Exploring the Impact of Social Media on the Mental Health of Selected High school Students in Sharjah: A Psychological Approach

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ABSTRACT

A gap has been identified considering the present landscape of Western population and focusing on the factors which impact mental health condition of the Western adolescent population. The main objective of this research is all about elaborating the influence of Social Media platforms considering the mental health of certain high school students of Sarah. Mixed-method approach has been adopted with the help of quantitative surveys as well as qualitative interviews in identifying the impact of SM in the context of students' mental health. The quantitative survey results can be concluded to have revealed a moderate attitude toward the use of social media among students. These assertions are supported by the qualitative interview responses where some students who spend long hours on social media. As a result, it could have been said, it has identified insights towards recognizing the wider patterns on the behalf of social media usage's result regarding mental health. Further research could have been conducted through use of data collected over different times of a students' year in the context of establishing correlation and/or causation. This research has aimed to establish the effect of the usage of social media on students' health as well as performance. Social media is directly linked with negative academic outcomes like loss of sleep, and lack of concentration.

Keywords: *Social Media, Mental Health, Anxiety and Depression, self Esteem, Psychological well being*

Introduction

Rapid digital transformation in the present era has transformed the method of communication in society. With the changing communication mode and the digital landscape, the initiation of social media can be marked significantly among all social classes. In this context, the impact of social media on the mental health of high school students is analyzed in detail specifically in Sharjah. The use of digital platforms like TikTok, Instagram, Snapchat, and Twitter have become an influential factor in shaping the emotional and psychological condition of high school students. In Sharjah specifically, the concept of distance has forced the students to pick digital platforms for communicating with their peers. Social media users, like in this case, adolescent high school students, get exposed to diverse content, which can build their perception (Boer et al. 2021).

Getting exposure to unwanted and aggressive content can impose traumatic and stressful psychological experiences. Yet, social media has its beneficial aspects, too. It allows high school students to get easy access to varied learning materials and solve academic interrogations within a limited timeframe. The pervasive social media and digital engagement among high school students can have impactive psychological outcomes such as anxiety disorder and depression (Braghieri, Levy, & Makarin, 2022). It has also been observed that a sense of community and social connectivity can also be enhanced among the students by engaging through social media channels. This study primarily focuses on assessing the critical relationship between social media engagement and mental well-being among high school students in Sharjah.

1.1 Statement of the Problem

Getting exposure to unnecessary and harsh content can cause traumatic and stressful psychological experience. The rise in cyberbullying incidents are being made worse by high school students increased and excessive use of social media. Anxiety disorders and depression are among the negative psychological effect of high school students frequent use of social media and overall digital interactions (Braghieri, Levy, & Makarin, 2022).(Dubai Health Authority, 2021)

1.2 Objectives of the Study

The study aims to analyze the level of social media engagement among high school students in Sharjah and to evaluate the negative psychological and emotional impact of social media on students, focusing on anxiety disorder, depression, and insecurity.

The study also attempts to explore the perceptions of students regarding the impact of social media on their mental well-being and to identify effective managing strategies to improve the negative impact of social media on student's psychological health.

1.3 Research Questions

The researchers attempt to answer the following questions:

- In what way social media engagement has influenced the psychological and emotional well-being of the high school students in Sharjah, with a special focus on anxiety disorder and depression?
- What are suitable copying strategies that can be implemented to improve the adverse mental effects of social media and improve emotional and academic performance?
- To what extent do high school students use social media to get exposed to diverse content, which can build their perception?

1.4 Significance of the Study

This study primarily focuses on assessing the critical relationship between social media engagement and mental well-being among high school students in Sharjah. This study highlights both negative and positive aspects of social media engagement on emotional and psychological well-being among high school students. It is necessary to explore the coping strategies and measures to mitigate the adverse influence on students' emotional state (Abi-Jaoude, Naylor, & Pignatiello, 2020).

1.5 Structure of the Study

In the first chapter of the introduction, the study background, problem statement and objectives have been illustrated. In the second chapter, the literature review explores different literature from previous studies based on the same topic for detailed review. The subsequent chapters of this research go deeper into the research topic related to data collection, data analysis, and discussion, along with the final concluding part of the conclusion and recommendations.

