

Social Media Use and It's Relation with Self Esteem and Well Being

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ABSTRACT

Social media platform provides spaces for users to share content like status updates, links, photos and videos. The social awareness provides a mix of news, information and comment and related current reality. Self-esteem is used to describe a person's self-worth. Well-being is stated experience of health, happiness, and prosperity. No. of 100 samples of males and females were used in this study. The critical finding of the study was that there is no significant correlation between social media, self esteem and well being. This implied that social media has no relation with self esteem and well being. It found out that there is no significant correlation between these variable. There is no significant correlation in self-esteem and social media. Thus, hypothesis got rejected.

Keywords: Social Media, Relation, Self Esteem, Well-being

Social media

According to Cox & Rothmans (2011), Social Media is defined as means of electronic communication through which users can interact among people in which they can create, freely share, exchange and discuss information with others, can share ideas, send or receive personal messages, and other content about each other and their lives using a multimedia of personal words, pictures, videos etc.

According to Smith (2010), "Social media are platforms for exchanging information and activity. Social media users can also collaborate in content creation and can also value control in social media participation.

A social media networking sites are map of the relationship between individuals, indicating that the ways in which they can be connected through social familiarities from casual acquaintances to close family bonds. Social networking sites are also referring to a category of internet applications to help connect friends and family, business partners, or other individuals together using a variety of tools.

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Web 2.0 technologies at the core of social media provide an infra-structure for potentially geographically dispersed individuals with common interests to connect and collaborate via the internet without any central coordination.

Social media platform provides spaces for users to share content like status updates, links, photos and videos. The social awareness provides a mix of news, information and comment and related current reality.

According to Boyd and Ellison (2007), Social media suggest where individual construct a public or profile with privacy within a bounded system, other users can also share a connection with others and view and build their connections and those made by others.

The affordances of social media enable individuals to connect and gather publicly through mediated technology. A networked public sphere, where individuals share, discuss and contribute to the news, media flows based on the idea of mass media audience.

There are 448.0 million people using social media users in India as recorded in Digital India record by January 2021.

The number of social media users in India increased by 78 million (+21%) between 2020 and 2021. Once a profile is created, users can create and share content like an instagram user with new account can take a picture and share it on their profile with a caption or can put a story that can only be visible for 24 hours only. Social media users can also find other users whose profile they want to follow or to photo or video to comment on.

Social media often have timeline of feeds that allow users to scroll through feed and can see, like, comment or share content. Social media companies use algorithms to determine the content that appears. The feed includes content from "followed" users and people who have posted publicly.

Addictive social media users can be:

Substance use disorder, that is mood modification who engage in social media that can leads to a favorable change in emotional states.

Another is Salience that is behavioral, cognitive, and emotional connection with social media, Tolerance occurs when there is increasing use of social media over time and sometimes Withdrawal symptoms occurs that is experiencing unpleasant physical and emotional symptoms when social media use is restricted or stopped.

Conflict can also occur when interpersonal problems to ensure the social media usage.

Self-esteem

Self-esteem is used to describe a person's self-worth. In other words, self-esteem is defined as how much you regard yourself and how much self-confidence, feeling of security, sense of belongingness, feeling of competence you have. It is also known as self-worth, self-regard, and self-respect.

Self-esteem impacts decision-making process, relationships, emotional health, and overall well-being. It also motivates people and People with healthy self-esteem: are healthy, take positive view of themselves understand their potential and may feel inspired to take on new challenges, have understanding of their skills, able to maintain relationship in healthy way,

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have good expectations from themselves, and understand what they need and to express them effectively.

People with low self-esteem:

They Neglect their abilities and sometimes doubt their decision-making. They may also not feel motivated. They think they may be not capable of reaching to their desired goals. And they are often low in self-confidence and not such lovable and they often not feel worthy of themselves.

Sometimes, Self-esteem may be impacted by age, disability, genetics, physical abilities, thought pattern etc.

Mitchell (2002) concluded that social media are used by youngsters to get engaged in romantic online relationships to one they feel attractive.

Social media can help people to make social comparisons which can increase the psychological distress of individuals and it leads to lower the level of self-esteem (Chen & Lee, 2013).

Have you felt gratification after posting a photo on Instagram or Facebook due to incoming likes or comments? Or have you ever felt anxious about yourself right after posting something like if the likes or comments weren't as high as we expected?

I know I've experienced both feelings as a relatively frequent user of Facebook.

