The Impact of Social Media Usage on Mental Health Among College Students: Patterns, Psychological Effects, and Implications for Well-being

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Abstract

This study explores the impact of social media usage on the mental health of college students, focusing on usage patterns and psychological effects. A descriptive research design was employed, with a sample size of 121 respondents selected through stratified random sampling. Data was gathered using a closed-ended questionnaire featuring a 5-point Likert scale. The findings reveal that social media consumption varies significantly among students, with a majority experiencing mood changes and potential addiction. Furthermore, the analysis highlights the influence of social media on daily activities, sleep patterns, and overall mental well-being. The study provides valuable insights into the relationship between social media usage and mental health, offering a foundation for future research on mitigating negative psychological impacts among students.
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Introduction

The advent of social media has significantly altered the way individuals communicate, share information, and interact, particularly among college students. As digital natives, students increasingly rely on platforms like Facebook, Instagram, Twitter, and TikTok for social

interaction and information exchange (Purnama & Asdlori, 2023). This pervasive use of social media presents both opportunities and challenges, especially concerning mental health. In recent years, there has been growing concern regarding the psychological impact of social media on students. While these platforms offer avenues for social connection, they can also lead to feelings of isolation, anxiety, and depression. College students, in particular, are at a critical juncture in their lives, balancing academic pressures, social relationships, and personal development. The dual nature of social media acting as both a facilitator of communication and a potential source of distress necessitates a closer examination of its effects on mental health (Yu, 2023).

Research has shown that social media can influence students' self-esteem and body image, often exacerbated by comparisons to idealized portrayals of peers and influencers. Cyberbullying and negative interactions on these platforms can further contribute to mental health challenges (Bansal, Garg, Singh, & Walt, 2024). Therefore, understanding the relationship between social media usage patterns and psychological effects is essential for developing effective strategies to support students.

This study investigates social media usage among college students, focusing on its potential psychological implications. By examining the ways in which students engage with social media, the research seeks to uncover the complex dynamics between their online activities and mental health outcomes. Ultimately, this exploration aims to contribute to the ongoing discourse on social media's role in the lives of college students and to inform future interventions and support systems for promoting mental well-being in academic environments.

Literature review

The several social media platforms that are accessible serve distinct objectives and functions (Primack, et al., 2017). Instagram users can upload images to their "feed," which is sometimes referred to as a "timeline" or "profile," and their "followers" have the option to "like," "share," or "comment" on those photos. Along with sharing images (memes, gifs, photos, and other visualizations), Facebook users can also publish "statuses," which are updates that allow users to communicate updates about their whereabouts, thoughts, and other life events with their friends. A timeline is a person's feed that displays all of their previous posts and status updates. In addition, people can organize events and join organizations based on shared interests (Aryal, Poudel, Karki, Bhattarai, & Bhandari, 2024; Agormedah, Britwum, Amoah, Adjei, & Kusi-Appiah, 2024).

Sending others time-limited images or videos is possible using Snapchat. Twitter functions as a linear forum without individual postings, allowing users to publish brief messages, or "tweets," to their feed about anything that comes to mind. YouTube is a website that allows users to upload and watch videos of different genres, including movies, music videos, vlogs (video logs), recipes, and tutorials. Although TikTok is a video sharing website as well, its videos are designed to be shorter and have audio. Via their gadgets, people are connected to

one another. People can tell the whole world what they are doing, how they are feeling, and their status with only a few clicks.

There is no need to use a one-size-fits-all strategy when it comes to the various social media platforms (Acharya, 2024). One expects diverse effects on mental activity and health since different activities take place in different venues. The use of social media depends on whether a user wants to upload or receive content on a website (Raut & Karkee, 2024). A person who is carefully selecting which of his or her images to share is probably in a different frame of mind than someone who is just casually browsing through a stranger's profile.

Young people use social media almost exclusively, and many of them view it as "just part of the routine" (Weinstein, 2018; Shrestha, Karki, Mahat, & Neupane, 2024). Facebook and other social media platforms enable users to contact others promptly and share news updates. On the other hand, YouTube and other websites offer additional services like fitness videos, food videos, and do-it-yourself projects. According to (Andreassen, Pallesen, & Griffiths, 2017) and ((Radovic, Gmelin, Stein, & Miller, 2017), young people use these platforms to pass the time during the day, check what other people are doing, and update their profiles and status updates. (Radovic, Gmelin, Stein, & Miller, 2017)They can employ their habits actively or passively. Many individuals are curious about the consequences that young people may face from their heavy usage of social media (Smahel, Wright, & Cernikova, 2015; Mahat & Aithal, 2022).