2. Literature Review

2.1 Introduction

Social media (SM) platforms have become a rapid part of the youth and over recent years, the topic has become an important part of conversation for researchers. For adolescents and high school students, such platforms have become a part of communication, connecting with peers, gaining knowledge, and various other aspects. However, its impact on the lives of individuals of a younger age group is derived from a double perspective. SM platforms are known for their significant negative impact; some of the problems that have been created include increased anxiety, body dysmorphia, social anxiety, depression, and societal alienation. The chapter engages in a comparison and critique of current literature papers to investigate the impact of such platforms on the state of mental health (MH) of adolescent students in high school.

2.2 Social Media and Adolescent Mental Health: A Dual Perspective

SM's role in the mental health dimension is one of the most important topics in the world of research, especially due to its impact on the platforms and how it is becoming an important part of everyday life. According to O'Reilly (2020), such platforms are important parts of adolescent life, and the researcher suggests that these platforms help students develop their social network connections, further ensuring they have constant emotional support. Moreover, the author assesses that the practitioners must assess the risks of SM. It must be further assessed that there is a dual perspective on how SM affects adolescent MH that the author has not considered.

In the ambitious exploration by Naslund et al. (2020), the authors have explored multiple perspectives and have not only discussed the various negative effects but have also explored the benefits and opportunities that SM presents for MH. The researchers list that increasing social interactions, access to peer support, and increased promotion of engagement are some of the greater benefits of SM for the MH of adolescents. However, it is argued that despite the few benefits, such platforms promote unrealistic

comparisons with the rest of the world, largely affecting the MH of school students. Such comparisons lead to increased anxiety and depression, which commonly affects adolescents.

2.3 Cyberbullying and Its Psychological Implications

Cyberbullying is an increasing cause of concern, which is leading to the question of how internet-based platforms such as SM channels are creating long-term psychological imprints on users in young age groups. Focusing on this issue, researchers Carvalho, Branquinho, & de Matos (2021) argue that cyberbullying has been a focus of attention in an increasing number of studies because of how significantly it impacts school activities and social functioning. Despite the in-depth findings of the researchers Carvalho, Branquinho, & de Matos (2021), the findings are gathered from a standard set of items that focus on cyberbullying and its psychological implications.

The number of studies focusing on cyberbullying is rising rapidly, especially focusing on the methods for monitoring the internet use of adolescent students to prevent cyberbullying. On this note, the authors Ademiluyi, Li, & Park (2022) argue that automated methods for detecting cyberbullying are not yet effective or accurate, leading to the likelihood of such psychological implications remaining constant and increasing. Cyberbullying has significantly increased with the rise of digital communication, contributing to emotional distress, anxiety disorders, and suicidal ideation among adolescents. A review of the paper reveals that existing research lacks conclusive evidence on the effectiveness of intervention programs in preventing cyberbullying-related MH issues.

2.4 Social Media, Self-Esteem, and Psychological Well-being

SM's role in impacting self-esteem and creating a negative impact on psychological well-being has become a topic of debate. There are various studies, such as the data by Schivinski et al. (2020), opine that upward social comparisons on platforms like Instagram and Snapchat contribute to body dissatisfaction and lowered self-esteem among adolescents. The authors argue that body dysmorphia is one of the most prominent examples of how SM is creating a psychological imprint on the lives of adolescents, who are constantly comparing their lives and their physical appearance with a fraction of another individual's life on SM. The arguments by the author are evidenced; however, they lack depth in the exploration of deeper psychological issues.

In contrast to the data presented by Schivinski et al. (2020), researchers (2023) argue that active engagement in SM discussions and content creation can enhance self-expression and confidence. SM content creation has been proven as a landscape wherein users, especially adolescent groups of users, are able to present themselves in a manner that they desire and learn more about improving self-respect and confidence and diminishing the preconceived notions that lead to negative self-esteem. As per the data, it is further suggested that the differentiated findings from the authors further suggest that the connection between SM and self-esteem is largely dependent on the context. Some of the factors affecting the situation include personality characteristics, patterns of SM use, and how individuals interact with their social environment offline.

