

A STUDY ON THE IMPACT OF SOCIAL MEDIA ON STUDENTS

Bachelor of Commerce

By

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39740091



SCHOOL OF MANAGEMENT STUDIES

SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited with Grade “A” by NAAC | 12B Status by UGC | Approved by AICTE

Jeppiaar Nagar, RAJIV GANDHI SALAI, CHENNAI - 600 119

April 2022



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SCHOOL OF MANAGEMENT STUDIES

BONAFIDE CERTIFICATE

This is to certify that this Project Report is the bonafide work of EBENEZER V (39740091) who has done the Project work entitled A STUDY ON THE IMPACT OF SOCIAL MEDIA ON STUDENTS under my supervision from December 2021 to February 2022.

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Internal Guide

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Dean, School of Management Studies

Submitted for Viva voice Examination held on _____

Internal Examiner

External Examiner

DECLARATION

EBENEZER V (39740091) Hereby declare that the Project Report entitled “**A STUDY ON THE IMPACT OF SOCIAL MEDIA ON STUDENTS**” done by me under the guidance of Dr.M.M.Dhanya MA, MBA, PhD, Assistant Professor, School of Management Studies is submitted in partial fulfilment of the requirements for the award of Bachelor of Commerce degree.

DATE:

PLACE: CHENNAI

EBENEZER V

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EBENEZER V

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ABSTRACT

The purpose of this research study is to examine the influence of social media and Life style of students. Students should be encouraged to limit the time they spend on their social media sites per day and advise them to rather substitute those hours to read novels to improve their knowledge. Research questions and Research hypotheses guided the study. To achieve this, the descriptive survey research design was adopted. The simple random sampling technique was used to select a sample of 110 students. A Likert Scale Questionnaire type, titled: A Study on the Impact of social media on Students. Google forms are used in collecting data. All the respondents in the study have their own smart gadgets with internet facilities. The descriptive statistics of frequency counts and percentage, were used to analyze the demographic data while inferential statistics of Chi-square was used in testing the research hypotheses. Research findings showed that a great number of students are addicted to social media. It has been observed that younger generation is very much prone to social media. Social Networking Sites should be expanded and Students should be monitored by teachers and parents on how they use these sites. This is to create a balance between social media and academic activities of students to avoid setbacks in the academic performance of the students. Thus, it can be concluded that social media have a dual impact on student achievement, and it is necessary to approach adolescents' use of social networks with ultimate responsibility.

CHAPTER 1

INTRODUCTION

1.1 INTRODUCTION:

The term social media refers to a computer-based technology that facilitates the sharing of ideas, thoughts, and information through virtual networks and communities. Social media is internet-based and gives users quick electronic communication of content, such as personal information, documents, videos, and photos. Users engage with social media via a computer, tablet, or smartphone via web-based software or applications. While social media is ubiquitous in America and Europe, Asian countries like Indonesia lead the list of social media usage. More than 4.5 billion people use social media, as of October 2021.

Social media has changed the way we all interact with each other online. It gives us the ability to discover what's happening in the world in real-time, to connect with each other and stay in touch with long-distance friends, and in order to have access to endless amounts of information at our fingertips. In many senses, social media has helped many individuals find common ground with others online, making the world seem more approachable.

Businesses are also using social media marketing to target their consumers right on their phones and computers, building a following in order to build a loyal fan base, and create a culture behind their own brand. Some companies, such as Denny's, have created entire personas on Twitter in order to market to younger consumers using their own language and personas.

Nearly 90% of people between the ages of 18 and 29 used at least one form of social media.

1.2 NEED OF THE STUDY:

- ✓ The study can enable to know the impact level of social media on students.
- ✓ It also identifies the average time of usage of the social media by students.
- ✓ The study can help to know the difficulties faced by the students on account of addiction in social websites.
- ✓ It also identifies the most active age group in social media websites.

1.3 SCOPE OF STUDY:

- ✓ Among the Essentials of technology, the effect of social media on people has been an important issue which increases day by day. The aim of this study is to determine the
- ✓ purpose of students' social media use and also to determine their perspectives on education.
- ✓ The effect of social media that provides students with multiple ways to connect virtually with others (family, friends/peers, teachers, members of interest groups, and even strangers).
- ✓ The focus of this research work is to primarily study the Influence of social media on the life style of students.

1.4 OBJECTIVE OF THE STUDY:

PRIMARY OBJECTIVE:

The objective of this study was to determine the impact of social media on students.

SECONDARY OBJECTIVE:

-  To determine how social networking websites affects student's academic performance.
-  To understand the impact of social networking sites on students.
-  To explore the consequences of social networking sites in student's life.
-  Purpose behind the usage of social networking sites.

CHAPTER 2

REVIEW OF LITERATURE

- Social media use has increased in recent years across all age levels. The Pew Internet and American Life Project found that although 73% of teens between the ages of 12 and 17 use social media, the rates of social media use are even higher (83%) for young adults between the ages of 18 and 29 (Lenhart, Purcell, Smith, & Zickuhr, 2010; Madden & Zickuhr, 2011).
- Due to age restrictions and limited access to social media, pre-adolescent students do not appear to have the same level of social media use as older students (Lenhart et al., 2010).
- In addition to the number of teens and young adults using social media, two-thirds of adult Internet users are also using social media (Madden & Zickuhr, 2011).
- Social media has also been implemented in academic settings to motivate students to participate, share, and learn with other collaborators (Kabilan, Ahmad, & Abidin, 2010).
- Nelson Laird and Kuh (2005) found that students use information technology regularly in both their academic and personal lives. However, students use social media more than other course related technologies because they are already familiar with the features and settings (Appel, 2012; Hurt et al., 2012; Liu, 2010).
- Arnold and Paulus (2010) found that even when social media is used for an educational purpose, students incorporate the technology into their lives in a way that may differ from the intentions of the course instructor. For example, off-topic or non-academic discussions occur on social media because of its primary design as a social networking tool (Lin et al., 2013). Further, as a student's age increases, the frequency of off-topic discussions also increases (Lin et al., 2013). This indicates that while social media may encourage broader

discussions of course content, older students may spend more time than younger students engaging in unrelated discussions.

