrimental impacts of social media on mental health, especially in vulnerable groups like students.
Research and Further Investigation: The results highlight the need for additional studies to dissect the connections between students' social media use and their psychological health. Longitudinal studies could be conducted to evaluate the effects in the long run.
Well-being Initiatives: Institutions and organizations may consider implementing digital well-being initiatives that promote healthy and balanced use of technology, including social media.

References
1. Andreassen, C. (2017). The relationship between addictive use of social media, narcissism, and self-esteem. 64,287-293.
2. Deepa. (2020). Impact of social media on the mental health of students.
3. Ferguson, C. J. (2021). Does the internet make the world worse? Depression, aggression, and polarization in the social media age. , 41(4), 116-135.
4. McBeath, M. L. (2016). Sense of belonging, peer support, and social media: examining the mental health, well-being, and school to work transitions of co-operative and non-co-operative education).
5. Tess, P. A. (2013). The role of social media in higher education classes. *(real and virtual*, 29(5), A60-A68.
6. Umer. S.A. (2024). Exploring the Relationship Between Narcissism, Subjective Wellbeing and Social Media Usages. *A Case Study on GCUF Students on Facebook aInstagramram Remittances*, 9(1),812.836,.