

Research Paper

Does Instagram addiction Leads to Depression among Students Pursuing Pharmacy Course?

Lancy D'Souza^{1*}, Sowmya H.R²

ABSTRACT

Social networking applications are becoming part and parcel of life today. This study attempted to find out the relationship between depression and Instagram addiction of students pursuing pharmacy course. The sample consisted of 136(63 males + 73 females) students comprising of students aged between 18-28 years. The students completed Test for Instagram addiction (TIA) developed by D'Souza, Samyukta and Bivera (2018) and depression was measured through DASS (Lovibond & Lovibond, 1995). Test for Instagram addiction measured addiction in 6 factors—Lack of control, Disengagement, Escapism, Health and interpersonal troubles, Excessive use and Obsession. The authors measured depression scores using DASS. Pearson's product moment correlations were employed to find out the relationship between factors of Instagram addiction and depression. Stepwise multiple regression was employed to find out the predictors of depression from components of the test of Instagram addiction. Results revealed that as the addiction to Instagram increased depression of the students also increased linearly and significantly. Excessive use and obsession components of Instagram addiction were the major predictors of depression to the extent of 23%.

Keywords: *Instagram Addiction, Depression, Pharmacy Students*

Internet is extremely appealing to young people and grown-ups as it gives expression of feelings through several social networking sites. Today, Internet has gone into different spheres of life of individuals in research, entertainment, business, banking and extensive communications. It is assessed that 91% of 16-24 year olds utilize the internet for social media in contrast with 51% of 55-64-year-olds and 23% of 65-year-olds or more (Chowdhry, 2018). Through the internet, the communication is made basic and quick, consequently dodging disputable issues (Busari, 2016). There is a heavy reliance on internet and applications identified with it. It has assumed control over every single other assignment of routine, particularly among youths. This affects their time and attention given to class/school work, household and duties at home, and even connection and relationship with others. Recent report by D'Souza, Samyukta and Tejaswini (2018) found that as the Internet addiction increased, their sleep quality decreased linearly and significantly. In another study, D'Souza, Manish and Raj(2018),reported that peer stress factor of academic stress was

¹Associate Professor of Psychology, Maharaja's College, University of Mysore, Mysore-570 005, India

² Clinical Psychologist, Dept. of Psychiatry, Mandya Institute of medical Sciences (MIMS), Mandya, India

*Responding Author

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observed to be the significant predictor of Internet addiction. Even personality of an individual may influence addiction to internet and Facebook. (D'Souza, Ravi, Lakshmeesh and Singh, 2018; D'Souza, 2018).

Several social networking applications are available on the internet which have been widely used by individuals in all age groups. Instagram is one such application, has assumed control over many other such applications like Facebook, WhatsApp etc. It is a photograph sharing interpersonal interaction application launched in the year 2010 and has more than one billion worldwide users as of June 2018. It has large amounts of client commitment and one of the quickest developing informal communication locales at present. This media gives a stage to share photos, recordings and messages in private and open way. Another study revealed that the Instagram is utilized as "Surveillance/Knowledge about others," "Documentation," "Coolness," and "Creativity" (Sheldon & Bryant, 2016). Be that as it may, utilization of these applications has a few precursors. Survey on this line on Instagram did not yield any fruitful results. In any case, related studies have revealed the following findings. A recent post on Times health newsletter clearly revealed that Instagram is the worst social media network for mental health and wellbeing, based on a study on almost 1500 individuals aged between 14 to 24 years (time.com/4793331/instagram-social-media-mental-health/2018). A study by D'Souza and Ranganath (2018) has revealed that those who are shy they might end up Instagram addiction. D'Souza and Meenakshi (2018) reported that among dental students as the addiction on Instagram increased, sleep quality of the dental students decreased linearly and significantly. It was found that 'Lack of control' and 'Excessive use' factors of Test for Instagram addiction were the major predictors of sleep quality. So deciding the impacts of Instagram addiction on students in their teenage is vital since early adulthood is a potentially vulnerable time for emotional development. Very few studies have been done on Instagram addiction and related issues.

In the present study an attempt is made to find out the relationship between depression and Instagram addiction among college students pursuing pharmacy course. Several network providers giving the internet at very economical charges, sometimes even free of cost. Easy and cheap accessibility may lead to high proneness to addiction to social networking applications. This may result in many psychological and physiological problems. In the present study, authors have made an attempt to find out how addiction to Instagram leads to depression. The other interests of the researchers are to find out the major predictors of depression of pharmacy students by various components of Instagram. It is hypothesized that depression does influence Instagram addiction, and there will be definite predictors for depression among students pursuing pharmacy course.

METHODOLOGY

Sample

Students studying their pharmacy course were selected for the purpose of the study from Mandya City of Karnataka State. A total of 136 students were randomly selected of which there were 63 male and 73 female students. Their age varied from 18 to 28 years with the mean age of 22.14 ± 1.81 years.

Tools Employed

Test for Instagram Addiction (TIA). D'Souza, Samyukta and Bivera (2018): TIA is developed by D'Souza, Samyukta and Bivera in the year 2018. It contains 26 statements, which measure Instagram addiction of the individual in 6 which included components like Lack of control, Disengagement, Escapism, Health and interpersonal troubles, Excessive

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use and Obsession. To be answered in 5 point Likert scale was used for scoring ranging from All the time (5), most of the time (4), sometime (3), once in a while (OW), rarely/never (1). To find out the reliability, the Cronbach's reliability test was done and the alpha value obtained for the total inventory was 0.931 and for various components varied from 0.680 to 0.863. Further, when item to total scores correlations were performed; all the correlation coefficients obtained through Pearson's product moment correlation techniques were found to be highly significant, indicating that the TIA has high reliability and validity. Even the correlation coefficients obtained between components were found to be highly significant.

