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A Study to Assess the Prevalence and Level of Depression among Social Media Users Studying in Selected University of Kashmir

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ABSTRACT

The aim of the study is to assess the prevalence and level of depression among social media users studying in selected university of Kashmir.

Introduction: Social media is a type of internet-based communication. Social networking sites have assimilated into contemporary world, which may affect mental health. This study concentrated on the frequent use of social media and its relationship to depression.

Aims & Objectives: To assess the prevalence of social media usage, to determine the level of depression among social media users, to find the association between social media usage & level of depression.

Material & Methods: A descriptive cross-sectional study conducted on 60 students from various departments at IUST using the consecutive sampling technique. Data was collected using standardized tools (Social Networking Usage Questionnaire & Patient Health Questionnaire (PHQ-9)) after proper permission.

Results: This study revealed that 60 (100%) subjects were in age group of 19-23 years. Most of the subjects 43 (71.66%) were females and the rest 17 (28.33%) were males. Majority of the subject 51 (81%) resided in rural areas where as 9(15%) resided in urban areas. Majority of the subjects 20(33.33%) were from nursing department and the rest 10(16.66%), 10(16.66%), 10(16.66%), 10(16.66%) were from Food tech, E & C, B. Voc, BA Hons respectively.

The findings revealed that all the subjects (100%) involved in the study were using social media. The results showed that the responses of the subjects to the standard tool revealed that most of the students have moderate depression 41.7% (25) followed by moderately severe depression 28.3% (17), mild depression 15.0% (9), minimal depression 8.3% (50), severe depression 6.7% (4). The mean depression was 12.45 with the standard deviation of 5.12 and mean percentage of 46.1%.

Discussion: This study examined the use of social media, its prevalence and levels of depression among the users. The study revealed that majority of the users has different depression severity levels i.e. Minimal, Mild, Moderate, Moderately Severe, and severe depression.

Javaid Ahmad wagay, Dr PC Seghal (2021)[6], conducted a survey on ―social media usage among postgraduate students of Kashmir university and relationship between social media use and factors relating to depression‖. The study used a sample size of 1255 students and discovered that the majority of respondents (615 (49%) use social media to share information, and 934 (74.42%) spend an average of more than 2 hours on their preferred social media platforms.

Conclusion: The study focussed on the prevalence of social media usage and the level of depression among the users. Analysis of the results showed that social media use has the potential to affect mental health of the individuals.

Recommendations: It is recommended that future researchers should continue to conduct periodic studies to assess the impact of social media on the mental health of the users.

Keywords: Assess, Social media Usage, Prevalence, Mental Health, and Undergraduate Students.

INTRODUCTION

Social media is a type of communication that takes place on the internet. Users can communicate, share information, ideas, memories & produce web content on social media sites. Blogs, Micro blogs, wikis, social networking sites, photo sharing sites, instant messaging, video sharing sites, podcasts, widgets, virtual worlds, & other types of social media exist. According to **Merriam-Webster**, social media is defined as forms of electronic

communication (such as websites for social networking & micro-blogging) through which users create online communities to share information, ideas personal messages & other content.

Research Area:-

The aim of the study is to assess prevalence and level of depression among social media users studying in selected university of Kashmir.

AIMS & OBJECTIVES:

1. To assess the prevalence of social media usage.

2. To determine the level of depression among social media users.

3. To find the association between social media usage & level of depression.

RESEARCH METHODOLOGY

Research approach: A Quantitative research approach was adopted for the study.

Research design: A descriptive cross-sectional design was selected

1. **Research setting:** The study was conducted in different departments of the university.

2. **Population:** Undergraduate students studying in selected university of Kashmir.

3. **Target population:** 100 students of IUST Awantipora.

4. **Sample and sampling technique***:*

   - **Sample:** The undergraduate students studying in selected university of Kashmir was the sample for the present study.

   - **Sample size:** A total of 60 students were selected from different departments of IUST Awantipora.

   - **Sampling technique:** non probability sampling technique was adopted to select the sample for the present study. In this type of sampling, researcher selects the sample elements based on personal judgement and those whose possess the desired characteristics are selected.

   - **Sampling criteria:**

     - **Inclusion criteria:** Students who are willing to participate.

     - **Exclusion criteria:**

       - Students who are not willing to participate

       - Students who were not available at the time of data collection.

5. **Variables under study***:*

   - **Independent variables:** Independent variable in our study: social media.

   - **Dependent variable:** It is presumed effect/ outcome or response due to the effect of independent variable, which researcher wants to predict or explain[42].

   - **Socio-demographic variables:** Age, Gender, Residence, Income, Department.

6. **Data collection tools:**

Two standardized tools were selected on the basis of objectives of the study.

   i) Social Networking Usage Questionnaire.

   ii) Patient Health Questionnaire (Phq-9).

7. **Description of the tool:** The tools for data collection consists of 3 sections;

Section 1:

a) Demographic data consists of 6 variables :

   - Name.

   - Gender.

- Age.
- Address.
- Income.
- Department/course

Section 2:

Social networking usage questionnaire (This is a questionnaire that attempt to measure the social networking usage of an individual. The items of the scale are given in statement form and it consists of 19 questions).

Section 3:

Patient Health Questionnaire (Phq-9). (The Phq-9 is a self-administered version of the PRIMR-Md diagnostic instrument for mental disorders.)

SECTION B

SOCIAL NETWORKING USAGE QUESTIONNAIRE

Table No 2: Level of scores for criteria measure of social networking usage questionnaire.

