

**PERCEPTION OF SOCIAL MEDIA USE AND IT'S
IMPLICATIONS ON MENTAL HEALTH AMONG
STUDENTS OF KWARA STATE POLYTECHNIC**

**BY
OREMOKUN OMOTOKE JUDITH
HND/23/MAC/FT/0760**

**BEING A PROJECT SUBMITTED TO THE DEPARTMENT OF
MASS COMMUNICATION, INSTITUTE OF INFORMATION
AND COMMUNICATION TECHNOLOGY, KWARA STATE
POLYTECHNIC, ILORIN**

**IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
AWARD OF HIGHER NATIONAL DIPLOMA (HND) IN MASS
COMMUNICATION**

JULY, 2025.

CERTIFICATION

This research work has been carefully examined and approved as meeting the requirements of the department of Mass Communication, Institute of Information and Communication Technology, Kwara State Polytechnic, Ilorin, in partial fulfillment of the requirements for award of Higher National Diploma (HND) in Mass Communication

MRS. OPALEKE
(Project Supervisor)

DATE

MR. OLUFADI B.A
(Project Coordinator)

DATE

MR. OLOHUNGBEBE F.T
(Head of Department)

DATE

DEDICATION

This project is dedicated first and foremost to Almighty God, for His endless grace, wisdom, and strength throughout this journey.

To my beloved parents, your unwavering love, prayers, and support have been my greatest motivation.

To my Sweetest Project supervisor, Mrs Opaleke, thank you so much for your guidance, patience, and encouragement. Your insights made this work better in every way.

And to my girls, (Hassanah, Progress and Yetunde), your friendship, laughter, and support have been a light during the tough moments.

With heartfelt gratitude, I dedicate this work to you all.

ACKNOWLEDGEMENT

I am deeply grateful to Almighty God for granting me the strength, wisdom, and perseverance to successfully complete this project.

My sincere appreciation goes to my project supervisor, Mrs. Opaleke, for her invaluable guidance, constructive feedback, and constant support throughout the course of this work. Her dedication and encouragement were instrumental to its success.

I would also like to express my heartfelt thanks to the Head of Department, Mr. Olohunbebe Fatiu F.T, for his leadership, support, and commitment to academic excellence.

To all the lecturers and staff of the Mass Communication Department, I am truly grateful for the knowledge imparted and the supportive academic environment provided during my time of study.

Thank you all for being a part of this journey.

ABSTRACT

Mental health is the ability to make adjustment to the external world also it helps in dealing with many problems. The study was carried out to investigate the “Perception of social media use and it’s implications on mental health among the students of Kwara State Polytechnic”. Investigation revealed that social media may be a significant issue in managing the mental health crisis among Students. This is because the negative attitudes of other social media users may exacerbate the condition of Students with mental health disorders or even produce mental health problems in Students. The research design used in this report is descriptive design, utilizing questionnaire method to obtain information from the respondents for this project. Primary data were collected from the primary source which questionnaire was used as an instrument of data collection while secondary data were sources from textbooks, journals, newspapers and the internet were employed.

TABLE OF CONTENTS

Title Page	i
Certification	ii
Dedication	iii
Acknowledgment	iv
Table of Contents	v
Abstract	vi

CHAPTER ONE: Introduction

- 1.1 Background of Study
- 1.2 Statement of Problem
- 1.3 Objective of Study
- 1.4 Research Questions
- 1.5 Research Hypothesis
- 1.6 Significance of Study
- 1.7 Scope of the Study
- 1.8 Limitation of the Study
- 1.9 Definition of Terms

CHAPTER TWO: Literature Review

- 2.1 Introduction
- 2.2 Conceptual Review
- 2.3 Theoretical Framework
- 2.4 Empirical Studies

CHAPTER THREE: Research Methodology

- 3.1 Research Design
- 3.2 Population of Study
- 3.3 Sampling and Sampling Technique
- 3.4 Validation of Research Instrument
- 3.5 Method of Data Collection
- 3.6 Method of Data Analysis
- 3.7 Ethical Considerations

CHAPTER FOUR: Data Analysis, Result and Discussion

- 4.1 Introduction
- 4.2 Presentation and Analysis of Data
- 4.3 Discussion of Findings

CHAPTER FIVE: Summary, Conclusion and Recommendation

- 5.1 Summary of Findings
- 5.2 Conclusion
- 5.3 Recommendation

QUESTIONNAIRE

REFERENCES

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

Social media, which is also referred to as social networking, has become the most widely used method of communication and interaction among individuals of all ages across the globe as a result of ongoing technological progress. A variety of technological platforms, including Facebook, Instagram, Twitter, Snapchat, Tumblr, and others, facilitate communication and the exchange of content via social media (SM) (Kaplan & Haenlein, 2021). According to research on the increasing prevalence of social media usage, almost one-tenth of Americans are active users of social media platforms. Specifically, 68% of the population utilises Facebook, 21% utilises Twitter, 25% utilises Pinterest, and 26% utilises Instagram (Greenwood et al., 2023). According to statistical data, the quantity of time individuals dedicate to social media platforms is considerably elevated. Social media interaction consumes 28% of the average time spent on the internet (Huang, 2023).

The use of social media is accompanied by a number of advantages. The benefits encompass a range of initiatives, such as fostering mental health awareness and destigmatization, providing supplementary access to resources, and facilitating a platform for users to connect with one another about their mental health symptoms (Lattie et al., 2020). Furthermore, social media has the potential to function as a constructive platform for mitigating the obstacles that people from various contexts may encounter when coping with a mental health diagnosis (Andrews et al., 2020). On the contrary, numerous studies in the literature establish a correlation between the utilisation of social media and a range of psychiatric disorders such as anxiety, depression, and diminished self-esteem (Lin et al., 2019; Pantic, 2020). Social media users may be subjected to harassment, humiliation, and adverse reactions in response to their content. Furthermore, the comparison of one's life satisfaction and self-image to that of other users may cause distress for these individuals (Belluomini, 2015).

