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THE EFFECTS OF SOCIAL MEDIA ON THE HEALTH OF COLLEGE
STUDENTS

by

Daniel VanOverbeke

B.S. Southern Illinois University, 2008

A Research Paper

Submitted in Partial Fulfillment of the Requirements for the
Master of Science

Department of Mass Communications and Media Arts
in the Graduate School
Southern Illinois University Carbondale
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RESEARCH PAPER APPROVAL

THE EFFECTS OF SOCIAL MEDIA ON THE HEALTH OF COLLEGE STUDENTS

by

Daniel VanOverbeke

A Research Paper Submitted in Partial

Fulfillment of the Requirements

For the Degree of

Master of Science

in the field of Mass Communications and Media Arts

Approved by:

Dr. Kavita Karan

Graduate School
Southern Illinois University Carbondale
October 21, 2019

AN ABSTRACT OF THE RESEARCH PAPER OF

Daniel VanOverbeke, for the Master of Science degree in Mass Communications and Media Arts, presented on October 21, 2019 at Southern Illinois University Carbondale.

TITLE: THE EFFECTS OF SOCIAL MEDIA ON THE HEALTH OF COLLEGE STUDENTS

MAJOR PROFESSOR: Dr. Kavita Karan

Social media is responsible for many different effects on college student's health. This is because this new social phenomenon has become a major part of today's society. This is particularly evident among college students in past studies. Researchers exhibit both positive and negative effects of social media use on our health. Our lifestyle is influenced by our environment and it is filled with social media platforms to use at all times. Our lives revolve around apps and features offered by different types of social mobile technologies. A survey on college students during the Fall Semester of 2019 was conducted to help understand how these health issues are related to students at Midwestern University, USA. Researchers claim the benefits and pitfalls of social media affect us in ways that we may not yet understand. Hence, further research is needed due to the risks and uncertainties involved in the future's unknown effects of social media on generation Z. This paper will attempt to better understand social media's influence on college student's mental and physical health in further detail.

DEDICATION

This paper is dedicated to my family that has been supportive of me during the development of this paper. I would also like to dedicate this paper to Professor Aaron Veenstra and Professor Kavita Karan in their efforts to help me complete this research.

TABLE OF CONTENTS

<u>CHAPTER</u>	<u>PAGE</u>
ABSTRACT.....	i
DEDICATION.....	ii
LIST OF TABLES.....	iv
CHAPTERS	
CHAPTER 1 – Introduction.....	1
CHAPTER 2 – Review of Literature.....	3
CHAPTER 3 – Data and Methods.....	9
CHAPTER 4 – Results.....	10
CHAPTER 5 – Discussion.....	18
BIBLIOGRAPHY.....	21
APPENDIX.....	23
VITA.....	26

LIST OF TABLES

<u>TABLE</u>	<u>PAGE</u>
Tables 1- Summary Statistics for Questionnaire data.....	10
Table 2- Summary Statistics for Questionnaire data	11
Table 3- Summary Statistics for Questionnaire data	11
Table 4- Summary Statistics for Questionnaire data	11
Table 5- Summary Statistics for Questionnaire data	12
Table 6- Summary Statistics for Questionnaire data	12
Table 7- Summary Statistics for Questionnaire data	13
Table 8- Summary Statistics for Questionnaire data	14
Table 9- Summary Statistics for Questionnaire data	14
Table 10- Summary Statistics for Questionnaire data	15
Table 11- Summary Statistics for Questionnaire data	15
Table 12- Summary Statistics for Questionnaire data	15
Table 13- Summary Statistics for Questionnaire data	16
Table 14- Summary Statistics for Questionnaire data	16
Table 15- Summary Statistics for Questionnaire data	23

CHAPTER 1

INTRODUCTION

Social Media has taken the world by surprise. And the many effects are still unknown and are continuing to be researched. However, many researchers are starting to ask the questions on how social media effects society. The effects that have been found have both positive and negative. It is finding the perfect balance that is important to teach future generations the do's and don'ts of using social media, particularly those that are related to the health of the students. This research along with other research aims to lay the guidelines for educating future students on the most beneficial ways to use social media. Social media is neither bad nor good. It has a balance or an equilibrium. This balance is how often one uses social media compared to other healthy activities. The education that is needed should not only teach students how to use social media but, also how to balance the needs in life that include exercise, nutrition and studying. Researchers claim that social media effects our memory, anxiety, suicide rates, depression rates, physical immobility's, eye problems and also causes arthritis (Akram & Kumar 2017, Dibbs, 2019).