Let's now discuss the distinction between using social media actively and passively (Andreassen, Pallesen, & Griffiths, 2017; Karki, et al., 2024). According to (Radovic, Gmelin, Stein, & Miller, 2017; Mishra, Mahat, & Khanal, 2021), an active user is someone who messages close friends, family, or other individuals, while a passive user is someone who is aimlessly reading through social media sites. Because of the rise in online use and productivity loss in certain individuals, social media has been held responsible for the rise in harmful mental health concerns. But can social media, especially passive use, really be the only thing to blame (Coyne, Rogers, Zurcher, Stockdale, & Booth, 2019)? I'm just reporting what the literature has to say; I'm not looking into active versus passive use.

Research Methods

The study adopted a descriptive research design to explore the profile of respondents and present the data collection, while clearly defining the characteristics of the participants. The sample consisted of 121 respondents, all of whom were college students currently pursuing their respective fields of study. A stratified random sampling method was employed, ensuring a representative and relevant selection of participants from various colleges. The primary method of data collection was a survey, utilizing a standardized, closed-ended questionnaire. The questionnaire was structured to include items on a 5-point Likert scale, ranging from 1 (strongly agree) to 5 (strongly disagree), allowing respondents to indicate the extent to which certain factors influenced their choices. This instrument was specifically designed to capture the views and experiences of the participants effectively. For data analysis, descriptive statistics were used to summarize and interpret the findings. The data were analyzed using the Statistical

Package for Social Sciences (SPSS) software, which facilitated the examination of the collected information. Prior to data collection, informed consent was obtained from all respondents, ensuring ethical standards were maintained throughout the study.

Results

The information was gathered via an online questionnaire disseminated among various college students. This section discusses the demographic profile of the respondents and how it was evaluated using the primary data acquired through surveys. This will make it simpler to comprehend the respondents' demographic characteristics.

Table 1: Demographic information (Gender)

Gender		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	53	43.8	43.8	43.8
	Female	68	56.2	56.2	100.0
	Total	121	100.0	100.0	

The table shows that out of 121 respondents, 53 (43.8%) identified as male and 68 (56.2%) identified as female. The valid percent column excludes any missing or unspecified responses, while the cumulative percent shows the running total as each category is summed. From the above table, we can clearly see that proportion of female as compared to male is slightly higher.

Table 2: Demographic Information (Age)

Age (in years)		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-25	118	97.5	97.5	97.5
	Above 25	3	2.5	2.5	100.0
	Total	121	100.0	100.0	

This table provides a summary of age distribution among respondents. It tells us that out of a total of 121 respondents, 118 (97.5%) were between the ages of 18 and 25 and 3 (2.5%) were above the age of 25. The sum of the frequencies for all categories, which is 121 in this case (118 + 3).

4.3 Response Analysis of the Data

Table 3: Response Analysis (How much time do you spend on social media daily?)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	30-60 minutes	13	10.7	10.7	10.7
	60-120 minutes	27	22.3	22.3	33.1

	Frequency	Percent	Valid Percent	Cumulative Percent
120 minutes or more	81	66.9	66.9	100.0
Total	121	100.0	100.0	

This table summarizes how respondents allocate their time on social media daily.10.7% spend 30-60 minutes whereas 22.3% spend 60-120 minutes and 66.9% spend 120 minutes or more. All responses are accounted for within the table's total, providing a clear picture of social media usage patterns among the respondents.

Table 4 : Response Analysis (When do you access social media?)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	During free time	65	53.7	53.7	53.7
	During work/school	2	1.7	1.7	55.4
	During social events	2	1.7	1.7	57.0
	During meal times	3	2.5	2.5	59.5
	All of the above	49	40.5	40.5	100.0
	Total	121	100.0	100.0	

This table summarizes when respondents access social media. Most respondents (53.7%) access social media during their free time. A smaller percentage access it during work/school (1.7%), social events (1.7%), or meal times (2.5%). A significant portion (40.5%) access social media during all of the listed times. The cumulative percent reaches 100.0%, indicating that all responses are accounted for within the table's total. This provides an overview of the various times and situations in which respondents engage with social media.

