



## Social Media Leads to Stress and Depression for Working Adults

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**ABSTRACT:** Today's digital age has made social media platforms crucial to people's everyday lives by facilitating many types of interaction, including communication, information dissemination, and professional networking. However, many people's mental health has suffered as a result of the extensive use of social media, especially adults in the workforce. To what extent do working individuals' social media habits contribute to their stress and mental health? That's the question this report sets out to answer. The examine how the intrusive nature of social media, the pressure to maintain an online presence, and the constant exposure to curate online personas can lead to increased stress and vulnerability to depression through a comprehensive literature review and empirical analysis. The research highlights the need for more research into the effects of social media use on mental health and well-being and the significance of targeted interventions and digital literacy programs in helping to lessen the negative effects of social media use among this demographic. This research adds to the expanding body of information about the link between technology and mental health, providing insights that may help people and institutions encourage more positive online habits and cultivate a healthier perspective on technology.

The primary goals of this study are to investigate how much time spent on social media sites is associated with increased levels of stress and depression, to pinpoint specific social media behaviours that correlate with these adverse outcomes, and to investigate moderating factors that may influence the observed associations. This study used a mixed-methods strategy, combining quantitative survey data with qualitative interviews, to shed light on the intricate relationship between social media use, mental health, and the realities of today's contemporary workforce.

**KEYWORDS:** Social media, Stress, Depression, Working adults, Mental health and Psychological well-being

### INTRODUCTION

Social media is the utmost platform to upload and update so many different things that have been uploaded by the individuals. Social media has become part of every human life. They have been utilizing and exploring a lot from that platform. Facebook, WhatsApp, WeChat, Instagram, Twitter, and a list of social medias which is very prominent among every people. Some of the social media are very popular among working people. They involve or get involved in social media every single moment, which means each and every day. All this because they hold the phone all the time and glance at the updates from time to time. Social media is full of new posts and a lot of creations created by someone (Tandon et al., 2020)<sup>24</sup>.

It would be impossible to emphasise the profound impact that social media has had and continues to have on modern culture. Communication, information sharing, and social interaction have all been profoundly altered by these digital platforms in a relatively short amount of time. Despite the obvious positive effects of technological progress, such as easier communication and more chances to expand professional networks, concerns have been raised regarding the impact on mental health. Researchers, medical experts, and the general public are all paying more attention to the link between social media use and mental health, especially among people in the workforce (Shah et al., 2021)<sup>21</sup>.

Stress and depression are not a common hassle that human beings can discover, they hide below each human's emotion and mind. It will display up in positive conditions which include whilst the man or woman breakdown effortlessly, they cannot manage their emotions, they surrender on positive topics and lots of different elements to expose that they undergo strain and despair. Stress can take a strike on an individual's health, even several specially their sleep habits, which can also additionally motivate susceptible educational performance (Lee et al., 2013<sup>17</sup>; Slee & Skrzypiec, 2016<sup>22</sup>).

Depression, with a middle of mood problems which consist of dismay, worthlessness, helplessness, and hopelessness and a decline in physical activity, collectively with a sequence physical and psychologically uncomfortable symptoms and symptoms is



an invalid response to the results of existence stress (Naicker et al. 2013<sup>19</sup>; Zhang et al., 2015<sup>27</sup>). As a not common symptom in teen populations, numerous research has proven that melancholy has risen dramatically during childhood and is probably taken into consideration a threat that cannot be unnoticed (Brie`re et al. 2013<sup>6</sup>; Zhang et al., 2015<sup>27</sup>).

The majority of the population is comprised of working people, who are in a unique position since social media influences both their professional and personal life. As a result of these platforms' pervasive presence in people's working lives, a brand-new digital world has emerged, ripe for an investigation into its possible psychological effects (Arslan et al., 2021)<sup>3</sup>. Smartphones and other mobile devices have made it possible to be constantly connected to social media, even during working hours, further blurring the line between work and pleasure. Concerns have been expressed about how this trend affects the mental health of working individuals, both via direct contact and by the indirect effects of the material and relationships it fosters (Elbay et al., 2020)<sup>13</sup>.

Communication era in stylish and the mobile phone allow for added artwork lifestyles integration, flexibility, and control in dealing with the desires from special domains, which includes artwork and home (Batt & Valcour, 2003<sup>5</sup>; Valcour & Hunter, 2005<sup>26</sup>; Tennant, 2001<sup>25</sup>). However, this makes the limits amongst artwork and home place greater permeable, which then growth the hazard of spillover from artwork-related troubles to Private place (Ashforth, Kreiner, & Fugate, 2000<sup>4</sup>; Tennant, 2001<sup>25</sup>). Work-related smartphone behaviours, which incorporates maintaining smartphones have become on withinside the path of off-procedure time, glancing at them repeatedly, carrying them spherical all the time, and responding to emails withinside the midnight may have a terrible impact on work-lifestyles balance (Derks, Bakker, Peters, & van Wingerden, 2016<sup>12</sup>; Derks, van Duin, Tims, & Bakker, 2015<sup>11</sup>; Orlikowski, 2007<sup>20</sup>; Tennant, 2001<sup>25</sup>). Work-existence struggle fare is a form of inter function struggle fare in which the location pressures from the artwork and family domains are on the equal time incompatible in some respect (Greenhaus & Beutell, 1985<sup>14</sup>; Tennant, 2001<sup>25</sup>).

In the present quantitative study, the following research questions were proposed: (a) Which social media platform is mostly used by working adults? and (b) Why does social media lead to stress and depression? The research objectives were proposed: (a) To explore the working adults, have stress and depression via social media. (b) To identify the background data of the working adults who were affected from social media platform.

## RESEARCH METHODS

The purpose of this research paper is to investigate Which social media platform is mostly used by the working adults and Why social media leads to stress and depression. This chapter will explain about the research design, population and sample, gender difference, location of the study, research instruments, data collections procedure, analysis and conclusion. The method used in this research is quantitative research. Thus, the research instrument for this study will be a comprehensive questionnaire by using the option given by the researcher.

### Subject /Participant

During this study, it will be conducted in Penang and Perlis. The aim of this research is focused on working adult who work around Penang and Perlis. The questionnaires are distributed to 100 working adults. This is defined as the respondents are working in any corporate or government job. The respondents are who is working and communicating or depending on social medias.

### Research instruments

Data was collected through a standardised questionnaire for this study. The questionnaire adapts and adopts from a thesis paper "The Impact of Social Media on Depression In 18-34-Year-Olds in The United States" (Krylova, 2017)<sup>16</sup> eleven questions were asked on different areas of social media use, as well as views and experiences with mental health. Some questions utilised a Likert scale, while others required a checkbox or a yes/no answer. The questionnaire was tested in a pilot study, and any necessary changes were made depending on the results. All participants were kept anonymous, and informed permission was obtained from each person who provided it.