- Social media can also negatively affect student GPA as well as the amount of time students spend preparing for class (Annetta et al., 2009; Junco, 2012b).
- One explanation for this impact is that social media provides too much stimulation and therefore can distract students from completing their coursework (Hurt et al., 2012; Patera et al., 2008). Another reason for this may be that students who spend more time on social media may have difficulty balancing their online activities and their academic preparation.
- Social media can also be a challenging instructional strategy to incorporate because it attempts to balance the authority of the educator with the active participation of the students. Collaboration through social media supports more of a constructivist approach to learning, where students and educators can work together to co-create understanding of a particular topic, rather than an approach that emphasizes individual contributions (Stevens, 2009). As a result, students and educators become equal participants in the knowledge sharing process. Though this seems beneficial for creating and disseminating knowledge, social media can also become a privacy concern (i.e. cyber-plagiarism) as well as an outlet for abuse and cyber-bullying (Chen & Bryer, 2012; Frye et al., 2010; Jackson, 2011; Smailes & Gannon-Leary, 2011).
- Mohamed Tayseer (2014), "Social Network: Academic and Social Impact on College Students" The research conducted in this paper gave us a somehow better understanding of how social networks affect the students' life. In conclusion, throughout this research, we do not actually aim to solve a problem, but rather we aim to demonstrate the importance of social networks to college students, so that the stakeholders take our recommendations into consideration.

CHAPTER-3

3.1 RESEARCH METHODOLOGY:

Research is the process of systematic and in- depth study of any particular topic, subject or any are of investigation backed by collection, compilation, presentation and interpretation relevant data in detail.

3.2 RESEARCH PROCESS:

In research process, the first and foremost step is defining and selecting a research problem. A Researcher should at first find the problem. Then he should formulate it so that it becomes susceptible to research. For a systematic presentation, the process of research may be classified under three stages- primary stages, secondary stage, and the tertiary stage.

THE PRIMARY STAGE INCLUDES:

- Observation
- Interest
- Formulating research problems
- Documentation
- Research designs

THE SECONDARY STAGE INCLUDES:

- Project planning
- Data collection
- Questionnaire preparation
- Analysis of data
- Testing of hypothesis
- Interpretation
- Questionnaire preparation.

3.3 TYPE OF RESEARCH:

DESCRIPTIVE RESEARCH:

Descriptive research has been used, it involves survey and fact-finding enquiries of different kinds, the purpose of descriptive research is the descriptive of state of affairs, as it exists at present.

PROJECT PLANNING:

Project planning is the first step in actually conducting & directing a research Project. It is one of the most important tasks of researcher. This includes formulation of the researcher objectives & goals and determining ways of achieving them.

3.4 DATA COLLECTION:

Data collection is one of the most important aspects of research. The information research methodology must be accurate and relevant, the data collection method can be classified into two methods.

PRIMARY DATA:

Questionnaire method have been used as a tool for a data collection in this research.

SECONDARY DATA:

Secondary data means data that are already available i.e., they refer to data which has already been collected and analyzed by someone else. The secondary data for the study was collected google scholar website and magazines.

3.5 QUESTIONNAIRE PREPARATION:

The basic requisite of any research study is the appropriate data which can be collected with the help of a schedule or questionnaire. With the help of questionnaire, it is easy to determine the involvement level of so many employees in the organization.

3.6 PIOLET SURVEY:

Before collecting the relevant data to test the hypothesis, it is essential to ascertain the applicability of the instrument to the population being studied. Hence, a pilot study was undertaken with an objective to evaluate the tools prepared for the study and to find whether they are providing the information required.

3.7 SAMPLE SIZE:

The sample size for this survey is 110.

3.8 PERIOD OF STUDY

The period of study is from December 2021 to February 2022.

3.9 PERCENTAGE ANALYSIS

Research questions are always answered with a descriptive statistic: generally, either percentage or mean. Percentage is appropriate when it is important to know how many of the participants gave a particular answer. Generally, percentage is reported when the responses have discrete categories.

CHAPTER-4

DATA ANALYSIS AND INTERPRETATION

The following consist of the data analysis and interpretation of my questionnaire

4.1 survey analysis of data

Age	No. of respondent	Percentage
Below 16	2	1.8
16 – 20	82	74.5
21 – 25	21	19.1
Above 25	5	4.5
Total	110	100

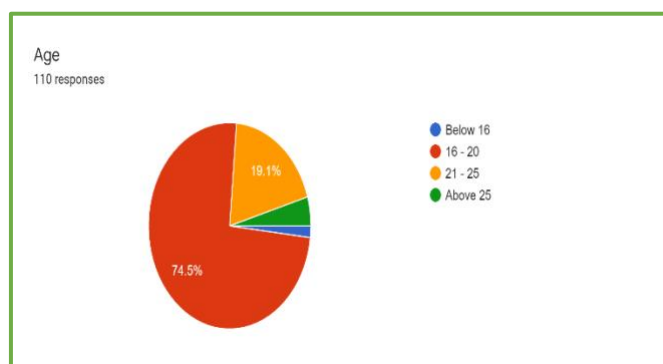


Chart 4.1 – Age group of the respondents

INTERPRETATION:

From the above table, it is inferred that 4.5% respondents are qualified SSLC, 15.5% respondents are qualified HSC, 79.1% respondents are qualified degree and 0.9% respondents are qualified diploma.

Table 4. 2 – Gender classification of the respondents

Gender	No. of respondent	Percentage
Male	59	53.6
Female	50	45.5
Prefer not to say	1	0.9
Total	110	100

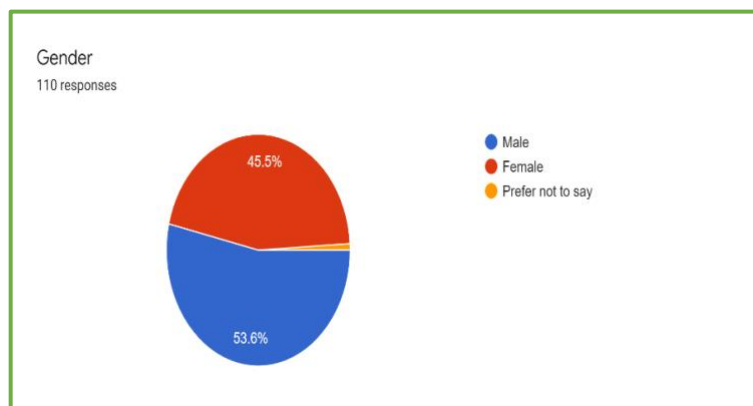


Chart 4.2 – Gender classification of the respondents

INTERPRETATION:

From the above chart, it is inferred that 53.6% respondents are male, 45.5% respondents are female. 1 respondent selected prefer not to say.