Table 5: Response Analysis (Have you ever had a mood change from something you viewed online?)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	97	80.2	80.2	80.2
	No	24	19.8	19.8	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding whether respondents have experienced a mood change from something they viewed online. 80.2% of respondents answered "Yes", indicating that they have experienced a mood change from online content. 19.8% of respondents answered "No", indicating that they have not experienced a mood change from online content. The cumulative percent reaches 100.0%, indicating that all responses are accounted for within the table's total. This provides an overview of how online content can impact the emotional state of individuals, as reported by the respondents.

Table 6: Response Analysis (Would you consider yourself addicted to social media?)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	58	47.9	47.9	47.9
	No	63	52.1	52.1	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding whether respondents consider themselves addicted to social media. 47.9% of respondents answered "Yes", indicating that they consider themselves addicted to social media. 52.1% of respondents answered "No", indicating that they do not consider themselves addicted to social media. The cumulative percent reaches 100.0%, indicating that all responses are accounted for within the table's total. This provides an overview of the perception of social media addiction among the respondents, highlighting varying degrees of self-awareness regarding this issue.

Table 7: Response Analysis (How would you describe your physical health?)

		Frequency	Percent	Valid Percent	Cumulative Percent
	Excellent	26	21.5	21.5	21.5
	Good/Could be better	58	47.9	47.9	69.4
Valid	Fair	33	27.3	27.3	96.7
	Poor	4	3.3	3.3	100.0
	Total	121	100.0	100.0	

This table summarizes how respondents perceive their physical health. 21.5% of respondents described their physical health as "Excellent". 47.9% of respondents described their physical health as "Good/could be better". 27.3% of respondents described their physical health as "Fair". 3.3% of respondents described their physical health as "Poor". The cumulative percent reaches 100.0%, indicating that all responses are accounted for within the table's total. This provides an overview of the self-reported physical health status among the respondents, reflecting a range of perceptions from excellent to poor.

Table 8: Response Analysis (Have you ever been diagnosed by anxiety or depression by a health professional?)

		Frequency	Percent	Valid Percent	Cumulative Percent
	Yes	23	19.0	19.0	19.0
	No	81	66.9	66.9	86.0
Valid	Prefer not to say	17	14.0	14.0	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding whether respondents have been diagnosed with anxiety or depression by a health professional. 19.0% of respondents answered "Yes", indicating they have been diagnosed with anxiety or depression. 66.9% of respondents answered "No", indicating they have not been diagnosed with anxiety or depression. 14.0% of respondents chose "Prefer not to say", indicating they preferred not to disclose their status regarding this diagnosis. The cumulative percent reaches 100.0%, indicating that all responses are accounted for within the table's total. This provides an overview of the prevalence of diagnosed anxiety or depression among the respondents, as well as the proportion choosing not to disclose their status.

Table 9: Response Analysis (Social media use interferes with my normal day at work, school, or recreational activities)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	8	6.6	6.6	6.6
	Disagree	12	9.9	9.9	16.5
	Neutral	37	30.6	30.6	47.1
	Agree	54	44.6	44.6	91.7
	Strongly agree	10	8.3	8.3	100.0
	Total	121	100.0	100.0	

This table summarizes how respondents perceive the impact of social media use on their daily activities. 6.6% of respondents strongly disagree that social media interferes with their normal day. 9.9% disagree with this statement. 30.6% are neutral about whether social media affects their daily activities. 44.6% agree that social media use interferes with their normal day. 8.3% strongly agree with this statement. The cumulative percent reaches 100.0%, indicating that all responses are accounted for within the table's total. This provides an overview of the varying perceptions among respondents regarding the extent to which social media impacts their daily routines at work, school, or during recreational activities.