### Variables

In the context of this research, the variable under investigation is referred to as the dependent variable, which pertains to the phenomenon of "social media." The focal point of the investigation is the dependent variable, which serves as the manifestation or conduct that researchers aim to comprehend, forecast, or elucidate. In the present context, social media encompasses a wide array



of online platforms and apps that enable the generation, dissemination, and interchange of material provided by users. These platforms facilitate user connectivity, interaction, and engagement within a virtual community, so enabling the sharing of information, ideas, and emotions (Tandon et al., 2020)<sup>24</sup>. The pervasive presence of social media in contemporary culture has exerted a profound impact on multiple facets of individuals' lives. The impact of this phenomenon is readily apparent in various domains such as communication, social interaction, self-expression, information dissemination, and even psychological well-being. The significance of social media as the dependent variable in this research is in its capacity to mirror and impact psychological and emotional conditions, such as stress and depression (Shah et al., 2021)<sup>21</sup>.

The enormous significance of social media platforms is seen through their rapid development and integration into individuals' daily routines. The extensive prevalence of this phenomenon highlights the necessity of analysing its consequences on individuals' psychological welfare. Research has indicated that the utilisation of social media platforms can result in social comparison, a phenomenon in which individuals assess their own lives in relation to the idealised representations presented online, potentially leading to experiences of inadequacy and psychological distress (Steele et al., 2019)<sup>23</sup>. Furthermore, it has been observed that individuals may utilise social media as a means of expressing their emotions under situations characterised by stress and depression. Empirical evidence indicates that individuals may resort to social media platforms as a means of seeking solace or respite from stress or depression, utilising them as a type of escapism to distract themselves or alleviate emotional distress. On the other hand, social media platforms can be utilised as a mechanism for individuals to actively seek emotional support and establish connections during challenging periods (Arslan et al., 2021)<sup>3</sup>. Research has also brought forward apprehensions regarding the prospective adverse effects of excessive utilisation of social media on mental well-being, including heightened experiences of despair and anxiety.

In summary, social media is a relevant dependent variable in our research owing to its extensive usage, its potential impact on mental health, and its function as a platform for social interaction and emotional communication. The examination of the correlation between social media, stress, and depression has the potential to provide valuable insights on the interplay and mutual influence of these factors within the context of the contemporary digital era (Majeed et al., 2020)<sup>18</sup>.

The present study investigates the relationship between the independent variables of "stress" and "depression." Independent variables are variables that researchers modify or measure in order to investigate their potential impact on the dependent variable. In this particular scenario, stress and depression are considered as variables that are hypothesised to exert influence on individuals' utilisation of social media platforms. Stress and depression are intricate psychological conditions that can exert an impact on several facets of individuals' life, encompassing their behaviours and decision-making processes, such as their patterns of engagement with social media platforms. It is imperative to grasp the potential correlation between these characteristics and the utilisation of social media in order to get insight into the intricate dynamics between mental health and digital communication platforms.

Stress is a prevalent reaction to external stressors and obligations, and it has the potential to impact cognitive functions, the process of making decisions, and the management of emotions. Depression, classified as a mood disorder, encompasses enduring emotions of melancholy and anhedonia, characterised by a diminished capacity to experience pleasure in various activities. Psychological states have the potential to influence the choices, inclinations, and behaviours of persons, encompassing their actions conducted in the online domain. According to existing research, it has been found that individuals may resort to utilising social media platforms as a means of coping with stress and depression (Cellini, et al., 2020)<sup>9</sup>. The available evidence indicates that there is a potential relationship between stress, depression, and individuals' patterns of engagement with social media platforms. For instance, persons who are facing stress may resort to utilising social media platforms as a means of diverting their attention, whereas individuals who are grappling with depression may employ social media for the purpose of seeking affirmation or establishing connections.

Additionally, a corpus of scholarly literature investigates the potential adverse consequences of utilising social media platforms on individuals' mental well-being, such as the amplification of stress and depressive symptoms. The association between social media, stress, and depression seems plausibly reciprocal (Zhao & Zhou, 2020)<sup>28</sup>. The use of social media can be influenced by stress and depression, and conversely, the engagement with social media can also have an impact on stress levels and mood. The present interaction has the potential to generate an intricate feedback loop.

By include stress and depression as separate variables in this analysis, researchers are able to investigate the potential impact of these psychological conditions on individuals' decision-making and actions inside the digital domain. Through an



examination of the relationship between these characteristics and the use of social media, this research endeavour can provide valuable insights into the intricate interplay between digital platforms and psychological welfare.

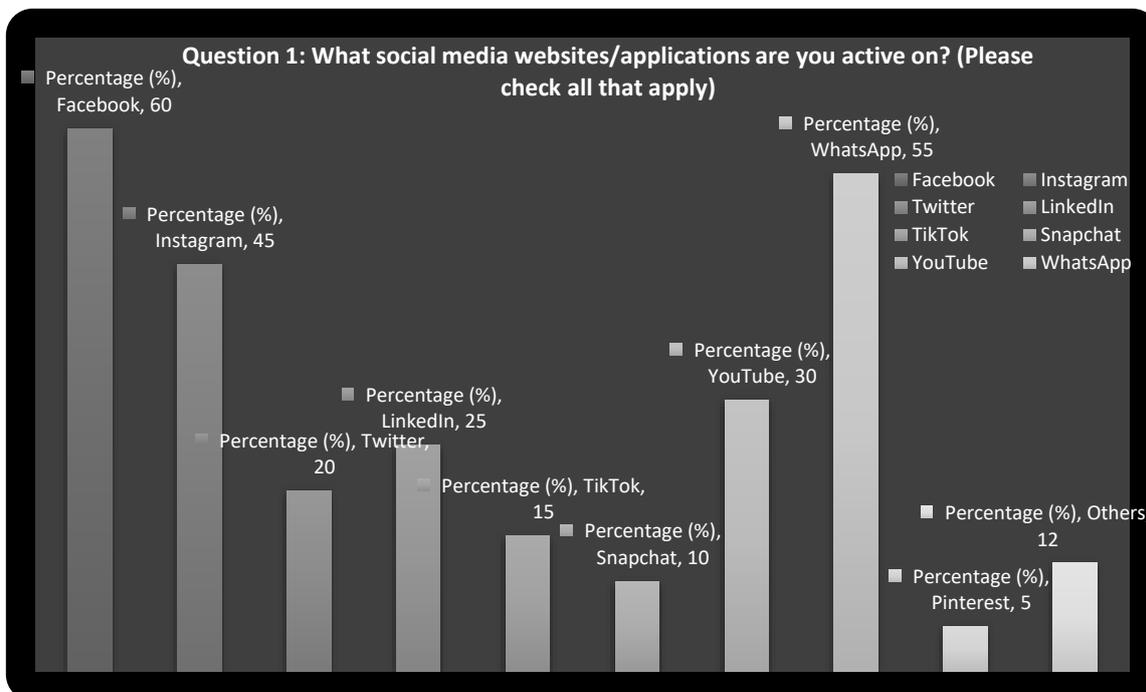
**Data collection procedure and analysis**

One hundred working people in Penang and Perlis were surveyed cross-sectionally using a standardised questionnaire. These individuals came from a range of industries and government agencies. Eleven different questions were included in the survey to get at how often people use social media, for how long, why, how they feel about stress and sadness, how they've been treated online, and whether they've ever been cyber bullied.