TABLE 4.3 Qualification of the respondents

Qualification	No. of respondent	Percentage
SSLC	5	4.5
HSC	17	15.5
Degree	87	79.1
Diploma	1	0.9
Total	110	100

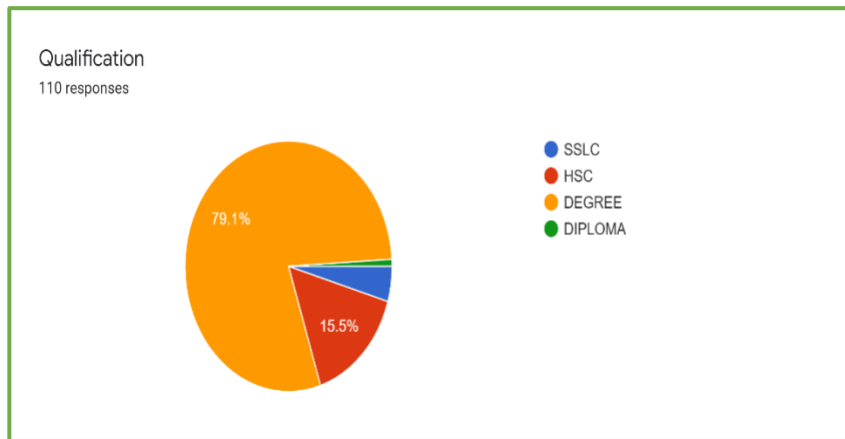


Chart 4.3 – Qualification of the respondents

INTERPRETATION:

From the above table, it is inferred that 4.5% respondents are qualified SSLC, 15.5% respondents are qualified HSC, 79.1% respondents are qualified degree and 0.9% respondents are qualified diploma.

TABLE 4.4 Checking the Social media updates first time in the day

	No. of respondent	Percentage
AS soon as I get up	67	60.9
Not till afternoon	15	13.6
All time, anytime	28	25.5
Total	110	100

When do you check the social media updates first time in the day?
110 responses

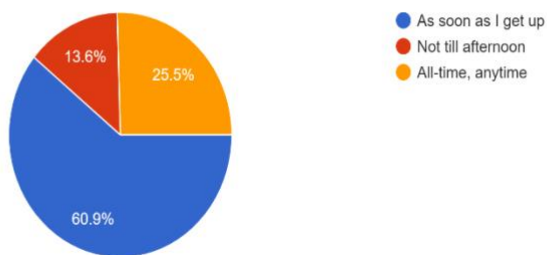


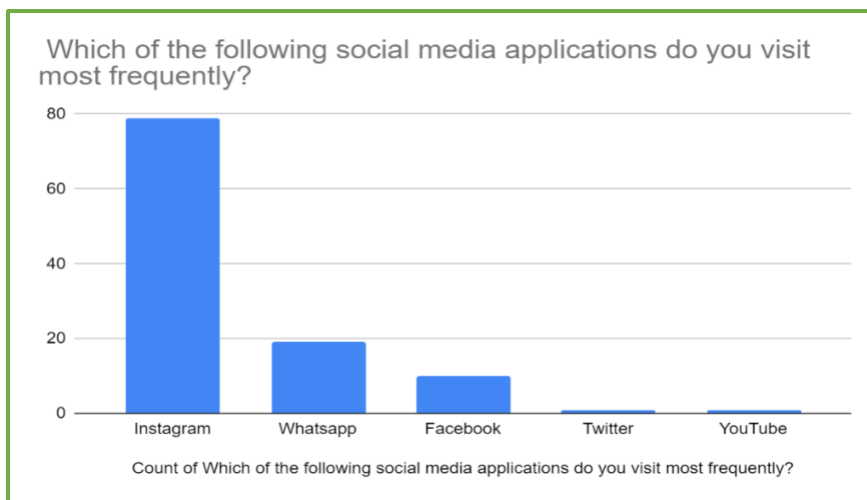
Chart 4.4 – Checking the Social media updates first time in the day

INTERPRETATION:

From the above table, it is inferred that 60.9% respondents are responded as soon as I get up, 13.6% respondents are responded not till afternoon, 25.5% respondents are responded all time; anytime.

TABLE 4.5 Social media applications do you visit most frequently

	No. of respondent	Percentage
Instagram	79	71.8
WhatsApp	19	17.3
Facebook	10	9.1
Twitter	1	0.9
YouTube	1	0.9
Total	110	100



INTERPRETATION:

From the above table, it is inferred that 71.8% respondents are responded Instagram, 17.3% respondents are responded WhatsApp, 9.1% respondents are responded Facebook, 0.9% respondents are responded Twitter and 0.9% respondents are responded YouTube as the most frequently visited applications.

TABLE 4.6 Go-to device to access social media

	No. of respondent	Percentage
Mobile	106	96.4
Tablet	3	2.7
Laptop	1	0.9
Total	110	100