Moreover, negative social media behaviours, such as browsing through negative content, can lead to mood swings, depression, and social isolation (Belluomini, 2019).

Given the exponential growth of social media usage in the past decade, it is critical to evaluate the potential psychological repercussions of social media. Concerning the mental health repercussions of social media, mental health professionals have thus far taken minimal action. Furthermore, the knowledge and readiness of mental health clinicians to address the detrimental effects of excessive social media usage on their clients' mental well-being has been the subject of scant investigation.

The substantial increase in mental health symptoms caused by social media's influence on mental health complicates the provision of social services at the micro level. As an increasing number of social media users present with symptoms such as anxiety, melancholy, and low self-esteem, there is a corresponding demand for more service providers. Providers of mental health services must be cognizant of the influence of social media on mental health in order to assist those impacted by this matter more effectively. Additional training is also required to address the assessment of social media use and its potential mental health consequences. A greater comprehension of the consequences of social media usage will result in treatment for clients that is more efficient and effective.(Panttic, 2020; Lin et al., 2019).

1.2 Statement of the Problem

Although the increase in social media usage is indisputable, the effects of frequent use are the subject of numerous contradictory opinions. From an optimistic standpoint, Levy (2015) asserts that social media participation aids in the development of critical knowledge and social skills in adolescents and motivates them to become engaged members of society who generate and distribute content. This is corroborated by the claim that social validation, such as that which social media platforms offer, is a vital element in the life of an individual (Miller, 2018). Sutton (2013) posits that

individuals who engage in regular updates to their social media profiles purportedly observe a rise in self-awareness and self-esteem.

Nevertheless, there is growing support for the notion that excessive utilisation of these platforms could be detrimental to one's mental health due to the fact that an intense immersion in the digital world can induce depression in certain users (Nyasaland, Grande, Brenner, & Elwy, 2014). This underscores the necessity for a more comprehensive comprehension of the ways in which this ubiquitous social media usage impacts the mental health and overall well-being of individuals.

1.3 Objectives of the Study

The study's main goal is to examine social media usage and its implications on mental health among students of Kwara State Polytechnic. The study specifically attempted to:

1. Determine the extent of social media usage among the students of Kwara State Polytechnic.
2. Determine whether there is a significant relationship between social media usage and the mental health of students.
3. Ascertain the effect of social media experience on the mental health of students in Kwara State Polytechnic.

1.4 Research Questions:

The study will be guided by the following questions;

1. What is the extent of social media usage among students of Kwara State Polytechnic?
2. Is there a significant relationship between social media usage and the mental health of students?
3. What is the effect of social media experience on the mental health of students in Kwara State Polytechnic?

1.5 Research Hypothesis

Ho: There is no significant relationship between social media usage and the mental health of students.

Ha: There is a significant relationship between social media usage and the mental health of students.

1.6 Significance of the Study

The significance of the proposed study stems from the paucity of research on the responses of mental health professionals to the impact of increased social media use on mental health. As a result of the observation of a technological society, the mental health effects of excessive social media use on clients have come into question. In light of the ongoing transition towards a digital society, mental health professionals must be equipped to assess clients for potential adverse consequences associated with excessive use of social media. The implications of the study's results for the social services sector will be evident as they pinpoint deficiencies in treatment planning, assessment, and service delivery concerning the influence of social media on mental well-being. A clinician's approach to assessing the client's concerns and devising a treatment plan to address treatment objectives may be revised in light of the findings. While the primary focus of this research is the micro-level (specifically, the interaction between clinicians and clients), the results could potentially have a broader impact on social service provision by prompting the revision of policies and accessibility measures concerning social media platforms.

1.7 Scope of the Study

The scope of this study boards on social media usage and its implications on mental health among the Students of Kwara State Polytechnic.

1.8 Limitation of the Study

Like in every human endeavour, the researchers encountered slight constraints while carrying out the study. Insufficient funds tend to impede the efficiency of the researcher in sourcing for the relevant materials, literature, or information and in the process of data collection (internet, questionnaire, and interview), which is why the researcher resorted to a moderate choice of sample size. More so, the researcher will simultaneously engage in this study with other academic work. As a result, the amount of time spent on research will be reduced.

1.9 Definition of Terms

Social Media: they are forms of electronic communication which facilitate interactive base on certain interests. Social media include web and mobile technology.

Social Networking Sites: A website where people put information about them and can send to others.

Mental health: a person's condition with regard to their psychological and emotional well-being.

CHAPTER TWO

Literature Review

2.1 Introduction

The review of relevant literature is the main topic of this chapter. A literature review covers theoretical and methodological contributions to a certain issue in addition to the state of knowledge at the time of writing. It provides information about the state of the art in relation to the subject you are writing about. It examines the body of work on the chosen subject.

