

Research Article

SOCIAL MEDIA USAGE AND ANXIETY AMONG JORDANIAN YOUTH – A SURVEY

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Received 29th January 2021; Accepted 26th February 2021; Published online 28th March 2021

ABSTRACT

Anxiety is contemplated to be one of the critical issues that Jordanian youth suffer from. The study aimed to determine whether there is a relationship between social media and anxiety in Jordanian Youth (JY). A self-administered questionnaire was designed based on social media usage and anxiety. The questionnaire was distributed through an online link because the schools and universities in Jordan are closed in the Covid 19 Era. The study population included 100 individuals belonging to 17–20 age groups. The participants have explained the purpose of the study. They carefully studied the questions, and they marked the corresponding answers. The data were collected and statistically analyzed by using SPSS 25. The results observed that the Jordanian youth use multiple social media sites and increased time, which stressed Jordanian youth's passion for using social media platforms. The highlighted issue here is that of the research problem, where it crystallizes in a sharp increase in this phenomenon of social media and anxiety by Jordanian youth. It is also seen that they get anxious when not viewing these sites, which shows the relation increased social media usage has on anxiety. The study concludes that there is a considerable correlation between social media and anxiety. Addictiveness to social media by Jordanian youth has increased and has a significant effect on mental health to a great extent.

Keywords: Social media, Anxiety, Correlation, Mental health, Jordanian Youth.

INTRODUCTION

Nowadays, SNSs (social networking sites) usage is a normative feature of adolescents' Western growth. Nearly half of adolescents visit social networking sites on average 1-hour use per day (Rideout & Fox, 2018). However, social media is blamed for mental health disorders (Charles, Carayannopoulos, & Pathak, 2019). Knowing social media's effect on adolescents has become a priority because mental health problems rise (Kim & Park, 2017). Psychiatric terminologies, such as addiction and characterized harmful activities for internet users. However, psychologists and experts have provided warnings about how young participation in social media would cause personal and social development deterioration (Greenfield, 2014; Twenge & Park, 2019). A systematic review of 11 studies has evaluated social media usage and depressive symptoms in children and adolescents (McCrae, Gettings, & Purssell, 2017). A meta-analysis of 23 studies found a correlation between inappropriate Facebook usage and psychological distress in young adults and adolescents (Marino, Gini, Vieno, & Spada, 2018). Besides, an assessment of several studies indicates that social isolation caused by social media among young people can cause physical, emotional, behavioral, and psychological problems (anxiety, depression) (Chadwick et al., 2011). A significant correlation between social media usage and depression has been identified in other systematic reviews (Best, Manktelow, & Taylor, 2014; Hoare, Milton, Foster, & Allender, 2016). The relation between social media and mental health issues, with contributory factors, is not straightforward. Research indicated disrupted sleep as a tool by the Royal Society for Public Health & Young Health Movement (2017) (Cramer, 2018). Internet usage is sedentary behavior leading to health problems (Iannotti, Kogan, Janssen, & Boyce, 2009). The meta-analysis by Asare (2015) found that sedentary behavior harms young's mentality. However, a