It's absolutely normal to feel happy when we receive likes and comments on our posts but it temporarily boosts your self-esteem. It is crucial to see, however, how this begins to affect how we value ourselves. Likes and comments are signs of validation also. The more likes we get on photos or videos or any other content, the better we feel worthy. But when this happens, we place this value of other's opinions above our own. Letting other's people for your self-worth is a way to self-confidence. We should always remember that our own opinion is more valuable than anyone else's.

Vacation photos, check in, good outfits, romantic couples, and enjoyable events etc, people usually choose to post moments capturing happiness and enjoyable, people often post what people believe to be people's ideal lives.

Photos which are posted are often edited for even touched up to cover the human imperfections aspect.

Photo Editing apps make it easy for anyone and make beauty by editing that may be ideal for others and often far from reality but after looking at those photos, people feel they are not same as others and this may often leads to lower self-esteem.

It can also become very difficult to maintain a perfect image of yourself, which may cause frustration and feeling of low self-esteem, and often when your social media image doesn't match your real life.

Even those that portray perfect images online, they also deal with their own internal struggles, but carefully edited posts can mask life's less perfect.

We are so much indulge in show off a smiley photo surrounded by a group of friends.

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When we are constantly post pictures of people at their best, we are at risk for an unhealthy social comparison or comparing oneself to others who seem superior than ourselves.

There can be negative impact on self-esteem. Moreover, people who generally struggle with low self-esteem may feel that seeing others living their best lives that they're not doing well in comparison to others.

Although as a human nature, we should always limit the comparing ourselves with others and more focus on your own capabilities.

There are many things to be proud of and so much more success to achieve.

Frequent posting pictures and videos and updating to social media make us feel like we are connected with others, as virtually. Online communication is very different than real conversations as in person to person. The tone, body language, physical presence of a person cannot be shown online. People who are already low in self-esteem often find it easy to communicate through online as these people may feel shy or less confident in conversation as face to face and moreover increasing the use of online conversation may also lower the social skills of people and low self-confidence, more anxious as in person conversation.

Wellbeing:

Dodge et al. States that equilibrium metric, defines wellbeing as balance between psychological, social, and physical resources and challenges: when challenges become greater than resources, the balance tips towards a negative wellbeing, and vice-versa (2012).

Best et al. studied both psychological and social wellbeing as correlated to support networks, intimacy, quality of relationships, and emotional expression (2014). The authors also point out that interconnectedness, such as a weak social support networks causing the suppression of emotions (2014), indicating that wellbeing, as it is as much about balancing factors as it is about maximizing one element.

Display interaction costs occur when people cannot communicate information to one another, either due to economic or social barriers (Piskorski, 2014) By providing a free platform with group and individual communication options, Social media combats both economic and social barriers. Posting content and allowing others to visit your profile overcomes a social barrier of not wanting to appear boastful, while the ability to either "like" or comment on posts, as well as send a private message to the poster, allows for a range of social interactions.

Search interaction costs ensure when people struggle to find information about others close to them (Piskorski, 2014). "Stalking" on others is frowned upon in the physical world, though neighbors may regularly peek to see what's going on next door: Facebook overcomes the lost value from not knowing about each other, as well as the risk of getting caught when trying to find information, by allowing users to gain updates and information of friends' lives by using their platform: interactions (i.e. notifications if someone has visited your profile) are not displayed without an overt attempt to communicate individually.

Communication interaction cost when private communication is either too time consuming or too awkward to initiate, especially at scale with a large number of friends. Social media integration of Message which allows for private inbox communications with friends, addresses each other.

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Additional layers of security, such as non-friend messages in “others” folder, serves to maintain intimacy within the channel only.

When people spend a lot of time on social media like reading but not interacting with people — they report feeling worse ever.

In one experiment, University of Michigan assign students randomly to read Facebook for 10 minutes who were in worst mood at the end of the day than students assigned to post or talk to any friend on Facebook. UC San Diego and Yale conducted a study and found that people who clicked on about four times as many links as the average person, or who liked twice posts, reported worse mental health than average in a survey.

REVIEW OF LITERATURE

The review of the literature is an important part of any research work that is exacting task for a deep insight of the overall field. It also minimizes the risk of dead ends, rejected topics, wasted efforts, and approaches already discarded by previous researchers. It also provides a greater understanding of the problem and its aspects.

The review of related literature also gives researcher an understanding of the research methodology which refers to the way the how study will be conducted. The survey or related literature is an important step in conducting educational research. The information about the designs, samples and research tools employed by the other investigator, help the future investigators to formulate their procedure with more care.