2.5 Role of Social Media in Anxiety and Depression

Research by Ivie et al. (2020) further indicates that there exists a direct positive correlation between how SM platforms are being used, the increasing hours of their use, and increasing anxiety and depression among adolescent youth. Some of the common causes of the connection include factors such as disruption of sleep, reduction in physical connection, and various other factors. Even though the researchers have gathered diverse conclusive findings, various characteristics and variables of the topic have been ignored. In comparison to the argument by Ivie et al. (2020), the researchers Vidal et al. (2020) have found that the use of SM platforms has a direct impact on the MH condition among the teenage population, and even the impact may be small, the factor is dependent on various individual characteristics

which differentiate individuals. Since the findings between the two studies are contrary, and conclusive evidence is not found in terms of how SM is related to anxiety and depression, there is a need for further investigation, which would consider other integral variables.

2.6 Coping Mechanisms and Intervention Strategies

As per an in-depth comparison and critique of literature papers focusing on the impact created by SM on the current state of the mental condition of the youth, it is further assessed that most researchers are focusing on the causes. In contrast, a limited number of researchers have discussed the coping mechanisms and intervention strategies required to target the situation. One of the studies that help address the situation is by Pechmann, Catlin, & Zheng (2020), which suggests that digital literacy programs and parental guidance can help adolescents develop healthier SM habits. The researchers advocate that addressing the increasing SM usage habits of teenagers is the responsibility of their parents. However, the researchers lack in providing explicit strategies to counter the situation, such as mindfulness-based interventions, reducing the time spent on such platforms, and other strategies that reduce SM-induced anxiety. The review further reveals that there is a lack of studies measuring the long-term effectiveness of these strategies.

2.7 Literature Gaps

An extensive review of the current literature papers reveals that SM's impact on the lives and MH conditions of adolescents is significantly rising. However, the review further revealed that there are significant gaps that need to be researched and addressed. A significant gap identified in the current landscape of literature papers is that most studies conducted on the subject address the Western population and focus on the factors that affect the MH condition of the Western adolescent population. More grounded research studies need to be conducted focusing on the UAE population. Another significant gap is that current research significantly relies on self-reported information about MH, further becoming a subject of biasness.

3. Methodology

3.1 Description of Data

The fundamental objective of this research is to elaborate on the influence of social media (SM) platforms on the mental health of certain high school students of Sharjah with the help of a psychological approach. In order to carry out the research, it has utilized both primary and secondary data. The research has collected primary data by conducting qualitative interviews with around 5 high school students studying in different high schools of Sharjah. Interview-generated data has provided flexibility to the research in terms of understanding the personal experiences of those students to present a more in-depth interpretation of data. On the other hand, quantitative research has also been utilized where surveys have been conducted with around 20 students belonging to different high schools in the city. Gathering quantitative data through using surveys has assisted this research to identify quantitative insights towards recognizing the wider patterns regarding social media usage's result on mental health.

Secondary sources of data have been obtained from various authentic sources such as previous research papers, credible reports, educational journals and others which enhanced the overall robustness of the study (Taherdoost, 2021). In addition, the research confirmed that the secondary data sources are credible and original and are related to the subject matter of the introspection. Secondary data has helped in interpreting the findings of primary data which has honed the overall objectivity of the study. Moreover, the application of secondary data has provided flexibility to the research in conducting a comparative analysis of the data findings. It also supported the incorporation of theoretical frameworks in the study's context. Ethical considerations have been maintained throughout the research in which data confidentiality has been promoted and informed consent has been

taken from the participants before listing them for interview and survey purposes.

3.2 Methodology

The influence of social media on the mental health of high school students has been explored by this investigation. To carry out this research effectively and accurately, the research has used both primary and secondary data. With the help of a mixed-method approach, the research has blended quantitative surveys with qualitative interviews to effectively identify the possible impact of SM on students' mental health.

