

**Exploring the Impact of Social Media use on Social Anxiety among Young Adults**

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**Abstract**

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Social media is an integral aspect of the present-day society and despite the controversial role it plays in our mental health, people increasingly spend a part of their time on different social media platforms. This research explores association of social media usage with social anxiety Among the variety of the patterns of social media responses such as the active partaking in the conversation and the mere passivity we explore how they correlate with the anxiety levels. The research investigates whether social networking services directly lead to social anxiety or social networking services function for the social anxiety suffered people as the coping method. Moreover, the investigation scrutinizes the influencing factors of treatment capacity on the relationship between social network and social anxiety. It aims to find solution to these sophisticated problems in order to provide societies and individuals with the strategies that are most appropriate in this digital world.

## Introduction

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### **Social Media Use**

The latest and most dramatic development in communication has been the internet, social media, particularly such platforms as Facebook and Twitter. Tremendous growth is ignited through the desire to find quick and effective communication ability, this ability is getting over the physical barriers in mere seconds. In the modern age, when technology trends vary so rapidly, it is no wonder that the social media benefits contribute to the overall development of the world, and there is hardly a country around the globe, whether developing or developed, which rejects social media use for any purposes in particular. In the same way, it has to be understood the strength of the weapon always come with the potent weapons. However, it has lots of benefits and can at the same time point out many issues.

### **Anxiety**

Even though the lower frequency anxiety is perfectly common, the panic disorders as the people's exaggerated and lasting worries about insignificant events may be considered as pathological anxiety disorders. That could be reflected by the sudden and weak frequent panic attacks that ended up in form of the panic attacks in which several minutes or a couple of seconds are needed. These emotions encompass frequent undermining of mental health, are unmanageable, and are not easy to control and do not match the real threats usually. Those suffering from anxiety tend to have fears even of the common places or situations to a certain extent of which they may not experience any anxiety problem.

### **Relationship between Social Media and Anxiety**

Nonetheless, social media is not a primary reason for development of social anxiety disorder symptoms, though it does reveal how social media use is a significant factor in triggering social anxiety and worsening of symptoms. In many cases social media is used to do such things as avoid contact with people and places that might cause social anxiety's symptoms so that they cannot occur.

Social media use itself does not directly lead to social anxiety disorder development. However, it can make the problem worse. Succeeding in social media to those people with social anxiety can be a way of escaping those very social interactions causing anxiety.

However, this may interfere with the ability of such people developing meaningful relationships in real life.

## Literature review

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Jenkins-Guarnieri, M. A. et al (2013) introduced the SUM (Social Media Use Integration), which is a composite facet of both the extent to which users incorporate social media into their daily lives (A) and the emotional meanings they associate with the platform (B). Participation effectiveness of 616 students out of the 845 college students was assessed in this study. The results were also reproduced demonstrating a significant high reliability, research done on measuring had the same value on different items. Also, we witnessed that the clarity phenomenon remained unchanged marking the same mark at the end of three week period. As the evidence of SMUI showed, inter-correlation (the relation among social media use scales) and independent ability (no use of the same thing by others) also demonstrated. First, the SMUIS was only designed for searching personal areas of Facebook, but this component can be modified to adapt various social applications. The report will end with remarks about future research further improving our understanding of this disease as well present proposals how this diagnosis can be applied to identify people at risk of contracting it.

Özgüven, N. et al (2013) concluded that the peer nexus of habitual social media influences and personalities measured characteristics. Students from economics and administration universities and developing research were participants. The five factor model was used to measure personality traits, and also to identify the level of self-satisfaction and social network marketing activities. It was established that the two personal characteristics (educational level and income level) are directly corresponded by usage of social media along with two personality traits (openness to experience and conscientiousness) which are linked with life satisfaction. Albeit, a non-imposing relationship was confirmed between the outlined variables and social networking platforms.

Tehida Correa, Ingrid Bachicam et al (2013), research concerning the media and digital has been mainly carried out either on user demographics, motivations or effectiveness. But on the upside, it's the social media that spurs to study if more stable personal characteristics condition people's ability to use the web for communication and social connection. This chapter moves on analyzing the relationship below this factor using "The Big Five Framework" which is a theoretical part.

