



The Impact of Social Media Addiction on Teenage Depression: A Correlational Study

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ABSTRACT

Introduction: Teenagers' lives revolve around social media, with platforms like Instagram, Snapchat, and TikTok shaping how they express and understand themselves. While offering connectivity, social media can negatively affect mental health, particularly causing depression. **Motivation:** This study explores the link between excessive social media use and depressive symptoms in teenagers, focusing on how engagement patterns contribute to emotional distress. **Purpose:** The study assessed social media use and depressive symptoms using surveys and the Beck Depression Inventory (BDI) to analyze the correlation between depression and social media addiction. **Results:** This study demonstrates concerning relationship between high social media engagement and negative emotional outcomes. Many participants also struggled to control their use of social media and were anxious, restless and experienced emotional distress when they couldn't access it. For example, compulsive behaviors such as frequent social media checking, disrupted daily routines including sleep, academics, and interpersonal relationships. On the contrary, many participants showed depressive symptoms such as sadness, guilt, hopelessness, and lack of enthusiasm for activities. **Discussion:** The findings of this study underscore the impact of excessive social media use on mental health, suggesting that social media addiction may contribute to or exacerbate depressive symptoms. The results emphasize the need for promoting healthier digital habits and encouraging individuals to seek professional support when experiencing severe emotional distress related to social media use. Developing strategies to mitigate the adverse effects of excessive social media engagement and raise awareness of its mental health risks is essential for protecting teenagers' well-being in the digital age.

INTRODUCTION

Background

Through social media everyone now interacts differently while they both exchange messages and distribute information. The social media platforms Instagram Snapchat and TikTok serve as essential components of teenage daily life which affects both their social relationships and their personal identity. Social media brings different valuable features like social connection and information availability but its excessive addictive nature remains a critical problem. Research indicates that individuals who spend excessive time compulsively using social media platforms face negative consequences for their mental well-being especially when targeted toward teenage audiences (Twenge et al., 2018).

Social media addiction creates particular risks for teenagers because they experience quick emotional transformations in their psychological development. Excessive consumption of carefully selected social

media content and unrealistic expectations within platforms combines with missed out anxiety to provoke feelings of depression and inadequacy in users. Research by Keles and his colleagues (2020) demonstrates how social media can intensify mental health problems that include depression. Social comparisons with online personas lead to increased self-esteem problems which then develop into depressive symptoms (Andreassen et al., 2017).

Research investigates depressive symptoms that develop from teenage social media addiction by examining the effects of digital platform behaviors on adolescent emotional health. This research investigates teenagers because the findings aim to identify methods for reducing the negative outcomes of increased social media usage.

Statement of the Problem

Teenage development thus becomes digital because these kids have reached the times when social media became fundamental to their daily lives. Increased immersion through these platforms has thus far raised concerns about how such open availability to communicate, express oneself, and share knowledge will impact mental wellness. Compulsive technology use is characterized by social media addiction, where social media grabbing is predominant, followed by painful withdrawal reactions during periods when social access is curtailed. Social media use in excess steals away from routine events which teenagers would otherwise take part in and further deteriorates overall health condition.

The greatest problem with social media is that it destroys people psychologically. In addition to feeling lonely, teenagers who spend long hours on the Internet report that they suffer anxiety and diminished sense of self worth. The addictive pattern of validation through likes and comments on social media leads to unstable emotions since people who do not meet their expectations on social media. Research has it that social media addict destroys relationships and pulls away from real people and also damages other mental health problems such as depression (Twenge et al., 2018).

With the cyberbully, with the perpetuation of the unattainable beauty standards and the peer evaluation of social networks, psychologically the teenagers themselves have more difficulties. These conditions create social factors in which personal value decreases and depressive symptoms are intensified. Because of the combining effects of these two factors, immediate research into the connection between social media addiction and psychological harm is needed. Hence, the research holds great significance considering the fact that it addresses depression rates among teens that continue to rise worldwide as well as the presence of social media, one of the key contributing factors to this whole issue (Keles et al., 2020).

Social media addiction requires investigation to determine its effects on teenage likelihood for developing depressive symptoms. The study uses patterns of social media use combined with their mental health effects to uncover why prolonged social media engagement creates emotional distress in users. Research findings will form the basis for creating data-driven mental health strategies that aim to build better electronic behavior practices for teenagers

Objectives

1. To determine how much time teenagers, spend on social media every day and how attached they are to it.
2. To investigate if teenagers who use social media more frequently exhibit higher symptoms of depression than those who use it less frequently.