**DATA ANALYSIS**

**Question 1: What social media websites/applications are you active on? (Please check all that apply)**

| Options   | Percentage (%) |
|-----------|----------------|
| Facebook  | 60             |
| Instagram | 45             |
| Twitter   | 20             |
| LinkedIn  | 25             |
| TikTok    | 15             |
| Snapchat  | 10             |
| YouTube   | 30             |
| WhatsApp  | 55             |
| Pinterest | 5              |
| Others    | 12             |



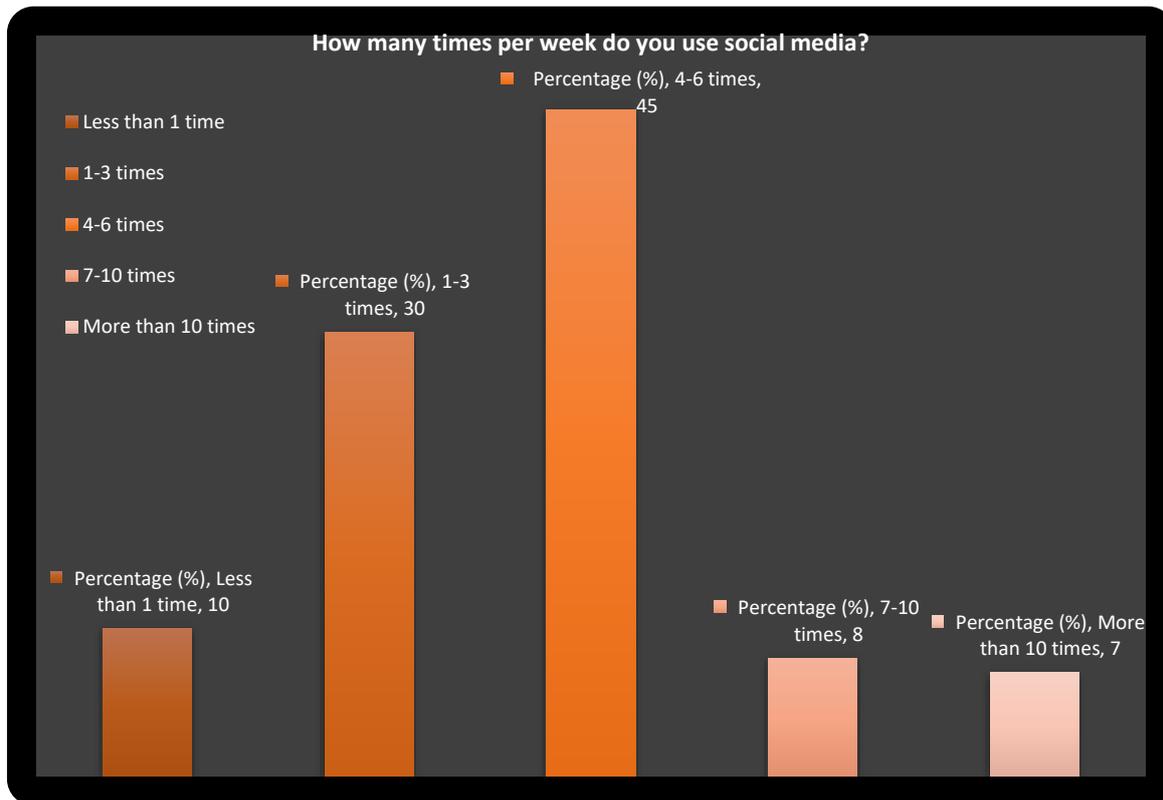
In the table, readers can find a detailed breakdown of the various social media platforms used by working adults in Penang and Perlis. Sixty percent of respondents said they were already using Facebook, making it the clear winner among the other alternatives. Following closely after is Instagram, which is used by 45% of respondents. Twitter (20%) and LinkedIn (25% each)



are other very popular options. The table also displays a wide variety of preferences, with users reporting involvement with a variety of platforms including TikTok, Snapchat, YouTube, and WhatsApp. The complexity of social media use among adults in different areas' labour markets is reflected in this variety (Alnazly et al., 2021)<sup>2</sup>. These results highlight the need to investigate the effects of the varied social media environment on their psychological health.

**Question 2: How many times per week do you use social media?**

| Options            | Percentage (%) |
|--------------------|----------------|
| Less than 1 time   | 10             |
| 1-3 times          | 30             |
| 4-6 times          | 45             |
| 7-10 times         | 8              |
| More than 10 times | 7              |