Social Media can have positive or negative impacts on our lives according to how we use it. Therefore, this study aims to add education on the responsibilities of using social media. Social media is known to affect our physical and mental health that includes cyberbullying, and everyday lifestyles. This study will go into deeper detail in understanding the issues that relate to social media and college student's health. The following research was approved by the human subjects committee to conduct a study on the benefits and distractions of social media on 206 students at Midwestern University, USA. In the following sections a literature review is conducted to study the uses and effects of social media on mental and physical health. Next, I

present the research questions, methodologies and results section.

CHAPTER 2

REVIEW OF LITERATURE

Dibb's (2019) in a study on the effects of social media and health found that social media increases some users' social comparisons with others and increases their depressive symptoms. The investigator found that this is linked to lower perceptions of wellbeing, increased social anxiety and decreases in self-esteem. There has been concerns with the amount of time spent on social media due its negative health consequences.

Akram & Kumar (2017) researching the effects of social media on society point out the problems and benefits with social media. The downsides include cyberbullying and depression and the advantages include the ability to become more socially capable. Factors in our lives; such as our business, health and medical education are influenced by social media. This paper reviews the characteristics of different social media platforms used and their impacts on student's health issues.

Tripathi (2018) and other researchers point out the effects of social media on human health. They portray that social media is integrated in our society. Social media has effects that are unforeseen in society due to its quick emergence. Many health care providers are working on social media sites; such as Skype, WhatsApp, Twitter, Facebook, YouTube and personal Blogs. This study expresses the need for more research on health and social media to understand the positive and negative effects of social networking sites on our health. The researchers believe there is light at the end of the tunnel. There needs to be frequent reminders shown on sites, or people need to set timers to control the amount of time using social media.

Bhat & Bashir (2016) research on the effects of social media on mental health. They state the importance of its impact on the human mind. This constant presence has a consequence

on the user's mental state. In addition, the effects from social media have both positive and negative health consequences.

Farhud (2016) researches the positive and negative implications on society from social media sites like Facebook, Google Plus, Twitter and Instagram. Problems such as cyberbullying which leads to depression amongst other problems is analyzed and discussed. These issues have a large impact on our health. This is because the health of our minds leads to changes in our physical health.

Singh (2017) researches the positive and negative effects on the life style of Indian youth from the usage of social media. She notes that today's youth are the major users of social media. Therefore, we will see the positive and negative health influences in the near future from this new social phenomenon; which should be studied in further detail. The ability to communicate faster and more efficiently has led to social media addictions among today's youth. This is not uncommon in our society.

Further, Khurana (2013) researches the impact of social networking sites on today's youths and the effects of social media in different communication settings. The research shows that social media users are mostly well educated and are using social media for entertainment. This is great for organizing our extracurricular activities. However, the authors demonstrate that greater amounts of time used with social media is correlated to negative lifestyle choices. Phoon (2017) researched social media and its stark influence on society. The research shows that the positive and negative influences of social media are evident in our personal lives. The researcher notes the influences that social media has on our everyday social experiences. Every waking moment of our lives is connected to social media whether it be a walk on a beach or a wedding shower for today's youths. Does this have a positive or negative health influence on our daily

health? There are different influences for different people and that is what I will try to understand in more detail in this research study.

Owusu & Larson (2015) research the use of social media and its impact on academic performance. The researchers investigate how Facebook, blogs, Twitter, My Space and LinkedIn effects our education. The researchers hypothesized that there was a relationship between the amount of time spent on social media and one's academic performance. The hypothesis was found to be true in their results. The recommendations from the researchers are to encourage mobile technology use for educational purposes instead of chatting with friends. This problem leads to further health problems from a life of poverty without education.