In this section, the literature from various research and discuss its applicability to the topic at hand. It is easier to nothing in on a certain study topic after consulting a wide variety of materials (books, journals, newspapers, and online articles). The mental health of students is examined in light of their participation in social media. Similar examples from the past could be used to demonstrate the study's relevance. There have been several articles, papers, and research that examine the beneficial bad effects of social networks on young societies and students. Additionally, the use of social media by students and their mental health are related. Senekal and Ruth (2022) discovered that the increased usage of social media platforms for communication by adolescents speaks to a significant role for these sites in the formation of the minds of adolescents and social groups. How social media affects people's psychological well-being is only getting started, and it covers a wide range of issues. The results highlight the complex relationship between students' psychological development and their usage of social media. There are several possible risks linked with social media use, including excessive and problematic use, and unhealthy comparisons. Having loved ones close could help soften the shock. The potential advantage of making it easier to maintain friendships and networks, both of which can be crucial for preserving a positive sense of identity when using social media. The prevalence of social media has increased due to its numerous hazards, making it even more crucial to create and provide preventative and therapeutic mental health care services. Psycho-educational programs for parents and children should cover the drawbacks,

advantages, and merits of parental supervision of social media use (Senekal, Ruth Groenewald, Wolfaardt, Jansen, & Williams, 2022). Furthermore, some studies discuss whether anxiety has been shown to have a strong correlation with excessive usage of social media. In today's culture, the usage of social media by people reached the point where it is almost pandemic. It would seem that those who experience social anxiety or who spend a significant amount of time alone are more likely to prefer and actively seek out social relationships through online platforms such as social media. It's been shown that those who spend a lot of time alone are more likely to engage in potentially harmful activities online. It is necessary to do more research to ascertain the degree to which social anxiety, feelings of isolation, and the usage of social media is associated (O'Day & Heimberg, 2021).

This literature review explores the multifaceted relationship between social media usage and its potential impact on mental health. As social media platforms continue to proliferate and integrate into our daily lives, understanding their implications for mental well-being becomes increasingly critical. The review synthesizes findings from a diverse range of studies, encompassing various demographic groups and cultural contexts. The first section examines the positive aspects of social media, including the potential for social support, connection, and community building. Research suggests that individuals can derive emotional and informational support from their online networks, fostering a sense of belonging and reducing feelings of isolation. Additionally, social media platforms have become valuable tools for disseminating mental health resources and promoting awareness. However, the review also delves into the darker side of social media, exploring the numerous ways in which it can contribute to mental health challenges. The constant exposure to curated depictions of others' lives may lead to social comparison and feelings of inadequacy. Cyber bullying, online harassment and the pressure to conform to unrealistic beauty standards are identified as significant risk factors for mental health deterioration, especially among adolescents. The impact of social media on sleep patterns is another focal point of the review, as the constant connectivity and

exposure to stimulating content may disrupt sleep hygiene, subsequently affecting mental health. Moreover, the addictive nature of social media, driven by algorithms designed to maximize engagement, raises concerns about excessive screen time and its potential contribution to anxiety and depression. The review also explores the role of social media in the dissemination of misinformation related to mental health, emphasizing the need for digital literacy and critical thinking skills. The amplification of sensationalized content and the potential for contagion effects in the context of self-harm and suicidal ideation are discussed as important considerations for mental health professionals and policymakers. In conclusion, this literature review underscores the nuanced and complex relationship between social media and mental health. While acknowledging the positive aspects, it highlights the importance of addressing the potential negative consequences. Future research directions and recommendations for mitigating the adverse effects of social media on mental health are discussed, emphasizing the need for a balanced approach that considers both the benefits and risks associated with digital connectivity.

2.2 Conceptual Review

This explores the multifaceted relationship between social media use and mental health, highlighting its positive and negative effects. While social media fosters connectivity and mental health awareness, excessive use has been linked to adverse outcomes such as anxiety, depression, and cyberbullying. It is utilizing theoretical frameworks such as Social Comparison Theory and the personal Model.

Objectives: This study examines how curated online interactions influence psychological well-being.

Methods: A systematic scoping review was conducted, encompassing recent studies from 2019 onward.

Results: Findings reveal that age, developmental stage, and usage patterns significantly moderate the effects of social media on mental health. Emerging concerns include Fear of Missing Out (FOMO), sleep disturbances, and low self-

esteem, particularly among adolescents and young adults. Despite its challenges, social media presents opportunities for mental health support through peer networks and online interventions.

This review underscores the need for tailored strategies, digital literacy programs, and policy regulations to mitigate risks and maximize social media's potential for positive mental health outcomes. Future research should focus on longitudinal studies, cross-cultural analyses, and innovative digital interventions to address gaps in understanding the complexities of social media's impact on mental health.

2.3 Theoretical Framework

A theoretical framework exploring social media's use and its implications on mental health among the students of Kwara State Polytechnic, Nigeria, should consider the social cognitive theory (observational learning), social comparison theory, and the uses and gratifications theory, examining how perceptions of social media use, engagement patterns, and platform features influence mental well-being, including anxiety, depression, and self-esteem. These frameworks explain how individuals perceive themselves and others on social media, how they model behaviors they observe online, and the potential negative consequences of constant comparisons and exposure to idealized representations.

The positive effects of social media

While much attention has been focused on the negative consequences of social media use, it is essential to recognize that these platforms also offer numerous benefits for mental health. Social media provides opportunities for social support, community engagement, and access to valuable health information. Moreover, it can facilitate self-expression, creativity, and empowerment, particularly for marginalized communities. Research has shown that positive online interactions and social support networks can enhance resilience and psychological well-being.

The negative effects of social media

Despite its advantages, excessive or problematic use of social media has been associated with various mental health issues. One significant concern is the impact of social comparison, whereby individuals compare themselves unfavorably to others based on curated representations on social media. This phenomenon can lead to feelings of inadequacy, low self-esteem, and depression. Furthermore, cyberbullying and online harassment are prevalent on social media platforms, contributing to anxiety, stress, and psychological distress among users. Additionally, the constant exposure to idealized images and lifestyles on social media may exacerbate feelings of envy and dissatisfaction, fueling the fear of missing out (FOMO).