## Methodology

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### **Aim**

To uncover the intrinsic link between the amount of time young adults spend on social media and the development of social anxiety.

### **Objective**

The point of this report is to understand the correlation between social network use and social anxiety.

This study is conducted to evaluate how social media use and social anxiety are intertwined.

### **Hypothesis**

There is a significant positive relationship between social networking usage and social anxiety.

There is a significant negative relationship between social networking usage and social anxiety.

### **Variables**

#### ***Independent Variable***

Social Media Usage

#### ***Dependent Variable***

Social Anxiety

### **Sampling Design**

A random methodology was employed for this investigation .A comprehensive online questionnaire was administered to 172 people. Sample size was collected within delhi.

### **Inclusion and Exclusion Criteria**

#### ***Inclusion criteria***

Participants of age group 18-50 were included.

### *Exclusion criteria*

Participants from abroad were excluded.

### **Research Design**

The research objectives were clearly defined and hypotheses based on existing literature or theoretical frameworks were formulated. For example, "Increased time spent on social media is positively associated with higher levels of social anxiety." Young adults were chosen and random sampling method was employed. The sample size was 172.

### **Tools**

**Table 3.1**

#### *Description of the Tools Used*

<b>S. No.</b>	<b>Tools Used</b>	<b>Developed By</b>	<b>Items</b>	<b>Year</b>	<b>Reliability</b>
1	Social Interaction Anxiety Scale	Mattick, R. P., & Clark	20	1998	-
2	Social Networking Usage Scale	Gupta & Bashir	19	2018	0.830

The Social Interaction Anxiety Scale (SIAS) is a self-report questionnaire used to assess social anxiety, specifically focusing on distress experienced when meeting and talking with others. It's a widely used tool in clinical settings and social anxiety research.

The Social Networking Usage Scale (SNUS) is a tool designed to measure how people use social media platforms.