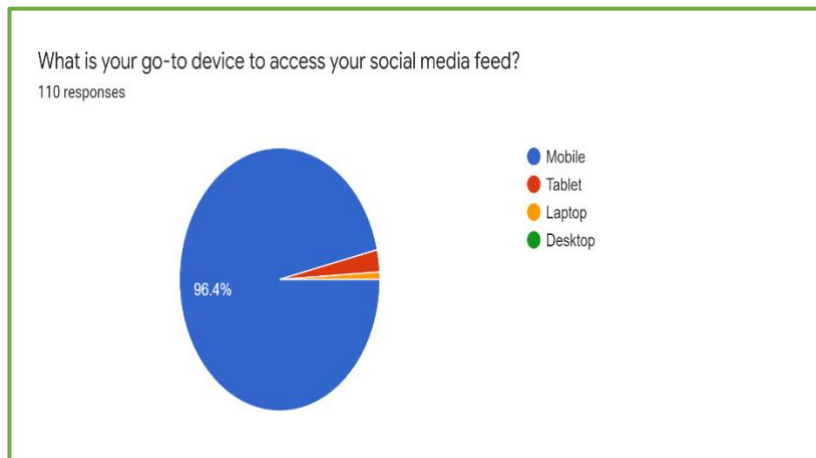
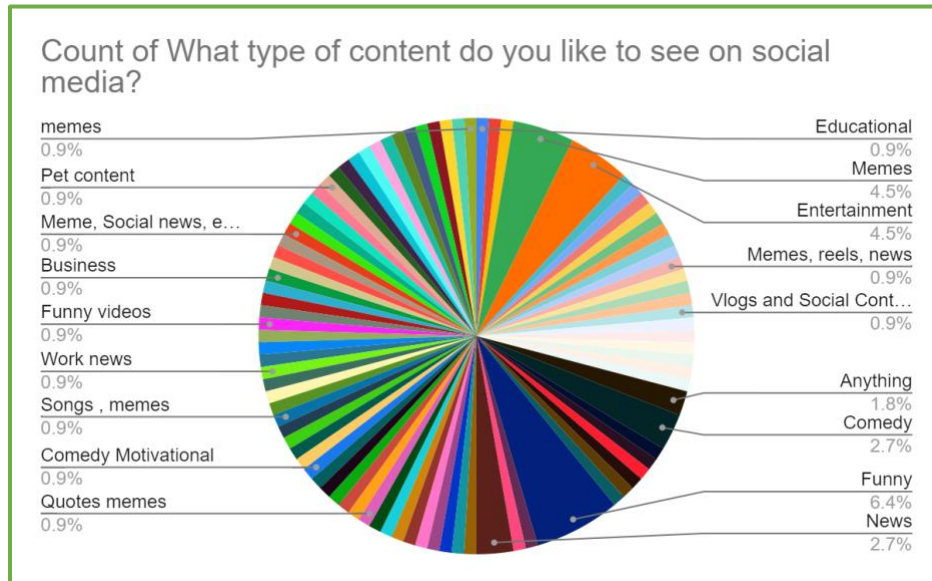


Chart 4.6 – Go-to device to access social media

INTERPRETATION:

From the above table, it is inferred that 96.4% respondents are Mobile, 2.7% respondents are Tablet, 0.9% respondents are Laptop to access social media.

CHART 4.7 What type of content do you like to see on social media?



INTERPRETATION:

From the above chart, it is inferred that responders have interest in various content on social media. Memes takes a wider part among the other content. Other content like News, Vlogs, Funny videos, etc., were also watched by majority responders.

TABLE 4.8 How many friends from your social media website have you met in person

	No. of respondent	Percentage
All of them	15	13.6
Most of them	30	27.3
About half of them	12	10.9
A few of them	32	29.1
None of them	21	19.1

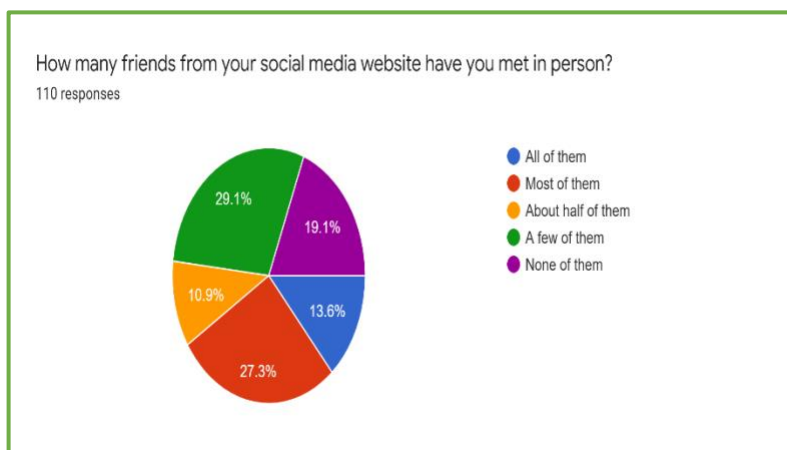


Chart 4.8– How many friends from your social media website have you met in person

INTERPRETATION:

From the above table, it is inferred that 13.6% respondents are all of them, 27.3% respondents are most of them, 10.9% respondents are about half of them, 32 respondents are a few of them and 21 respondents are none of them have met in person.

TABLE 4.9 On a regular day how many times do you post pictures, comments etc. on your social media accounts

	No. of respondent	Percentage
Extremely Often	6	5.5
Very often	7	6.4
Moderately often	11	10
Sightly often	26	23.6
Not at all often	60	54.5

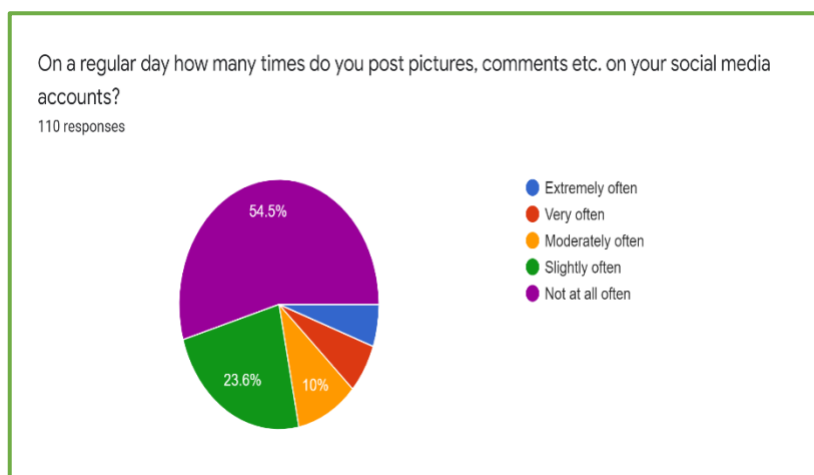


Chart 4.9 – On a regular day how many times do you post pictures, comments etc. on your social media accounts

INTERPRETATION:

From the above table, it is inferred that 5.5% respondents are extremely often, 6.4% respondents are very often, 10% respondents are moderately often, 23.6% respondents are slightly often and 54.5% respondents are not at all often post pictures, comments, etc., on social media accounts.

