



Positive Social Media Engagement and Its Potential Benefits for Mental Health

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Abstract

Through the introduction of the internet more than ten years ago, a new age in communication known as social networking came to be. Online social networking sites like Facebook, Instagram, and LinkedIn have become very popular and have become almost necessary in people's daily life, regardless of their professional position. The purpose of this research is to investigate the relationship between adult self-esteem and online social networking sites, particularly Facebook, Instagram, and LinkedIn. Previous studies have shown a relationship between higher levels of online activity and lower levels of in-person connections with friends and family, which may lead to feelings of despair and loneliness. We asked persons, both in and out of the employment, between the ages of 20 and 30 to participate in an anonymous online survey in order to assess the effect of social media use on self-esteem. The Rosenberg Self-Esteem Scale and a social media use questionnaire were included in the poll. A comprehensive analysis using independent samples T-tests and correlation tests was performed on the gathered data. Taking into account variables like gender and work position, the research showed no discernible variations in the impact of social media on self-esteem. It is crucial to recognize that self-esteem is a very personal and unique quality that differs from person to person.

Keywords: Social Networking, Online Social Networking Sites, Gender and Employment Status, Digital Communication, Face-to-Face Interactions, Isolation and Depression.

1. INTRODUCTION

Individuals are amiable creatures. To prevail throughout everyday life, we require the organization of others, and the nature of our connections significantly affects our bliss and psychological wellness. Keeping up with social associations with others can lessen pressure, uneasiness, and wretchedness; increment confidence; give solace and pleasure; stay away from depression; and even protract one's life. Alternately, having not many close friendly ties can be very destructive to your psychological and profound prosperity.

Many individuals in the present society depend via online entertainment locales like Instagram, Facebook, Snapchat, YouTube, TikTok, and X (beforehand Twitter) to associate with each other. Despite the fact that each enjoys benefits, it's essential to remember that web-based entertainment will always be unable to supplant face to face human association completely.

The chemicals that decrease pressure and cheer you up, better, and more hopeful are enacted just when you are in actual contact with others. In spite of mainstream thinking, online entertainment is intended to join individuals. Notwithstanding, investing a lot of energy in it can really expand sensations of depression and disconnection as well as demolish emotional wellness issues like despairing and nervousness.

It very well may be an ideal opportunity to reconsider your internet-based propensities and figure out some kind of harmony assuming that you're investing a lot of energy in virtual entertainment and encountering gloomy feelings like forlornness, discontent, or bothering.

Social media's introduction has completely changed the communication landscape and had a significant impact on how people connect and engage in the digital age. Social media sites like Facebook, Instagram, Twitter, LinkedIn, and others have ingrained themselves into everyday life by offering new ways to stay in touch with people, share information, and get involved in local events. Although the majority of the conversation about social media centers on its possible negative effects, like elevated anxiety, sadness, and social comparison, there is a growing awareness of the benefits that social media may provide, especially in terms of mental health.

Utilizing social media platforms to promote well-being requires an understanding of how positive participation with these platforms can improve mental health.

Interactions and acts that promote a positive and encouraging online community fall under the category of positive social media engagement. This includes engaging in important online communities, creating and sustaining supporting networks, and sending and receiving encouraging information. Social media interaction with friends, family, and peers can offer emotional support and a feeling of community, both of which are critical for mental health. Positive feedback and the exchange of encouraging messages can also improve mood and self-esteem. Engaging in virtual groups that revolve around shared passions or obstacles can also provide beneficial assistance and a feeling of camaraderie.

Positive social media use has a lot of potential advantages for mental health. Initially, preserving and fortifying connections via social media can lessen emotions of isolation and loneliness. Online social networking and support systems are especially helpful for people who might find it difficult to communicate with people in person, like those who live in rural places or have physical limitations. Second, social media interactions that provide positive reinforcement can strengthen emotional resilience and self-worth. Encouragement of likes and comments on one's own content can help people feel better about themselves by validating their accomplishments and experiences. Third, people can take proactive measures to manage their mental health by using the abundance of mental health resources available on social media platforms, such as coping mechanisms, expert guidance, and self-help tools. Lastly, social media's capacity for self-expression enables people to share their stories and artistic endeavors, which may be a healing medium and a source of validation.

1.1. Objectives of the study

- To Examine the relationship between social media use and self-esteem.
- To Examine the relationship between the amount of time spent on social media and self-esteem levels.
- To Examine any potential gender-based differences in the ways that social media affects participants' self-esteem.
- To Analyze how social media affects the self-esteem of people who are employed and those who are not.

2. LITERATURE REVIEW

Naslund et al. (2020) give a thorough explanation of the possible advantages and disadvantages of social media use for mental health. They stress that social media sites like Facebook, Instagram, and Twitter present important chances to improve mental health by fostering greater social support and connectivity. Social media, for example, can encourage the sharing of mental health information and online groups where people can look for validation and support. The writers do, however, also highlight the dangers of using social media, such as the possibility of being exposed to offensive material and experiencing greater emotions of inferiority and loneliness.

