

# Association between Addiction of Social Media and Depression among Medical Students

SAMIA SARWAR<sup>1</sup>, MUHAMMAD AMIN KHAN<sup>2</sup>, NAEEM AMJAD<sup>3</sup>, QURRATULAIN MEHFOOZ<sup>4</sup>, FARRUKH SARRFRAZ<sup>5</sup>, ZAIN GULZAR<sup>6</sup>

<sup>1</sup>Professor, Department of Physiology, Rawalpindi Medical University, Rawalpindi

<sup>2</sup>Assistant Professor, Department of Psychiatry, Niazi Medical & Dental College Sargodha

<sup>3</sup>Assistant Professor, Department of Psychiatry, Shahida Islam Medical College Lodhran

<sup>4</sup>Assistant Professor, Department of Medical Education, Bakhtawer Amin Medical and Dental College, Multan

<sup>5</sup>Associate Professor, Department of Medical Education, Azra Naheed Medical College, Superior University Lahore

<sup>6</sup>Director Department of Medical Education, Assistant Professor, Azra Naheed Dental College, Superior University Lahore

Correspondence to: Samia Sarwar, Email: [drsamsarwar@yahoo.com](mailto:drsamsarwar@yahoo.com), Cell: 0300-5118603

## ABSTRACT

**Introduction:** This study examined the association between addiction of social media and depression among medical students. Social Media is the online administrations where individuals can communicate with each other by distinctive ways like enjoying, commenting and sharing are collectively known as social media. Depression is one of the major mental wellbeing issues around the world, particularly among youthful adults. According to World Health Organization (WHO), more than 264 million individuals suffer from depression. Depression can cause the severe issues in people to suffer significantly in their way of life and it basically affects their every day schedule activities such as studying, working and family chores, though the extreme level of misery can lead to suicide. Around 800 000 individuals commit suicide each year and suicide is identified as the moment leading cause of death among teen agers.

**Objective:** To investigate the association between addiction of social media and depression among medical student

### Material and Methods

**Study design:** Quantitative cross sectional

**Settings:** Rawalpindi Medical University

**Duration:** Six months i.e. 1st April 2022 to 30th July 2022

**Data Collection procedure:** A pre validated questionnaire was used. Total numbers of participants were 150. Addiction of social media was measured utilizing Dr Kimberly Young's Web Habit Test (IAT). Depression was calculated by the Middle for Epidemiologic Studies Depression Scale (CES-D) which was established by Lenore Radloff.

**Results:** Total numbers of students 150 who were participated after taking the informed consent and use regular platform of social media and subscribed. Males were 110 and females 40. Internal consistency was perfect. Cronbach' Alpha value was more than .82 in both depression and addiction of social media. Mean and standard deviation was calculated. The values of skewness and kurtosis were also calculated

**Conclusion:** this study uncovers that social media compulsion has a positive relationship with depression among students. In other words, the higher the student addiction level, and the more prominent his/her sadness level is.

**Keywords:** Social Media, Depression, Students, Addiction

## INTRODUCTION

Social Media is the online administrations where individuals can communicate with each other by distinctive ways like enjoying, commenting and sharing are collectively known as social media. This includes blogs, organizing stages, virtual worlds. There are different sites like Facebook, Twitter, Instagram YouTube. Social media is becoming an addiction in grown-ups. Facebook is most common among them<sup>1,2</sup>. With convergence of android mobiles and 3g and 4g networking accessibility over the board there's increase utilization of social media in our society. Depression is one of the major mental wellbeing issues around the world, particularly among youthful adults. According to World Health Organization (WHO), more than 264 million individuals suffer from depression. Depression can cause the severe issues in people to suffer significantly in their way of life and it basically affects their every day schedule activities such as studying, working and family chores, though the extreme level of misery can lead to suicide. Around 800 000 individuals commit suicide each year and suicide is identified as the moment leading cause of death among teen agers<sup>3,4</sup>.

More than 3 billion people utilize web and have interaction with social media location and almost 37 million social media users in Pakistan. These figures are expanding day by day. Depression may be a condition of common passionate disheartening, social withdrawal, determined feeling of pity and need of interest or pleasure in already fulfilling or pleasant exercises. It is typically checked by changing degree of despair, loneliness, inactivity, blame, misfortune of concentration, rest unsettling influences and sometime self-destructive tendencies. Approximately 300 million individuals around the world have discouragement. It is one of driving mental clutter in world and by 2020 it would be on 2nd rank of worldwide burden of diseases expressed by WHO in 2001<sup>5,6</sup>.