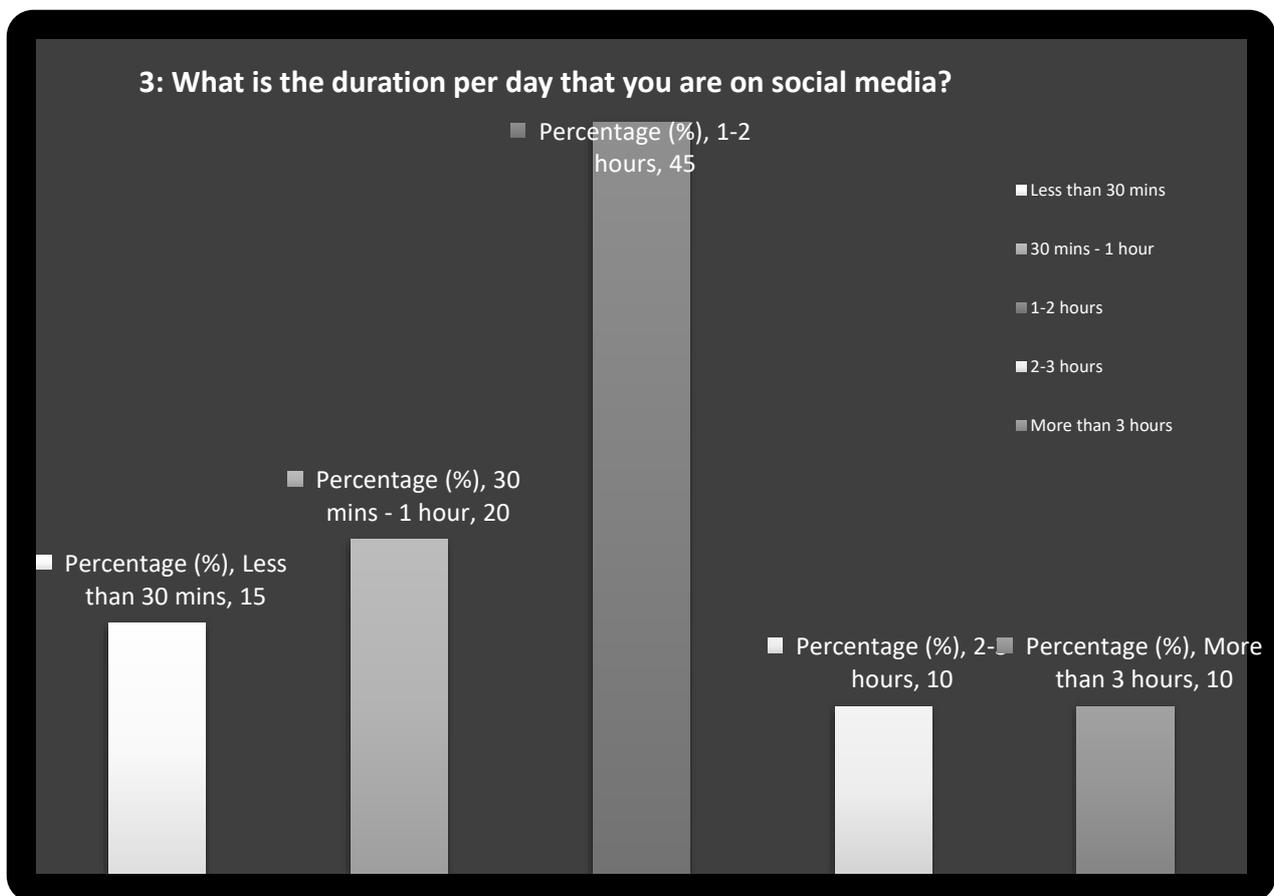


Interesting insights may be gleaned from the survey data on the participants' social media use habits. The majority of respondents (45%) said they log into at least one social networking site four to six times a week. This points to a high level of participation on these sites and emphasises how much they have become a part of the working adults' everyday lives. Thirty percent of respondents also claimed to use social media between three and seven times each week. Somewhat surprisingly, around a quarter of all respondents said they used these sites at least seven times a week, indicating there may be a group of users who are quite avid. These results highlight the widespread usage of social media among working people in Penang and Perlis, showing the central position it plays in their life and maybe emphasising the effect it has on numerous elements of their wellbeing.



**Question 3: What is the duration per day that you are on social media?**

| Options           | Percentage (%) |
|-------------------|----------------|
| Less than 30 mins | 15             |
| 30 mins - 1 hour  | 20             |
| 1-2 hours         | 45             |
| 2-3 hours         | 10             |
| More than 3 hours | 10             |

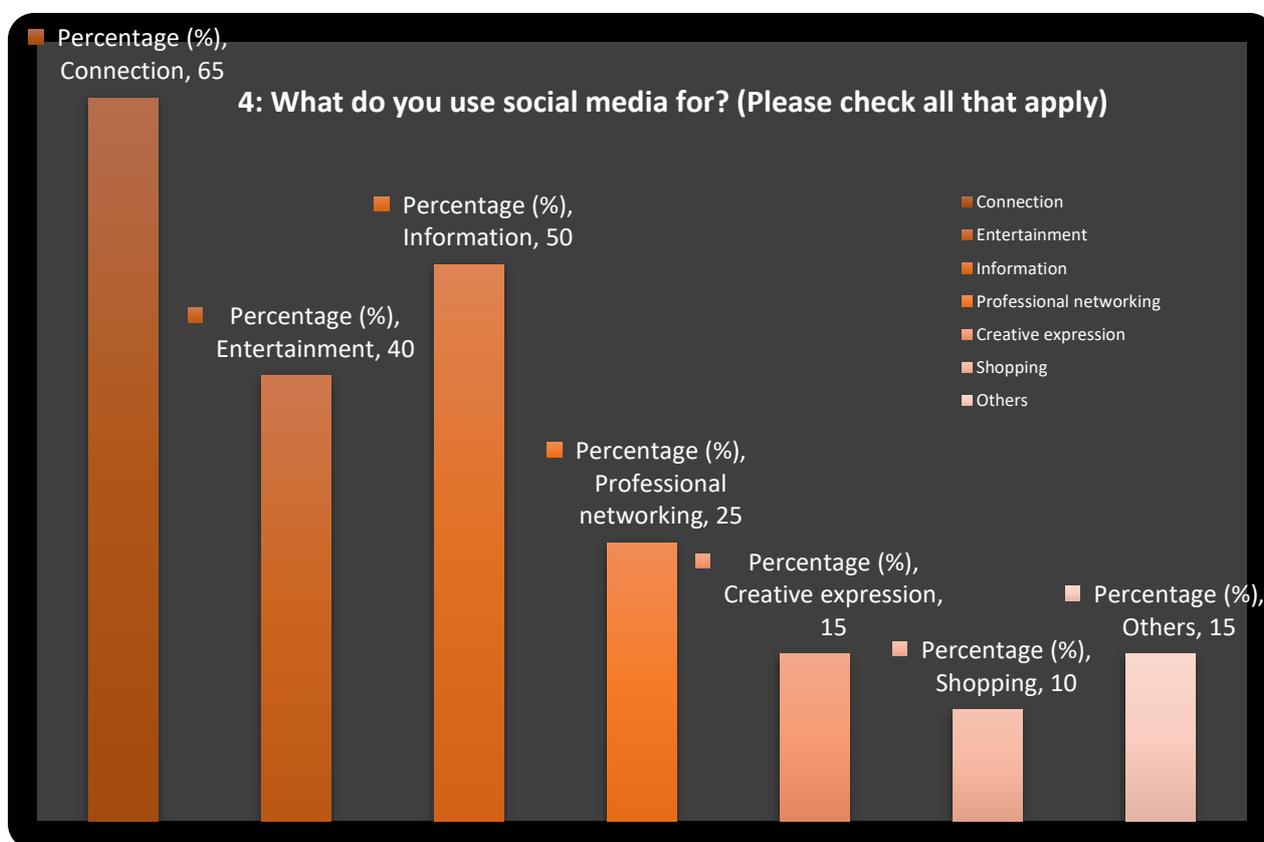


The third table provides information on the average time spent each day on social media by the working individuals polled. Forty-five percent of respondents said they spend between one and two hours each day interacting with others through social media. This length of time spent on social media may be indicative of the influence that it has on these people's life. In addition, almost 35% of individuals admitted to spending more than 2 hours each day on social media, showing a subpopulation that may be more susceptible to the possible detrimental consequences. Twenty percent of responders, on the other hand, managed to restrict their participation to less than thirty minutes. Collectively, these results highlight the wide variety of social media use habits and highlight the necessity to examine the link between stress and depression in the working population.