better possibility could be people with mental health issues are less physically active. Multitasking is prevalent on social media platforms. Research by Rosen, Whaling, Rab, Carrier, and Cheever (2013) indicated that multitasking manifests mental disorders symptoms. Primack and Escobar-Viera (2017) stated that most social media accounts were associated with anxiety due to high demand. In reviewing 70 studies, Seabrook, Kern, and Rickard (2016) found an inverse relationship between social media engagement, depression, and anxiety. However, some researchers (Teo, Choi, & Valenstein, 2013; Vandervoort, 1999) have suggested that social assistance's performance might be crucial than quantity. According to the Royal Society for Public Health & Young Health (2017) (Keles, McCrae, & Grealish, 2020), anxiety and depression prevalence in young people has increased by 70% 25 years last ago. Depression and anxiety effects are lower educational achievement, school dropout, impaired social interactions, risk rise of drug misuse, mental health disorders, and suicide (Copeland, Angold, Shanahan, & Costello, 2014; Gore et al., 2011; Hetrick, Cox, Witt, Bir, & Merry, 2016). Anxiety is considered as one of the critical issues that dominate Jordanian youth (JY) life. Recently, it was discovered that Jordanian youths have a massive social media anxiety (SMA) problem, as the reason for excessive use of social media platforms (SMP) (Ismayilova, Hmoud, Alkhasawneh, Shaw, & El-Bassel, 2013). The considerable percentage of using social media platforms by Jordanian youths has been the focal point for discussion among specialists and educators worldwide. Social media anxiety is a significant predictor of Jordanian youth's possibility to continue their everyday lives and their studies at a higher level. Such emphasis on using social media and social network sites could eventually develop anxious feelings among the students. Of equal importance, the investigation on social media anxiety is an ongoing concern for the youths' lives. It is an important area of interest within establishing the significance of the associated topic (Ahn, 2011; O'Keeffe & Clarke-Pearson, 2011). Social media anxiety is defined as a feeling of stress or discomfort in social media usage. It is often due to an intense focus on the level of popularity someone thinks they have achieved or failed to accomplish on

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Facebook and Twitter platforms (Amedie, 2015). The Internet is prevalent and familiar among adolescents and youth in Jordan because of its availability, accessibility, and inexpensiveness (Ahmadi, 2014). Previous studies have reported that overuse or improper Internet usage among school students is resulting in higher vulnerability to the phenomenon of Internet Addiction, depression, and anxiety (Ak, Koruklu, & Yilmaz, 2013; AL-Qudah, 2012; Esen & Siyez, 2011; Wang et al., 2011). In Jordan, excessive social media use has become a public health issue. Investigating this issue among school students is a need. Unfortunately, the Jordanian published studies concerned internet addiction and social media anxiety are limited and focused only on university students without considering them (AL-Qudah, 2012; Al-Gamal, Alzayyat, & Ahmad, 2016; Eyadat, Alzghoul, & Sharqawi, 2012). Figure 1 presented the statistics of the number of social network users (SNUs) worldwide from (2010 to 2023), where the figure showed that the highest percent's in social network users were from 2020 to 2023, where that values were (3.08, 3.21, 3.32, and 3.43) respectively. Besides, the middle percentages were from (2015 to 2019), where the percentages were close. Finally, the lowest percentages were for 2010, it was 0.97, where the percentage was less than 1%, considered tiny percent. This graph indicated a sharp increase in using social networking globally (Statista, 2016).

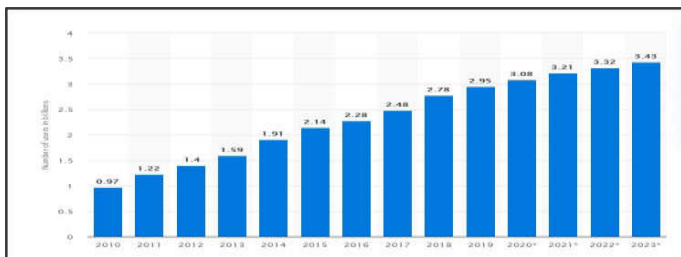


Figure 1 Number of Social Network Users Worldwide from 2010-2023 (In Billions) (Statista, 2016).

According to counter global stats, Figure 2 highlighted that the social media stats in Jordan - June 2020. Facebook 88.69%, YouTube 8.83%, Twitter 0.88%, Instagram 0.44%, and LinkedIn were 0.07%, where this figure showed that the most significant platform was "Facebook" and the second one was Instagram used the platform was LinkedIn (Statista, 2016).

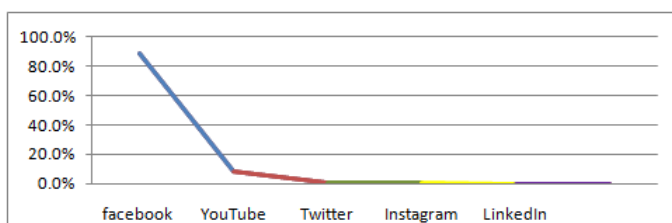


Figure 2 Social Media Stats in Jordan - June 2020

MATERIALS AND METHODS

A self-administered questionnaire was designed based on social media usage and anxiety. The questionnaire was distributed through an online link. The study population included 100 individuals belonging to 17–20 age groups. The participants have explained the purpose of the study. They carefully studied the questions, and they marked the corresponding answers. The data were collected and statistically analysed by using SPSS 25.