Numerous earlier studies have investigated the relationship of social media utilization with the users' mental health issues (e.g. discouragement, uneasiness, stress, depression, and self-esteem) among the different age group of individuals in developed countries. In under created nations there's not sufficient significant scholarly literature. Subsequently, this study will contribute by analyzing whether the relationship between the excessive utilize of social media and mental health problems are the same or not in developed and in least developed nations. The most objective of this study is to explore the relationship between addiction of social media and depression among university students<sup>7,8</sup>.

## MATERIAL AND METHODS

A pre validated questionnaire was used. Total numbers of participants were 150. Addiction of Social media was measured utilizing Dr Kimberly Young's Web Habit Test (IAT). In spite of the fact that IAT is outlined for measuring web addiction, we duplicated it for measuring addiction of social media. IAT comprises of 20 items. This test measures the level of enslavement and it basically covers the diverse impacts of web utilization on its users' day by day schedule, sentiments, resting design, social life, and productivity. In this test, the least score is 30, and the most extreme is 100; the higher the score, the greater the addiction level. Young proposes the score range for the addiction level as 0–30, normal; 31–49, mild; 50–79, moderate; and 80–100 focuses is the severe level of addiction. Depression was calculated by the Middle for Epidemiologic Studies Depression Scale (CES-D) which was established by Lenore Radloff. This scale has 20 items, measures the respondent's depressive sentiments and practices amid the past week. Each item was scored from 0 to 3 on a scale of the frequency of event of the indication. In this scale, the maximum score is 60 whereas the least score is 15 or less. The

higher the score, the more prominent the depression is considered to be. The CES-D scale recommends the score run; 22–60, greater depression; 15–21, mild or moderate depression; and 15 or less score, the discouragement does not exist. The Pearson relationship coefficient and simple direct regression were utilized to decide the relationship between addiction of social media and depression. Data was analyzed through SPSS 22.

## RESULTS

Total numbers of students 150 who were participated after taking the informed consent and use regular platform of social media and subscribed. Males were 110 and females 40. Internal consistency was perfect. Cronbach' Alpha value was more than .82 in both depression and addiction of social media. Mean and standard deviation was calculated. The values of skewness and kurtosis were also calculated shown in table 2.

In table 3 pearson correlation analysis was done and was found positive correlation between the two variables. P value was found less than 0.05 and it is significant for correlation.

In table 4 factor analysis was done by Bartlett's test. KMO values for depression cannot be started which can even result in their death Table-I.

Table 1: Demographic presentation

No.	Males	Females
1	110	40

Table 2: Statistical Analysis

No.	Variable	Mean	SD	Skewness	Kurtosis	Cronbach 'Alpha
1	Depression	20.2	12.4	.201	-.35	.854
2	Addiction of Social media	36.5	15.7	.65	.50	.828

Table 3: Correlation Analysis

No.	Variable	ASM	Depression
1	Depression	.395	1
2	Addiction of Social media	1	.395

ASM (Addiction of Social Media)

Table 4: Factor Analysis

No.	Variable	KMO	Chi Square	Sig
1	Depression	.945	2479.23	0.000
2	Addiction of Social media	.964	2065.47	0.000

## DISCUSSION

The objective of this study was to look at the relationship between addiction of social media and depression. As was anticipated, the discoveries revealed a positive relationship between social media addiction and depression. The simple linear regression investigation appeared that depression significantly predicted addiction of social media. However, there was not a solid relationship between social media addiction and depression<sup>1,3,9</sup>.

The relationship between innovative addictions (social media addiction & Smartphone addiction) and mental wellbeing issues (misery, uneasiness, stretch, loneliness, self-esteem, a sleeping disorder) has been explored in different developed or developing nations; in any case, profoundly likely these connections are not inspected within the least developed nations<sup>10,11</sup>.

Numerous earlier studies basically investigated the relationship between web addiction and depression, anxiety,

stress, loneliness, self-esteem, social connectedness, sleep deprivation, and other factors related to mental wellbeing issues. About all these studies found a positive relationship between web addiction and depression and other factors significant to mental wellbeing; in any case, an earlier study of Shaw & Gant, 2002<sup>12</sup> found a negative connection between internet addiction and depression.

## CONCLUSION

In conclusion, this study uncovers that social media compulsion has a positive relationship with depression among students. In other words, the higher the student addiction level, and the more prominent his/her sadness level is. Meanwhile, a basic direct regression analysis moreover appears that depression essentially predicts social media addiction. This study also confirmed that the internet-based technological habit emphatically partners with mental health problems without considering developed and least developed nations. In other words, the addictive utilize of social media emphatically partners with depression similarly in developed and in least under developed societies.

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