Table 10: Response Analysis (Social media affects my ability to sleep.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	5	4.1	4.1	4.1
	Disagree	21	17.4	17.4	21.5
	Neutral	37	30.6	30.6	52.1
	Agree	44	36.4	36.4	88.4
	Strongly agree	14	11.6	11.6	100.0
	Total	121	100.0	100.0	

This table summarizes how respondents perceive the impact of social media on their ability to sleep. 4.1% of respondents strongly disagree that social media affects their ability to sleep. 17.4% disagree with this statement. 30.6% are neutral about whether social media affects their sleep. 36.4% agree that social media affects their ability to sleep. 11.6% strongly agree with this statement. The cumulative percent reaches 100.0%, indicating that all responses are accounted for within the table's total. This provides an overview of the varying perceptions among respondents regarding the influence of social media on their sleep patterns.

Table 11: Response Analysis (Socializing face to face is happening less since joining social media.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	2	1.7	1.7	1.7
	Disagree	20	16.5	16.5	18.2
	Neutral	36	29.8	29.8	47.9
	Agree	49	40.5	40.5	88.4
	Strongly agree	14	11.6	11.6	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding the impact of social media on face-to-face socializing. A small minority (1.7%) feel that face-to-face socializing has not decreased due to social media. A significant portion (16.5%) disagrees that socializing face-to-face has reduced since using social media. Nearly a third of respondents (29.8%) are neutral, neither agreeing nor disagreeing about the decrease in face-to-face socializing. A substantial number (40.5%) agree that face-to-face socializing has decreased since they started using social media. A smaller group (11.6%) strongly believes that social media has significantly reduced face-to-face socializing. In total, these responses highlight varying perceptions, with a notable portion acknowledging a decrease in traditional social interactions due to social media use.

Table 12 : Response Analysis (I compare myself to others while scrolling through social media.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	11	9.1	9.1	9.1
	Disagree	39	32.2	32.2	41.3
	Neutral	33	27.3	27.3	68.6
	Agree	28	23.1	23.1	91.7
	Strongly agree	10	8.3	8.3	100.0
	Total	121	100.0	100.0	

This table presents responses regarding comparing oneself to others while using social media. A small minority (9.1%) strongly reject the idea of comparing themselves to others on social media. A significant portion (32.2%) disagrees with comparing themselves to others while scrolling through social media. Nearly a third of respondents (27.3%) feel neutral about whether they compare themselves to others on social media. A notable number (23.1%) agree that they compare themselves to others while using social media. A smaller group (8.3%) strongly agrees that they often compare themselves to others on social media.

In summary, the responses indicate varied levels of self-comparison behaviors while engaging with social media platforms, with a notable portion expressing agreement or strong agreement with this behaviour.

Table 13: Response Analysis (If my friends stopped using a certain social media site, I will also stop using that certain site.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	19	15.7	15.7	15.7
	Disagree	56	46.3	46.3	62.0
	Neutral	19	15.7	15.7	77.7
	Agree	20	16.5	16.5	94.2
	Strongly agree	7	5.8	5.8	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding the likelihood of individuals stopping their use of a social media site if their friends were to stop using it. A minority (15.7%) strongly disagree that they would stop using a social media site if their friends did. A significant (46.3%) majority disagree with the idea of stopping their use if their friends stopped. A similar percentage (15.7%) feels neutral about whether they would stop using a social media site based on their friends' actions. A moderate number (16.5%) agree that they might stop using a social media site if their friends did. A small minority (5.8%) strongly agrees that they would stop using a social media site if their friends did.

In essence, these responses indicate varied levels of independence in social media usage relative to their friends' behavior, with a majority expressing either disagreement or neutrality towards the idea of stopping based on their friends' actions.

Table 14: Response Analysis (If all my friends are on their phones when out together, I will be on my phone as well.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	9	7.4	7.4	7.4
	Disagree	22	18.2	18.2	25.6

Neutral	26	21.5	21.5	47.1
Agree	52	43.0	43.0	90.1
Strongly agree	12	9.9	9.9	100.0
Total	121	100.0	100.0	

This table presents responses related to the behavior of being on one's phone when out with friends who are also on their phones. A small minority (7.4%) strongly disagree that they would be on their phone if all their friends are. A notable portion (18.2%) disagrees with the idea of being on their phone if their friends are. Around one-fifth of respondents(21.5%) feel neutral about whether they would be on their phone in this scenario .A significant majority (43.0%) agree that they would be on their phone if their friends are also on their phones. A smaller but still notable group (9.9%) strongly agrees that they would be on their phone if their friends are. In summary, these responses suggest a tendency among a majority of individuals to mirror the behavior of their friends regarding phone usage when they are together, with a substantial proportion agreeing or strongly agreeing with this behavior.