RESULTS

From the study, it was observed that there is the time spent on social media among the Jordanian youth was (5-8 hours) was 94.03%, high, (2-4 hours) was 34.72%, medium, and the last one, only (one hour), was 15.95%, low [Figure 3]. Social media anxiety for females is higher than males, where it was 47.30%. In comparison, males are 42.25% [Figure 4], and the most popular social media platforms used by students were Facebook 40%, Instagram 20%, Snapchat 12%, Twitter 15%, LinkedIn 13%, the most frequently used was Facebook. The lowest one was LinkedIn [Figure 5]. What also found that the percentage of anxiety when not able to use social media will be About 57% of the participants got anxious when not able to use social media sites, and 43% don't have [Figure 6]. The number of social media sites used per person was 74% used more than 3 social media sites, and the lowest was 12% used only 1 social media site [Figure 7]. The reasons for using social media sites were the most significant interests for entertainment, full spare time around 70% and fewer interests was for research and found information was tiny percentage 8% [Figure 8]. Most Jordanian youths were feeling anger and stress due to excessive social media use, where 40 % suffered from this feeling, and only 25% didn't feel anything about this issue [Figure 9]. Furthermore, most individuals were not aware or cared for the disorders of prolonged social media usage and personal safety in social media.

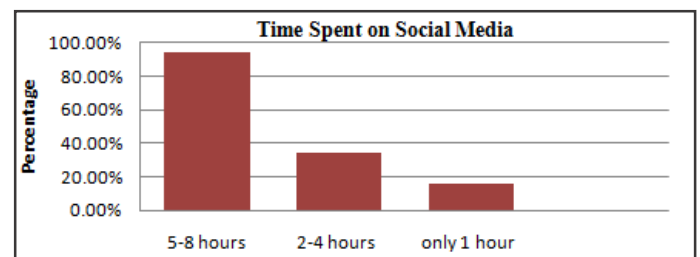


Figure 3 Time Spent on Social Media

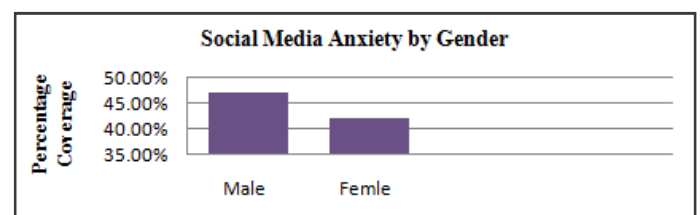


Figure 4 Social Media Anxiety by Gender

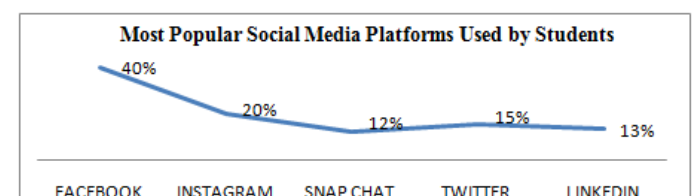


Figure 5 Most Popular Social Media Platforms used by Students

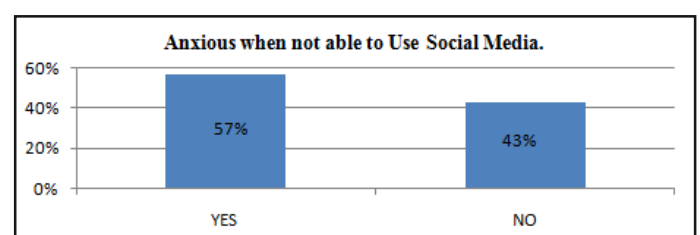


Figure 6 Anxious when not able to Use Social Media

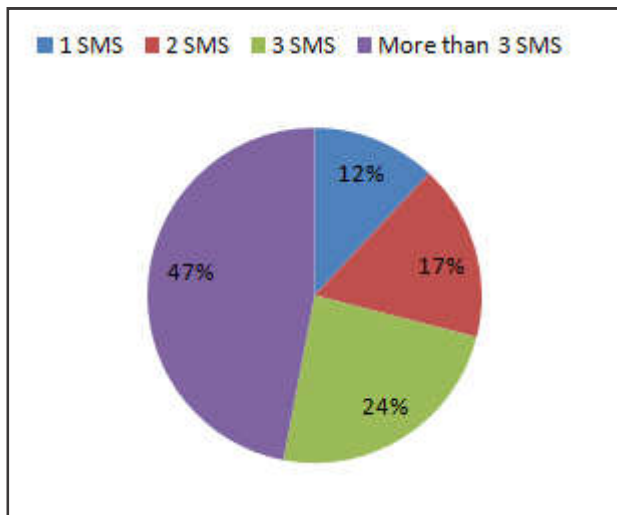


Figure 7 Number of social media sites used per person