Research Questions

1. How much time do teenagers spend on social media daily, and how does this reflect their level of attachment?
2. Is there a significant difference in depressive symptoms between teenagers with high and low social media usage?

Significance of the Study

Understanding the link between social media addiction and depression in teenagers is essential for raising awareness among parents, educators, and policymakers. It highlights the mental health risks of excessive social media use and the need for early intervention. First, this study paves the way for targeted interventions to encourage healthy digital habits via educational programs and coping strategies. Furthermore, the study bridges a knowledge gap and guides subsequent research in adolescent mental health. On a bigger scale, it highlights the crucial role of nurturing resilience and emotional well-being, together with expressing oneself offline to counterbalance the adverse influence of social media use excessively.

LITERATURE REVIEW

Researchers, clinicians and policymakers have focused on the relationship between teenage social media addiction and depression because of its implications for mental health. With its high utilization by adolescents, frequent users of social media, this aspect of research is essential in understanding and addressing broader public health concerns (Keles et al., 2020). The wave of platforms like Instagram, TikTok, and Snapchat have altered the way teenagers talk to one another, but at the same time, this digital dipase has also introduced perils, for instance habits that are addictive and their mental components (Twenge & Campbell, 2018).

Therefore, an investigation on the psychological and behavioral outcomes of excessive social media use is conducted to see how it can interfere with sleep, academic performance and self esteem (Woods & Scott, 2016; Fardouly et al., 2015). Finally, the chapter considers the evidence of social media addiction leading to depression, and the mediators and mechanisms explaining this relationship. Initial factors discussed include negative social comparison, cyberbullying, and displacement of healthier activity (Chou & Edge, 2012; Primack et al., 2017).

Social Media Addiction: Concept and Prevalence

Excessive, compulsive use resulting in failure to meet daily responsibilities characteristic of social media addiction. According to Andreassen et al. (2012), it is considered a behavioral addiction with symptoms like the salience, mood modification, tolerance, withdrawal, conflict and relapse.

Among adolescents, prevalence rates vary from 4% to 40%, depending on diagnostic criteria (Kuss & Griffiths, 2017). A survey by Anderson and Jiang (2018) found that 45% of teenagers feel “almost constantly” online, reflecting social media’s pervasive role. Adolescents are particularly vulnerable due to their sensitivity to peer feedback and social validation (Nesi & Prinstein, 2015).

The addictive nature of social media is reinforced by platform algorithms, notifications, and infinite scrolling, making self-regulation difficult (Orben & Przybylski, 2019; Beyens et al., 2020). Societal norms further intensify the pressure to maintain an active online presence, increasing the risk of maladaptive behaviors and addiction (Twenge et al., 2018).

Social Media Usage and Addiction

Social media includes various online platforms for communication and interaction (Yang et al., 2022). Nearly half the global population (3.8 billion) actively uses social media, engaging for purposes such as maintaining relationships, accessing information, and entertainment (Kemp, 2020; Uhls et al., 2017). While social media offers benefits, it also shapes behaviors, moods, and socialization patterns (Acar et al., 2022).

However, excessive use has raised global concerns (Baccarella et al., 2018). Research has shifted focus from its advantages to its adverse effects, particularly social media addiction (Moreno et al., 2022; Mohsenpour et al., 2023). Defined as compulsive engagement that disrupts daily life, social media addiction is especially problematic among adolescents (Hilliard & Parisi, 2020; Obeid et al., 2019).

However, addiction has significant consequences on mental health such as stress and depression (Haand & Shuwang, 2020). People with addiction forget to do things, especially their daily activities and relationships, which then makes them more prone to depression (Gizem et al., 2022, Vidal et al., 2020). Keles et al.’s (2020) meta analysis on depression rates in social media addicts confirms that concerns about excessive usage and psychological toll are very well founded.

Depression and Social Media Addiction Among Adolescents

Delayed processes of speech and movement and feelings of worthlessness, and pessimistic emotions characterize depression (Torres, 2020). According to the World Health Organization (2022), 10–20 percent of children and adolescents suffer from mental health problems, depression being the most common (Mental Health Foundation, 2018). There is a relationship with poor academic achievement, impairment to social relationships, substance abuse, and suicide risk (Gizem et al., 2022; Hetrick et al., 2016).