Gok (2016) researches the effects of social networking sites on students studying and other habits. The researcher notes the importance of social media to communicate with others and its positive and negative effects on education. The results show a negative relationship between the use of mobile technology and educational priorities. The findings showed that 1.5 hours of usage on social media was normal for both boys and girls. This time takes away from possible time outside of school for studying and exercise which is vital to a student's education.

Mastrodicasa and Metellus (2013) research the numerous positive and negative ways social media impacts on college students. The amount of time college students use on social media is the key to understanding these influences. The researchers in this study have called for more research to be done that examines the problems with social media use. The problem stems from the actual use or purpose that people use social media. This shows us that social media are not the problem, but the problem is determined by our mindset when we use social media.

Seidel, Ethan & Basch (2013) research the effects of social media on college student's mental health. The persistence of mental health issues has risen in college students in recent

years. The authors of this study call for additional research into social media as the cause for the increase in mental health problems for college students. The increase in mental health problems correlates with an increase in social media use. This relationship should be studied in greater detail to understand the extent that social media plays in our mental health.

Cain (2018) researches the importance to confront student health issues associated with smartphones and social media. The researcher points out that our society has a heightened focus on student health and wellness. This study demonstrates that a student's well-being is an important aspect for preparing for high stress careers (health care careers in particular). This issue has urged universities and colleges to address the risks associated with stress, depression and anxiety. The important step is to teach students about the importance of sleep, exercise and nutrition.

Vincent (2016) researches the role of social media to help college students gain a sense of belonging. The urge to join social media is almost unbearable at the college level to keep in touch with class mates and the friends' students make. The trend has increased to use social media throughout your lifetime. Thus, social media has immersed the world of technology and reflects college students' individual identities.

Zhang (2013) studied the uses and perceptions of social media for health and wellness information and use. Zhang found that social media is used to find out medical information for friends and loved ones. The lack of trust for social media can cause some tensions in believing the information gathered in the process. It was found that college students do not use social media sites to gather medical advice. This is probably due to the high number of college students that are covered by health insurance.

Behrang, Aida & Gharleghi (2014) research the negative effects of social media among

University Scholars in Malaysia. They sent 152 surveys to students to examine the negative effects. This paper measures the frequency of use, participation in activities and time spent preparing for class in order to know how social media impacts the performance of students. This paper also examines why social media users are unaware of the risks involved and how their privacy suffers.

Junco, Heiberger & Loken (2010) research the effects of Twitter on college student grades. They found that there is not a lot of research about the impacts of social media use on students learning. This paper describes a semester long experiment to determine if Twitter impacts student grades. The interaction was determined by using a 19-item scale based on the national survey of student engagement. It was found that Twitter can be used as an education tool to help students engage with one another and faculty.

Calestine, Bopp, Bopp & Papalia (2017) researched how college students work habits are related to physical activity and fitness. These researchers found that there has been a large decline in physical activity during academic learning for young adults and college level students. This study provides ideas for future campus-based health initiatives to share in order to create a balance between academics and physical activity.

Jha, Shah, Basnet, Paudel, Sah, Sah & Adhikari (2016) research Facebook use and its effects on the life of health science students in a private medical college of Nepal. The study surveyed 450 students. Almost 70 percent of the users said that Facebook had a negative impact on their studies. Burning eyes, disturbed sleep and headaches were widely seen to be a problem with this study from excessive social media use. There were both positive and negative impacts on students' academics, social life and health.

Amedie (2015) studied the impact of social media on society in his research paper and

related it to the importance of knowledge gain. Social media plays a major role in this area of society. There is an unrestricted flow of information at the fingertips of billions today.

Therefore, the researchers realize that social media now plays an important role in shaping today's culture. However, there is a negative side of social media that includes an increased isolation culture. There is less independent thinking, less human fellowship and emotional support with the introduction of social media.

