

# Descriptive Study to Assess the Knowledge, Attitude and Perceived Effect of Social Media Usage on Mental Health among Adolescents

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**Abstract:** *This study was conducted to find correlation between Knowledge regarding Social Media usage on Mental Health among Adolescent, Attitude regarding Social Media usage on Mental Health among Adolescent and Perceived Effect regarding Social Media usage on Mental Health among Adolescent. The research design used in the study was Descriptive Research Design. The subject selected for the study were 438 Adolescent boys and girls aged 10-19 years studying in 7<sup>th</sup> to 9<sup>th</sup> standard. The study participants were selected by total enumerative sampling technique. The data was collected after receiving the permission from institutional committee of Holy Family Hospital. The tool used were structured questionnaire and 5 point Likert scale. The data was analysed using descriptive and inferential statistics. The major findings showed among the samples of 438 students, 231 (52.75%) had good Knowledge, 134 (30.59%) had average Knowledge, 73 (16.66%) had poor Knowledge. The Attitude was also assessed and results showed that 74.88% had favourable Attitude, 23.55% had neutral Attitude and 1.59% had unfavourable Attitude. The data revealed that 'r' value is 0.215 and 'p' value is 0.09 which shows weak but positive correlation between the Knowledge and Attitude regarding Social Media usage on Mental Health among Adolescents. Study finding shows that measures are needed to be taken to improve the Knowledge of Social Media usage on Mental Health among Adolescents.*

**Keywords:** Knowledge, Attitude, Perceived Effect, Social Media, Mental Health, Adolescents

## 1. Introduction

According to World Health Organization Mental Health is just as important as physical Health when it comes to overall well-being. Social media plays a crucial role in the life of adolescent population in the age group 10-19 years. During adolescent phase cravings to explore social media arises so rapidly that through ignorance, the personal wellbeing gets affected.<sup>1</sup>

In the digital age, social media has become an integral part of daily life, shaping how individuals communicate, share information, and perceive the world around them. An increasing body of research suggests that excessive or problematic use of Social Media may be linked to a variety of Mental Health Issues, including anxiety, depression, and low self-esteem, sleep disturbances, and feelings of loneliness. Factors such as cyberbully, social comparison, fear of missing out (FOMO), and the pressure to curate an idealized online persona contribute to the complex relationship between social media and psychological well-being. Social media can trigger anxiety due to constant notifications, fear of missing out (FOMO), or the pressure to respond quickly. Social comparison and fear of judgement can worsen social anxiety.

Studies have linked heavy Social Media use with depressive symptoms, especially among teenagers and young adults. Negative interactions, cyberbullying, and feeling of isolation online can contribute to low mood. Exposure to idealized images and lifestyles can lead to negative self-perception and dissatisfaction with one's own life or appearance. Studies also shows on visual platforms like Instagram and TikTok filters, edited photos, and unrealistic beauty standards can distort body image, particularly in young users. Late night social media use can disrupt sleep patterns due to screen time and Mental stimulation. Poor sleep quality is often linked to mood disorders.<sup>2</sup> A sharp rise in problematic social media use among adolescents, with rates increasing from 7% in 2018 to 11% in 2022.<sup>3</sup>

Encourage conversations about digital well-being within families, schools and communities to reduce stigma and increase awareness.<sup>2</sup>

Ultimately, what we are seeking to achieve for our children is a solid foundation for life in the digital age, something Social Media companies and young people alike are beginning to acknowledge and act upon around the world.<sup>3</sup>

Though Social Media can help you to stay connected with friends and families specially those geographically distant. Social Media platform can provide a sense of belonging for people which share interest, it can be a powerful tool for self-expression and creativity but Social Media can foster comparison and envy leading to feelings of inadequacy and low self-esteem.<sup>3</sup>

Numerous studies have investigated the impact of social media on adolescents' mental health, self-esteem, and academic performance. For instance: A study by Jean Twenge et al. 2019 found that adolescents who spent more time on social media were more likely to experience depression and anxiety.<sup>4</sup>

According to surveys by WHO more than 1 in 10 adolescents (11%) shows signs of problematic social media behaviour, struggling to control their use and experiencing negative consequences. Girls reported higher levels of problematic social media use than boys (13% vs 9%). Over (36%) of young people reported constant contact with friends online, with the highest rates among 15-year-old girls (44%) Around (34%) of adolescents played digital games daily, with more than 1 in 5 (22%) playing for at least 4 hours on days when they engage in gaming. 12% of adolescents are at risk of problematic gaming, with boys more likely than girls to show signs of problematic gaming (16% vs 7%).<sup>4</sup>

This study can be beneficial for: Understanding the impact of technology on Mental Health, Informing public health policy and interventions, Promoting healthy Social Media habits.