Lavis and Winter (2020) Examine the contradictory character of peer support for self-harm on social media. According to their ethnographic investigation, social media can both reinforce negative habits and offer helpful peer support to people who are self-harming. The study emphasizes that self-harm-related online groups can provide both beneficial and detrimental consequences. These communities can, on the one hand, provide a feeling of acceptance and comprehension. However, they could also encourage negative habits and feed a vicious cycle of self-harm. In order to fully comprehend the subtleties of these online interactions and their implications for mental health, the authors urge more research.

Jarman, H. K., Marques, M. D., McLean, S. A., Slater, A., & Paxton, S. J. (2021). Teens

invest a ton of energy via online entertainment, yet it's not self-evident in the event that their purposes behind utilizing it impact the different virtual entertainment stages they use and how they connect with their body fulfillment and by and large prosperity. This study inspected a guessed model of the associations between web-based entertainment use reasons, virtual entertainment communication sorts, and prosperity and body fulfillment. A web-based review with 1432 Australian teens' reactions was accumulated. Phenomenal model fit is demonstrated by primary condition displaying. Specifically, the reasons individuals utilize online entertainment — like breathing easy, idealism, social collaboration, social capital, and appearance criticism — were connected to various degrees of commitment, including force, photograph-based use, dynamic use, detached use, and enjoying use. These reasons likewise showed blended connections in with prosperity and body fulfillment. The outcomes underline how critical it is for future investigations to consider web-based entertainment use inspirations.

Schønning et al. (2020) carried out a scoping review to investigate the effects of adolescent use of social media on mental health and wellbeing. Their analysis reveals a variety of consequences linked to social media use, both favorable and unfavorable. On the plus side, social media can help teenagers feel more connected to one another, access support systems, and form social bonds. On the other hand, the review also notes potential drawbacks, including heightened vulnerability to cyberbullying, social comparison, and disruptions in sleep patterns. The authors stress the need for additional study to elucidate these relationships and to create plans for reducing the negative impacts of social media on the mental health of adolescents.

Vuorre, Orben, and Przybylski (2021) provide data indicating there isn't a discernible rise in mental health issues linked to teenage use of digital technology in order to answer the current discussion regarding how technology affects teenage mental health. Their study challenges the conventional wisdom that suggests a clear-cut link between digital technology use and mental health problems by closely analyzing the data and methodological techniques employed in earlier studies. The authors contend that a lot of research overlooks the intricate and varied aspects of using digital technology and its possible impacts on mental health. They recommend that the emphasis be shifted from general correlations to more detailed studies of the potential effects of certain technology use patterns on mental health.

3. RESEARCH METHODOLOGY

3.1. Study Design

The research utilized a quantitative methodology, collecting data from participants in the 20–30 age range. Participants first filled out a questionnaire with sociodemographic information. The Social Media Questionnaire and Rosenberg's Self-esteem measure were then used for quantitative analysis. The collected data were then examined using the standards for these evaluations, yielding raw scores. MS Excel was used for the statistical analysis, which included t-tests and correlation to examine the quantitative data.

3.2. Target population

It incorporates the whole gathering or subjects the analyst intends to look at to sum up their discoveries.

3.3. Variable of the study

The objective of the ongoing review is to explore what online entertainment means for one's healthy identity. Virtual entertainment is the free factor in this review, and confidence is the reliant variable.

4. RESULT AND DISCUSSION

The reason for the ongoing review was to explore the connection between individuals' utilization of web-based entertainment and their healthy identity worth. An online survey using Google Forms was distributed to persons in the 20–30 age range, both employed and unemployed, as part of this study. The poll asked items that were taken from the Social Media Questionnaire and

the Rosenberg Self-esteem Scale. It was done in an anonymous manner and was only briefly made available online. A total of 100 people, equally split between the sexes, took part in the survey: 25 working women and 25 unemployed men, with 79% of the participants being between the ages of 20 and 25 and 21% being between the ages of 25 and 30. To evaluate the information gathered from the participants and ascertain whether self-esteem and social media use are related, a correlation analysis was employed.

Table 1: Correlation Between Impact Of Social Media And Self-Esteem

	Social media	Self Esteem
Social media	1	
Self Esteem	-0.417469865	1

In our review, we investigated what virtual entertainment means for confidence and observed that there is a negative relationship. This finding suggests a connection between higher web-based entertainment use and more regrettable confidence. This examination causes some serious qualms about the generally held idea that positive social connections and self-show via virtual entertainment help confidence. This negative connection might be influenced by various things, for example, the propensity toward social correlation and the strain to maintain a carefully created internet-based personality. Since that low self-esteem can negatively impact a person's psychological and emotional condition, it is imperative to take these findings into account in the context of mental health and wellbeing. In an era of ubiquitous social media usage, further research is required to fully understand the mechanisms underlying this negative connection and investigate new interventions or tactics to offset its impacts on self-esteem.