TABLE 4.10 Do you use your social media accounts to login to the other websites

	No. of respondent	Percentage
Always	8	7.3
Most of the time	18	16.4
About half the time	11	10
Once a while	37	33.6
Never	36	32.7

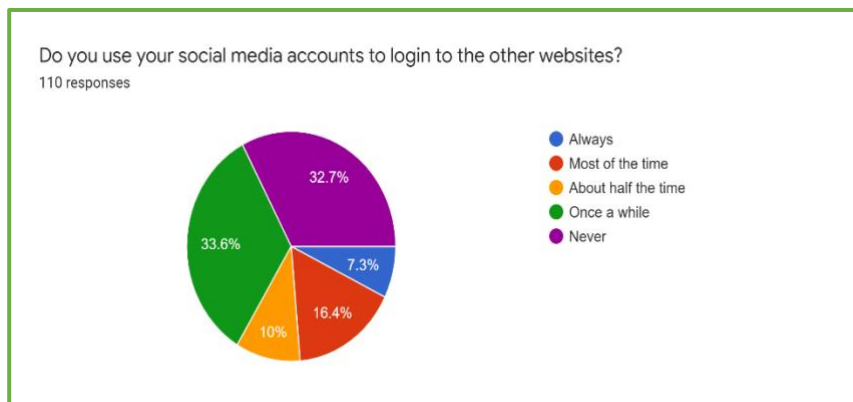


Chart 4.10 – Do you use your social media accounts to login to the other websites

INTERPRETATION:

From the above table, it is inferred that 7.3% respondents are always, 16.4% respondents are most of the time, 10% respondents are about half the time, 33.6% respondents are once a while and 32.7% respondents are never use social media accounts to login to the other websites.

TABLE 4.11 On an average how many hours do you spend on social media

	No. of respondent	Percentage
Less than an hour	11	10
2-3 hours	32	29.1
4-5 hours	34	30.9
5-7 hours	20	18.2
More than 7 hours	13	11.8

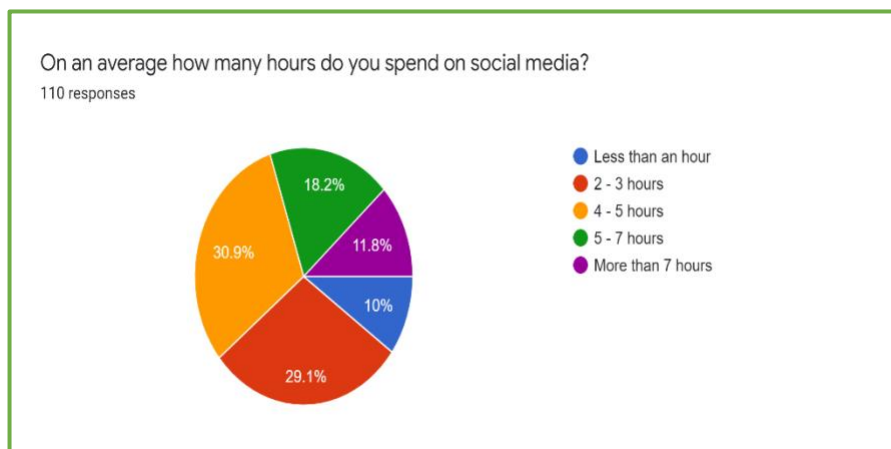


Chart 4.11 – On an average how many hours do you spend on social media

INTERPRETATION:

From the above table, it is inferred that 10% respondents are less than an hour, 29.1% respondents are 2-3 hours, 30.9% respondents are 4-5 hours, 18.2% respondents are 5-7 hours and 11.8% respondents are more than 7 hours spend on social media.

CHART 4.12 What is your purpose of using social media application

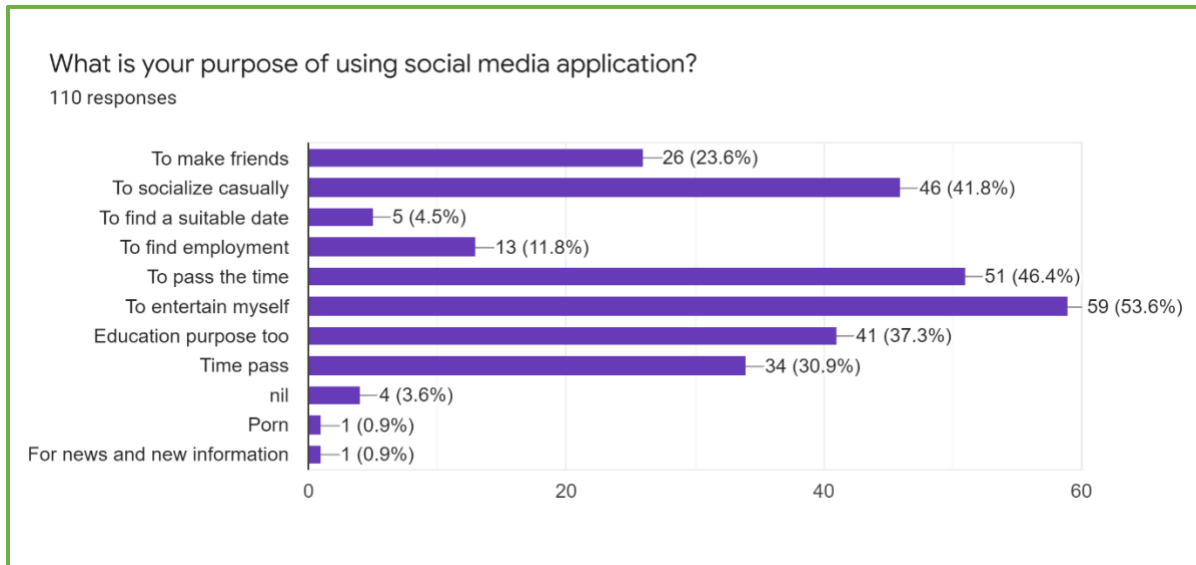


Chart 4.12 – What is your purpose of using social media application

INTERPRETATION:

From the above chart, it is inferred that majority respondents are to entertain myself, following the purposes like to pass the time, to socialize casually, for education, to make friends, etc., these were the few of purposes of using social media application.