In summary, it was found that social media has become a part of everyday life of people and it has both positive and negative impacts. However, there is not a lot of research completed in some areas of the impacts of social media, particularly among college students on their mental and physical health. The prior research demonstrates the need for further research in these areas. The increase in information gathering will give rise to future legislative suggestions for the correct path for social media users to take. This study therefore posits the following research questions.

Research Questions

1. To what extent do college students use social networking sites?
2. To what extent do social media sites impact students social and educational activities?
3. To what extent are college students impacted by cyber bullying?
4. To what extent does social media impact mental and physical health of students?
5. What are the ways that students make efforts to stop using SNS to do other work?

Hypothesis

My hypothesis is that there will be a positive relationship between health perceptions and social media consumption amongst college students at SIUC. This should be the case since people wouldn't and shouldn't use social media if it was hurting our health.

CHAPTER 3

DATA AND METHODS

A survey was used to collect the data needed to answer the research questions. Survey monkey, a data gathering software was used to collect data from 206 college students at a midwestern university, USA. The data was collected during the fall semester of 2019. A questionnaire comprising of 17 questions was cleared from the Human Subjects Committee before the data was collected. A total of 206 students responded to the survey during the period Sept 18th – September 31st 2019.

CHAPTER 4

RESULTS

The following results show the relationships between college students' extent of social media usage and their physical and mental health.

Table 1: Socio Economic Profile of Respondents

Age	18	19-20	21 and up			Total
	23 %	33 %	44%			100%
	48	66	90			206
Income	0-10K	10-20K	30-40K	40K and up		
	40 %	13 %	12%	35%		100%
	82	26	25	71		206
Place of residence	At home with family	Rental	University housing	Other		
	16 %	42 %	39 %	3.4%		100%
	33	86	80	7		206
Ethnicity	White	Black	Latino	Asian	other	
	79.1 %	9.2 %	5.6 %	4.7 %	1 %	100%
	163	19	12	10	2	206

The respondents in this study were from midwestern University, USA.

Almost half (43.7%) are 21 years or older and 80% are White and being students 40% earn less than \$10,000 while 35% earn \$40,000. An almost equal number live at home with

families and or in university housing. Some of the responses on where they live include. “I own my home”. “Living at a house with sister”. “Family lake house”. “Homeowner”.

Research Question 1: To what extent do college students use SNS?

Table 2: Frequency of communication with others on Social Media

Answer Choices	Percentage	Number
Everyday	80.6%	166
4-5 times per week	7.3%	15
2-3 times per week	3.6%	8
Once a week	3.4%	7
Never	4.8%	10
	100	206

Table 3: What kind of social media is used by respondents

Answer Choices	Percentage	Number
Facebook	66.5%	135
Amazon Video	5.9%	12
Snap Chat	82.8%	168
Instagram	69.5%	141
Twitter	48.8%	95
Other	18.7%	35
	100	206

Table 4: How much time is spent on SNS

Answer Choices	Percentage	Number
less than one hour	12.7%	26
1-2 hours	30.7%	63
2-3 hours	35.6%	73
4 hours or more	21.0%	43

This research shows us that Snap Chat leads in popularity with over 82 percent of respondent’s usage of social media. Instagram’s popularity is second to Snap Chat with 69 percent of respondent’s usage of social media. Facebook is 3rd with 67 percent of the responses. Twitter is close behind with Amazon video with barely 6 percent of the responses. Most people spend 2-3 hours on social media with 36 percent of the responses. The next most popular answer was 1-2 hours with 31 percent of the responses. 21 percent are spending four or more hours on

social media. And less than 13 percent are using social media for less than one hour per day. Gok (2016) in an earlier research found that 1.5 hours of social media usage was normal for both boys and girls. This time takes away from possible time outside of school for studying and exercise, which is vital to a student. The current research shows that over 81 percent of college students are using social networking sites daily. This use may be related to the high amounts of academic interruptions and health problems. We are able to see that 81 percent of the respondents communicate with others on social media every day. Less than 5 percent never check social media for communication.

Research Question 2: Impact of SNS on student social and educational activities.