3.2.1 Research Design and Type

An exploratory and descriptive design has been followed by this investigation. Both these methods have been used to examine the individual experiences of students and to note down the general trends underpinned in the dataset. Semi-structured interviews have been used in this research to gather qualitative data to accumulate the thoughts of students along with their emotions towards SM usage. On the other hand, quantitative data is collected by this research with the assistance of surveys (Ghanad, 2023). Surveys have helped in noting the wider patterns and similarities in the mental health experience of those students. Going through this dual approach is directed at making sure that both subjective experience and the possible impacts are gathered. This accumulation of data has helped to provide a strong view regarding the research problem.
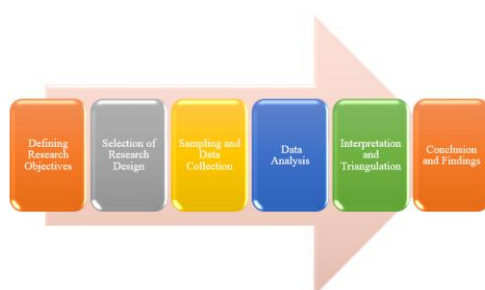

Figure 1: Research Flow Chart

3.2.2 Sampling Method and Population Size

The study has been conducted based on the students studying in the high schools of Sharjah. This group has been selected because they are highly engaged in SM platforms and are possibly exploited by the consequences of excessive SM usage. The purposive method of sampling has been used in this research. Five students from different high schools in the UAE have been shortlisted for the study's purpose. The research has made sure that the interview participants belong to diverse gender groups, age groups and different school backgrounds. On the other hand, for the survey, the research has selected around 20 students from different high schools in Sharjah. A random sampling method has been mandated by the investigation to reduce the overall bias in the study (Rahman, 2023). This has allowed the researcher to see a wider perspective of the research topic.

3.2.3 Process of Data Collection

Surveys: 20 students from different high schools in Sharjah have been leveraged by the investigation within a safe data-gathering environment. The researcher initially developed the survey inquiries and took the informed consent of the research participants. Following that, the researchers carried out the survey by sending participants' surveys via digital content. The survey questions that were developed consisted only of close-ended and Likert-scale-based questions, which assisted in measuring students' social media engagement, emotional intelligence and well-being.

Interviews: In order to gather qualitative data, the research used semi-structured interviews at the choice of the participant's places. The interview has specifically focused on capturing student experiences, adapting mechanisms, emotional response and others because these are influenced by SM usage. The interview responses have been recorded with consents and transcribed for the research's purpose.

3.2.4 Reliability and Validity of Collected Data

The survey questions of the research have been developed with the help of predetermined

psychological scales to measure the influence of SM platforms on their mental health. In the case of ensuring data reliability, the research conducted a pilot study with a minimum population to testify to the consistency and clarity of the research responses. On the other hand, to ensure data validity, certain ethical measurements have been mandated by this research (Karunarathna et al., 2024). Taking informed consent of participants and maintaining data security and confidentiality while making sure no participants are forced to take part in the research may be considered as some ethical measures taken by the research.

3.3 Study Rationale

The present investigation has analyzed the psychological impact of SM usage on high school students in Sharjah. The research has been carried out with the contribution of a mixed-method approach (Shan, 2022). The blend of both primary and secondary data has made sure a well-structured analysis has been conducted. The collection of primary data has helped in providing first-hand and actionable insights regarding the behavioural and emotional experiences of participants. Conversely, the use of secondary data has stretched the theoretical underpinnings of this investigation. Additionally, secondary data usage has been highly effective in comparing the findings of the introspection with pre-existing data sets. This, in turn, has honed the overall credibility of the investigation.

On a converse note, the use of different sampling strategies for primary and secondary data sampling. A purposive sampling method has been utilized by this research to identify and recruit students having diverse SM usage experience. In contrast, a simple random sampling method has been used by the research to select around 20 survey respondents while minimizing the degree of bias from the study. The use of these sampling methods have contributed to make sure that a purposeful data collection has been conducted with a diverse research population. Voluntary participation of research participants, data confidentiality and informed consent from research contributors have been obtained

because of the sensitive nature of the discussion regarding mental health. Effectively integrating these identified ethics has affirmed that the investigation has been carried out responsibly and ethically without harming anyone.

3.4 Process of Data Analysis

The research has deployed a mixed-method approach which denotes that the utilization of both qualitative and quantitative data analysis methods are required.