CRITERIA MEASURE OF SOCIAL NETWORKING USAGE QUSTIONNAIRE SCORE		
Category Score	**Percentage**	**Frequency**
HIGH(70-95)	0.0%	0
AVERAGE(45-69)	98.3%	59
LOW(19-44)	1.7%	1

Maximum Score=95 Minimum Score=19

Table 2 showed the levels of social networking usage prevalence among the subjects. About 59 (98.3%) of the subjects had Average social networking usage prevalence and about 1 (1.7%) subjects had low social networking usage prevalence.

Descriptive score according to Demographic variables with respect Social networking usage questionnaire.

SOCIAL MEDIA USEAGE QUSTIONNAIRE SCORE					
Frequency Distribution		Mean %	Mean	SD	N
Age (Years)	19-20 Years	68.2%	64.83	3.76	6
	20-21 Years	70.5%	67.00	10.72	18
	21-22 Years	69.1%	65.61	11.07	23
	22-23 Years	66.4%	63.08	10.94	13
Gender	Male	71.3%	67.76	10.59	17
	Female	67.9%	64.47	10.17	43
	Other	0.0%			0
Location	Rural	68.7%	65.27	10.46	51
	Urban	69.6%	66.11	10.02	9
Family Income	< Rs 5 K	65.6%	62.33	10.52	6
	Rs 5 K	70.1%	66.55	9.98	20
	Rs 5 K-10 K	68.3%	64.90	10.66	10
	> Rs 15 K	68.9%	65.42	10.87	24
	Nursing	72.7%	69.10	11.42	20
	Food Tech	64.0%	60.80	9.65	10

Department	E & C	65.6%	62.30	7.97	10
	B.Voc	67.8%	64.40	10.80	10
	Ba Hons.	70.2%	66.70	9.01	10

Table 3 revealed that 60(100%) subjects were in the age group of 19-23 years. With 6 subjects in the age group of 19-20 years, with a mean percentage of 68.2%, mean 64.83, Standard deviation of 3.76, 18 subjects were in the age group of 20-21 years, with a (mean %

=70.5%, mean=67.00, SD=1.72). 23 subjects were in the age group of 21-22 years, with a (mean%=69.1%, mean=65.61, SD=10.94), and 13 subjects were in the age group of 22-23 years, with (mean%= 66.4%, mean= 63.08, SD= 10.94).

The majority of the subjects (43) were females with a (mean%= 67.3%, mean 64.47, SD=10.17) and rest (17) were males with a (mean%=71.3%, mean=67.76, SD=10.59).

Majority of the subjects (51) resided in the rural areas with a (mean%= 68.7%, mean= 65.27 and SD= 10.46). Whereas (9) resided in urban area with (mean%= 69.6%, mean= 66.11 and SD =10.02).

Monthly income of 6 subjects was less than 5k with a (mean%=65.6%, mean= 62.33 and SD=10.52), 20 subjects have 5k with (mean%= 70%, mean= 66.55 and SD=9.98), 10 subjects

have income in between 5k-10k with a (mean%= 68.3%, mean=64.90 and SD=10.66), and 24 subjects have monthly income more than 15k with (mean%=68.95, mean=65.42 and SD=10.87).

Majority of the subjects 20 were from Nursing department with a (mean%=72.7%, mean=69.10 and SD=11.42), 10 were from food technology with a (mean%= 64.0%, mean=60.80, and SD=9.65, 10 were from Electronics and communication with a (mean%=65.6%, mean=62.30 and SD=7.97), 10 were from B.voc and with (mean%=67.8%, mean=64.40 and SD=10.80) and 10 were from BA Hons with a (mean%=70.2%, mean=66.70 and SD=9.01).

SECTION C

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Table 4: Level of Scores

CRITERIA MEASURE OF PATIENT HELATH QUESTIONNAIRE SCORE		
Category Score	**Percentage**	**Frequency**
SEVERE(20-27)	6.7%	4
MODERATELY SEVERE(15-19)	28.3%	17
MODERATE(10-14)	41.7%	25
MILD(5-9)	15.0%	9
MINIMAL(1-4)	8.3%	5

Maximum Score=27 Minimum Score=0

Table 4 showed the criteria measure of Patient Health Questionnaire (PHQ-9) score. This table revealed that 25 (41.7%) subjects had moderate score, 17 (28.3%) subjects had moderately severe score, 9 (15%) subjects had mild score, 5 (8.3%) subjects had minimal score and 4 (6.7%) subjects have severe score.

DISCUSSION

Demographic variables:

All the 60 (100%) subjects were in the age group of 19-23 years. Most of the subjects, 43 (71.66%) were females and the rest 17 (28.33%) were males. Majority of the subjects, 51 (81%) resided in rural areas where as 9(15%) resided in urban areas. Monthly income of 6 (10%) was < 5k, 20(33.33%) subjects was 5k, 10 (16.66%) subjects was between 5k-10k and 24 subjects have monthly income of more than 15k. Majority of the subjects 20(33.33%) were from nursing department and the rest 10(16.66%), 10(16.66%), 10(16.66%), 10(16.66%) were from Food tech, E & C, B. Voc, BA Hons respectively.

The all: inclusive result of the study divulged that 98.3% of subjects was having average prevalence of social media usage, 1.9% of subjects were having low prevalence of social media usage. 6.7% of the subjects were having severe depression, 28.3% of the subjects were having moderately serve depression,

41.7% were having moderate depression, 15.0% were having mild depression and 8.3% were having minimal depression. The Study also revealed that there was no significant association between social media usage and mental health.

Conclusion:-

The study focussed on the prevalence of social media usage and the level of depression among the users. Analysis of the results showed that social media use has the potential to affect mental health of the individuals.

The study revealed that all the subjects were using social media. The study also revealed that the subjects were having varying level of depression.

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