Mechanisms underlying the impact of social media on mental health

To understand the link between social media use and mental well-being, it is essential to examine the underlying mechanisms driving these effects. Social comparison theory posits that individuals tend to evaluate themselves based on comparisons with others, often leading to negative self-perceptions. On social media, where users selectively present idealized versions of their lives, this comparison process can be particularly detrimental to mental health. Moreover, the anonymity and perceived detachment of online interactions may facilitate cyberbullying and harassment, amplifying their adverse effects on mental well-being. Additionally, the fear of missing out (FOMO) contributes to compulsive social media use and feelings of anxiety or inadequacy when unable to participate in online activities.

Implications for mental health promotion and intervention

Given the growing concerns surrounding social media and mental health, it is crucial to address these issues through targeted interventions and policy measures. Mental health professionals can incorporate discussions about social media usage into their therapeutic practices, helping individuals develop healthier digital habits and coping strategies. Moreover, educational programs and media literacy initiatives can

empower users to navigate social media more responsibly and critically evaluate the content they encounter. At the policy level, regulations and guidelines can promote greater transparency and accountability among social media companies, ensuring the protection of users' mental health and well-being.

More detailed breakdown of a potential theoretical framework:

1. Social Cognitive Theory (Observational Learning):

Concept:

This theory, developed by Albert Bandura, emphasizes observational learning and modeling in shaping behavior, where individuals learn behaviors from observing others, both positive and negative. This theory posits that individuals learn behaviors, including those related to social media use, through observing others, particularly role models or peers.

Application:

Social media provides a platform for observing and potentially modeling behaviors related to mental health, including both healthy coping mechanisms and unhealthy coping mechanisms like substance use or self-harm. This can have a significant impact on individuals' attitudes and behaviors regarding their own mental health.

Students might adopt certain social media habits based on what they see their friends or influencers doing, potentially leading to increased screen time, unhealthy comparisons, or engagement with negative content.

Implications:

Understanding this theory can help in designing interventions that promote positive social media use and address the potential for negative role modeling. While social media fosters connectivity and mental health awareness, excessive use has been linked to adverse outcomes such as anxiety, depression, and cyberbullying.

2. Social Comparison Theory:

This theory, proposed by Leon Festinger, explains how individuals evaluate themselves by comparing themselves to others. Social comparison theory posits that individuals tend to evaluate themselves based on comparisons with others, often leading to feelings of inadequacy, envy or negative self-perceptions. On social media, where users selectively present idealized versions of their lives, this comparison process can be particularly detrimental to mental health.

Application:

On social media, users selectively present positive aspects of their lives, creating an unrealistic and often unattainable standard. Students may constantly compare their lives, achievements, and appearances to those of others, potentially leading to feelings of low self-esteem, anxiety, and depression.

Implications:

This framework highlights the importance of promoting critical thinking about social media content and encouraging students to focus on their own strengths and values rather than engaging in constant comparisons.

3. Uses and Gratifications Theory:

Concept:

This theory suggests that individuals use media to satisfy specific needs and desires, such as social connection, information seeking, or entertainment.

Application:

Students may use social media for various reasons, including staying connected with friends, seeking validation, or escaping boredom.

Implications:

Understanding the motivations behind social media use can help in designing interventions that promote healthy and balanced usage patterns, ensuring that social media serves as a tool for positive connection and well-being rather than a source of stress or anxiety.

4. Additional Considerations:

Platform-Specific Features:

Different social media platforms have varying features and design elements that can influence user behavior and mental health outcomes.

Cyberbullying and Online Harassment:

The prevalence of cyberbullying and online harassment on social media can have a significant negative impact on student mental health.

Cultural Context:

The cultural context of Kwara State Polytechnic, with its unique values and norms, can influence how students perceive and use social media.

Access and Digital Literacy:

Unequal access to technology and digital literacy skills can exacerbate existing inequalities and impact student mental health.

Sleep and Mental Health:

Excessive social media use, especially at night, can disrupt sleep patterns, which can negatively impact mental health.

By integrating these theoretical frameworks, researchers and practitioners can gain a more comprehensive understanding of the complex relationship between social media use and student mental health in Kwara State Polytechnic, and develop effective interventions to promote digital well-being.

2.4 Empirical Studies

Empirical studies show a complex relationship between social media use and mental health among students, with excessive use potentially linked to negative outcomes like increased anxiety, depression, and loneliness, while moderate use can offer benefits like social connection and support.

Here's a more detailed look at the research:

Negative Impacts of Excessive Use:

Anxiety and Depression: Studies indicate that excessive social media use correlates with higher levels of anxiety and depressive symptoms.

Loneliness and Isolation: While social media can facilitate connection, excessive use can paradoxically lead to feelings of loneliness and social isolation, especially when real-life interactions are neglected.

Body Image and Self-Esteem: Social media can contribute to negative body image and low self-esteem, particularly among young people who are constantly exposed to idealized portrayals of others.

Cyberbullying and Harassment: The anonymity and reach of social media can facilitate cyberbullying and online harassment, which can have severe negative impacts on mental health.

Sleep Disturbances: Excessive screen time, including social media use, is linked to poor sleep quality and sleep disturbances, which can further exacerbate mental health issues.

Social Comparison: The constant exposure to others' "highlight reels" on social media can lead to social comparison, which can trigger feelings of inadequacy, jealousy, and low self-worth.