Review of Related Literature

Dhir (2018) examined whether psychosocial wellbeing measures like compulsive media use and fear of missing out, trigger fatigue and, social media fatigue can result in anxiety and depression among social media user's adolescent in India. The study findings concluded that media use significantly social media fatigue can also lead to result in anxiety and depression. Fear of missing out analyzed as predictive factor for social media fatigue through compulsive social media use.

Joshi (2018) studied on the social media and well-being. The results showed that there was significant difference between gender and categories and more the use of social media less the level of wellbeing.

Sharma and Sharma (2018) studied to find out the relationship between internet and social media addiction and psychological well-being (PWB) of college students. In result Internet addiction was found to be significantly negatively correlated to PWB and sub-dimensions of PWB. Regression analysis further revealed internet addiction as significant negative predictor of PWB.

Ahlawat (2016) studied the impact of internet addiction on subjective happiness and subjective well-being among youth. The finding of the study concluded that internet addiction had a great impact on subjective happiness and subjective well-being among youth.

Muppudathi (2016) studied on the impact of WhatsApp messenger use on subjective well-being of college students. The results indicated that most of the students are socially

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detached and started to be isolated and their personality type has been changed from extrovert to introvert even though this app provides lot of happiness to them.

Prabha and Magdalin (2016) studied the relationship of Loneliness, Social anxiety Psychological Well-being, age and type of internet users on Internet addiction among female college students. The results showed that the Internet addiction in relation to Loneliness, Social anxiety and psychological well-being were not found to be significant relationship among female college students.

Puri and Solanki (2016) explored the relationship between social networking and psychological well-being among adult working females. Results of the study indicated that some factors of psychological well-being are slightly negatively correlated with social networking while others are slightly positively correlated with social networking.

Rashmi & Lavania (2015) investigated the consequences of social networking sites on well-being of adolescents. The results showed that the frequency with which adolescents used the sites had an effect on their psychological well-being.

Bolton et al. (2013) found that social media use might also have a positive effect on young people's psychological and emotional wellbeing and help them to strengthen and nurture supportive relationships with family and friends.

Devine & Lloyd (2012) studied on Internet use and psychological well-being among 10-11 years old children. The study showed that the use of social networking sites has been reported as leading to lower Psychological well-being for girls.

Kim and Lee (2011) examined the effects of Facebook friends and qualities of self-presentation on subjective well-being. The survey was conducted on undergraduate students having a Facebook account and found that their happiness is enhanced when they have more Facebook friends and their positive self-images. For example: they post photos that only show their happy side or they avoid writing about negative things that happen to them).

Margo (2012) studied the social networking and then concluded that, since their appearance, social media have changed different aspects of people's lives. Social media by the rise of Web 2.0 technologies are characterized by several significant features such as user generated content, online identity creation and relational networking.

Edosomwan Prakasan(2011) Concluded that the concept of social media has evolved like innovations and also becoming increasingly sophisticated in technology.

In longitudinal study of Mikami, Szwedo, & others (2010) on 92 youths, after controlling age, gender, ethnicity, and parental income factors it was found that youths' patterns of peer relationships, friendship quality, and behavioral adjustment predicted qualities of interaction and problem behavior on their social networking websites.

Nielsen (2010) studied social media & under investigation he, argues that social media accounts for nearly one-quarter of all internet activity, and LinkedIn has over 80 million professionals in over 200 countries. For example: Facebook, Twitter, MySpace and YouTube are available for everyone; it was traditionally created to connect with individuals from all over the world to include employees, friends and families.

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Bawden & Robinson (2009); LaRose et al. (2014); Ji, Ha & Sypher (2014) found that social media use can hinder psychological and physical wellbeing as well as social and personal development.

Sum et al. (2008) investigated the relationships between Internet use and older people's social capital and wellbeing. Researchers found that the relationships between Internet use, social capital and wellbeing is a complex construct and the Internet has different effects on social capital and wellbeing resulted from different use of this technology. The study results revealed that the Internet is a two-edged sword with the ability to both harm and help.

METHODOLOGY

Design

The research design is intended to provide an appropriate framework for a study. A very significant decision in research design process is the choice to be made regarding research approach since it determines how relevant information for a study will be obtained; however, the research design process involves many interrelated decisions. The aim of the study was to examine the social media relation with self esteem and well being. It is quantitative correlational study, Correlational research is non-experimental research in which the researcher measures two variables and assesses the statistical relationship that is correlation between them with little or no effort to control extraneous variables. There are essentially two reasons that researchers interested in statistical relationships between variables would choose to conduct a correlational study. In this study, social media is independent variable and self esteem and well being is dependent variable.