Bettmann et al. (2021); Xiao et al. (2022) indicate that there is a strong correlation between social media addiction and depression among adolescents. For instance, Wang et al. (2018) discovered that excessive use of social media is correlated with depression among Chinese teenagers. Like Twenge et al. (2018), they also reported higher depression rates in heavy social media users.

Compulsive social media engagement, particularly on platforms like Facebook, is associated with stress, anxiety, and depression (Gizem et al., 2022; Vidal et al., 2020). Excessive use reduces family interaction, further contributing to mental health issues (Huang et al., 2021). The COVID-19 pandemic intensified online engagement, with e-learning correlating to increased depression symptoms among adolescents (Sujarwoto & Yumarni, 2023; Vidal et al., 2020). Over time, excessive use can lead to addiction, exacerbating psychological distress.

Adolescent Social Media usage in Pakistan

A recent report by the Pakistan Telecommunication Authority (PTA, 2023) revealed that 40% of Pakistani internet users are aged 18–29, with over 40 million social media users nationwide. Facebook remains the most popular platform, followed by Instagram, TikTok, Twitter, and Snapchat (Digital Pakistan, 2023). Social media penetration continues to rise, particularly among adolescents, bringing both benefits and challenges.

PTA (2021) found that 85% of users spend over three hours daily on social media, contributing to internet addiction. Studies link excessive use to anxiety, depression, social isolation (Shah et al., 2022), poor academic performance, and sleep disturbances (Rehman & Shahid, 2021). Iqbal (2022) also noted an increasing risk of mental health disorders among heavy users.

Another survey in connection concluded that 70 percent of adolescents in the age group of 14 to 18 showed symptoms of social media addiction, including withdrawal symptoms and reduced ability to cut usage (Khan and Saeed, 2023). Further, the excessive engagement also affected students’ concentration and academic performance (Farooq et al., 2023).

In this study, the influence of social media addiction on depression of adolescents drawing from the major Pakistani cities will be studied. These results inform future efforts by policymakers and health practitioners to reduce the mental health risks of too much social media use.

Correlation Between Social Media Use and Depression

Research shows a strong correlation between excessive use and depressive symptoms, especially among adolescents and young adults.

According to Huang (2017), people who spent more than two hours on social media per day showed significantly higher depression and anxiety, and adolescents are extremely vulnerable to validation and comparison on online. Like Sidani et al. (2016), excessive use also predicted increased depressive symptoms over six months, but mainly for social comparison.

According to Twenge et al. (2018), they linked rising smartphone usage to the increasing rates of depression among U.S. teenagers, where social media's addictive nature serves as well as it is promoting isolation. Khan et al. (2022) also in Pakistan found that 70% of adolescents who spend more than 4 hours a day on social media showed depressive symptoms, suggesting that digital wellbeing is still a topic which needs to be addressed.

Kuss and Griffiths (2017) further identified social comparison and cyberbullying as key factors in social media-related depression and anxiety, emphasizing the platforms' role in exacerbating self-image issues.

MATERIALS & PROCEDURE

Research Design

a cross-sectional correlational design to examine the relationship between social media addiction and depression among adolescents.

Population and Sample

The target population for this study consists of adolescents aged 13 to 18 years who are active social media users.

Sampling and Sampling Technique

They selected participants through a simple random sampling procedure from various schools in these cities. For the study, 300 adolescent students were chosen as the sample.

Data Collection Instruments

The study will use two standardized questionnaires to assess social media addiction and depression.

Social Media Addiction Scale (SMAS)

The social media addiction scale is a 20 item tool designed to measure frequency, intensity and daily life impact of social media addiction. Items are rated by participants on a 5 point likert scale (Never to Always) with higher scores indicating greater addiction. It has shown high reliability (Cronbach's alpha = 0.88) (Kuss & Griffiths 2017).

Beck Depression Inventory (BDI)

The BDI is a 21 item self report scale for depressive symptoms and is composed of items related to mood, cognition, and physical effects. Each item is scored from 0 to 3, 3 being the most depression severe. The reliability and validity of BDI has been widely validated for

adolescents including high reliability and validity (Beck et al., 1996).

Data Analysis

The data collected from the SMAS and BDI was analysed with Statistical Package for the Social Sciences (SPSS).

