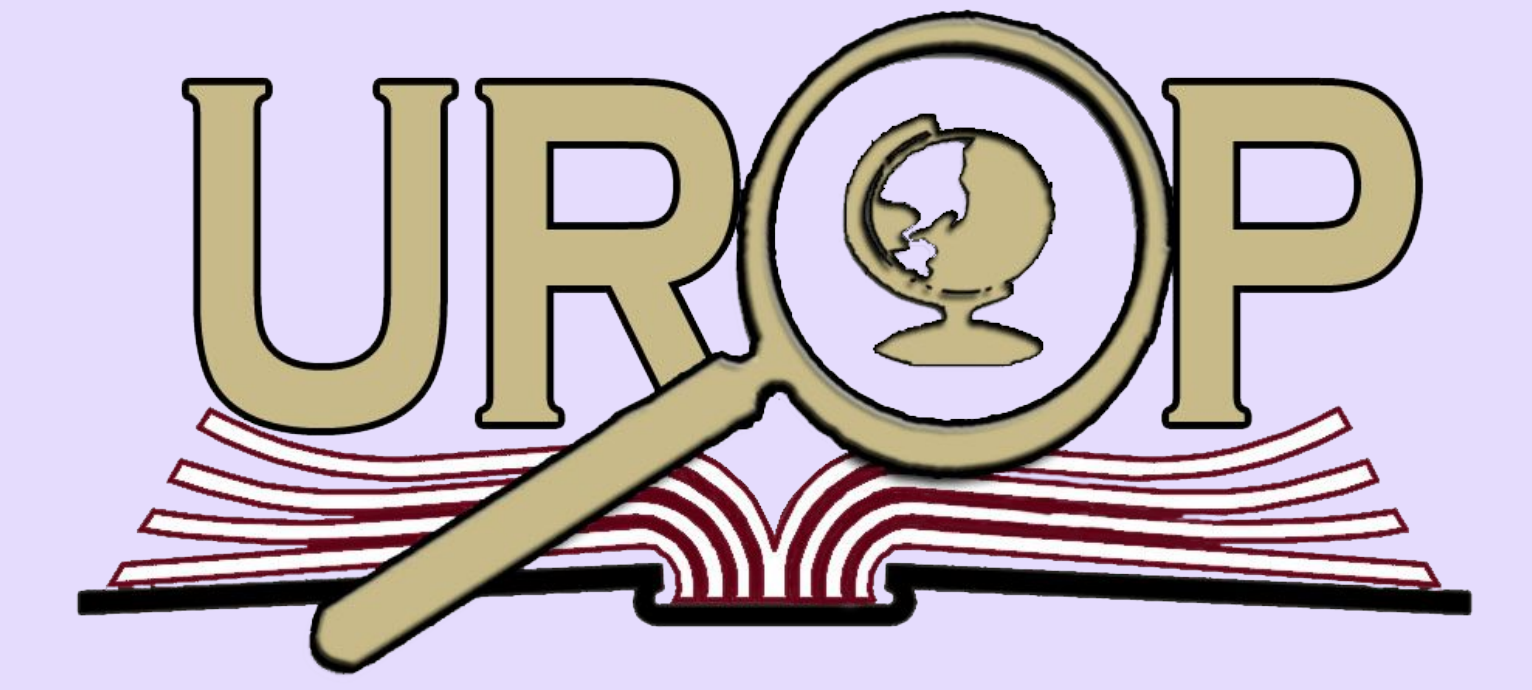




Students & Social Media: Teen Social Media Use in Relation to Happiness



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Social Media



Hypothesis

We hypothesize that there will be a significant correlation between a lower ranking of happiness levels and higher time use of social media.