Table 5: The extent to which Social Media interferes with academic performance

lot	6.8%	14
somewhat	53.6%	110
not at all	39.5%	81

Table 6: Do Social Networking Sites takeaway from doing your everyday jobs?

Always	2.9%	6
sometime	54.6%	112
Never	42.4%	87

53 percent of respondents think that social media impacts their academic performance sometimes. 40 percent of respondents think that social media doesn't impact their academic performance at all, and less than 7 percent of respondents think that social media affects their academic performance a lot. The increased use of social media has taken away from college students' ability to work out regularly and study efficiently. Over 60 percent of students believe

that social media negatively impacts their academic performance. 55 percent of respondents think that social media takes away from doing everyday jobs sometimes. 42 percent of respondents don't think that social media takes away from doing everyday jobs at all. And 3 percent believe that it always takes away from doing their jobs. Gok's (2016) results also showed a negative relationship between the use of mobile technology and educational priorities. Jha, Shah, Basnet, Paudel, Sah, Sah & Adhikari (2016) also found that Facebook had a negative impact on students' studies. This relationship is also seen in this current research conducted; burning eyes, disturbed sleep and headaches were widely seen to be a problem in this study from excessive social media use.

Research Question 3: How do students stop using SNS to do other work?

Table 7: Respondents who shut off your mobile devices or computers for some time in a day to do other jobs

Always	5.3%	11
sometimes	36.4%	75
as much as I can	15.5%	32
Never	42.7%	88

Khurana (2013) found that greater amounts of time used with social media is connected to negative lifestyle choices. The current research shows that barely anyone does anything to avoid distractions from social media. 36 percent of respondents only turn off their mobile devices sometimes to do everyday jobs. 43 percent of respondents never turn off their mobile devices to do everyday jobs. 16 percent turn them off as much as they can. And, only 5 percent always turn off their devices. Seidel, Ethan & Basch (2013) found an increase in mental health problems correlates with an increase in social media use. Therefore, it was found that more than half try to avoid too much time on social media.

Research Question 4: To what extent are college students impacted by cyber bullying?

Table 8: respondents impacted by cyberbullying

yes	6.9%	14
no	93.1%	192

Table 9: Has cyberbullying led you to be

anxious	18.1%	34
depressed	4.8%	9
health issues	2.1%	4
nothing at all	75.0%	141

Akram & Kumar's (2017) research on the effects of social media on society pointed out the problems and benefits with social media. The downsides include cyberbullying and depression and the advantages include the ability to become more socially capable. Farhud (2016) also researched the positive and negative implications on society from social media sites like Facebook, Google Plus, Twitter and Instagram. Problems such as cyberbullying which leads to depression was analyzed and discussed. These issues have a large impact on our health as the health of our minds leads to changes in our physical health.

86 percent of respondents have never been impacted by cyber bullying. 18 percent are anxious from cyberbullying. 5 percent are worried from cyberbullying. And, 2 percent ended up with health issues from cyberbullying. 7 percent were cyberbullied and they gave some very important explanations. The responses include the following; "People just suck", "somebody screenshotted an embarrassing post I made in a private group and posted it publicly". "I was once told that I smelled like a dog by an acquaintance". "I've been cyberbullied over things I post or people I follow". "It's pretty frustrating". "When I was younger people would bully me but now it doesn't seem to be a big deal because we grew out of it and I got more confident".

“General teasing, nothing serious”. “I’ve had girls talk about me posting a vague post and it being about me”. “Harassment and stalking by someone through alt accounts”. “Just petty little comments that tear me down on indirect things that upset me and bother me”. “I have had people share pictures around of me that are mocking”. “I’ve been a direct victim of people creating fake social media accounts of me in order to mock or make fun of me and was made fun of because of acne and weight”. “Pretty much on online video games: name calling and derogatory statements”. “When I was younger, sure”. “Bullied in regards to being open about my sexuality”. “Meanies”. However, Cyberbullying has caused 75 percent of the respondents to feel nothing at all.

Research Question 5: To what extent do social media impact the student’s mental and physical health?