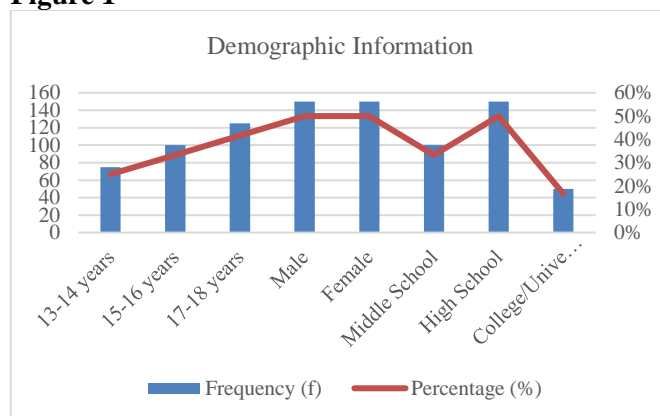
Result & Discussion

Table 1

Demographic Information

Demographic Characteristic	Category	Frequency (f)	Percentage (%)
Age	13-14 years	75	25%
	15-16 years	100	33.33%
	17-18 years	125	41.67%
Gender	Male	150	50%
	Female	150	50%
Qualification	Middle School	100	33.33%
	High School	150	50%
	College/University	50	16.67%

Figure 1



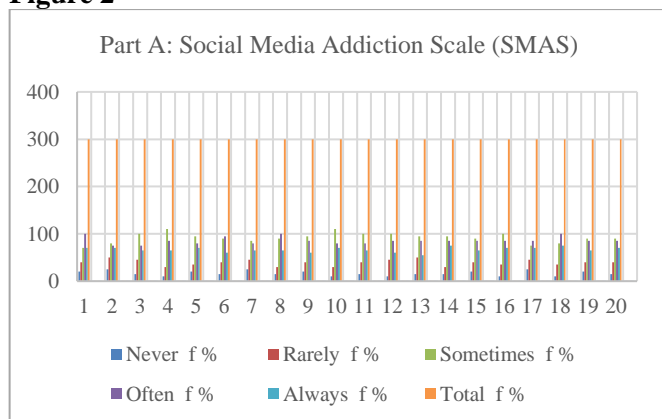
The demographic table presents an overview of the 300 adolescent participants in the study, which demonstrates 150 males (50 percent) and 150 females (50 percent). According to the age distribution, 25% are 13 to 14 years old, 33.33% are 15 to 16 years old and the largest group is 41.67% in the 17 – 18 years age range. This means the study addresses many adolescents, but in particular, older youths — older teens are usually in more mature stages of adolescence.

Educational qualifications — 33.33% are in middle school, 50% — in high school, and 16.67% — in college or university. The diversity of the participants academic backgrounds is evident in this distribution which thus makes for analyzing social media use and its repercussion for different educational phases.

The demographic breakdown of this study is indicative of its approach. The study is inclusive, presenting a diverse range of adolescence as a whole based on gender, age, and level of education. The equal gender distribution along with range of ages presented a balanced approach towards how social media addiction may take a toll on the emotional well being in the crucial phase of adolescence.