Table 15 : Response Analysis (My social media usage is normal compared to my peers.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	6	5.0	5.0	5.0
	Disagree	26	21.5	21.5	26.4
	Neutral	45	37.2	37.2	63.6
	Agree	40	33.1	33.1	96.7
	Strongly agree	4	3.3	3.3	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding individuals' perceptions of their social media usage compared to their peers. A small minority (5.0%) strongly disagree that their social media usage is normal compared to their peers. A notable portion (21.5%) disagrees with the idea that their social media usage is normal compared to their peers. More than a third of respondents (37.2%) feel neutral about whether their social media usage is normal compared to their peers. A significant number (33.1%) agree that their social media usage is normal compared to their peers. A very small minority (3.3%) strongly agrees that their social media usage is normal compared to their peers. In summary, these responses indicate varied perceptions of social media usage relative to peers, with a notable proportion feeling neutral about the comparison. However, a significant number feel either agreement or disagreement about their social media usage being similar to that of their peers.

Table 16: Response Analysis (It bothers me when I miss my opportunity to meet up with friends.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	19	15.7	15.7	15.7
	Sometimes	59	48.8	48.8	64.5
	Often	28	23.1	23.1	87.6
	Always	15	12.4	12.4	100.0
	Total	121	100.0	100.0	

This table presents responses regarding how individuals feel when they miss opportunities to meet up with friends. A minority of respondents (15.7%) indicate that it never bothers them when they miss opportunities to meet up with friends. A significant majority (48.8%) report feeling bothered sometimes when they miss chances to meet with friends. A notable portion (23.1%) indicates that they often feel bothered when they miss opportunities to meet up with friends. A smaller but still significant number (12.4%) of respondent's report feeling bothered every time they miss an opportunity to meet up with friends.

In summary, these responses highlight varying degrees of emotional impact when individuals miss opportunities to socialize with their friends, with a majority indicating that they are at least sometimes bothered by such occurrences.

Table 17: Response Analysis (When I have a good time, it is important for me to share the details online.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	21	17.4	17.4	17.4
	Sometimes	56	46.3	46.3	63.6
	Often	31	25.6	25.6	89.3
	Always	13	10.7	10.7	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding the importance of sharing details online when individuals have a good time. A minority of respondents (17.4%) indicate that it is never important for them to share details online when they have a good time. A significant majority (46.3%) report that sometimes it is important for them to share details online when they have a good time. A notable portion (25.6%) indicates that it is often important for them to share details online when they have a good time. A smaller but still notable number (10.7%) of respondents report that it is always important for them to share details online when they have a good time. In summary, these responses suggest varying levels of inclination towards sharing experiences online when individuals have enjoyable moments, with a majority indicating that they find it important to do so at least sometimes.

Table 18: Response Analysis (I can't seem to experience any positive feelings at all.)

		Frequency	Percent	Valid Percent	Cumulative Percent
	Never	40	33.1	33.1	33.1
	Sometimes	50	41.3	41.3	74.4
Valid	Often	22	18.2	18.2	92.6
	Always	9	7.4	7.4	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding how often individuals experience positive feelings. A significant minority (33.1%) report that they never experience positive feelings at all. A larger portion (41.3%) indicates that they sometimes experience positive feelings. A notable but smaller percentage (18.2%) mentions experiencing positive feelings often. A small minority (7.4%) consistently experiences positive feelings.

In summary, these responses suggest varied experiences among individuals regarding how frequently they experience positive emotions, with a notable number experiencing positive feelings at least sometimes, but with significant portions experiencing them less frequently or consistently.

Table 19: Response Analysis (I find it difficult to work up the initiatives to do things.)

		Frequency	Percent	Valid Percent	Cumulative Percent
	Never	34	28.1	28.1	28.1
	Sometimes	53	43.8	43.8	71.9
Valid	Often	25	20.7	20.7	92.6
	Always	9	7.4	7.4	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding how often individuals find it difficult to work up the initiative to do things. A significant minority (28.1%) report that they never find it difficult to work up the initiative to do things. A larger portion (43.8%) indicates that they sometimes find it difficult to initiate tasks. A notable but smaller percentage (20.7%) mentions often finding it difficult to work up the initiative. A small minority (7.4%) consistently finds it difficult to work up the initiative to do things.

