INTRODUCTION

The concept of technology is not new to mankind. Humans have been finding ways to make life easier and comfortable. Now, in recent times, these changes are occurring more frequently.

Social media is one such evolutionary technology. Social media are computer-mediated technology which enable the creating and sharing of ideas and information. They have created a breakthrough in the way of communication between individuals. Facebook is one such social media which is used widely. With the increased popularity and wide usage of Facebook, many researches have been conducted to understand its psycho-social influence on its users. Studies have been done to examine the effects of Facebook on physical, mental and family health.

Facebook usage has an considerable impact on physical health and a greater impact on psychosocial health. Stress is an important measure of psychosocial well-being. Stress is defined as a group of events consisting of a stimulus (ie a stressor) that triggers a reaction in a person’s brain about whether or not there are resources necessary to meet the demands on them by the stimulus, which then sparks a physiological fight or flight response. The aim of this study is to find out if there is any relationship between social media usage (Facebook) and stress levels.

METHODOLOGY

A cross-sectional study was conducted in a sample of 150 medical students of SBMCH. The participants ranged from ages 18 to 21 yrs. They were made to fill out Questionnaires measuring their social media usage and stress levels. For measuring stress levels, Perceived stress scale (PSS) was used and for social media usage, Bergen’s Facebook Addiction Scale (BFAS) was used.

RESULTS

Results showed that increased usage of facebook had mild impact on the level of stress. [r=0.234626;p=0.003853]. Males are more prone to be affected.

CONCLUSION

We find evidence supporting a relationship between Social media use and stress levels.

KEY WORDS: Social Media, Addiction, Stress, Facebook, Medical Students.
Exclusion criteria

- Subjects who are not using Facebook.
- Students who are under psychiatric drugs.

RESULTS

The Pearson’s correlations were calculated to investigate if the usage of social media was related to stress levels.

Results showed that the Facebook usage had a mild impact on stress levels \[r= 0.2346; p= 0.0038\]. Study in males show that there is a statistically significant relationship between the Facebook usage and stress levels \[r= 0.3316;p= 0.0036\] (\(p<0.05\)). No such relationship could be traced in females.

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DISCUSSION

These findings support the findings of Bevan et al., which suggest that the current increase in social media variety and usage maybe detrimental to user well-being.

This study is constrained by several limitations. First, other sources of stress among college students has not been considered in this study. Also, the survey method has its limitations as it relies on self-reports. Though the scales used were reliable and validated, there might not be an report of the actual extent to which the participants experienced the symptoms. Constrained by these limitations, we still hope that our findings can contribute to a better understanding of the impact of Facebook on our health. We hope that more researches are conducted on the interrelations between the social media usage and their implications for psychological well-being.

CONCLUSION

Facebook usage has a mild impact on stress levels. The effect of Facebook usage on stress levels was considerably more in males. Females were not affected.

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