Table 2**Part A: Social Media Addiction Scale (SMAS)**

No.	Statement	Never f %	Rarely f %	Sometimes f %	Often f %	Always f %	Total f %
1	I find it difficult to limit the amount of time I spend on social media.	20 6.67%	40 13.33%	70 23.33%	100 33.33%	70 23.33%	300
2	I often feel anxious or upset when I cannot access social media.	25 8.33%	50 16.67%	80 26.67%	75 25%	70 23.33%	300
3	I spend more time on social media than I initially planned.	15 5%	45 15%	100 33.33%	75 25%	65 21.67%	300
4	I feel the need to check social media multiple times throughout the day.	10 3.33%	30 10%	110 36.67%	85 28.33%	65 21.67%	300
5	I find it hard to focus on tasks because I am thinking about social media.	20 6.67%	35 11.67%	95 31.67%	80 26.67%	70 23.33%	300
6	I often neglect other important activities (e.g., homework, family time) because I am on social media.	15 5%	40 13.33%	90 30%	95 31.67%	60 20%	300
7	I spend more time on social media than I do in face-to-face interactions with others.	25 8.33%	45 15%	85 28.33%	80 26.67%	65 21.67%	300
8	I often check social media first thing in the morning and right before bed.	15 5%	30 10%	90 30%	100 33.33%	65 21.67%	300
9	I feel restless or irritable when I am unable to use social media for a long time.	20 6.67%	40 13.33%	95 31.67%	85 28.33%	60 20%	300
10	I feel compelled to post or check social media even when it is inconvenient.	10 3.33%	30 10%	110 36.67%	80 26.67%	70 23.33%	300
11	I find myself spending more time on social media than on activities I used to enjoy.	15 5%	40 13.33%	100 33.33%	80 26.67%	65 21.67%	300
12	I feel that my use of social media is excessive.	10 3.33%	45 15%	100 33.33%	85 28.33%	60 20%	300
13	I feel that social media is taking up more time than I am comfortable with.	15 5%	50 16.67%	95 31.67%	85 28.33%	55 18.33%	300
14	I find it hard to cut back on social media use, even if I try.	15 5%	30 10%	95 31.67%	85 28.33%	75 25%	300
15	I experience mood swings or frustration when I am unable to access social media.	20 6.67%	40 13.33%	90 30%	85 28.33%	65 21.67%	300
16	I feel the need to use social media continuously to feel satisfied.	10 3.33%	35 11.67%	100 33.33%	85 28.33%	70 23.33%	300
17	I have been late or missed appointments because I was on social media.	25 8.33%	45 15%	75 25%	85 28.33%	70 23.33%	300
18	I feel that my use of social media negatively impacts my academic performance.	10 3.33%	35 11.67%	80 26.67%	100 33.33%	75 25%	300
19	I spend more than 3 hours per day on social media.	20 6.67%	40 13.33%	90 30%	85 28.33%	65 21.67%	300
20	I find myself repeatedly using social media even when I should be doing something else (e.g., studying, working).	15 5%	40 13.33%	90 30%	85 28.33%	70 23.33%	300

Figure 2

Item -01 illustrate that 33.33% of respondents often find it difficult to limit the time spent on social media, while 23.33% always feel this way. This suggests a significant portion of the participants struggle to regulate their

social media usage, indicating potential addictive behaviors.

Item 02: indicates that 25% of respondents often feel anxious or upset when they cannot access social media, and 23.33% always experience this. This indicates emotional dependence on social media, where its inaccessibility causes distress.

Item 03 illustrate that 33.33% of participants sometimes spend more time on social media than initially planned, and 21.67% always do. This suggests a lack of control over time spent online, which could lead to unproductive habits. Item 04 indicates that 36.67% of respondents sometimes feel the need to check social media multiple times a day, and 28.33% often do. This points to habitual or compulsive checking of social media, which may interfere with other activities. Item 05 shows that 31.67% of participants sometimes find it

hard to focus on tasks because of thoughts about social media, and 23.33% always experience this. This indicates that social media is a major distraction and may impair concentration on other important tasks. Item 06 depicted that 31.67% of respondents sometimes neglect important activities (e.g., homework, family time) due to social media use, and 20% always do. This suggests social media may interfere with more essential activities and responsibilities. Item 07 illustrates 28.33% of participants sometimes spend more time on social media than on face-to-face interactions, and 21.67% always do. This could indicate that social media is replacing in-person communication, possibly affecting social skills development.

Item 08 shows 33.33% of respondents often check social media first thing in the morning and right before bed, and 21.67% always do. This suggests a high level of dependency on social media, even as the first and last activity of the day. Item 09 indicates that 31.67% of respondents sometimes feel restless or irritable when they cannot use social media, and 20% always feel this way. This reflects emotional distress associated with social media withdrawal, which is typical of addictive behaviors. Item 10 show that 36.67% of participants sometimes feel compelled to post or check social media, and 23.33% always experience this. This indicates compulsive behavior, which could be a sign of social media addiction. Item 11 illustrates that 33.33% of respondents sometimes spend more time on social media than on activities they used to enjoy, and 21.67% always do. This suggests that social media use is replacing other enjoyable activities, potentially leading to reduced engagement in hobbies. Item 12 depicted that 33.33% of participants sometimes feel their social media use is excessive, and 20% always feel this way. This indicates self-awareness of problematic use, although it does not necessarily translate into taking action to reduce it.