Methods

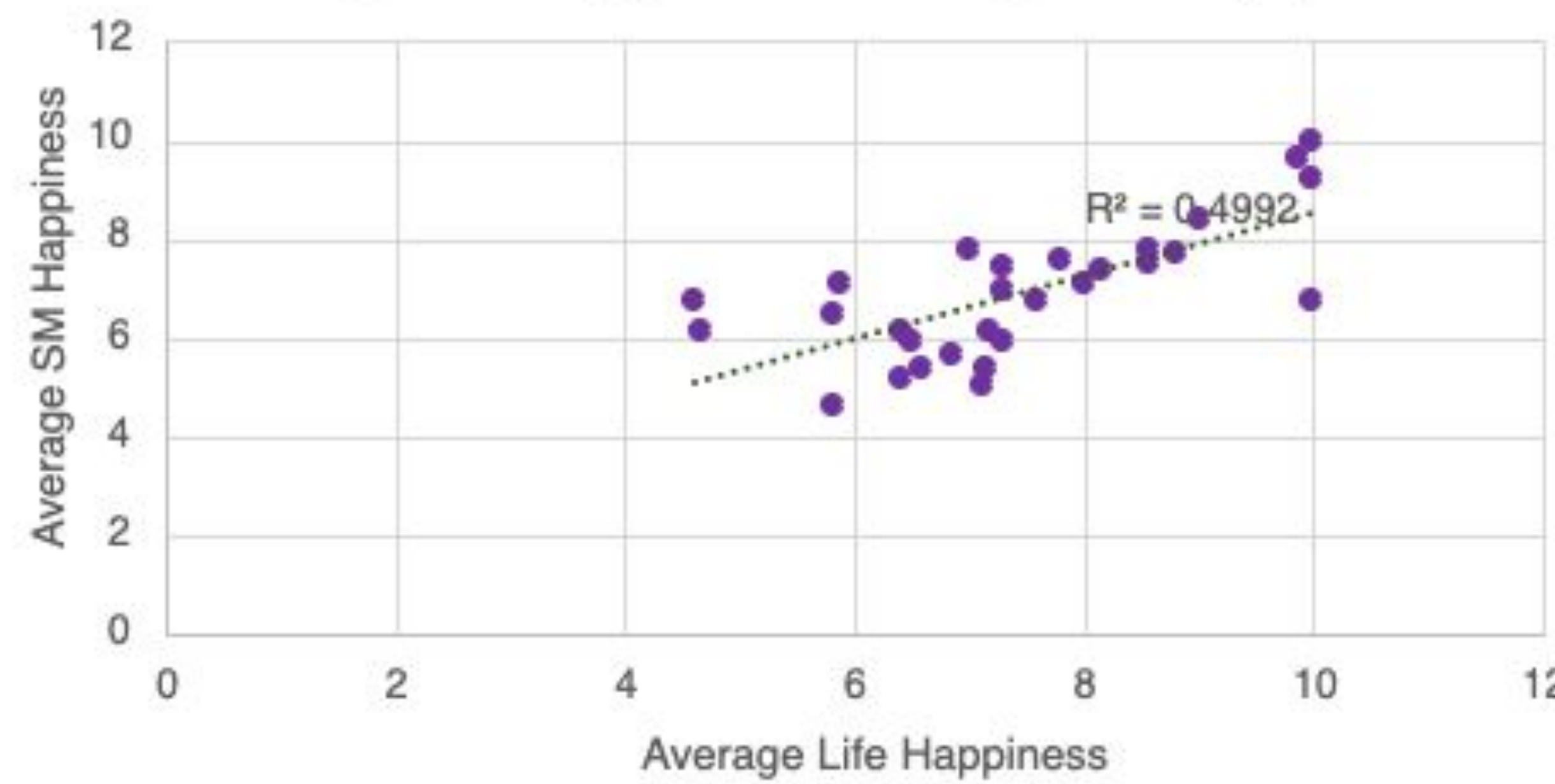
Transcribe Summer 2020 and Summer 2021 interviews and video diaries of 30 participants.

Data from Qualtrics surveys given out to participants was put into a spreadsheet for data analysis.