According to WHO the rise in problematic Social Media use among adolescents raises significant concerns about potential impacts on young people. Previous research has found that problematic social media users also reported lower mental and social well-being and higher levels of substance use compared to no problematic users and non-users.<sup>5</sup>

## 2. Statement of Problem

A Descriptive study to assess the Knowledge, Attitude and Perceived Effect of Social Media usage on Mental Health among Adolescents in selected schools of New Delhi.

## 3. Objectives of the Study

- To assess the level of Knowledge, Attitude and Perceived effect of Social Media usage on mental health among adolescents in the selected schools of New Delhi.
- To find the relationship between Knowledge and Attitude of Social Media usage on Mental Health among Adolescents in selected schools of New Delhi.
- To find the relationship between Knowledge and Perceived Effect of Social Media usage on Mental Health among Adolescents in selected schools of New Delhi.

### 3.1 Hypothesis

- **H<sub>1</sub>** - There will be significant relationship between level of Knowledge and Attitude of Social Media usage on Mental Health among Adolescent at 0.05 level of significance.
- **H<sub>01</sub>**- There will be no significant relationship between level of Knowledge and Attitude of Social Media usage on Mental Health among Adolescent at 0.05 level of significance

- **H<sub>2</sub>**- There will be significant relationship between Knowledge and Perceived effect of Social Media usage on Mental Health among Adolescent at 0.05 level of significance.
- **H<sub>02</sub>**- There will be no significant relationship between Knowledge and Perceived effect on Social Media usage on Mental Health among Adolescent at 0.05 level of significance.

### 3.2 Research Methodology

- **Research Approach:** A Quantitative Research approach was adopted for this study.<sup>6</sup>
- **Research Design:** A Descriptive Research Design was used in the study.

### 3.3 Variables in the Study

- **Research Variable:** Research variables are Knowledge, Attitude and perceived effects regarding Social Media usage on Mental Health among Adolescents.
- **Demographic Variable:** Age, gender, place, residence, class and session attend on social media, platform used on Social Media, hours spend on Social Media, have personal mobile, according to mood when they use Social Media, reason to use Social Media, when they prefer use Social Media, source of Knowledge related to Social Media.

### 3.4 Research Setting

The study was conducted in following schools - ST. Anthony Senior Secondary School (Hauz Khas) and ST. Vincent Palloti School (Sangam Vihar) New Delhi.

### 3.5 Study Population

- **Target Population:** School going children between the ages of 10-19 years.
- **Accessible Population:** School going Adolescents 10-19 years who were studying (7<sup>th</sup> to 9<sup>th</sup> standard) who were present in the school at the time of data collection.

### 3.6 Sample

- **Sample Size:** A sample size of 438 adolescents who were studying in 10-19 years.
- **Sampling Technique:** Total Enumerative Sampling technique was adopted to select the sample.

### 3.7 Description of Tool

- **Section- I:** Socio - demographic profile; it included 13 questions to collect demographic profile of Adolescents in selected school of New Delhi.
- **Section-II:** Structured Knowledge Questionnaire; it include 15 questions to assess the Knowledge of Social Media usage on Mental Health among Adolescents in the selected schools of New Delhi.
- **Section-III:** Five point Likert scale; it contains 7 questions to assess the Attitude of Social Media usage on Mental Health issues among Adolescents in selected schools of New Delhi.
- **Section-IV:** Perceived effect of Social Media usage on Mental Health; it contain 8 questions.

4. Results

Section I: Findings related to the assessments of Knowledge of Social Media Usage on Mental Health among Adolescents in the selected school of New Delhi.