**Question 4: What do you use social media for? (Please check all that apply)**

| Options                 | Percentage (%) |
|-------------------------|----------------|
| Connection              | 65             |
| Entertainment           | 40             |
| Information             | 50             |
| Professional networking | 25             |
| Creative expression     | 15             |
| Shopping                | 10             |
| Others                  | 15             |

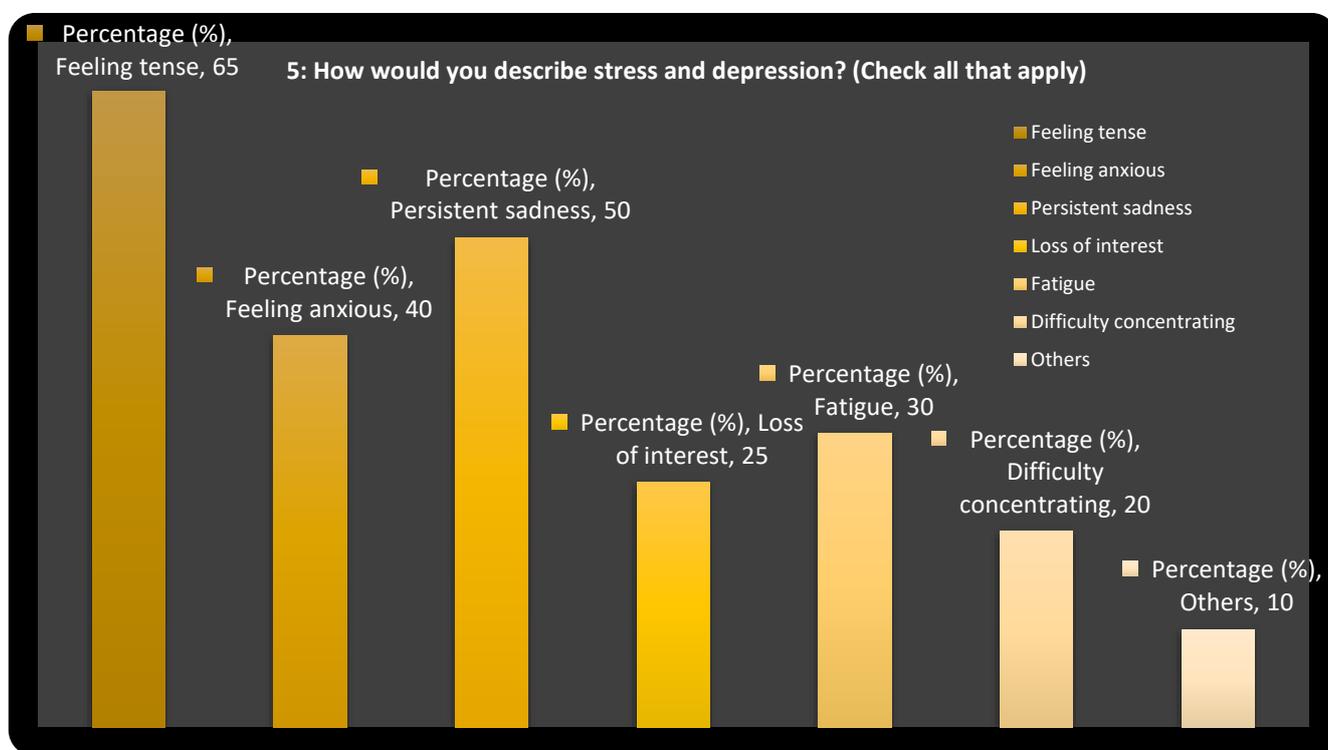


The varying motives for which working individuals use social media are shown in Table 4. Sixty-five percent of those polled said they use social media to stay in touch with others, indicating a widespread interest in preserving interpersonal ties. Even more telling is the fact that 40% of respondents cited entertainment as a reason for using social media. About half of the people in the study utilised social media to gather news, demonstrating the site's prominence as a resource for breaking stories. Two-fifths of those polled made use of these channels to meet other professionals, demonstrating their value in advancing one's career. While just a small percentage of social media users (10%) actually made purchases, 15% used it for creative expression. These results show that people use social media for many different reasons, including making and maintaining relationships, having fun, learning, advancing their careers, sharing their creativity, and making money.



**Question 5: How would you describe stress and depression? (Check all that apply)**

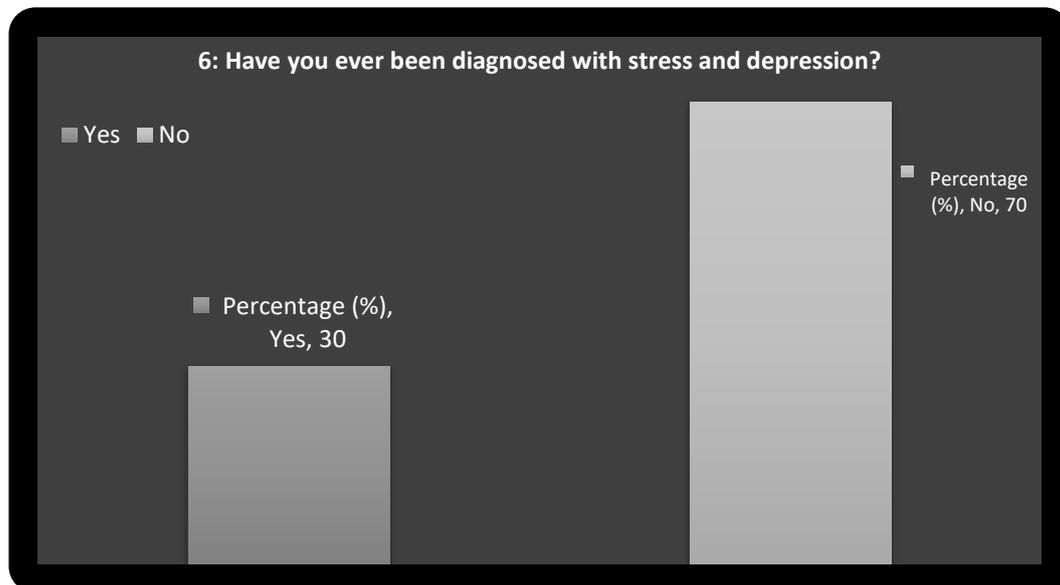
| Options                  | Percentage (%) |
|--------------------------|----------------|
| Feeling tense            | 65             |
| Feeling anxious          | 40             |
| Persistent sadness       | 50             |
| Loss of interest         | 25             |
| Fatigue                  | 30             |
| Difficulty concentrating | 20             |
| Others                   | 10             |



The replies to the question on stress and depression indicate a nuanced interaction between these two emotional states. Sixty-five percent of respondents reported feeling tight, suggesting widespread emotional tension. In addition, a significant percentage reported feeling chronic melancholy (50%), demonstrating the prevalence of long-lasting unpleasant feelings. About 40% of those who took the survey said they'd been nervous in the last week, demonstrating how common anxious thoughts and feelings are. In addition, a sizeable minority (30%) reported experiencing weariness, which may be indicative of the draining effects of stress and sadness. Twenty percent of people in these situations said they had problems paying attention. These findings add to the growing body of evidence showing that stress and depression are multifaceted conditions that include the whole person, not just the intellect. It is only through considering the variety of responses to stress and depression in the workplace that we can get a clear picture of their impact on workers' mental health.