In summary, these responses suggest varying levels of difficulty in initiating tasks among individuals, with a majority indicating they experience this challenge at least sometimes, while a significant portion faces it frequently or consistently.

Table 20: Response Analysis (I am unable to become enthusiastic about anything.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	42	34.7	34.7	34.7
	Sometimes	54	44.6	44.6	79.3
	Often	17	14.0	14.0	93.4
	Always	8	6.6	6.6	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding how often individuals feel unable to become enthusiastic about anything. A significant minority (34.7%) report that they never feel unable to become enthusiastic about anything. A larger portion (44.6%) indicates that they sometimes feel unable to become enthusiastic. A notable but smaller percentage (14.0%) mentions often feeling unable to become enthusiastic. A small minority (6.6%) consistently feels unable to become enthusiastic about anything.

In summary, these responses indicate varying levels of difficulty in experiencing enthusiasm among individuals. While a majority report feeling enthusiastic at least sometimes, a notable portion faces challenges in feeling enthusiastic regularly or consistently.

Table 21: Response Analysis (I am worried about situations in which I might panic and make a fool of myself.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	37	30.6	30.6	30.6
	Sometimes	41	33.9	33.9	64.5
	Often	30	24.8	24.8	89.3
	Always	13	10.7	10.7	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding how often individuals worry about situations where they might panic and make a fool of themselves. A significant minority (30.6%) report that they never worry about situations where they might panic and make a fool of themselves. A larger portion (33.9%) indicates that they sometimes worry about such situations. (24.8%) A notable but smaller percentage mentions often worrying about situations where they might panic and make a fool of themselves. A small minority (10.7%) consistently worries about these situations.

In summary, these responses indicate varying levels of concern among individuals regarding potentially embarrassing situations where they might panic. While a majority do worry at least sometimes, a significant portion either worries frequently or consistently about these scenarios.

Table 22: Response Analysis (I feel scared without any good reason.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	52	43.0	43.0	43.0
	Sometimes	38	31.4	31.4	74.4
	Often	26	21.5	21.5	95.9
	Always	5	4.1	4.1	100.0
	Total	121	100.0	100.0	

This table presents responses regarding how often individuals feel scared without any good reason. A significant majority (43.0%) report that they never feel scared without any good reason. A notable portion (31.4%) indicates that they sometimes feel scared without any good reason. A smaller but still significant (21.5%) percentage mentions often feeling scared without any good reason. A small minority (4.1%) consistently feels scared without any good reason.

In summary, these responses suggest that while a majority of individuals do not experience unfounded fear often, a significant portion may occasionally or frequently experience such feelings, with a small minority reporting consistent feelings of fear without any apparent reason.

Table 23: Response Analysis (I can stop using social media on my own when I want to.)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	9	7.4	7.4	7.4
	Sometimes	45	37.2	37.2	44.6
	Often	39	32.2	32.2	76.9
	Always	28	23.1	23.1	100.0
	Total	121	100.0	100.0	

This table summarizes responses regarding individuals' ability to stop using social media on their own when they want to. A small minority (7.4%) report that they never feel capable of stopping their use of social media on their own. A significant portion (37.2%) indicates that sometimes they can stop using social media when they want to. A notable number (32.2%) mentions often being able to stop using social media on their own. A substantial minority (23.1%) consistently feels that they can always stop using social media when they choose to.

In summary, these responses suggest varied levels of self-perceived control over social media usage cessation.

Conclusion

The study, conducted through an online questionnaire among college students, provides insights into their social media usage patterns and its psychological effects. The analysis reveals that the majority of respondents spend over two hours on social media daily, with most

accessing it during their free time. A significant portion acknowledged experiencing mood changes from online content, and nearly half felt they were addicted to social media. Furthermore, social media usage was linked to interruptions in daily activities and sleep disturbances for many respondents. A substantial number agreed that face-to-face socializing has decreased since they began using social media, while others admitted to comparing themselves to others while scrolling. The findings highlight varying degrees of social media's impact on students' daily lives and psychological well-being, suggesting that its use is associated with both behavioral changes and emotional challenges. This underscores the importance of understanding and managing social media's influence on youth.

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