Table 1: Describe the frequency and percentage distribution of the assessment of Knowledge regarding Social Media usage on Mental Health. The data revealed that majority of them had good Knowledge i.e., 231(52.75%), 134(30.59%) had average Knowledge, and 73(16.66%) had poor Knowledge

**Table 1, N= 438**

Score	Level of Knowledge	Frequency	Percentage (%)
(0-7)	POOR	73	16.66
(8-4)	AVERAGE	134	30.59
(12-15)	GOOD	231	52.75

Table 2: Shows the mean scores of Knowledge regarding Social Media usage on Mental Health of 438 school going Adolescent as 10.74 with a standard deviation of 3.01

**Table 2, N= 438**

Mean	Standard Deviation
10.74	3.01

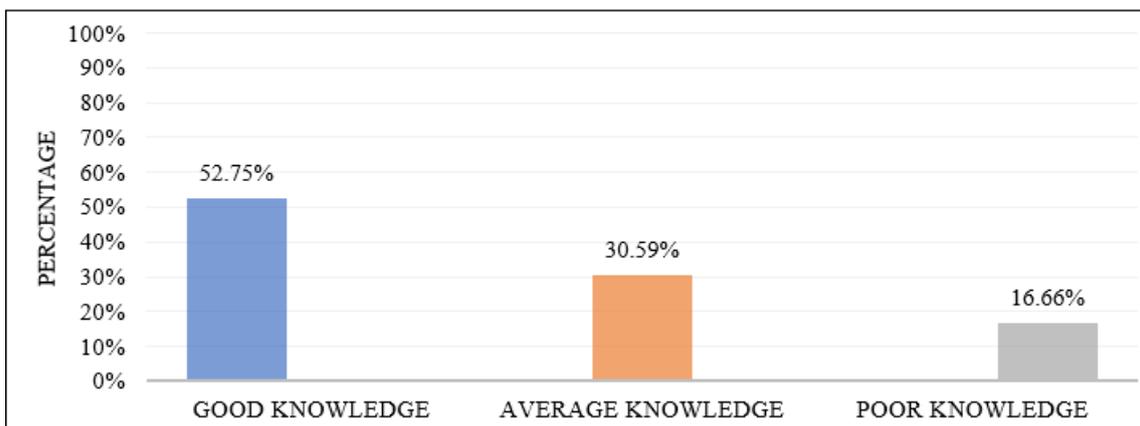


Figure 1: Bar diagram showing percentage distribution of Knowledge regarding Social Media usage on Mental Health of 438 school going Adolescent.

Section B: Findings related to the assessments of Attitude regarding Social Media usage on Mental Health among Adolescents in selected schools of New Delhi.

Table 3: Shows that majority of the sample 328(74.88%) has favourable Attitude, 103(23.55%) has neutral Attitude, 7(1.59%) has unfavourable Attitude.

**Table 3, N= 438**

Score	Level of attitude	Frequency	Percentage (%)
(22-35)	Favourable	328	74.88
(15-21)	Neutral	103	23.55
(7-14)	Unfavourable	7	1.59

Table 4: Shows the mean scores of Attitude regarding Social Media usage on Mental Health of 438 school going Adolescent as 23.988 with a standard deviation of 4.14.

**Table 4, N= 438**

Mean	Standard Deviation
23.988	4.14

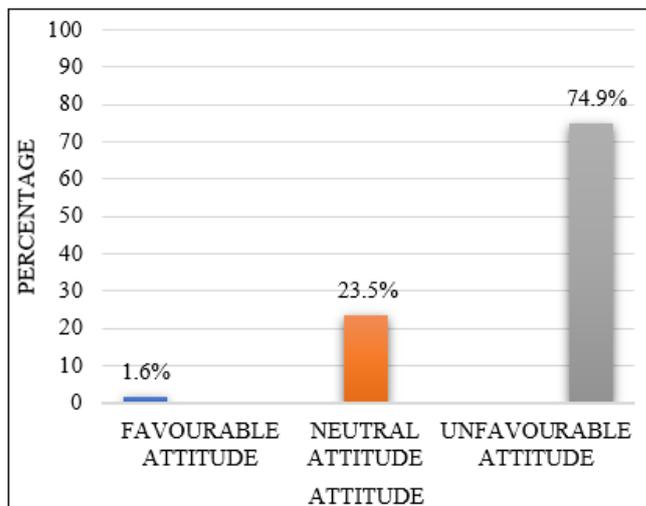


Figure 2: Bar diagram showing percentage distribution of Attitude regarding Social Media usage on Mental Health of 438 school going Adolescent

Section C: Findings related to the assessments of Perceived effect regarding Social Media usage among adolescents in the selected schools of New Delhi.