**Question 6: Have you ever been diagnosed with stress and depression?**

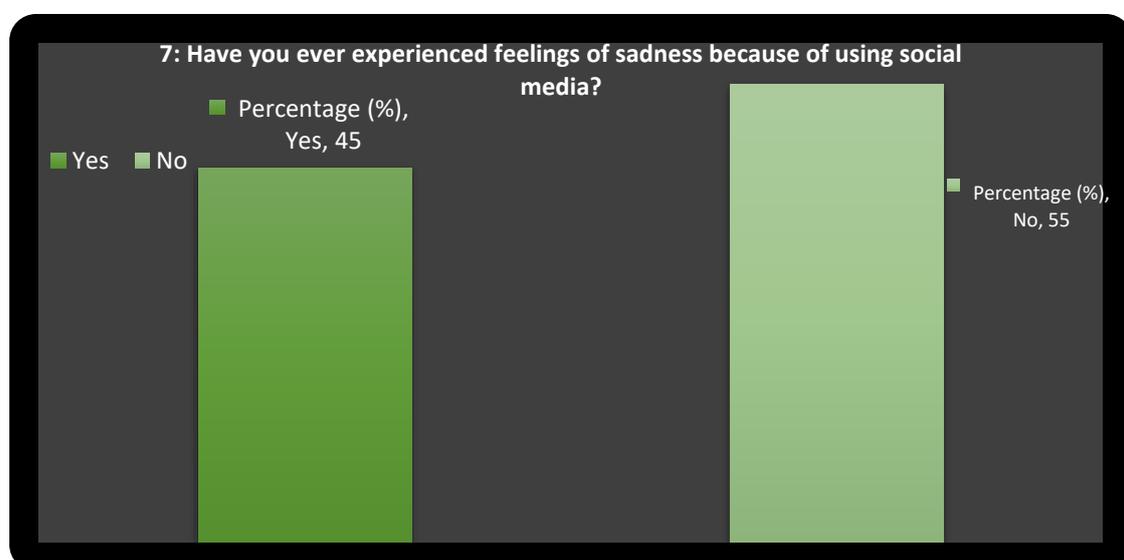
| Options | Percentage (%) |
|---------|----------------|
| Yes     | 30             |
| No      | 70             |



Participants' responses to their own encounters with stress and depression diagnoses reveal an interesting pattern. When questioned about their mental health, over 30% of 100 working adults also claimed having been identified as having depression and emotional stress. This fraction represents a sizable proportion of the population at large who struggle with these mental health issues. Stress and despair are all too common among working individuals who use social media, as this report shows. This suggests a correlation between time spent on social media and poor psychological health. Most people in the study have not been diagnosed with stress and depression, but this does not rule out a wide variety of mental health conditions among the participants. It's possible that people's unique coping strategies and social networks contribute to this diversity (Zhao et al., 2020)<sup>15</sup>.

**Question 7: Have you ever experienced feelings of sadness because of using social media?**

| Options | Percentage (%) |
|---------|----------------|
| Yes     | 45             |
| No      | 55             |





The seventh table shows how often individuals felt down after using social media. The results showed that 45 percent of the working individuals asked admitted feeling depressed as a result of using social media. This discovery highlights the potential impact of online interactions on people's mental health. The widespread occurrence of such feelings exemplifies the nuanced relationships between online activities and human emotions and suggests that extended exposure to certain online material or interactions may lead to undesirable effects on mental health. Even though these effects occur in the virtual world, they seem to carry over into real life and may have an effect on people's psyches. The high number of people who experienced these emotions while using social media should encourage conversations about developing more positive digital habits and encourage a more balanced perspective on online interactions among adults in the workforce.

### Question 8: Have you ever had suicidal thoughts because of using social media?

| Options | Percentage (%) |
|---------|----------------|
| Yes     | 15             |
| No      | 85             |

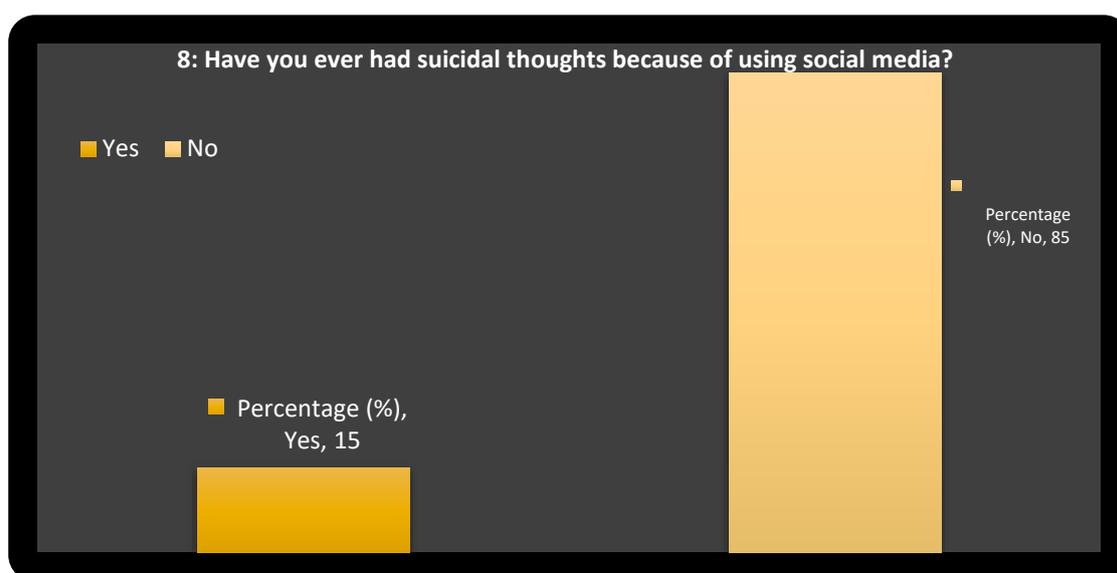
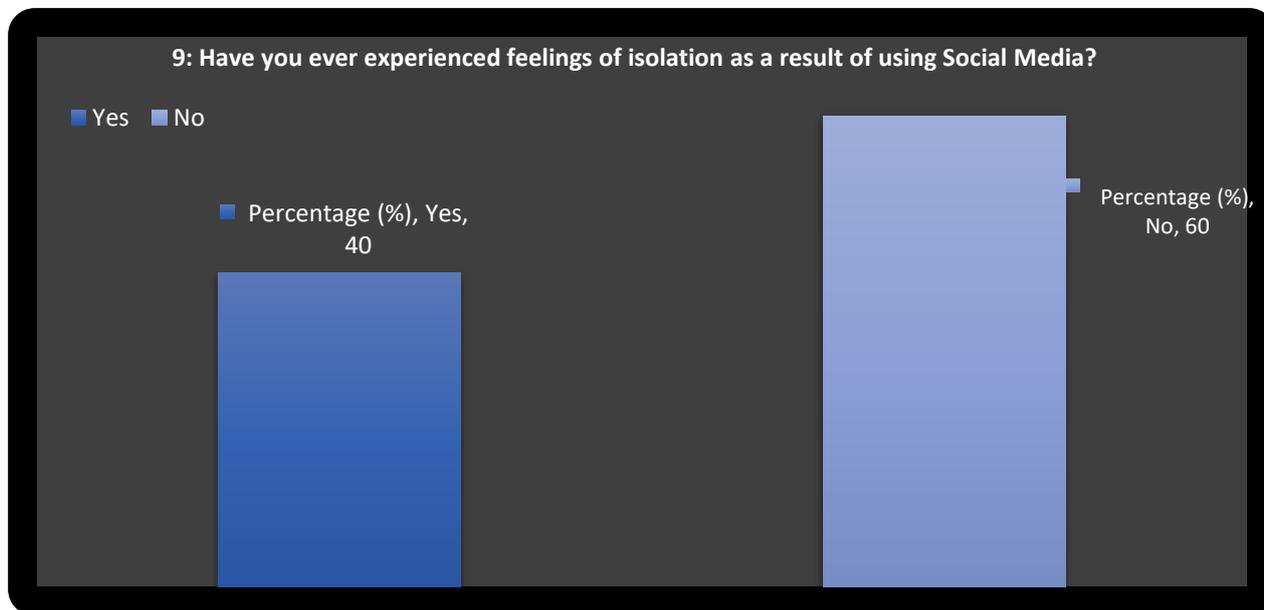