Sample And Sampling Method

The participants comprised of 100 subjects both male and female in the age group of 18-30 years old (N=100). The sample was collected by convenience sampling that is a method used by researchers where they collect research data from a conveniently from available no. of respondents. It's incredibly prompt, uncomplicated, and economical method of sampling.

Tools Used

The following tools were used for data collection:

1.The Rosenberg Self-Esteem Scale:

It was developed by social scientist Morris Rosenberg.

It is a self-report of 10 items of self-esteem. It contains 10 items of statement of complete feelings of self-respect or acceptance. Things are answered on a four-point scale from confession to very disagree. The Rosenberg Self-Esteem Scale (RSES) is a widely used tool tested for reliability and legitimacy in many areas.

Reliability: Internal RSE consistency range from 0.77 to 0.88.

The reliability of the RSE re-test ranged from 0.82 to 0.85

Performance:

Limit fit = 0.55

Authenticity = associated with anxiety (- 0.64), depression (- 0.54), and anomie (- 0.43).

2.The Warwick-Edinburgh Mental Well-being Scale (WEMWBS):

This scale was developed by researchers at the University of Warwick and Edinburgh, funded by NHS Health Scotland, to measure the well-being of adults in the UK.

WEMWBS is a 14-point scale of well-being that encompasses working and mental well-being, in which all things are well documented and address aspects of good mental health. The scale is obtained by summarizing the responses to each item answered on a 1 to 5 Likert

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scale. The minimum rating is 14 and the maximum is 70. WEMWBS is guaranteed to be used in the UK with those aged 16 and over. Verification included student samples as well as population, and focus groups.

Cronbach's alpha rating of 0.89 (student sample) and 0.91 (human sample) suggests a return of the item on the scale. WEMWBS has shown a high degree of interaction with other mental and social health scales as well as low integration with lifelong scales. Its distribution was almost normal and the scale did not show the effects of the roof on a human sample. It discriminated between groups of people in a way that was very consistent with the results of other human polls. The reliability of the one-week re-examination was high (0.83). Public interest bias was lower or similar on other similar scales.

3.Social media addiction questionnaire:

The social media addiction questionnaire is an 8-item questionnaire available on the Facebook Intrusion Questionnaire (FIQ). FIQ was developed to measure Facebook addiction based on symptoms of behavioral addiction, particularly withdrawal, relapse and relapse, and euphoria. Internal consistency coefficient (Cronbach's alpha coefficient) was found .93 for the whole scale and at values ranging from .81 to .86 for the sub-factors. Test-retest coefficient was found .94.

It also has 8 key questions that are directly related to addictive behavior on social media. It measures the magnitude of human problems due to the use of daily social media, social health, productivity, and sleep patterns. These methods are rated on a 7-point scale with standard responses ranging from "strongly disagree" to "strongly agree." The values for each question are taken and summarized, giving you the overall score.

Social media questionnaire is the total number added to all 8 questions. Studies have proven a striking link between communication addiction, self-esteem, and health satisfaction. Therefore, the higher the SMAQ rate, the higher the penetration of communication that affects your daily life.

Procedure

The aim is to study social media and it's relation between self-esteem and wellbeing. The Rosenberg Self-Esteem scale, The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) and Social media addiction questionnaire was used for the purpose of the study. No. of 100 Sample was decided to take and made questionnaire on google form. Then the consent form and questionnaires were turned into google forms and circulated to friends and family through social media networking sites to age group ranging from 18-30 years old. They have given confidentially form, So that their information can't leak outside and to remain privacy. No time limit was prescribed to complete the tools and they have given opportunity to terminate anytime if they wish to do so. Scores of each scale was calculated then analysed using Statistical Package for Social Science (SPSS) from which correlation were conducted and calculated mean, standard deviation and significant relationship between variables. The final results were discussed and written on final study.

Research Question

RQ1: What is the relationship between social media use and self-esteem and well- being?

Hypotheses

- There will be a significant relationship between social media and self-esteem.
- There will be a significant relationship between social media and well being.