TABLE 4.13 When do you access social media applications

	No. of respondent	Percentage
During my free time	77	70
During social occasions	2	1.8
During meal times	4	3.6
Any spare time	27	24.5

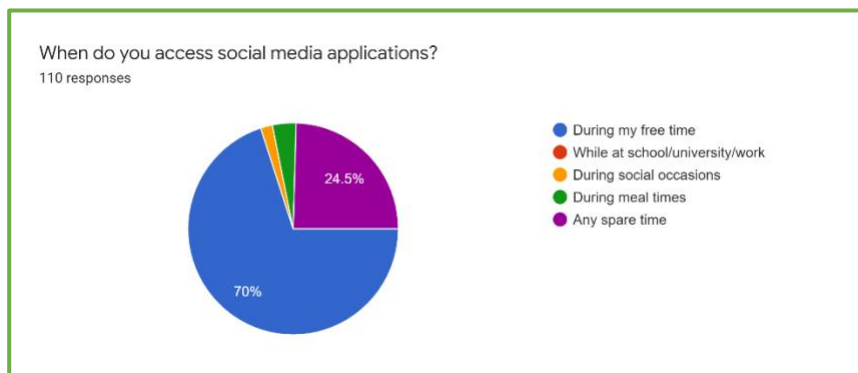


Chart 4.13 – When do you access social media applications

INTERPRETATION:

From the above table, it is inferred that 70% respondents are during my free time, 1.8% respondents are during social occasions, 3.6% respondents are during meal times, 24.5% respondents are any spare time access social media applications.

TABLE 4.14 Has social media had any effect on your mental health

	No. of respondent	Percentage
Yes	45	40.9
No	65	59.1

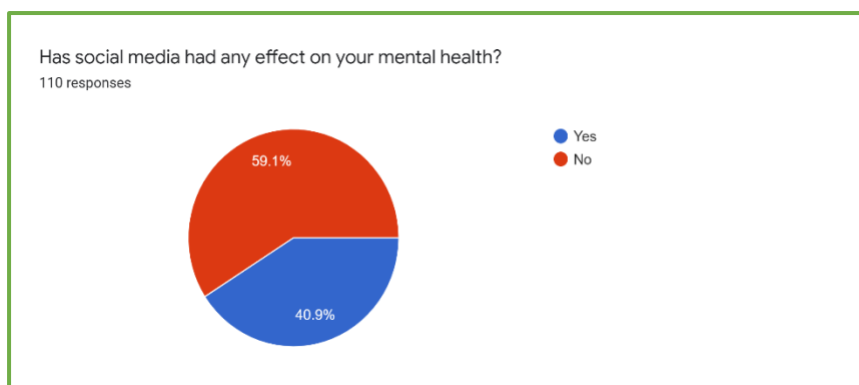


Chart 4.14 – Has social media had any effect on your mental health

INTERPRETATION:

From the above table, it is inferred that 40.9% respondents are Yes and 59.1% respondents are No to the questionnaire that social media had any effect on your mental health.

TABLE 4.15 How often do you use the chat app on your social media accounts

	No. of respondent	Percentage
Extremely Often	11	10
Very often	33	30
Moderately often	32	29.1
Sightly often	19	17.3
Not at all often	15	13.6

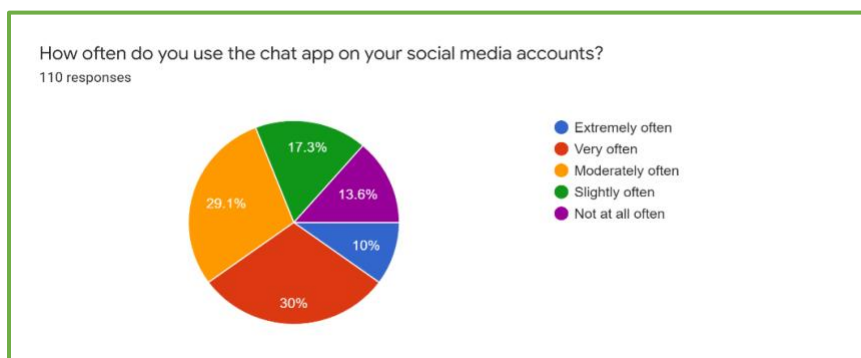
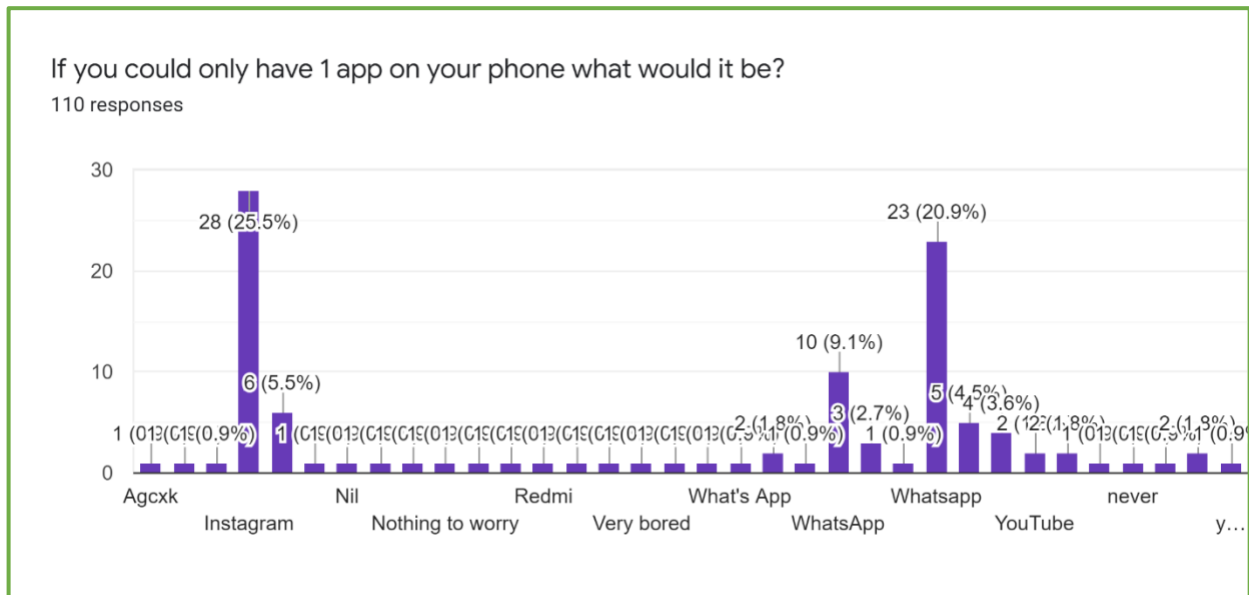


Chart 4.15 – How often do you use the chat app on your social media accounts

INTERPRETATION:

From the above table, it is inferred that 10% respondents are Extremely often, 30% respondents are Very often, 29.1% respondents are Moderately often, 17.3% respondents are Slightly often and 13.6% respondents are Not at all often use the chat app on social media accounts.