Table 8 presents some disturbing information on the frequency with which social media use is associated with suicide ideation. Fifteen percent of the 100 employed persons polled reported having such disturbing thoughts as a consequence of their online contacts. This number highlights the potential seriousness of the situation, showing that many respondents have experienced feelings of extreme sadness and vulnerability. In contrast, over eighty-five percent of respondents said they had never had such thoughts, suggesting a more optimistic view of their online contacts. Further research into the causes of such negative consequences on mental health is warranted, as the evidence demonstrates the nuanced nature of the connection between social media use and health outcomes. These results highlight the need for continuous awareness and support measures to protect the well-being of those using social media, as well as the possible hazards connected with excessive or bad experiences on these platforms.

### Question 9: Have you ever experienced feelings of isolation as a result of using Social Media?

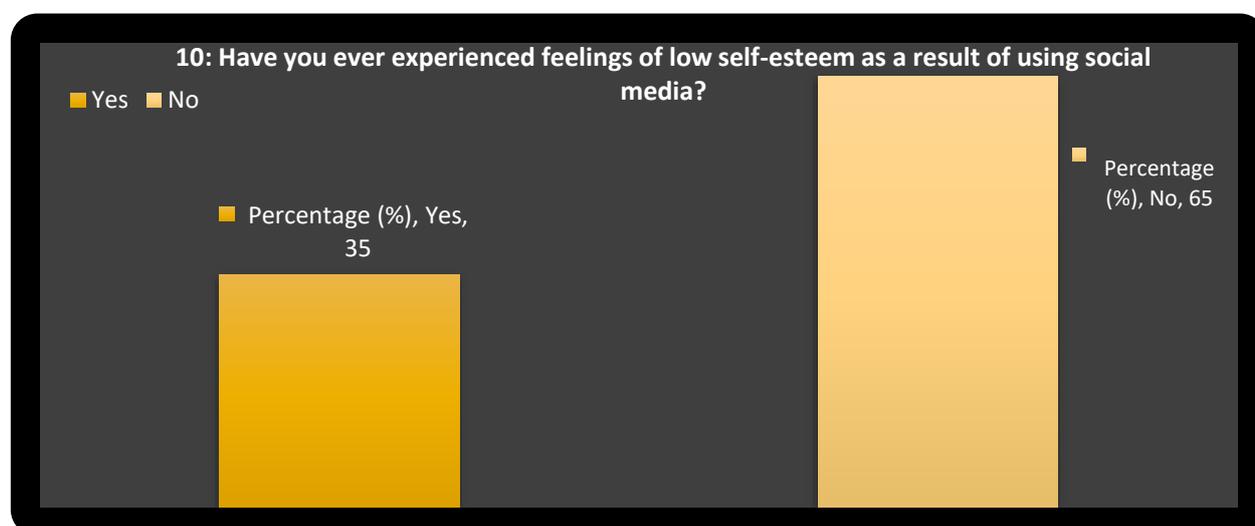
| Options | Percentage (%) |
|---------|----------------|
| Yes     | 40             |
| No      | 60             |



Isolation as a consequence of social media usage is shown in the statistics given in the ninth table. Forty percent of the 100 working individuals asked about their social media use reported feeling alone as a result. This conclusion indicates that many respondents have experienced isolation as a result of their internet activities. Potentially negative psychological effects of social media isolation include diminished well-being and elevated stress levels. The widespread expression of this attitude emphasises the need of reminding oneself that social media may lead to feelings of isolation and developing a healthy perspective on how to use it. To reduce the likelihood of social media-related isolation among adults in the workforce, employers and mental health providers may want to consider offering information on encouraging healthy online practices.

**Question 10: Have you ever experienced feelings of low self-esteem as a result of using social media?**

| Options | Percentage (%) |
|---------|----------------|
| Yes     | 35             |
| No      | 65             |