Qualitative Data Analysis

Thematic Analysis has been analyzed to interpret the findings that have been gathered from the respondents with the help of interviews. The research has fruitfully maintained the six steps of the thematic data analysis method proposed by Braun and Clarke (Braun & Clarke, 2021). It has made transcriptions of the interviews and generated certain codes from the responses to note down the themes embedded within the responses. Some of the themes that were developed included keywords like anxiety, depression, social comparison and positive engagement. The use of the thematic data analysis method has contributed to the capturing of the personal experiences of the research respondents and gained an enhanced understanding of the psychological impacts of using SM platforms. The application of the thematic data analysis method assisted in capturing those insights which could not have been captured with the help of surveys.

Figure 2: Qualitative Data Analysis Techniques

Quantitative Data Analysis

Graphical analysis method has been leveraged by the study to analyze the responses of the survey which have been conducted with around 20 students. The responses to the Likert-scale questions have been scrutinized mathematically to note down the general trends within the dataset. This has been effective for the present study because it helped in establishing the interconnection between excessive SM usage and outcomes related to mental health. The use of statistical software like Microsoft Excel has been used to develop the graphs from survey responses. The findings of the quantitative data analysis significantly assisted in recognizing the correlation between SM engagement and mental well-being.

Figure 3: Quantitative Data Analysis Methods

Data Triangulation

The findings from both qualitative and quantitative data analysis methods have been compared. This has been fruitful for the study in terms of developing a robust data interpretation section. Utilizing data triangulation methods has critically enhanced the validity and reliability of the data findings. Additionally, this triangulation method contributed to the formation of all-round understanding of the data findings. The use of data triangulation method effectively interpreted the influence of SM usage on the mental health of students studying in the high schools of Sharjah.

3.5 Conclusion The above discussion has elaborated on the methodological selections mandated by this research to identify the impact of SM usage on students' mental health. The chapter outlined the data sources that have been used, enlightened the research design, highlighted the research's rationale and examined the data analysis process of the introspection. The logical amalgamation of both qualitative interviews and quantitative surveys has ensured a robust approach in understanding the outcomes of the study.

Chapter 4: Findings and Data Analysis

4.1 Introduction

In this chapter, the results of the research together with analysis and interpretations of the data gathered from the questionnaires, interviews and other methods are delivered. The primary focus is to answer the concern of the study by explaining the findings got from the research process. In this paper, both survey data and qualitative experiences of the participants are processed comprehensively. General trends, issues and associations are discussed and defined. To demonstrate the validity of the findings of the study, the chapter also presents a literature review to exhibit similarities and/or differences. Graphs and tables that depict some sort of data are employed in order to facilitate their comprehension. In some way, this chapter provides the framework for conclusion and recommendations for the next chapter.

4.2 Overview of Data Collection

Data for this research were collected through administration of questionnaires and interviews as a way of collecting an ample amount of data for the realization of the study's objectives. This was done to have quantitative data on the broader picture about key variables and variables of interests, while semi structured interviews were conducted among the participants to get qualitative data. The questions were constructed in a questionnaire with closed set of questions and questions on a seven-point Likert scale (Orben, 2020). These questions were broad and general in nature, so the participants had an opportunity to express their outlook and narrate their experiences. Ethical issues involving informed consent and especially the principle of confidentiality was upheld throughout the collection process of the data. The survey forms were filled online within a period of four weeks, and the interviews were conducted face to face or

virtually based on both participants' preference. In general, the use of both qualitative and quantitative data collection techniques was effective in yielding extensive information for the investigation of the research questions.
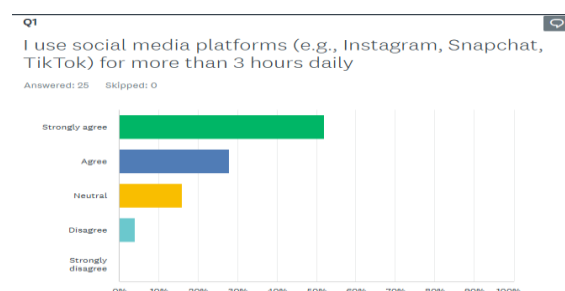
4.3 Quantitative Data Analysis (Survey Results)