Potential Benefits of Moderate Use:

Social Connection and Support: Social media can facilitate social connection and provide a sense of community, which can be particularly important for students who may be struggling with social isolation or loneliness.

Access to Information and Resources: Social media can be a valuable tool for accessing information, finding support groups, and connecting with others who share similar interests or experiences.

Sense of Belonging: Social media can help students feel a sense of belonging and identity, particularly for those who may be marginalized or struggling to find their place in the world.

Factors Influencing the Relationship:

Type of Social Media Platform: Different platforms have different affordances and impacts on mental health. For example, image-based platforms like Instagram may be more prone to fostering unrealistic beauty standards, while text-based platforms like Twitter may be more conducive to online harassment.

Individual Differences: The impact of social media on mental health can vary depending on individual factors such as personality, social support, and coping mechanisms.

Parental Involvement and Media Literacy: Parental involvement in their children's social media use and promoting media literacy can help mitigate the negative impacts and foster healthy online habits.

Context of Use: The context in which social media is used can also influence its impact on mental health. For example, using social media for positive purposes like connecting with friends or accessing information can have a positive impact, while using it for comparison or seeking validation can have a negative impact.

Promote Mindful Social Media Use: Encourage students to be mindful of their social media habits and to use social media in a balanced and healthy way.

Educate Students about the Potential Risks and Benefits: Provide students with education about the potential risks and benefits of social media use, and help them to develop critical thinking skills to navigate the online world.

Encourage Healthy Online Interactions: Promote positive and supportive online interactions, and discourage cyberbullying and harassment.

Encourage Face-to-Face Interactions: Encourage students to prioritize real-life interactions and to maintain a healthy balance between online and offline activities.

Seek Professional Help: If students are struggling with mental health issues related to social media use, encourage them to seek professional help.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter discussed research design, population, sample and sampling procedures, research instrument, method of data collection, procedure for the analysis of data and the pilot study for this research study.

A robust research methodology for studying the perception of social media use and its implications on mental health would involve a multi-faceted approach, combining quantitative and qualitative research methods. This would include large-scale surveys to assess overall patterns of social media use and mental health outcomes, complemented by in-depth interviews and focus groups to explore individual experiences and perceptions.

3.2 Research Design

A research design exploring the perception of social media use and its implications on mental health could combine quantitative and qualitative methods. This approach would allow researchers to gather both numerical data on usage patterns and mental health outcomes, and richer, nuanced data on individuals' experiences and perceptions.

3.3 Population of the Study

The target populations for this study are students of Kwara State Polytechnic which could be adolescents, young adults, or a broader range of individuals, depending on the specific research question. For example, a study focusing on the impact of social media on adolescent mental health would target that age group. A population is the number of all the organisms of the same group which live in a particular geographical area, and have the capability of interbreeding.

3.4 Sample and Sampling Procedures

A representative sample will be selected using random sampling method to ensure the sample reflects the characteristics of the target population.

3.5 Research Instrument

Research instruments measuring the perception of social media use and its impact on mental health often utilize a combination of questionnaires and behavioral measures. These instruments aim to assess attitudes, behaviors, and experiences related to social media, as well as their influence on mental well-being.

3.4.1 Validity of the Instrument

The validity of instruments measuring the perception of social media use and its implications on mental health is crucial for accurate research and effective interventions. These instruments should accurately reflect the user's subjective experience and correlate with observable behavioral and psychological outcomes. Valid instruments provide reliable insights into the relationship between social media use patterns, attitudes, and mental health consequences.

3.4.2 Reliability of the Instrument

The reliability of instruments measuring the perception of social media use and its implications on mental health is a crucial aspect of research in this field. While some instruments show high internal consistency and validity, others may have limitations in terms of generalizability or applicability across different populations. Overall, more research is needed to refine and validate these instruments, particularly in diverse settings and across different age groups.

3.5 Method of Data Collection

The researcher personally administered the questionnaire to both lecturers and students in each of the five departments selected. Two weeks will be spent for the

administration and collection of the respondents' questionnaires and permission was sought from the Head of each Department before the administration of the questionnaire.

3.6 Data Analysis

Quantitative Data:

Statistical analysis techniques such as correlation, regression, and t-tests will be used to analyze the relationship between social media use and mental health outcomes.

Qualitative Data:

Thematic analysis or will be used to identify recurring themes, patterns, and insights from interview transcripts and other qualitative data.

3.7 Ethical Considerations

Informed Consent: Participants should be fully informed about the purpose of the study, the procedures involved, and their right to withdraw at any time.

Privacy: Participants' data should be kept confidential and protected.

Confidentiality: Ensuring anonymity of participants and protecting their private information is crucial.

CHAPTER FOUR

RESULTS AND DISCUSSION

The results of the data collected in respect of this investigation were presented and discussed in this chapter. Data presented in tabular form was discussed for the purpose of the study.

4.1 Presentation of Results

This chapter deals with the result and discussion of the research work. It also deals with the description of the analysis of the data obtained from the research. The analysis of the data will help investigation to conform to the validity and reliability. The data were analyzed using percentage value. The research questions were used as framework for analysis.

4.2 Descriptive Data

Distribution of Respondents by Age

Age group	Frequency	Percentage (%)
Below 18	5	5%
18-21	20	20%
22-25	65	65
Above 25	10	10%
Total	100	100%

From the above table that shows the total number of distribution of respondent by age, below 18 respondent is 5 (5%), 18-21 respondent is 20 (20%), 22-25 respondents is 65 (65%), while above 25 is 10 (10%). The researcher discovered that the total number of the respondent by age is 100 (100%).