CHART 4.16 If you could only have 1 app on your phone what would it be



INTERPRETATION:

From the above chart, it is inferred that most of the responders prefer WhatsApp for the only app that can be on their phone. And Instagram next to it.

TABLE 4.17 Do you consider yourself addicted to social media

	No. of respondent	Percentage
Yes	58	52.7
No	52	47.3

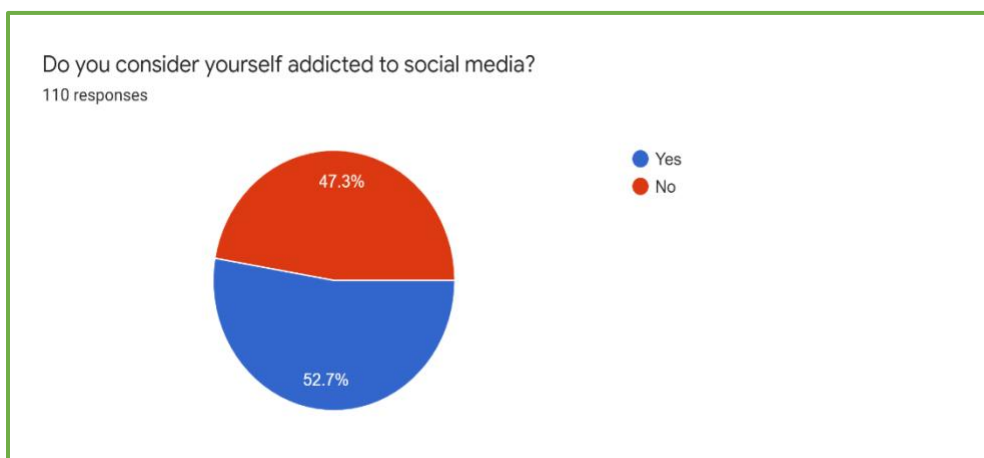


Chart 4.17 – Do you consider yourself addicted to social media

INTERPRETATION:

From the above table, it is inferred that 52.7% respondents are addicted to social media and 47.3% respondents are not addicted to social media.

TABLE 4.18 How do you feel when you are without social media for a long period of time

	No. of respondent	Percentage
Anxious, depressed, lonely, like I'm missing out of things	13	11.8
I feel like I might be missing out but it's not a big deal	59	53.6
It doesn't affect me in any way	38	34.5

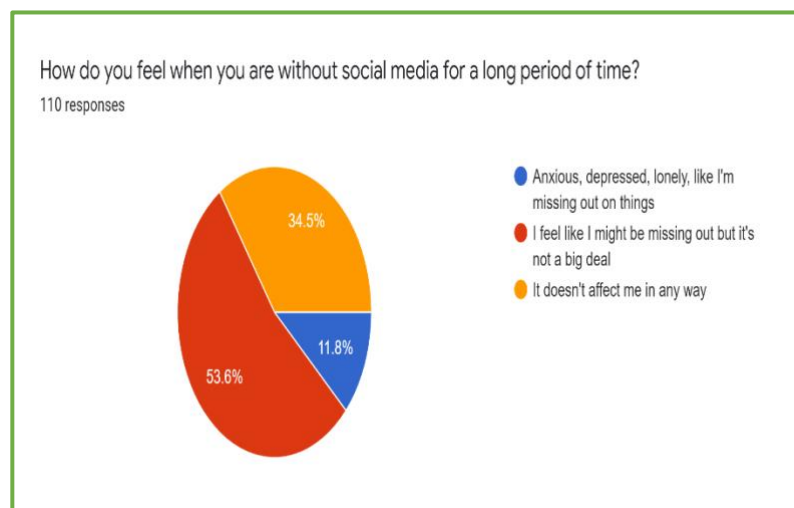


Chart 4.18 – How do you feel when you are without social media for a long period of time

INTERPRETATION:

From the above table, it is inferred that 11.8% respondents are Anxious, depressed, lonely, like I'm missing out of things, 53.6% respondents are I feel like I might be missing out but it's not a big deal and 34.5% respondents are It doesn't affect me in any way without social media for a long period time.

TABLE 4.19 What kind of impact does social media have on you

	No. of respondent	Percentage
Negative	28	25.5
Positive	82	74.5

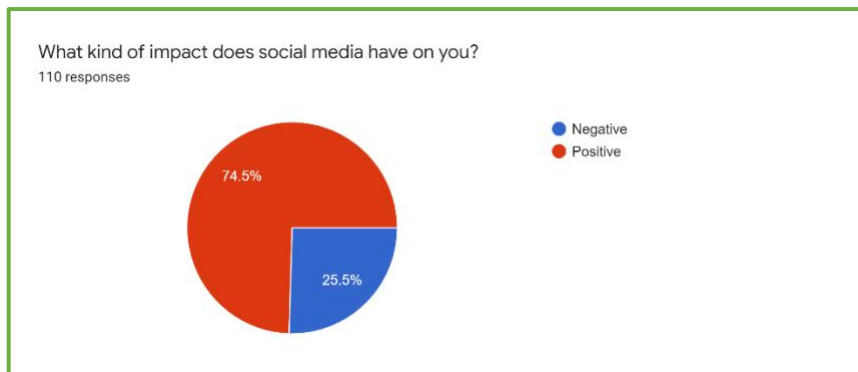


Chart 4.19 – What kind of impact does social media have on you

INTERPRETATION:

From the above table, it is inferred that 25.5% respondents are negative and 74.5% respondents are positive for the impact of social media.

4.20 CHI-SQUARE TEST

NULL HYPOTHESIS(H₀); There is no significant mean variation between the age group and active usage of chat app.

ALTERNATE HYPOTHESIS(H₁): There is significant between variation to active usage of chat app.

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
VAR00002 * VAR00004	111	100.0%	0	0.0%	111	100.0%

VAR00002 * VAR00004 Crosstabulation

Count							
	VAR00004						Total
	Extremely often	How often do you use the chat app on your social media accounts?	Moderately often	Not at all often	Slightly often	Very often	
VAR00002 16 - 20	8	0	23	12	12	27	82
21 - 25	3	0	7	1	5	5	21
Above 25	0	0	2	1	2	0	5
Age	0	1	0	0	0	0	1
Below 16	0	0	0	1	0	1	2
Total	11	1	32	15	19	33	111

Chi-Square Tests

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	121.452 ^a	20	.000
Likelihood Ratio	23.939	20	.245
N of Valid Cases	111		

a. 23 cells (76.7%) have expected count less than 5. The minimum expected count is .01.