Figure: Daily Social Media Usage (Survey Q1)

For Question 1, all the 25 respondents reported that they have a high level of engagement in the social networks, where they strongly agreed or agreed with the statement that they use more than 3 hours daily on social networks such as Instagram, Snapchat or Tiktok.
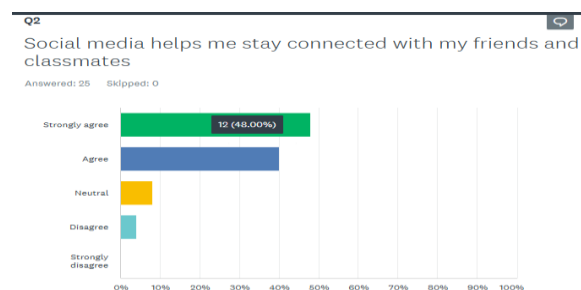

Figure: Social Media's Role in Staying Connected (Survey Q2)

Regarding Q2, participants seem to support the notion that social media is useful for them as it connects them with friends and classmates. Specifically, 48% strongly agreed and 40% agreed(Kolhar et al., 2021). 4% chose neither agree nor disagree while 8% had a neutral view,which indicates that social media is very useful in the keeping of social relations.
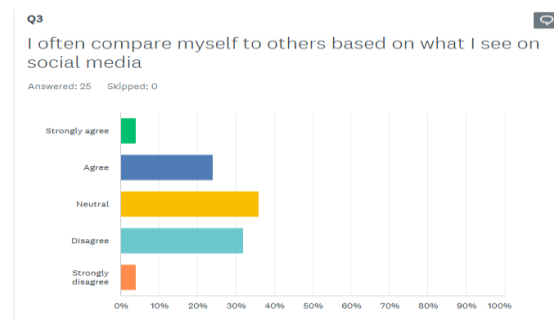

Figure: Self-Comparison on Social Media (Survey Q3)

Consequently, a mixed opinion was observed for Q3 where some people liked to compare themselves with others on the social media platforms. Whereas 4% strongly recognized the statement, 24% partially permitted; a large number (36%) were in the middle neither approving nor disapproving. While 32 users disagreed and 4% strongly disagreed it can be interpreted that while some users go through comparison, others do not relate to the episode strongly.
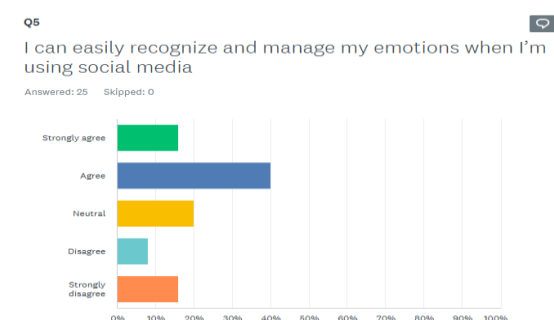

Figure: Emotional Recognition and Management on Social Media (Survey Q5)

As for the fifth question, 16% of the participants strongly agreed and 40% agreed they could easily regulate emotions on social media. Meanwhile, 20% remained neutral(Alaimo et al., 2020). % of respondents who strongly agreed was about 52% while 8% of the respondents disagreed and 16% strongly disagreed demonstrating that there were differences in emotional awareness and regulation amongst the respondents.
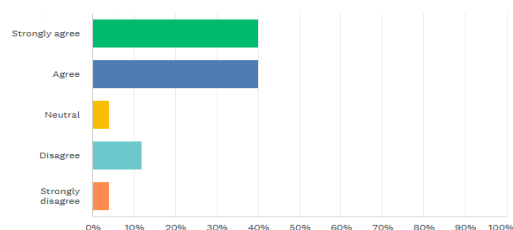
Figure: Impact of Social Media on Sleep and Academic Performance (Survey Q6w)