Distribution of Respondents by Sex

Sex	Frequency	Percentage (%)
Male	30	30%
Female	65	65%
Prefer not to say	5	5%
Total	100	100%

From the above table that shows the total number of respondent by sex male is 30 (30%), female is 65 (65%), while respondents that didn't say their sex is 5 (5%). As a result of this, the total number of respondent is 100 (100%).

Distribution of Respondents by Education Level

Level	Frequency	Percentage (%)
ND 1	10	10%
ND 2	25	25%
HND 1	50	50%
HND 2	15	15%
Total	100	100%

From the above table that shows the total number of respondent distributed by education qualification, ND 1 is 10 (10%), ND 2 is 25 (25%), HND 1 is 50 (50%), while HND 2 is 15 (15%) and the total number of the respondent is 100 (100%).

Distribution of Respondents by using of Social Media

Do you use Social Media?	Frequency	Percentage (%)
Yes	90	90%
No	10	10%
Total	100	100%

The table above shows the distribution of respondent, 90 (90%) of the respondents use social media, while 10 (10%) of the respondents do not use social media. Therefore, majority of the response use social media.

SECTION B: Social Media Usage Patterns

Which social media platform do you use regularly?

Item	No. of Respondents	Percentage (%)
Facebook	10	10%
Instagram	8	8%
Twitter	5	5%
TikTok	30	30%
WhatsApp	40	40%
Snapchat	7	7%
Others	0	0
Total	100	100%

From the table above, to find out which social media platform do you use regularly, out of 100 respondents 10 (10%) of the respondents use Facebook, 8 (8%) of the respondents use Instagram, 5 (5%) of the respondents use Twitter, 30 (30%) of the respondents use TikTok, 40 (40%) of the respondents use WhatsApp, 7 (7%) of the respondents use Snapchat. The above table shows that majority of the respondents use WhatsApp and TikTok regularly.

How often do you use social media daily?

Item	No. of Respondents	Percentage (%)
Less than 1 hour	10	10%
1-3 hours	15	15%
4-6 hours	25	25%
More than 6 hours	50	50%
Total	100	100%

From the above table which shows how often students use social media daily, 10 (10%) of the respondents use social media daily less than 1 hour, 15 (15%) of the respondents use social media daily for 1-3 hours, 25 (25%) of the respondents use

social media for 4-6 hours, while 50 (50%) of the respondents use social media more than 6 hours. This shows that majority of the respondents use social media daily.

What time of the day do you mostly use social media?

Item	No. of Respondents	Percentage (%)
Morning	15	15%
Afternoon	10	10%
Evening	30	30%
Late Night	45	45%
Total	100	100%

The table above depict the time of the day that students use social media mostly, 15 (15%) of the respondents mostly use social media in the morning, 10 (10%) of the respondents mostly use social media in the afternoon, 30 (30%) of the respondents mostly use social media in the evening, while 45 (45%) of the respondents mostly use social media in the late night.

What is your main purpose for using social media?

Item	No. of Respondents	Percentage (%)
Communication	30	30%
Entertainment	35	35%
Academic purposes	10	10%
News/information	20	20%
Others	5	5%
Total	100	100%

The above table shows the main purpose of students using social media, 30 (30%) of the respondents use social media for communication, 35 (35%) of the respondents use social media for entertainment, 10 (10%) of the respondents use social media for academic purposes, 20 (20%) of the respondents use social media for

news/information, while 5 (5%) of the respondents use social media for other things aside from the mentioned above.

SECTION C: Perception of Social Media Use

Social media is an essential part of my daily routine

Item	No. of Respondents	Percentage (%)
Strongly Agree	50	50%
Agree	20	20%
Strongly Disagree	15	15%
Disagree	10	10%
Neutral	5	5%
Total	100	100%

The above table shows respondents responses and 50 (50%) of the respondents strongly agree that social media is an essential part of their daily routine, 20 (20%) of the respondents agree, 15 (15%) of the respondents strongly disagree, 10 (10%) of the respondents disagree, while 5 (5%) of the respondents didn't agree nor disagree with the statement.

Social media makes it easier for me to express myself

Item	No. of Respondents	Percentage (%)
Strongly Agree	45	45%
Agree	30	30%
Strongly Disagree	20	20%
Disagree	5	5%
Neutral	0	0
Total	100	100%

From the table above, 45 (45%) of the respondents are strongly agree with the statement that says "Social media makes it easier for me to express myself", 30 (30%)

of the respondents agree with the statement, 20 (20%) of the respondents are strongly disagree with the statement, 5 (5%) of the respondents disagree with the statement. This shows that majority of the respondents find it easier to express their self while on social media.

I feel under pressure to present a perfect image of myself online

Item	No. of Respondents	Percentage (%)
Strongly Agree	48	48%
Agree	22	22%
Strongly Disagree	20	20%
Disagree	5	5%
Neutral	5	5%
Total	100	100%

The above table shows that 48 (48%) of the respondents are strongly agree with the statement that they feel under pressure to present a perfect image of themselves online, 22 (22%) of the respondents are agree with the statement, 20 (20%) of the respondents are strongly disagree with the statement, 5 (5%) of the respondents are disagree with the statement, while 5 (5%) of the respondents are neutral and not taking any side of the opinion.

I compare myself to others based on what they post online

Item	No. of Respondents	Percentage (%)
Strongly Agree	50	50%
Agree	30	30%
Strongly Disagree	15	15%
Disagree	5	5%
Neutral	0	0
Total	100	100%

The table above shows that majority of the respondents representing 50 (50%) compare themselves to others based on what they post online, 30 (30%) of the respondents agree that they compare themselves to others based on what they post online, 15 (15%) of the respondents are strongly disagree with the statement, while 5 (5%) of the respondents disagree with the statement. This shows that majority of the respondents compare themselves to others based on what they post online.