Item 13 illustrate that 31.67% of respondents sometimes feel social media takes up more time than

they are comfortable with, and 18.33% always feel this way. This suggests a sense of discomfort with the time spent on social media, which might be viewed as excessive. Item 14 show that 31.67% of participants sometimes find it hard to cut back on social media use, and 25% always experience this. This reflects difficulty in controlling usage despite intentions to reduce it, a characteristic of addiction. Item 15 indicates that 30% of respondents sometimes experience mood swings or frustration when unable to access social media, and 21.67% always feel this way. This suggests emotional instability linked to the inability to access social media, which can be a sign of dependence.

Item 16 depicted that 33.33% of participants sometimes feel the need to use social media continuously to feel satisfied, and 23.33% always experience this. This behavior suggests that social media use is driven by a need for continuous engagement to achieve satisfaction. Item 17 show that 25% of respondents sometimes arrive late or miss appointments because of social media, and 23.33% always do. This indicates that social media may interfere with real-life responsibilities, affecting time management and punctuality. Item 18 indicates that 33.33% of participants sometimes feel that social media negatively impacts their academic performance, and 25% always feel this way. This suggests that social media use might be detrimental to academic success due to time spent on platforms instead of studying. Item 19 illustrates that 30% of respondents sometimes spend more than 3 hours per day on social media, and 21.67% always do. This indicates that extended social media usage is common among participants, which could lead to unhealthy habits and time mismanagement. Item 20 indicates that 30% of participants sometimes use social media even when they should be studying or working, and 23.33% always do. This suggests that social media is frequently used at the expense of important tasks, indicating a lack of focus and discipline.

Table 2

Part B: Beck Depression Inventory (BDI)

No.	Statement	(Not at all)	(Mildly)	Moderately)	(Severe	Total
1	I feel sad or downhearted.	50 (16.67%)	70 (23.33%)	95 (31.67%)	85 (28.33%)	300
2	I have trouble concentrating on things, such as reading or watching TV.	60 (20%)	70 (23.33%)	85 (28.33%)	85 (28.33%)	300
3	I feel like a failure.	55 (18.33%)	80 (26.67%)	90 (30%)	75 (25%)	300
4	I have lost interest in activities I usually enjoy.	50 (16.67%)	65 (21.67%)	95 (31.67%)	90 (30%)	300
5	I feel guilty or have feelings of worthlessness.	40 (13.33%)	75 (25%)	105 (35%)	80 (26.67%)	300
6	I feel tired or have little energy.	45 (15%)	65 (21.67%)	100 (33.33%)	90 (30%)	300
7	I feel physically drained or fatigued.	50 (16.67%)	60 (20%)	95 (31.67%)	95 (31.67%)	300
8	I am not able to get going or start things.	55 (18.33%)	70 (23.33%)	90 (30%)	85 (28.33%)	300

9	I feel hopeless about the future.	45 (15%)	60 (20%)	100 (33.33%)	95 (31.67%)	300
10	I have difficulty making decisions.	50 (16.67%)	75 (25%)	90 (30%)	85 (28.33%)	300
11	I feel that I am being punished.	60 (20%)	70 (23.33%)	85 (28.33%)	85 (28.33%)	300
12	I feel that others would be better off without me.	70 (23.33%)	65 (21.67%)	85 (28.33%)	80 (26.67%)	300
13	I feel that I am a burden to others.	50 (16.67%)	80 (26.67%)	90 (30%)	80 (26.67%)	300
14	I have thoughts of ending my life.	70 (23.33%)	65 (21.67%)	80 (26.67%)	85 (28.33%)	300
15	I am unable to enjoy life.	50 (16.67%)	70 (23.33%)	90 (30%)	90 (30%)	300
16	I am anxious or worried.	60 (20%)	70 (23.33%)	80 (26.67%)	90 (30%)	300
17	I feel lonely.	55 (18.33%)	75 (25%)	85 (28.33%)	85 (28.33%)	300
18	I feel that I am losing my mind.	65 (21.67%)	65 (21.67%)	85 (28.33%)	85 (28.33%)	300
19	I have trouble sleeping (falling asleep or staying asleep).	60 (20%)	70 (23.33%)	90 (30%)	80 (26.67%)	300
20	I have trouble keeping my appetite (eating too much or too little).	70 (23.33%)	60 (20%)	85 (28.33%)	85 (28.33%)	300
21	I feel agitated or restless.	50 (16.67%)	75 (25%)	90 (30%)	85 (28.33%)	300

Item 01: 31.67% of respondent's report feeling moderately sad or downhearted, while 28.33% feel severely sad. This suggests that a significant portion of respondents are experiencing varying levels of sadness or downheartedness. Item 02: 28.33% of participants indicate moderate difficulty concentrating, and another 28.33% report severe difficulty. This suggests that concentration issues may be a significant symptom of depression for many individuals. Item 03: 30% of participants feel moderately like a failure, with 25% feeling severely so. This suggests that feelings of failure are common, and a substantial portion experience them intensely.