INFERENCE

Since p value 0.000 is less than 0.05 null hypothesis is rejected, alternate is accepted.
Hence, there is no significant difference between Age and active usage of chat app.

4.21 T- TEST

NULL HYPOTHESIS(H₀): There is no significant mean variation between the age group and active usage of chat app.

ALTERNATE HYPOTHESIS(H₁): There is significant between variation to active usage of chat app

T-Test

One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
GENDER	110	1.4066	0.49392	0.05178
DO YOU CONSIDER YOURSELF ADDICTED TO SOCIAL MEDIA	110	1.7912	0.67522	0.07078

One-Sample Test						
	Test Value = 0					
	t	df	Sig. (2tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
GENDER	27.166	90	0.000	1.40659	1.3037	1.5095
DO YOU CONSIDER YOURSELF ADDICTED TO SOCIAL MEDIA	25.306	90	0.000	1.79121	1.6506	1.9318

INFERENCE: Since p value 0.000 is less than 0.05 null hypothesis is rejected, alternate is accepted. Hence, there is no significant difference between gender and addicted to social media.

CHAPTER -5

FINDING & SUGGESTION AND CONCLUSION

Based on the analysis and discussion on primary data in the previous chapter Finding, Suggestion and Conclusion of the study in logical manner.

5.1 FINDING

From the questionnaires, the following points are found and noted

- ❖ It shows that 53.6% of respondents are male and 45.5% respondents are female students.
- ❖ It shows that majority of respondents are between the age group of 16 – 20 yrs.
- ❖ It shows that 79.1% of respondents are degree holders.
- ❖ It shows that 60.9% of respondents check the social media updates as soon as they get up.
- ❖ The frequently visited social media application by most of the responders is WhatsApp
- ❖ 96.4% of respondents access social media with mobile.
- ❖ 13.6% of respondents met friends from social media in persons.
- ❖ It shows that 33.6% of respondents use social media accounts to login to the other websites.
- ❖ A majority of respondents spend an average of 4 – 5 hours on social media.
- ❖ It shows that 40.9% of respondents says Yes to “has social media had any effect on your mental health”.
- ❖ 52.7% of respondents consider themselves addicted to social media.
- ❖ It shows that 11.8% of respondents are anxious, depressed, lonely, like missing out on things without social media for a long period of time.

5.2 SUGGESTIONS

- ❖ Students should be aware of mental health while using social media for a long period of time.
- ❖ Instead of passing time in social media they can concentrate on their personal and professional life.
- ❖ Contacting unknown persons from social media can be avoided.
- ❖ An average hour of using social media could be decreased.

5.3 CONCLUSION

The result from the findings of this study showed that, though social media have negative effects on teenagers such as lack of privacy, distracting students from their academic work, taking most of their productive time, and such like, they also have benefits and can be used appropriately. For instance, students can form online communities in order to plan for a project, have group discussions about class material, or use the social networking sites (SNS) as a way to keep in contact when a student who has been absent needs to be updated on current academic information.

REFERENCE

- ❖ Sunitha Kuppaswamy and P. B. Shankar Narayan, "The Impact of Social Networking Websites on the Education of Youth, Volume 2, Issue 1, page 13, 2010.
- ❖ Shahzad Khan, "Impact of Social Networking Websites on Students", Abasyn Journal of Social Sciences, 2012.
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APPENDIX

A STUDY ON THE IMPACT OF SOCIAL MEDIA ON STUDENTS

QUESTIONNAIRES:

1. Name of the respondent: _____
2. Age of the respondent
 - a) Below 16
 - b) 16 - 20
 - c) 21 - 25
 - d) Above 25
3. Gender of the respondent
 - a) Male
 - b) Female
 - c) Prefer not to say
4. Education qualification of the respondents
 - a) SSLC
 - b) HSC
 - c) Degree
 - d) Diploma
5. When do you check the social media updates first time in the day?
 - a) As soon as i get up
 - b) Not till afternoon
 - c) All-time, anytime

6. Which of the following social media applications do you visit most frequently?
- a) Facebook
 - b) Instagram
 - c) WhatsApp
 - d) Twitter
 - e) YouTube
 - f) Snap
 - g) Telegram
 - h) LinkedIn
 - i) Other:
7. What is your go-to device to access your social media feed?
- a) Mobile
 - b) Tablet
 - c) Laptop
 - d) Desktop
8. What type of content do you like to see on social media? _____
9. How many friends from your social media website have you met in person?
- a) All of them
 - b) Most of them
 - c) About half of them
 - d) A few of them
 - e) None of them
10. On a regular day how many times do you post pictures, comments etc. On your social media accounts?
- a) Extremely often
 - b) Very often
 - c) Moderately often
 - d) Slightly often
 - e) Not at all often
11. Do you use your social media accounts to login to the other websites?
- a) Always
 - b) Most of the time
 - c) About half the time
 - d) Once a while
 - e) Never

12. On an average how many hours do you spend on social media?

- a) Less than an hour
- b) 2 - 3 hours
- c) 4 - 5 hours
- d) 5 - 7 hours
- e) More than 7 hours

13. What is your purpose of using social media application?

- a) To make friends
- b) To socialize casually
- c) To find a suitable date
- d) To find employment
- e) To pass the time
- f) To entertain myself
- g) Other:

14. When do you access social media applications?

- a) During my free time
- b) While at school/university/work
- c) During social occasions
- d) During meal times
- e) Any spare time

15. Has social media had any effect on your mental health?

- a) Yes
- b) No

16. How often do you use the chat app on your social media accounts?

- a) Extremely often
- b) Very often
- c) Moderately often
- d) Slightly often
- e) Not at all often

17. If you could only have 1 app on your phone, what would it be?

18. Do you consider yourself addicted to social media?

- a) Yes
- b) No

19. How do you feel when you are without social media for a long period of time?

- a) Anxious, depressed, lonely, like I'm missing out on things
- b) I feel like i might be missing out but it's not a big deal
- c) It doesn't affect me in any way

20. What kind of impact does social media have on you?

- a) Negative
- b) Positive