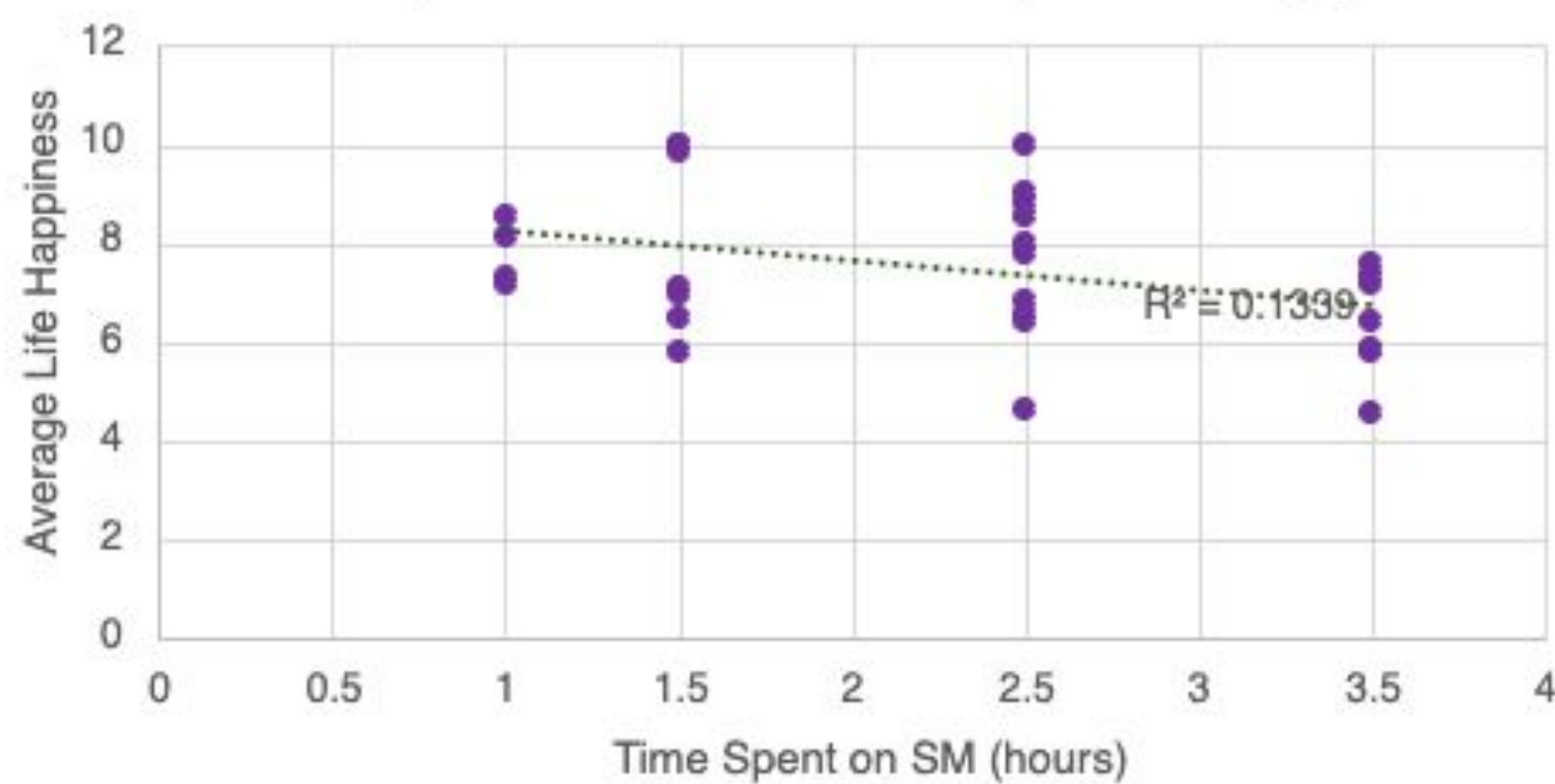
Data from participant video diaries were quantified into a spreadsheet for data analysis.

Correlation tests were performed on reported happiness levels and reported time spent on social media.