When it comes to Q6w, 40% of the respondents strongly agreed and 40% of the respondents agreed with the statement that social media influences their sleep or academic performance. The remaining 4% reported being neutral on this aspect while 12% disagreed, 4% strongly disagreed meaning that majority of the participants have a perception of social media affecting their sleep and academics.
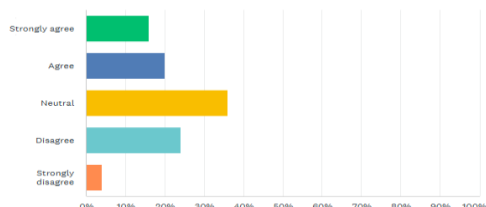

Figure: Impact of Social Media on Overall Well-being (Survey Q7)

With regards to Q7, 16% stated strongly they were in a positive way affects their well-being and 20% agreed that social media. However, 36% were neutral on the observation, 24 % disagreed while 4% strongly disagreed meaning that the participants had ambiguous feelings on how social media affected their overall well-being.

4.4 Qualitative Data Analysis (Interview Findings)

Interview Question 1: How do you feel about the amount of time you spend on social media?

Student 1: "I think I spend too much time on social media. It's hard to keep track because it feels like a lot of time is wasted scrolling through platforms like Instagram and TikTok. Sometimes, I feel guilty about it."

Student 2: "I don't really mind the time I spend on social media. It helps me stay connected with friends, and I think I balance it well with my academic responsibilities."

Interview Question 2: Do you think social media helps you stay connected with friends and classmates?

Student 1: "Definitely. Social media platforms are the main way I keep in touch with my friends and classmates, especially during busy study periods."

Student 2: "Yes, I agree. It's much easier to stay updated on what's happening in group projects and social events through social media."

Interview Question 3: Do you ever compare yourself to others based on what you see on social media?

Student 1: "I do, sometimes, especially when I see friends traveling or succeeding in their careers. It can make me feel like I'm not doing enough."

Student 2: "Not really. I try not to let what I see on social media affect how I feel about myself."

Interview Question 4: Do you believe social media affects your sleep or academic performance?

Student 1: "Yes, I think it does. I often stay up late on social media, which definitely affects my sleep and sometimes my focus during classes."

Student 2: "I don't really see an impact on my sleep or academics. I make sure to disconnect before bed to stay on top of my studies."

These are some considerations that explain how student hold equal appreciation and disapproval towards the use of social media, while others admit that social media hampers on their sleep and academic achievement, others identify that

on the other hand social media offers connection benefits.

4.5 Discussion of Key Findings

Thus, the quantitative survey results can be concluded to have revealed a moderate attitude toward the use of social media among students. Among the perceived benefits, 48% believe that social media assist them in interacting with friends and classmates, meaning that it plays in enhancing social relationships. This makes it clear that the abuse of social media may have adverse effects on academic performance and sleep among the 40 percent of the students who admitted it affects them.

These assertions are supported by the qualitative interview responses where some students who spend long hours on social media admit being stressed and guilty, especially when social comparison is involved (Longobardi et al., 2021). However, there are people who are positive about on it and do not abuse it. Furthermore, capability to regulate the emotions while operating through social media also differs; some of the students feel confident of their ability; others exhibit what could be considered as poor.

In sum, these results indicate that social media is helpful in the aspect on social connection, but has some negative aspects which concern emotional state and academic achievement.

4.6 Summary

Survey results indicate that it is an important tool by which students can stay in touch; however the ramifications of its use are negative for sleep and grades, where 40% of the students are affected. Interviews complement these findings, where main advantages mentioned by users are related to the aspect of connectedness while main concerns are related to the aspects of emotions and comparisons. Thus, there are potential benefits and threats of using social media that need proper moderation to guarantee that students remain safe and productive in class.

Chapter 5: Conclusion

5.1 Summary of the Findings

This research aimed at establishing the effect of the use of social media on students' health and performance. This survey further revealed that the existing social media usage time by the students exceeds at least three hours per day, which is positively linked to negative academic outcomes such as loss of sleep, and lack of concentration. In addition, a considerable percentage of students observed that they used to compare themselves with others on social media that is very unhealthy for one's psychological health.