Table 10: Do Social Networking Sites takeaway from your daily exercise

always	6.9%	14
sometimes	44.1%	90
never	49.0%	100

Table 11: How frequently do you exercise?

never	8.3%	17
less than one hour per day	47.8%	95
1-2 hours	39.5%	81
more than 2 hours	4.4%	9

Table 12: Does Social Media impact mental health?

a lot	14.1%	29
somewhat	39.3%	81
not at all	40.8%	84
please explain	5.8%	12

Table 13: Do you think connecting to Social Media Sites is a form of addiction among some people?

a lot	58.3%	120
somewhat	35.0%	72
not at all	5.3%	11
any other opinions	1.5%	3

Table 14: Do you think that Social Media Sites and connectors are a form of escape from daily problems?

a lot	46.9%	96
somewhat	49.8%	102
not at all	3.4%	7

Social media takes away student's from daily exercise sometimes for 44 percent of the respondents. It never takes away from exercise for 49 percent of the respondents. And, 7 percent say it always takes them away from exercise. Actual responses to explanations on the mental health impacts of social media use were the following; "When I did it, I felt chained to it". "Someone who is on their phone nonstop could potentially have headaches". "Seeing something online can sometimes affect how a person acts depending on how what they saw made them feel". "I believe it impacts a great deal, because we have to account for TV, videogames, school work on computer and so on". "Sometimes". "Only if you let it". "Sometimes, it depends". "It can cause anger and sadness if I see things that upset me". "I noticed that when I spend lots on time on my phone or laptop I get headaches very easily". "I don't think it impacts me a whole lot but it's definitely detrimental for most people". "Jealousy, frustration, depressive".

Gok (2016) found that time on social media takes away from possible time outside of school for studying and exercise which is vital to education. Seidel, Ethan & Basch (2013)

found an increase in mental health problems correlates with an increase in social media use. My current research dives further into this issue to better understand the extent that social media plays in our mental health. 8 percent of the respondent's never exercise. 40 percent exercise for less than one hour per day. 40 percent of the respondent's exercise for 1-2 hours per day. 4 percent of the respondents exercise more than 2 hours per day. 41 percent of the respondents say that social media doesn't impact mental health at all. 39 percent say it does by a moderate amount. 14 percent say it impacts mental health a great deal. 47 percent of respondents say that social media is used a lot as a form of escape, 50 percent of respondents say that social media is used sometimes as a form of escape and only 3 percent say never an escape.

58 percent of respondents believe social media is a form of addiction. 35 percent say it is somewhat of an addiction. 5 percent say it is a small addiction. Actual Responses to explanations if social media are a form of addiction were the following. "I do not feel like it is necessarily an addiction", "I believe that people enjoy being on social media such as videogames", "they have no way to connect with family or friends that may be located far away", or "that they have to be on a computer for their job". "Probably as much as talking in a long conversation would be".

CHAPTER 5

DISCUSSION

In conclusion, the results of this research portray a positive relationship between the amount of social media use and negative health and academic habits. This study found that there is a high level of social media use with Snap Chat being used by over 82 percent of respondents followed by Instagram and Facebook with 69 and 67 percent of the respondent's usage. The findings in this study show the impacts on the physical and mental health of college students. College students are frequently using social media with 80 percent of the respondents using every day. Only 5 percent of the respondents never check social media.

53 percent of respondents think that social media impacts their academic performance sometimes. 40 percent of respondents think that social media doesn't impact their academic performance at all, and less than 7 percent of respondents think that social media affects their academic performance a lot. The increased use of social media has taken away from college students' ability to work out regularly and study efficiently. Over 60 percent of students believe that social media negatively impacts their academic performance. 55 percent of respondents think that social media takes away from doing everyday jobs sometimes. 42 percent of respondents don't think that social media takes away from doing everyday jobs at all. And 3 percent believe that it always takes away from doing their jobs. of our minds leads to changes in our physical health.