Assessment of depression

In the present study depression was assessed using DASS-21, developed by Lovibond and Lovibond (1995). DASS 21 comprises of 21 statements which measure Depression, anxiety, and stress of an Individual. In the present article, only depression scores were considered for the analysis. There are 7 statements in DASS, which exclusively measure depression of an individual. DASS has high internal consistency with Cronbach's alpha of 0.94 and has been used widely all over the world (Gloster et al, 2008). In India also several researchers have used DASS scale for measuring depression, anxiety and stress (Bhasin, Sharma, & Saini, 2010). The response to each question varies from "Did not apply to me at all" to "Applied to me very much, or most of the time". The scoring was done as per the instructions given by original authors separately for depression, anxiety and stress. To get a final score, total scores under depression were multiplied by 2.

Procedure

After taking the permission from the respective authorities, both test for Instagram addiction and depression scale component of DASS were administered to a total of 136 students studying in pharmacy course in Mandya city. Before administrating the questionnaire, they were assured of confidentiality. They were asked to answer all the questions. In case of difficulty in understanding the item/s, in order to get good response they were made clear in their local language. Once the data were collected, they were scored and fed to the computer.

The data were analysed using, Pearson's product moment correlation and simple linear regression. Table 1 provides the results of Pearson's product moment correlations between factors of Instagram addiction and depression. Table 2 presents results of the stepwise multiple regression.

RESULTS

Table 1 Results of product moment correlations between Depression scores and factors of Instagram addiction

Variable 1	Variable 2	Correlation coefficient
Factors of TIA		
1. Lack of control	Depression	0.390***
2. Disengagement	Depression	0.389***
3. Escapism	Depression	0.357***
4. Health and interpersonal troubles	Depression	0.383***
5. Excessive Use	Depression	0.462***
6. Obsession	Depression	0.456***
Total scores	Depression	0.463***

Note: $df=134$; *** $P=.001$

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From the table 1, it is clear that depression scores were significantly and positively related to all the components of Test for Instagram Addiction (TIA). Depression was found to be significantly and positively related to lack of control ($r=0.390$), disengagement ($r=0.389$), escapism ($r=0.357$), health and interpersonal troubles ($r=0.383$), excessive use ($r=0.462$), obsession ($r=0.456$) and total Instagram addiction scores ($r=0.463$). As the Depression scores increased, lack of control, disengagement, escapism, health and interpersonal troubles, excessive use and obsession increased linearly and significantly, including total Instagram addiction scores.

REGRESSION ANALYSIS

Table 2 Results of stepwise multiple regression (IV= Factors of TIA; DV= Depression)

Model	Variables entered	R	R ²	Adjusted R ²
1	Excessive use	.462	.213	.207
2	Obsession	.493	.243	.231

Beta coefficients

		Step I	Step II
1.	Excessive use	.462	.276
2.	Obsession	-	.253

To find out the major predictors of Depression by components of TIA, Stepwise multiple regression was employed. When all the scores of 6 factors of Instagram addiction tests were regressed on the Depression scores, stepwise multiple regressions revealed that only two factors of TIA were found to be the major predictors of sleep quality. The first factor entered into the equation was excessive use with correlation coefficient of .462, squared R value of .213 and adjusted R² value of .207. The second factor of TIA to enter into the equation was obsession along with excessive use, with the combined correlation coefficient of .493, squared R value of .243 and adjusted R² value of .231. In other words, both obsession and excessive use factors of TIA contributed to 23.1% of the Depression among the students pursuing pharmacy. The beta values for the first predicted models excessive seat steps I and II were 0.462 and 0.276 respectively. The beta coefficient for the second predicted model-obsession was found to be .253 at step II.

DISCUSSION

Major findings of the study

1. As the addiction to Instagram increased depression of the students also increased linearly and significantly.
2. Excessive use and obsession components of Instagram addiction were the major predictors of depression to the extent of 23%.

In the present study it was found that Instagram addiction was significantly related to depression among college students in all the individual factors as well as total depression scores. Further regression analysis revealed that excessive use and obsession were the major predictors of depression. Studies conducted in India and abroad further support the findings of the present study. A study by D'Souza and Hemamalini (2018a), on college students pursuing non-professional courses revealed that as the Instagram addiction increased the depression of the students also increased linearly and significantly. Health and interpersonal

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troubles and obsession component of Instagram addiction were the major predictors of depression. In another study by D'Souza and Hemamalini (2018b), it was observed that as the anxiety scores increased, addiction to Instagram in components lack of control, disengagement, health and interpersonal troubles and obsession also increased. Time.com (2018), study revealed that Instagram is associated with high levels of depression, anxiety; bullying and fear of missing out phenomenon (FOMO). McNicole and Thorsteinsson (2017) found that internet addiction was associated with increased levels of psychological distress. Studies by Müller, Beutel and Wölfling (2014), Morrision and Gore (2010) and Leung (2006) found significant relationships between internet addiction and depression and other comorbid disorders.

Today social networking applications are affecting the users more negatively than positively. Its high time to control the excessive use of social networking applications as they have direct effect on academic achievement of the students, apart from psychological threats. Several strategies can be planned to avoid addiction to Instagram. According to Busari (2016), use of internet must be alternatively replaced with less risky and healthy activities, which might include Yoga practising, exercising, meditation and involving in sports activities. The addiction towards social networking applications like Instagram, Facebook, Tik Tok etc., are on increase day by day. Therapies like Cognitive behaviour therapy may play a major role in reducing the addiction to internet/social networking applications by changing their thought process from negative to automated positive thoughts for a better living. Bringing awareness regarding ill effects of these social networking applications is need of the hour.

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Conflict of Interest

The authors carefully declare this paper to bear not conflict of interests

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