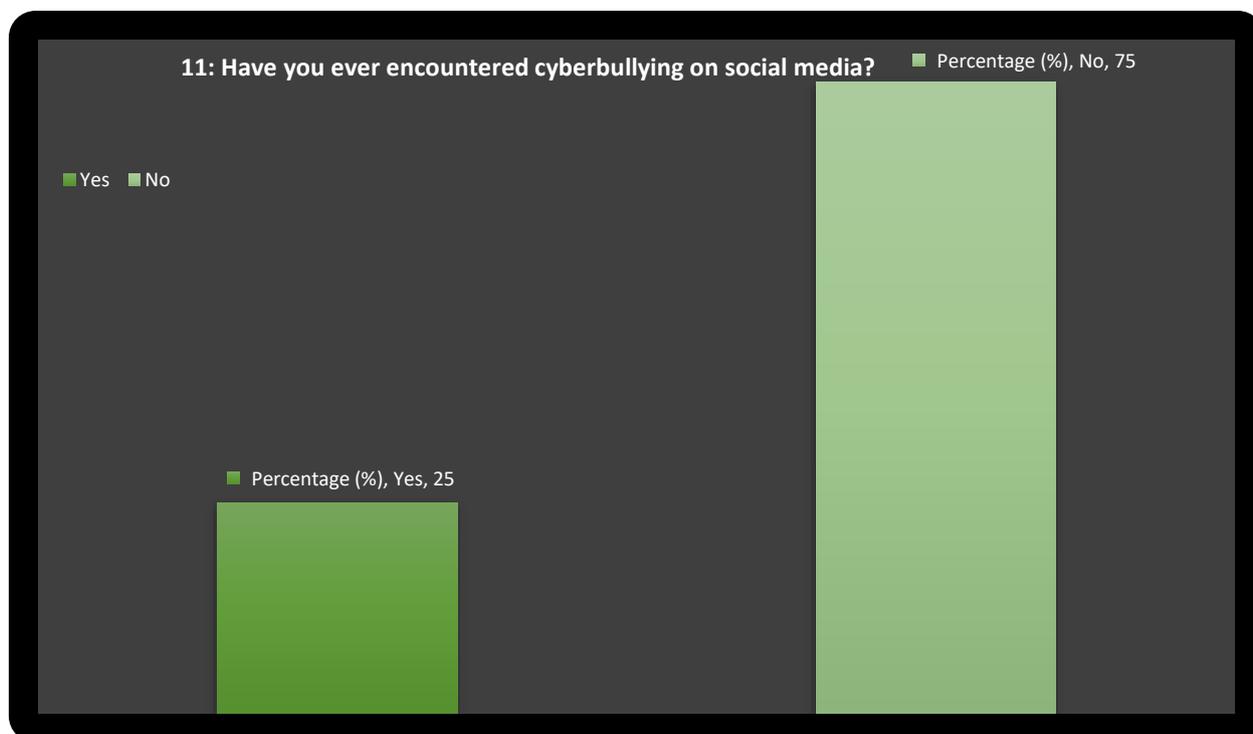




In Table 10, you'll find the respondents' comments on how using social media has affected their sense of self-worth. 35% of those polled said they'd had their self-worth drop as a result of their interactions with others on social media (Cellini et al., 2020)<sup>5</sup>. The possible psychological effects of constant exposure to the kind of curated information and social comparisons that are so common on these platforms are brought home by this discovery. The widespread nature of such feelings highlights the need of being alert and self-aware when online. The complicated relationship between online interactions and psychological health is highlighted by the link between social media usage and low self-esteem. Given the prevalence of these sentiments across the general population, addressing digital self-esteem is essential to creating a more positive and supportive online space.

### Question 11: Have you ever encountered cyberbullying on social media?

| Options | Percentage (%) |
|---------|----------------|
| Yes     | 25             |
| No      | 75             |



Twenty-five percent of the working people questioned said they had experienced cyberbullying on social media in answer to a question investigating examples of such behaviour, while the remaining seventy-five percent said they had never encountered such behaviour (Steele et al., 2020)<sup>13</sup>. This number demonstrates how widespread the problem of cyberbullying is among the population under study, especially in relation to their use of social media. The widespread nature of cyberbullying points to the potential for social media to be settings where users are subjected to damaging actions by peers, acquaintances, or even strangers. These findings highlight the need of promoting digital etiquette, courteous communication, and cyberbullying prevention methods in making the internet a more secure and enjoyable place for adults in the locations questioned.

### CONCLUSION

As a result, from the data analysis, working adults are using social media for different reasons and they have come across so many obstacles because of it. As a working adult, they must be active in social media. Covid-19 is one of the scenarios which shows every worker, employers been actively involved and using social media at the year of 2020 until now. Some corporate firms



are still relying on online or social media platforms actively. Even some universities are still teaching and learning using certain online platforms.

Nearly most of the working adults are facing numerous problems or issues every day in their life. Some can be classified; some cannot be classified. As similar as the working adults are not the same. 50% of the individuals will share their problems freely, the other 50 % of individuals remain silent and keep it secret. Working from home or work from the office is the same where the working adults go through so many issues alone. They need to be online always and actively replied to the messages. In some firms, the authorities are very strict about certain issues. The workers must be actively replying and participate in all assignment that are assigned by the employers. On the contrast, some firms encourage their employees to work according to their flexible hours as long the finish the given task on time or before the deadline. In some firm the employers demanding the working adults to be actively reply and participate in the social medias such as WhatsApp, WeChat and some other platforms. This will cause stress and later it leads to depression as well.

Depression is not only a mental problem it leads to so many unwanted complications according to an individual's decisions. Depressed individuals feel deep sorrow and go through many issues alone. Most of the human being does not have the courage to come up and explain to others or to share their problem with others. They cannot concentrate normally, sometimes it leads the individuals think precariously. Some individuals take decision which can make their family members endure. Some managed to free themselves, some individuals suffered in silence.

Suicidal thoughts are common now days. Suicidal thoughts were rare last time but when it comes to this era that particular thought became a common thought for everyone. Every human being would come across this particular thought and most of the people think this would be an appropriate solution for every problem that they faced. But it is not a solution it is the problem creator for the next chapter of others' life. It will affect others like family, friends, and neighbours.

Victims are not thinking about this before they think about suicide. Very recently there was a case in the TikTok platform. One of the well-known and upcoming social media platforms. In this particular platform there was an Indian woman who used to upload videos and she gets negative comments each and every day when she uploaded the videos. But she used to ignore the negative comments and keep on upload her own business videos. After sometimes she cannot bear the way people or known as "haters" who started to comment depressingly and treat her badly in comment section. This issue made her feel stressed and depressed.

The next step was triggered suicidal thoughts and at last she did it for real. She passed away on the 1st week of August 2022. That was a sad moment for everyone who supported her on this social media platform. The family members were in deep mourning because of her decision. This is all because of these haters who made her to suicide. Those haters do not feel bad, or they would not feel anything after they did this kind of activities. They will be very normal but not the beloved ones.

This happened in one of the platforms but, there are more social media platforms. And there are many untold stories behind every social media platform which succeed killing people in different part of the world. Every single day there is very new cases caused by social media platforms. A lot of untold news around us. This is triggering the researcher to do this study on certain area at this time being.

Furthermore, the researcher would like to discuss cyberbullying case. Cyberbullying is another way of disturbing someone mentally and physically. Cyberbullying is one of the ways to destroy someone's confidence level and make the individual mentally affected by the bullies. The victims get affected by the cyber bullying people non-stop for various people. They attack those who are soft hearted people those who cannot accept the negative comments and probably confront them mentally. When the victim faces this kind of challenges, they start to keep their distance from social media platform. Some get affected by the scammers and some affected by the haters. Who does hunt for victim's time-to-time. So, they can bully them continuously.

This is actually kind of addictive for cyberbullying people who likes to challenge others. As a victim the researcher have come across this issue as well. The researcher gets bullied by the haters who always comment and describe badly in of the social media. This did not make the researcher let the self-esteem but, oppositely the researcher boost up those comments, adapt to the reality and get stronger. So here is the chance for the researcher to conduct a survey on this particular topic to show that social media platforms are the stress creator and stress buster as well. Every coin has to side, as well as every platform has their own advantages and disadvantages.

**“Social medias are for entertainment purpose. If you use it in limit, if you cross the limit your own life will be part of the entertainment for the others.”**



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