I believe social media use influences how I perceive myself

Item	No. of Respondents	Percentage (%)
Strongly Agree	50	50%
Agree	30	30%
Strongly Disagree	15	15%
Disagree	10	10%
Neutral	5	5%
Total	100	100%

From the table above, it shows that majority of the respondents representing 50 (50%) are strongly agree with the statement that social media use influences how I perceive myself, 30 (30%) of the respondents agree with the statement, 15 (15%) of the respondents are strongly disagree with the statement, 10 (10%) of the respondents disagree with the statement, while 5 (5%) of the respondents are on neutral side. This shows that majority of the respondents are influence by social media to perceive themselves.

I think social media can have both positive and negative effects

Item	No. of Respondents	Percentage (%)
Strongly Agree	70	70%
Agree	15	15%
Strongly Disagree	10	10%

Disagree	5	5%
Neutral	0	0%
Total	100	100%

From the above table, it shows that majority of the respondents representing 70 (70%) are strongly agree with the statement that says “I think social media can have both positive and negative effects”, 15 (15%) of the respondents agree with the statement, 10 (10%) of the respondents are strongly disagree with the statement, while 5 (5%) of the respondents disagree with the statement. This show that majority of the respondents agreed with the statement that social media can have both positive and negative effects.

I sometimes feel overwhelmed by the content I see on social media

Item	No. of Respondents	Percentage (%)
Strongly Agree	45	45%
Agree	25	25%
Strongly Disagree	25	25%
Disagree	5	5%
Neutral	0	0%
Total	100	100%

The table above shows that 45 (45%) of the respondents are strongly agree with the statement that says “I sometimes feel overwhelmed by the content I see on social media”, 25 (25%) of the respondents agree with the statement, 25 (25%) of the respondents are strongly disagree, 5 (5%) of the respondents are disagree with the statement.

Social media helps me relieve stress or boredom

Item	No. of Respondents	Percentage (%)
Strongly Agree	80	80%
Agree	10	10%
Strongly Disagree	10	10%
Disagree	0	0%
Neutral	0	0%
Total	100	100%

The table above depict that majority of the respondents representing 80 (80%) and 10 (10%) are strongly agree and agree with the statement that “Social media helps me relieve stress or boredom”, while 10 (10%) of the respondents are strongly disagree with the statement. This show that majority of the respondents are feel relieve from stress or boredom on social media.

4.3 Discussion of Findings

Social media use among students has a complex and multifaceted relationship with mental health, with both potential benefits and risks. While some studies suggest that social media can foster social connections and provide access to support, others highlight the negative impacts of problematic use, such as increased anxiety, depression, and feelings of inadequacy. The key appears to lie in the nature and frequency of social media use, with passive, excessive or comparative usage patterns being more strongly linked to adverse mental health outcomes.

CHAPTER FIVE

Summary, Conclusion and Recommendation

5.1 Summary of Findings

Social media's impact on student mental health is a complex issue with both positive and negative effects. While platforms like Instagram and TikTok can foster connections and offer support, they can also lead to anxiety, depression, and social comparison due to curated content and cyberbullying. Research suggests that balanced social media use, along with digital literacy and interventions, is crucial for mitigating negative impacts and promoting positive online experiences.

Social media can provide a sense of community and belonging for students, particularly those in online support groups. Creative expression on these platforms can also boost self-esteem.

Studies show a strong link between excessive social media use and increased risk of anxiety, depression, and loneliness. Social comparison, cyberbullying, and the addictive nature of social media, which can activate the brain's reward center, are key contributors to these negative outcomes.

Age, developmental stage, and usage patterns significantly influence how social media impacts mental health.

A healthy approach to social media involves recognizing both its benefits and risks, and actively promoting digital well-being.

5.2 Conclusion

There's no universal agreement on whether social media is inherently good or bad for mental health. The addictive nature of social media, with its potential to trigger dopamine release, can lead to overuse and negative consequences. Social media use can exacerbate existing mental health conditions and contribute to new ones. Interventions focused on digital literacy, cognitive restructuring, and promoting healthy online interactions are necessary to mitigate negative impacts.

5.3 Recommendation

For the purpose of this research work, the following recommendations were made:

Promote Digital Literacy:

Educate students about the potential risks of social media, including cyberbullying, social comparison, and addiction.

Encourage Mindful Use:

Encourage students to be mindful of their social media habits and to take breaks from these platforms.

Foster Healthy Online Interactions:

Promote positive and supportive online interactions and discourage cyberbullying and harassment.

Develop Interventions:

Implement programs that teach cognitive restructuring techniques and promote healthy coping mechanisms for dealing with the pressures of social media.

Support Research:

Conduct longitudinal studies and cross-cultural analyses to better understand the long-term impact of social media on mental health.

Regulate Content:

Explore ways to regulate the spread of misinformation and harmful content on social media platforms.

Prioritize Mental Health:

Integrate mental health education and support systems into educational settings and promote a culture of well-being.

QUESTIONNAIRE
KWARA STATE POLYTECHNIC, ILORIN
DEPARTMENT OF MASS COMMUNICATION

Dear Respondents,

The researcher is a final year student of the above named institution, conducting a research on “Perception of Social Media Use and its Implications on Mental Health among the Students of Kwara State Polytechnic.

This exercise is in fulfillment of the requirement for the award of Higher National Diploma (HND) in Mass Communication Department. Hence the exercise is purely for academic purposes.