## Result

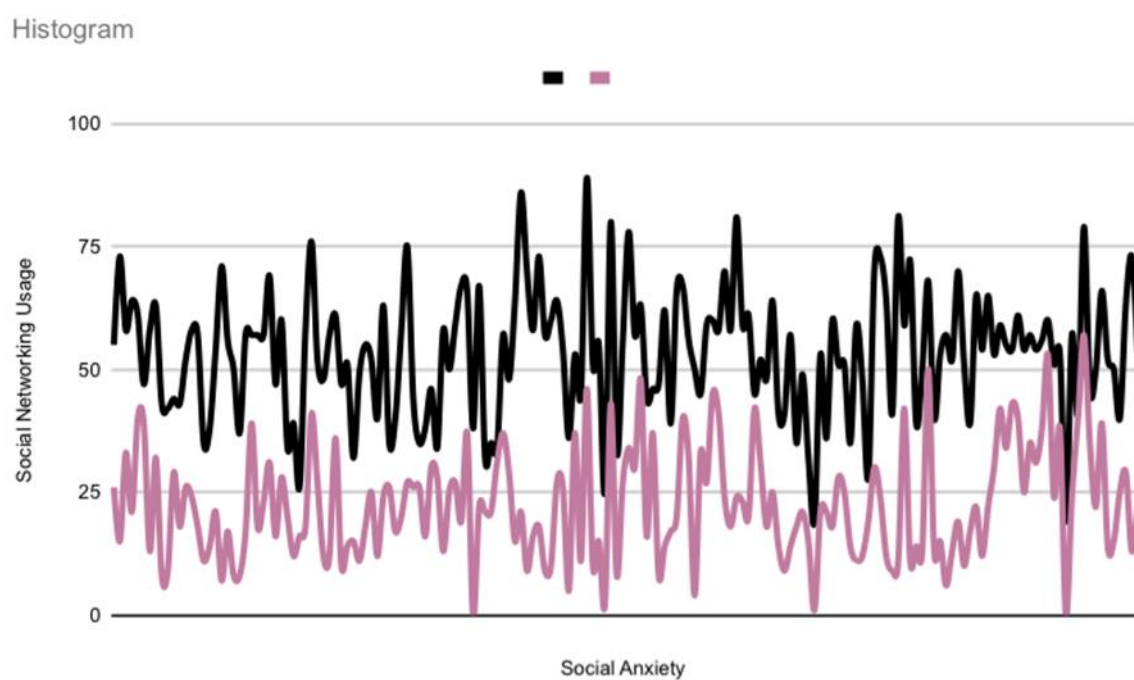
**Table 4.1**

*Pearson's Coefficient Correlation*

CORRELATION		
	<i>Social Anxiety</i>	<i>Social Media</i>
<i>Social Anxiety</i>		
Pearsons Correlation	1	
N	172	172
<i>Social Media</i>		
Pearsons Correlation	0.3768044561	1
N	172	172

**Image 4.1**

*Histogram Depicting the Use Of Social Media Use And Social Anxiety*



In this case, the correlation coefficient is 0.3768, which is a positive correlation. Positive correlation: As social media use increases, social anxiety also tends to increase. Correlation doesn't equal causation: This correlation doesn't necessarily mean that using social media causes social anxiety, or vice versa. There could be other factors at play.

## Discussion

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The purpose of this research was to determine the link of social media usage on social anxiety. Conn table depicts the positive relation between the social media and social anxiety, coefficient is 0.3726. This shows that the people who use social media regularly are more prone to social media anxiety.

The possible reasoning behind this discovering is that excessive involvement with social media platforms, which usually pay the attention to similarity and validation, can cause oppressing feelings comparable to inadequacy and check on social situation which may, further, increase social anxiety symptoms. Many studies have pointed out the possible negative influence of social networking sites on mental health stating that people are more anxious and stressful while using social media sites. This association provides evidence that people who have higher social anxiety scores can be found to have more increased frequency of using social networking sites.

Among the contexts are the fact that social media pulls feeds are commonly selected "highlight reels" which display only the highlights and special moments of people's lives. As well as that, social media may cause social comparison with sensitive people in addition to this feeling down when the question of inadequacy arises. The workout combined security component enhances workout experience while offering a deeper sense of personalization and addresses FOMO (fear of missing out). This is also a forgiving platform for people who have challenges in their interactions with others. Hence, they can maintain safe distance with the comfort of connecting with other people. One thing is clear though, this avoidance of real life contact sometimes can hinder development of social skills in person which eventually might promote social anxiety disorder in the future. It could contain the exact opposite just because people with social anxiety may look for social media to be a way to connect dissociating them from their existing anxieties.



Although individuals with a natural tendency toward social anxiety could be statistically attributed to the rise in social media activities as a means of interacting, it is possible that by doing so these individuals amplify their own anxiety by way of the digital interactions. There are other factors which include personality traits, income or a pre-existing mental health condition that also significantly interact with both social media activities and social anxiety using statistics that might make it hard to fully understand.

## **Conclusion**

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This study was conducted to find out the engagement of social anxiety and social media use. Our study showed a convergent relationship (0.3768), which means that those users who more often apply the social media, tend to have a higher level of social anxiety. These results are in line with previous conclusions, stating that the social media platform is the place for social envy, social disconnection and fear of missing out (FOMO) - all these aspects might lead to a social anxiety. Further investigation is needed to find Though this study identifies gaps in our understanding, these gaps show the reciprocal relationship between social media and social anxiety. Wired to the online world more than any other demographic, youth nowadays need to be thought about how to acquire safe and healthy social media habits and devise means to minimize the harms of social media to mental health. More investigations are required to design interventions that leverage on the positive sides of social connection available through social media and together eradicate the possible worry of social anxiety. Who is at a risk of being more hunched/worried on the couch than those who chat with friends from social media directly could be those who have social anxiety? Perhaps, it all depends on the personality or the coping mechanisms that they might have.

### **Limitations**

The study population is not representative of the broader population. The sample directed towards 18-60 age group, Delhi. The results might not generalize to the entire population.

### **Future Recommendations**

Using more objective measures of social media use (e.g., screen time)

## References

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