Item 04: 31.67% of respondents moderately lose interest in activities, while 30% experience this severely. This reflects a significant portion of respondents struggling with anhedonia (loss of interest in activities they usually enjoy). Item 05: 35% report moderate guilt or feelings of worthlessness, and 26.67% experience severe guilt. This highlights that feelings of worthlessness are common and can be quite distressing. Item 06: 33.33% of respondents report moderate fatigue or lack of energy, with 30% feeling severely fatigued. This indicates that fatigue is a prominent symptom of depression for many individuals. Item 07: 31.67% report moderate physical fatigue, and another 31.67% feel severely fatigued. This suggests that physical tiredness or exhaustion is a prevalent symptom among respondents.

Item 08: 30% of respondent's experience moderate difficulty in getting started with tasks, while 28.33% report severe difficulty. This indicates that initiating tasks may be challenging for a significant number of

participants. Item 09: 33.33% of participants feel moderately hopeless about the future, with 31.67% feeling severely hopeless. This suggests that hopelessness is a prevalent and severe symptom in the population. Item 10: 30% moderate, 28.33% severe for making decisions. This only shows that indecisiveness is a big problem for many respondents. 28.33% are strongly punished and then another 28.33% are very punished. The implication is that a large number of respondents might be experiencing themselves as mistreated or persecuted in the depressive state.

Item 12: Moderate thoughts of others being better off without the subject: 28.33% report moderate thoughts and 26.67% report severe thoughts. This indicates that a large number of people will feel as if they are a burden to others. Item 13: 30% of the participants feel they are moderately burdened, and 26.67% believe they are very burdened. This implies that the feelings of guilt and self blame are crucial to the depressive experiences experienced by the respondents. Item 14: 42.67% had moderate thoughts of ending their life, and 50% had severe suicidal thoughts. That shows that there is some kind of suicidal ideation amongst some of the respondents.

15: 30 percent of respondents report mild inability to enjoy life and another 30 percent say they are severely unable to enjoy life. Given that emotional numbness or the absence of pleasure is a problem, this is suggestive. 16. 30% have moderate anxiety or worry and 30% have it severely. What this means is, respondents in this case, tend to experience high mental anxiety and large amounts of worrying as symptoms of depression. Item 17: 28.33% report moderate feelings of loneliness, with

28.33% feeling severely lonely. This reflects that loneliness is a common and severe aspect of depression for many.

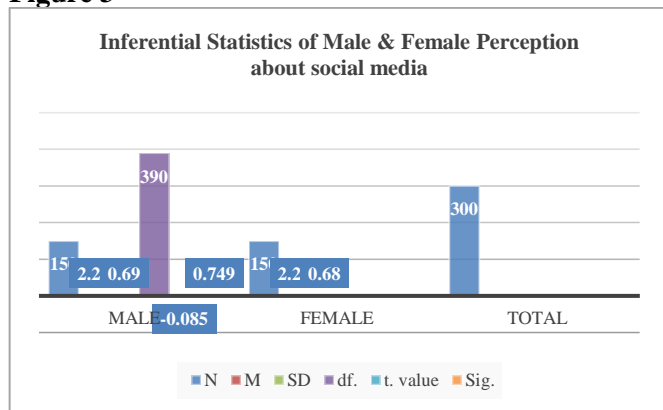
Item 18: 28.33% feel moderately that they are losing their mind, with 28.33% reporting severe feelings of mental confusion or instability. This suggests that cognitive and emotional disorientation is significant in the sample. Item 19: 30% report moderate trouble sleeping, while 26.67% experience severe issues with sleep. This highlights that sleep disturbances are a common and severe symptom of depression. Item 20: 28.33% report moderate trouble with appetite regulation, with another 28.33% reporting severe issues. This suggests that appetite changes, either overeating or undereating, are significant concerns. Item 21: 30% of respondents report moderate agitation or restlessness, with another 28.33% experiencing severe agitation. This indicates that feelings of restlessness are a prevalent symptom of depression.