The current research shows that barely anyone does anything to avoid distractions from social media. 36 percent of respondents only turn off their mobile devices sometimes to do everyday jobs. 43 percent of respondents never turn off their mobile devices to do everyday jobs. 16 percent turn them off as much as they can. And, only 5 percent always turn off their

devices. 86 percent of respondents have never been impacted by cyber bullying. 18 percent are anxious from cyberbullying, 5 percent are worried from cyberbullying, and, 2 percent ended up with health issues from cyberbullying. 7 percent were cyberbullied and they gave some very important explanations. Social media takes away from daily exercise sometimes for 44 percent of the respondents. It never takes away from exercise for 49 percent of the respondents. And, 7 percent say it always takes them away from exercise.

8 percent of the respondent's never exercise. 40 percent exercise for less than one hour per day. 40 percent of the respondent's exercise for 1-2 hours per day. 4 percent of the respondents exercise more than 2 hours per day. 41 percent of the respondents say that social media doesn't impact mental health at all. 39 percent say it does by a moderate amount. 14 percent say it impacts mental health a great deal. 47 percent of respondents say that social media is used a lot as a form of escape, 50 percent of respondents say that social media is used sometimes as a form of escape and only 3 percent say it is not a form of escape.

58 percent of respondents believe social media is a form of addiction. 35 percent say it is somewhat of an addiction. 5 percent say it is a small addiction.

In conclusion, the results of this research portray a positive relationship between the amount of social media use and negative health and academic habits. We can determine that there is some relationship between these two variables. Past studies found negative relationships between the quantity of social media consumed and academic studies. These studies suggest educating society on how to use social media with a balance of responsibilities in life.

Their paper examined why social media users are unaware of the risks involved and how their privacy also suffers. The use of high amounts of social media and low amounts of exercise results in poor academics. This is relevant information for the future education of colleagues in

this field. The balance of life should take into consideration the use of social media usage and all of the needs and wants we have. This includes finding time to prepare nutritious diets, get to the gym to exercise and study to get the best grades that they can in this competitive world.

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APPENDIX

Table 15: Survey Questions

1. How often do you communicate with others on Social Networking Sites (SNS)?
 - a. Everyday
 - b. 4-5 times per week
 - c. 2-3 times per week
 - d. once in a week or less

2. Which Social media do you use? Mark all that apply
 - a. Facebook
 - b. Amazon Video
 - c. Snapchat
 - d. Instagram
 - e. Twitter
 - f. any other_ Please specify here _

3. How much time do you spend on SNS
 - a. less than one hour
 - b. 1-2 hours
 - c. 2-3 hours
 - d. 4 hours or more

4. Does Social Media interfere with your academic performance?
 - a. a lot
 - b. somewhat

- c. not at all
5. Does connecting to Social Networking Sites takeaway from doing everyday jobs?
- a. always
 - b. sometimes
 - c. never
6. Do you shut off your mobile devices or computers for some time in a day to do other jobs?
- a. Never
 - b. Sometime (when I have to, Please- explain)
 - c. As much as I can (when I have to, Please- explain)
7. Have you ever been impacted by cyberbullying?
- a. yes
 - b. no, go to question 7
- if yes, in what way? Please- explain
8. Has cyberbullying led you to be
- a. anxious/ worried
 - b. depressed
 - c. health issues
 - d. nothing at all
9. Does connecting to Social Networking Sites takeaway from your daily exercise?
- a. always
 - b. sometimes
 - c. never

10. How frequently do you exercise?

- a. never
- b. less than one hour a day
- c. 1-2 hours
- d. more than 2 hours

11. Does Social Media impact mental health?

- a. a lot... Please- explain
- b. somewhat.... Please- explain
- c. not at all

12. Do you think connecting to Social Media Sites is a form of addiction among some people?

- a. a lot... Please- explain
- b. somewhat.... Please- explain
- c. not at all
- d. any other opinion....

13. Do you think that Social Media Sites and connectors are a form of escape from daily problems?

- a. a lot
- b. somewhat
- c. not at all

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Research Paper Title:

The Effects of Social Media on the Health of College Students

Major Professor: Dr. Kavita Karan