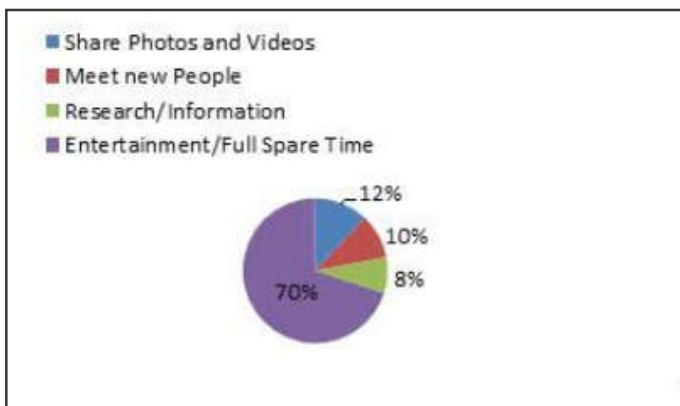


Figure 8 The Reasons for using social media sites

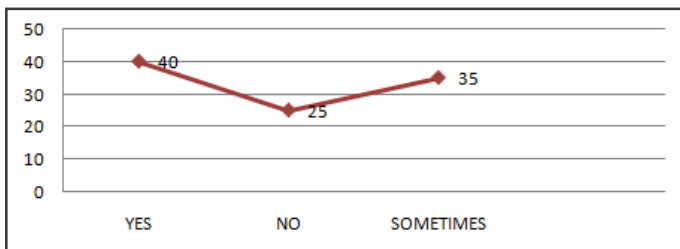


Figure 9 Feeling of Anger and Stress as A result of Excessive Using Social Media

DISCUSSION

In the present study, it is observed that many participants use multiple social media sites and for increased time. It is also seen that they may be anxious when they cannot view or access the sites. This shows the relation that increased social media usage has on anxiety. In Ólafarson (2018), a similar study found that the use of social media among adolescents affected anxiety and females being the most affected ones. A study was done by Steers et al. (2016) states that social media and online interactions can have a negative effect on the mental state of the users, including provoking anxiety. According to the results of (Einarsdóttir, 2015), social media can reduce the self-confidence of individuals and, as a result, cause social media-related anxiety. Studies done by (Banjanin, Banjanin, Dimitrijevic, & Pantic, 2015; H. A. Farahani, Kazemi, Aghamohamadi, Bakhtiarvand, & Ansari, 2011; Pantic et al., 2012; Skierkowski & Wood, 2012; Steers et al., 2016; Thomée, Dellve, Härenstam, & Hagberg, 2010) agree that social media affect the frequency of occurrence of mental

problems, including anxiety. Moreover, some other studies informed that social media and anxiety are correlated to each other. It was vital to support and direct this study through these previous studies (Banjanin et al., 2015; Farahani, et al. 2011; Pantic et al., 2012).

Conclusion

This study concludes that there is a correlation between social media and anxiety. Addictiveness to social media has increased and has a significant impact on mental health. Scheduled use of social media sites for useful purposes will help improve the mental health of the individual.

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