Table 3

Inferential Statistics of Male & Female Perception About Social Media

Variable	N	M	SD	df.	t. value	Sig.
Male	150	2.25	.690	390	-.085	.749
Female	150	2.26	.680			
Total	300					

Figure 3



The independent t-test results indicate no statistically significant difference in the perceptions of male and female participants regarding the variable under study. The mean scores for males ($M = 2.25$) and females ($M = 2.26$) are almost identical, and the standard deviations are also similar, with males having a standard deviation of 0.690 and females having 0.680. The t-value of -0.085 and the p-value of 0.749, which is greater than the 0.05 significance level, suggest that any difference in the mean scores between males and females is not statistically significant. This indicates that the perceptions of males and females are virtually the same, and the slight difference observed is likely due to random chance rather than a meaningful difference. Therefore,

we can conclude that gender does not play a significant role in shaping perceptions of the variable being studied.

DISCUSSION

Results on Beck Depression Inventory (BDI) and social media usage patterns show a problematic correlation between high use of social media and emotional wellness. That many participant report being unable to control their time on social media, and their emotional distress when they are not able to use it, is a significant finding. It therefore suggests the existence of a very strong emotional dependency on social media but also the fact that it is used as both a distraction and a source of psychological strain. This is consistent with an emerging body of research concerning the negative emotional outcomes associated with problematic social media use (e.g., Kuss and Griffiths, 2017), that includes anxiety and depressive symptoms. Along with compulsive behaviors like checking social media endlessly each day, at least once in the morning and at least once in the evening, reveal a deeply engrained dependence on these platforms that can prohibit other daily routine pursuits like sleep and face time. According to the work of Satici (2019), excessive social media use can disrupt sleep disrupting already mentally strained individuals.

Additionally, the results show that social media is replacing 'real life' interaction; many of the participants spend more time online than talking to people in the flesh. The consequences this shift could have on social skill development and relationship quality are unknown. As found in Primack et al. (2017) increased use of social media is negatively correlated with face to face social interactions which can lead to the breakdown of important social skill set development. Social media use not only has social repercussions but also academic ones, as many respondents state that they use it for social life moderately and in detriment to others (friends, family, studies and work). That means social media is somewhat addictive, that social media is harmful to taking the time to focus on things that are more important, that it is bad for a balanced life between on and off line. Lin et al. (2016) also reported similar findings where social media addiction is related to bad academic performance and time management issues.

Excessive social media use has a psychological impact as well. It is common for many people to experience symptoms of depression, for example, feeling sad, guilty, hopeless, and worthless and these symptoms all relate greatly to the behaviours of overuse and compulsive checking of social media. The shared overlap between these emotional struggles and the patterns of social media usage suggests a link between the two, and that social media addiction may be exacerbating or involved in the development of mental illness. In accord with Vannucci et al. (2017), who report

a large association between social media addiction and depressive symptoms such that excessive online engagement may not only mirror problems in mental health but may further compound them. Given these results, it is important to deal with the influence of social media on mental health by letting users replicate healthier digital habits and ask for support when it comes to handling emotional well-being.

CONCLUSION

The results from the Beck Depression Inventory (BDI) and social media usage patterns demonstrate that overly socializing on social media is linked with poor emotional outcomes further. The data shows that many people have difficulty controlling their social media use and experience a high degree of emotional distress when that access is restricted. Aside from the emotional dependence on social media adding fuel to the fire, habits can become compulsive and picking the phone up replaces actual face to face interactions which can stall learning social skills and interfere with the routine daily tasks including academics and sleep. Additionally, the

overlap between social media addiction and depression symptoms indicates that mental health problems are likely to intensify. This indicates that there is a need to be more aware of, and develop strategies to help people control, the amount of time spent using social media and the possible mental health risks of using it too much. Significant mitigation of the effects of social media on mental health can be achieved by encouraging healthier digital habits as well as seeking support for emotional well-being.

RECOMMENDATIONS

On the basis of result finding and discussion following recommendation were given. It is recommended that to implement strategies to control compulsive social media use and encourage healthier digital habits. furthermore, it is also recommended that to raising awareness about the detrimental effects of excessive social media use on face-to-face interactions and emotional well-being is recommended. Parents may address the link between social media addiction and academic performance to enhance time management and focus on essential tasks.

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