Table 5: Shows that majority of the sample, 309(70.54%) has no Perceived Effect, 129(29.45%) has negative effect regarding Social Media usage on Mental Health.

**Table 5, N= 438**

Score	Level of Perceived Effect	Frequency	Percentage (%)
(8-24)	No effect	309	70.55
(25-40)	Negative effect	129	29.45

Table 7: Shows the mean scores of Perceived Effect regarding Social Media usage on Mental Health of 438 school going Adolescent in is 21.53 with standard deviation of 5.29

Table 7, N= 438

Mean	Standard deviation
21.53	5.29

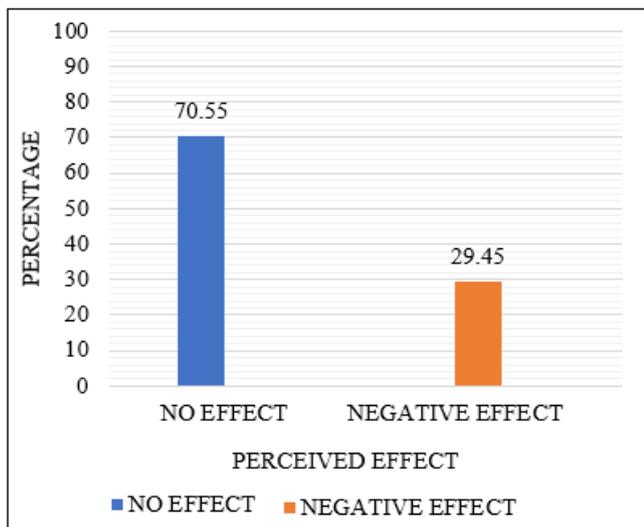


Figure 9: Bar diagram showing percentage distribution of Perceived Effect regarding Social Media usage on Mental Health of 438 school going Adolescent.

Section D: Findings related to the relationship between the Knowledge and Attitude regarding Social Media among on mental health among 438 Adolescents studying in selected schools of New Delhi.

Table 8: Shows that the calculated ‘r’ value is 0.215 and ‘P’ value is 0.09 which shows a weak positive correlation between Knowledge and Attitude regarding Social Media usage on Mental Health among 438 school going Adolescents. Hence the study is significant at  $p < 0.05$  and hypothesis is accepted at 0.05 level of significance.

Table 8, N= 438

Social Media usage on Mental Health	Mean	Median	Mean difference	Correlation ‘r’ value	‘P’ value	Standard deviation
Knowledge	10.74	12	13.248	0.215	0.09	3.01
Attitude	23.988	24				4.14

\* $<0.05$  level of significance

Table 9: shows that the calculated ‘r’ value is 0.018 and ‘p’ value is 0.09 which shows no correlation between Knowledge and Perceived effect regarding Social Media usage on Mental Health among 438 school going Adolescents. Hence hypothesis  $H_2$  is rejected.

Table 9, N= 438

Social Media usage on Mental Health	Mean	Median	Mean difference	Correlation ‘r’ value	‘P’ value	Standard deviation
Knowledge	10.74	12	10.79	0.018	0.09	3.01
Attitude	21.53	22				5.29

\* $<0.05$  level of significance

### 5. Conclusion

- The data revealed that 231(52.75%) had good knowledge, 134(30.59%) had average knowledge and 73(16.66%) had poor knowledge.
- The data revealed that majority of the sample 328(74.88%) had favourable attitude, 103(23.55%) had neutral attitude and 7(1.59%) had unfavourable attitude.
- The data revealed that majority of the sample 309(29.45%) had no perceived effect, and 129(29.45%) had negative effect regarding social media usage on mental health.
- The study findings show a weak positive correlation between knowledge and attitude regarding social media usage on mental health among 438 school going adolescents.
- The study findings show no correlation between knowledge and perceived effect regarding social media

usage on mental health among 438 school going adolescents.

### 6. Limitation

- The study was confined to adolescents within the age group of 10 to 19 years.
- The study was conducted in only two school settings.

### 7. Recommendation For Further Studies

Based on the study, the following recommendations are offered for future research: -

- The similar can be replicated on a large population.
- A similar study can be conducted on nursing students.
- A session on mental health issues caused by social media usage can be given to adolescents.
- Information pamphlets can be distributed among adolescents in schools. With some schools in order to

spread awareness regarding impact of social media usage on mental health.

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