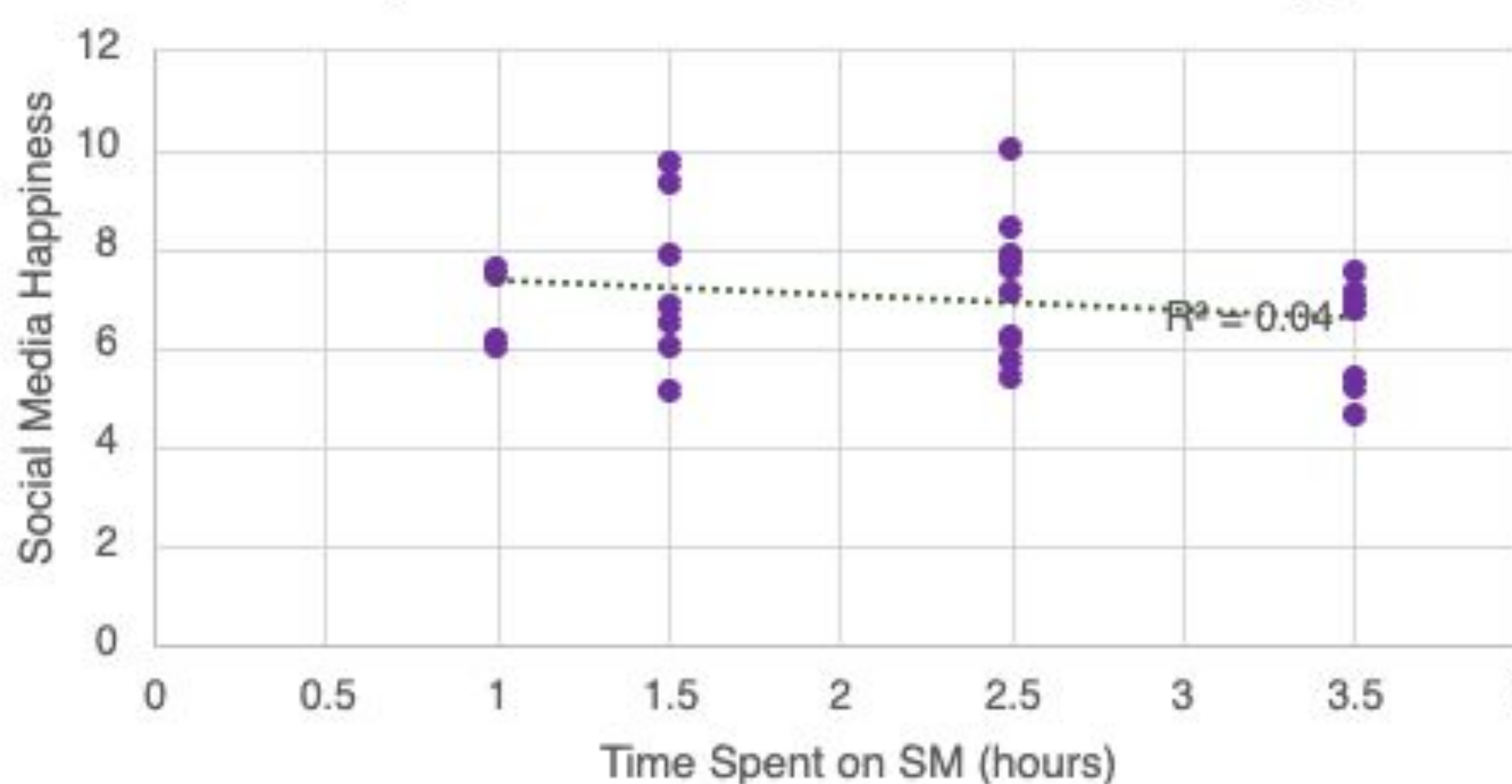
Avg Life Happiness vs Avg SM Happiness



Time Spent on SM vs Average Life Happiness



Time Spent on SM vs Social Media Happiness



Results

- Graph 1 shows a correlation test between Average Life Happiness vs Average SM Happiness showing a moderate correlation with an $R^2 = 0.50$.
- Graph 2 shows a correlation test between Time Spent on SM vs Average Life Happiness showing a weak correlation with an $R^2 = 0.13$.
- Graph 3 shows a correlation test between Time Spent on SM vs Average SM Happiness showing a very weak correlation with an $R^2 = 0.04$.

Conclusion

- There was a significant difference in the means of happiness levels and time spent on social media. There was a weak correlation between happiness level and time spent on social media.
- The scale used for social media went from 0 to 3 or more hours, which categorizes it. A problem is that 3 or more hours could stand for anything more than 3 hours. It could be 6 or even 8 hours on social media which is very different from 3 hours.
- Well being and time on social media were collected via self-report and represent participant perceptions. Time estimates could be inaccurate as the maximum selection was "3 or more hours".
- As much as the results showed that our evidence is significant, at the same time we expected the correlation to be much higher, but this is because we based this on personal experience.
- Next time use screen time shown on phones that indicate how much time the subject spends on social media to have a better idea of the correlation. Next time use a larger sample size.

References

Dennen, V. P., Rutledge, S. A., Bagdy, L. M., Bunn, S., Jung, D., Cargill, C., Cosgrove, C., Hedquist, A., & McWaters, S. (2021, April 8-12). Teenage social media use in the time of COVID-19: Resilience, connection, entertainment, and learning [Conference Poster]. American Educational Research Association, online.

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