Because of it, the participants observed positive changes in staying with friends and classmates, at the same time, they mentioned the excessive amount of time spent on social networking sites and the emotional effect of it. Some of the subjects stated that they had no specific issues controlling emotions when using social media, although some students said they had problematic experience regulating emotions. Still, some of those people stated that sharing information on social networks had a positive impact on their well-being, and hence demonstrating that social networks occupied a rather ambivalent position in the lives of students. Altogether, it can be stated that social media has its benefits and drawbacks, which interfere with students' interactions and impact their emotions and performances.

5.2 Implications of the Study

Descriptions of important implications of the study for the students, educators and mental health professionals are presented in this section. First, the students when using the social media experience a lot of emotional disturbances and these are reflected on their performance which proves that there is need for more awareness and how to handle them. Students should be aware of the positive outcomes of using social networks by developing a social life which is equally as important as balancing the negative implications of losing sleep, week academic performances and other related impacts.

It may help educational institutions adjust their education with the observations through offering course or seminar that would explain students the effect of social media on psychology. Ideally, universities and colleges should launch campaigns on how the youth should seek conduct an audit and set the appropriate time on social media as part of the digital health check. Thus, academic support services may also provide the same counseling or peer-support programs for the emotional issues resulting from the use of the social media such as comparison and self-esteem. Teacher and some other mental health practitioners may also consider the findings necessary in their efforts to assess the impacts of social media to various students' emotional health. They could seek to establish specific programs that address and try to correct the psychological effects that come with the use of the internet among learners. Finally, the subject can be useful for parents of students to be able to sit down and discuss with their children how they should approach the use of social networks in such a manner that it would not negatively impact their studies as well as their psychological state.

5.3 Delimitations of the Study

Nonetheless, the study brings about several delimitations of social media usage and students well-being as follows. The number of participants was restricted only to selected category of students; therefore, it may not generalize the results to the entire student's population. Also, the present research was limited to university students while excluding high school or grad students may make a difference when it comes to usage of social media or the pressure they bear.

Therefore, the survey and interviews used self-reports, which are usually prone to self-bias or may be dictated by the inability of the participants to accurately track their feelings at the time of the incident. In addition, the study did not assess which of the kinds of the social media and their content might be more or less beneficial to well-being. Finally, as the research was conducted on a sample of university students only at one point in time, cross-sectional means that it cannot document and assess causality between the use of social media and the level of emotional or academic performance.

5.4 Further Research

It is important to note that this research provides a platform to other study areas that can assist in providing more insight into the effect of social media on the well-being and the performance of students. Further research could be done to use data collected over different times of a students' year to state the flow of social media use and academic performance in order to establish correlation and/or causation. There is another potential set of variables that might be beneficial to assess to determine which types of content are consumed within various platforms - and thus, if, for example, Insta is more likely to bring students closer to rage than Linked-in.

Also, there might be interesting to compare SM usage between the students of the different educational levels, high school students or graduate students and students of the different cultural background. Expanding the understanding of how exactly social media affects student's mental health across the cultures may uncover more nuanced and complex insights into the effects of those cultural beliefs on social media use and emotional experience. However, future research can examine more details regarding the intervention that aims at minimizing the effects of social media. Research on digital detox programs, social media vacation or mindful use of social media might be helpful in providing useful guidelines of social media utilization by students to enhance their well-being and academic success.

5.5 Conclusion

In conclusion, the paper has tried to explain the correlation between social media usage and students by focusing on the factors affecting their welfare, academical performance, and mental health. Nowadays social media is exceedingly popular among students as it is the easiest way to connect with friends and participate in the common activities but at the same time, the defects include such negative consequences as

increased level of stress, sleep deprivation and decreased academic achievement. The study also implies the importance of positive approaches in usage of the social sites so that students can turn it to be a positive influence in their lives.

Much attention should be taken by educational institutions, mental health professionals, as well as parents in holding different positions in ensuring that students are able to cope up with the challenges posed by social media. With these objectives, the identified stakeholders can encourage the use of social media responsibility leading to better academic performance and psychological well-being among the students.

It is recommended that future studies be conducted in order to understand the effects of social media usage for students in the long run and also to from appropriate solutions on the various ills that can be accredited to social media usage. This research is relevant to the current literature on social media use and student psychological health, and will be useful for guiding subsequent studies and steps to enhancing the quality of students' lives.

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