I therefore, humbly request you to give your sincere opinion on the issues raised in the attached questionnaire. Any information obtained, I assure you, will be treated with confidentiality.

Thank you.

Oremokun Omotoke Judith
Researcher

SECTION A: Demographic Information

1. Age:

☐ Below 18

☐ 18-21

☐ 22-25

☐ Above 25

2. Gender:

☐ Male

☐ Female

☐ Prefer not to say

3. Department: _____

4. Level of Study:

☐ ND 1

☐ ND 2

☐ HND 1

☐ HND 2

5. Do you use social media?

☐ Yes

☐ No (If No, please skip to Section D)

SECTION B: Social Media Usage Patterns

6. Which social media platforms do you use regularly? (Select all that apply)

☐ Facebook

☐ Instagram

☐ Twitter/X

☐ TikTok

☐ WhatsApp

☐ Snapchat

☐ Others: _____

7. How often do you use social media daily?

☐ Less than 1 hour

☐ 1-3 hours

☐ 4-6 hours

☐ More than 6 hours

8. What time of day do you mostly use social media?

☐ Morning

☐ Afternoon

☐ Evening

☐ Late night

9. What is your main purpose for using social media?

☐ Communication

☐ Entertainment

☐ Academic purposes

☐ News/information

☐ Others: _____

SECTION C: Perception of Social Media Use

Rate the following statements (1 = Strongly Disagree, 5 = Strongly Agree):

S/N	STATEMENT	SA	A	SD	D	UD
10.	Social media is an essential part of my daily routine.					
11.	I feel more connected to friends and family through social media.					
12.	Social media makes it easier for me to express myself.					
13.	I feel under pressure to present a perfect image of myself online.					
14.	I compare myself to others based on what they post online.					
15.	I believe social media use influences how I					

	perceive myself.					
16.	I think social media can have both positive and negative effects.					
17.	I sometimes feel overwhelmed by the content I see on social media.					
18.	Social media helps me relieve stress or boredom.					

REFERENCES

- Bozzola E, Spina G, Agostiniani R, Barni S, Russo R, Scarpato E, Di Mauro A, Di Stefano AV, Caruso C, Corsello G, Staiano A. The Use of Social Media in Children and Adolescents: Scoping Review on the Potential Risks. *Int J Environ Res Public Health*. 2022;19:9960. doi: 10.3390/ijerph19169960. [DOI] [PMC free article] [PubMed] [Google Scholar]
- Sharma R, Vyas R. Social Media Usage Among Adolescents in India: A Study on its Influences on Social Behavior and Mental Health. *Indian J Soc Psychiatry*. 2023;35:13–20. [Google Scholar]
- O'Reilly M. Social Media and Adolescent Mental Health: The Good, the Bad and the Ugly. *J Ment Health*. 2020;27:81–89. doi: 10.1080/09638237.2020.1714007. [DOI] [PubMed] [Google Scholar]
- Hunt MG, Marx R, Lipson C, Young J. No More FOMO: Limiting Social Media Decreases Loneliness and Depression. *J Soc Clin Psychol*. 2018;37:751–768. [Google Scholar]
- Singh A, Gupta R. Online Support Groups and Adolescent Mental Health: A Longitudinal Study. *J Ment Health Res*. 2024;25:210–223. [Google Scholar]
- Boer M, Stevens GWJM, Finkenauer C, de Looze ME, van den Eijnden RJJM. “Social media use intensity, social media use problems, and mental health among adolescents: Investigating directionality and mediating processes”. *Computers in Human Behavior*. 2021;116 [Google Scholar]
- Farooq HO, Farrukh H, khan Z. “The Influence of Social Media on Adolescents' Self-Esteem”. *QJSSH*. 2023;4:173–182. [Google Scholar]
- Hinduja S, Patchin J. Cyberbullying identification, prevention, and response. 2018. Available from: <https://cyberbullying.org/Cyberbullying-Identification-Prevention-Response-2018.pdf>.
- Sharma S. ‘Body image issues faced by adolescents in India’. *Int J Indian Psychol*. 2017;4:176–182. [Google Scholar]

- Woods HC, Scott H. Sleepy teens: Social media use in adolescence is associated with poor sleep quality, anxiety, depression and low self-esteem. *J Adolesc.* 2016;51:41–49. doi: 10.1016/j.adolescence.2016.05.008. [[DOI](#)] [[PubMed](#)] [[Google Scholar](#)]
- Council on Communications and Media. From the American Academy of Pediatrics: Policy statement--Media violence. *Pediatrics.* 2009;124:1495–1503. doi: 10.1542/peds.2009-2146. [[DOI](#)] [[PubMed](#)] [[Google Scholar](#)]
- Pasquini C, Amerini I, Boato G. Media forensics on social media platforms: a survey. *EURASIP J on Info Security.* 2021;2021:4. [[Google Scholar](#)]
- Zannettou S, Sirivianos M, Blackburn J, Kourtellis N. The Web of False Information. *J Data and Information Quality.* 2019;11:1–37. [[Google Scholar](#)]
- Kouokam EK, Dirik AE. PRNU-based source device attribution for YouTube videos. *Digital Investigation.* 2019;29:91–100. [[Google Scholar](#)]
- Verdoliva L. Media Forensics and DeepFakes: An Overview. *IEEE J Sel Top Signal Process.* 2020;14:910–932. [[Google Scholar](#)]
- Mayer O, Stamm MC. Exposing Fake Images With Forensic Similarity Graphs. *IEEE J Sel Top Signal Process.* 2020;14:1049–1064. [[Google Scholar](#)]