Table 2: Self-Esteem Mean and Standard Deviation and Independent T-Test in Males and females

Index	Number	Mean	Standard Deviation	Minimum	Maximum	Skewness	Kurtosis
Male	50	27.26	4.25	18.00	37.00	-0.26	0.22
Female	50	26.50	4.85	17.00	39.00	0.45	0.14

The self-esteem scores for both genders, as well as their skewness and kurtosis, are displayed in Table 2 together with their mean and standard deviation. Males have an average self-esteem score of 27.26 ($SD = 4.25$), whereas females have a significantly lower average score of 26.50 ($SD = 4.85$). The self-esteem scores of both groups display a rather normal distribution, with males showing a somewhat less positive skew than females, which indicates fewer extreme high scores. The distributions appear to be quite comparable, with no appreciable departures from normalcy, based on the kurtosis values. These findings show that although there is a minor gender variation in self-esteem scores, the distribution patterns are generally similar.

Table 3: Mean and Standard Deviation of Social Media Impact and Independent T-Test in Males and females

Index	Number	Mean	Standard Deviation	Minimum	Maximum	Skewness	Kurtosis
Female	50	3.94	2.14	0.00	10.00	0.55	0.15
Male	50	3.95	2.36	0.00	10.00	0.71	0.41

Data on the effects of social media on men and women can be found in Table 3. The average social media effect score for women is 3.95 ($SD = 2.36$), while the average score for men is 3.94 ($SD = 2.14$). Similar degrees of skewness and kurtosis are seen in both genders; however, females' reactions appear to be more focused around the mean, as evidenced by their slightly lower skewness (0.55) as compared to men' (0.71). The data appear to be approximately regularly distributed, as indicated by the kurtosis values for both groups being near zero. The slight variation in average scores indicates that social media's influence is fairly equal for both genders.

**Table 4: Working and non-working self-esteem mean and standard deviation**

Index	Number	Mean	Standard Deviation	Minimum	Maximum	Skewness	Kurtosis
Working	50	27.94	4.32	18.00	37.00	0.00	-0.58
Nonworking	50	25.80	4.58	15.00	39.00	0.32	0.82

The mean and standard deviation of the self-esteem ratings for those who are employed and those who are not are shown in Table 4. Those who are employed report a mean self-esteem score that is higher (27.94, SD = 4.32) than those who are not employed (25.80, SD = 4.58). For both groups, the skewness values are nearly zero, suggesting that the self-esteem scores follow a normal distribution. Working individuals' self-esteem scores appear to be slightly more peaked than those of non-working individuals, as indicated by the slightly positive kurtosis values for the former group and the slightly negative values for the latter. These results suggest that self-esteem may be somewhat influenced by one's employment position, with working people typically reporting greater levels of self-esteem.

Table 5: Social Media Mean and Standard Deviation in Working and Non-Working People

Index	Number	Mean	Standard Deviation	Minimum	Maximum	Skewness	Kurtosis
Working	50	3.86	2.48	0.00	10.00	0.93	0.51
Nonworking	50	4.02	1.93	0.00	8.00	0.04	-0.59

The social media influence mean and standard deviation for working and non-working individuals are displayed in Table 5. The average social media effect score for working people is 3.86 (SD = 2.48), whereas the average score for non-working people is 4.02 (SD = 1.93). Working people had higher skewness values (0.93), which reflect a higher concentration of lower impact scores; non-working people have lower skewness values (0.04), which suggest a more evenly distributed distribution around the mean. The effect scores of working individuals are slightly more peaked, whereas the scores of non-working individuals are more spread, according to the kurtosis values. This suggests that while the experiences of working individuals tend to cluster at the lower end of the scale, those who are not employed may experience a wider variety of social media consequences.

5. CONCLUSION

Research on the effect of virtual entertainment on confidence has yielded a few huge discoveries. As a matter of some importance, studies have exhibited a negative connection between virtual entertainment use and confidence, implying that more utilization of online entertainment stages is regularly connected with lower confidence. This outcome features the potential pessimistic impacts that exorbitant virtual entertainment use might have on individuals' certainty and mental self-portrait. The consequences of the t-test used to look at the degrees of confidence in working and non-working people showed a massive contrast, proposing that confidence levels can be impacted by one's business position. The confidence of working people is for the most part higher than that of their non-working partners, recommending that business might assume a part in improving confidence. It's fascinating to take note of that no recognizable contrasts were found while looking at the effect of virtual entertainment on confidence in working and non-working people independently. This infers that web-based entertainment adversely affects confidence on the two gatherings, regardless of their work level. The concentrate additionally investigated what orientation explicit confidence is meant for by virtual entertainment. The discoveries showed that there was no way to see a distinction in confidence among guys and females, demonstrating that virtual entertainment's negative effects on confidence were felt by the two genders similarly. Taking everything into account, this study underlines the pessimistic connection between web-based entertainment use and confidence and stresses the meaning of individuals utilizing these stages carefully. Besides, it highlights the conceivable commitment of work towards cultivating expanded self-esteem, paying little mind to contribution with virtual entertainment. Lastly, the study shows that social media's influence on self-esteem is gender-



neutral, having an equivalent effect on both men and women. In order to improve self-esteem and welfare in the digital era, interventions and educational initiatives might be guided by this information.

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