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Analysis

For the analysis of collected data, SPSS were used and correlation was conducted to find out social media use and it's relation with self-esteem and well being. Data was collected from sample of 100 of age group 18-30. The variables like social media, self esteem and well being was included in the study. The various statistical technique like mean, SD were used. Checking for errors revealed invalid responses. Statistical analysis of the information obtained from the survey was done using computerized software SPSS 20 (Statistical Package for the Social Sciences). Descriptive statistics like means and standard deviations was computed for each of the variables like social media, self esteem and wellbeing. Tables were used to display the findings of descriptive statistics. To analyse how the different research variables are associated to each other, the bivariate correlations of the various test scores were obtained using the Pearson Correlation Coefficient in SPSS. The types of data (numerical, date, and string) were handled with separately, as were the measurements (scale, ordinal and nominal). The information gathered fell into one of two categories: continues or scale variable. Calculations were done with care, and the procedure was correlated ethically.

RESULTS

Table 1 Descriptive Statistics of variables (n=100)

	Mean	Std.	N
Social Media	30.29	8.756	100
Self Esteem	37.23	4.104	100
Well-being	48.31	9.558	100

For analysis, descriptive statistics were implied by using frequencies and mean and standard deviation were observed. In the given table the mean and standard deviation of different variables can be found, the obtained mean of social media variable is 30.29 and SD is 8.756 which shows high social media addiction among young adults. Obtained mean of self esteem scale is 37.23 and SD is 4.104 which shows high self esteem among young adults. Obtained mean of well being is 48.31 and SD is 9.558 which is highest among young adults.

Table 2 Correlation of social media, self esteem and well being

	Social Media	Self Esteem	Well-being
Social media Pearson Correlation	1	-.084	-.015
Sig. (2-tailed)	.405	.885	
N	100	100	100
Self Esteem Pearson Correlation	-.084	1	.084
Sig. (2-tailed)	.405	.405	
N	100	100	100
Well-being Pearson Correlation	-.015	.084	1
Sig. (2-tailed)	.885	.405	
N	100	100	100

For measuring the correlation between social media, self esteem and well being, pearson correlation method was used. It found out that there is no significant correlation between these variable. Indicating that there is no relationship between social media, self esteem and well being and hypothesis is rejected. As shown, there is no significant correlation in self-esteem and social media. Thus, hypothesis is rejected. There is no significant correlation between social media and wellbeing. Both the hypothesis is rejected.

DISCUSSION

The present study aimed at investigating the social media use and it's relation with self esteem and wellbeing. Social media have gained much popularity in the last decade. The critical finding of the study was that there is no significant correlation between social media, self esteem and well being. This implied that social media has no relation with self esteem and well being. As self-esteem is how much you regard yourself and how much self-confidence, feeling of security, sense of belongingness, feeling of competence you have and it might not perform similar on social media sites as characteristics of person can be different on social media than reality.

There is no significant relationship between social media and well being as well being is stated as balance between psychological, social, and physical resources and challenges: when challenges become greater than resources, the balance tips towards a negative wellbeing and when challenges become lesser than resources, the balance tips towards a positive wellbeing and basically it is the state of being comfortable, happy and healthy but social media has no relation with well being as being happy but social media sites can influence the happiness and comfort zone in someone's life. Therefore, hypothesis is rejected.

Researchers have found that the high usage of Facebook causes depression, and a decline in the well-being of the people. (Feinstein et al. 2013).

Because most of the people do not use Facebook to emotions; they use Facebook in order to conquer their own loneliness, but only, in the end, to be less satisfied with their lives (Kross et al., 2013).

The Chow Chow and the Edge (2012) concluded that people who regularly make use of Facebook, believes that other users are not familiar with offline life healthier, happier, and more prosperous lives than their own. These assumptions are made about the lives of other people, it can lead to depression among men and women.

Chen & Lee (2013), and concluded that Facebook use was directly related to psychological distress, which as a result reduces to the people's sense of self-worth. Facebook has also led to an increase in bullying, as the rumor spread easily, via Facebook, and indecent images of people, it may not be uploaded without their consent.

Some researchers do not agree with, and are of the opinion that, in general, the Internet is affecting people's sense of self-worth, social media, Valkenburg, and Peter Schouten (2006)

As per present study, Facebook and Instagram is most common social media site used by young adults. 84% young adults use Instagram and 68% young adults use Facebook on regular basis. They spend more time on Instagram and Facebook.

Snapchat and LinkedIn are also commonly used by people as snapchat allows the capture the present moment and to share with close friends and family.

LinkedIn allows people to share their work experience and educational achievement, 66% young adults use snapchat and 51% young adults use LinkedIn.

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The most common time when young adults use social media is post 9 pm. This may be because they can be busy during daytime. 47% young adults are active post 9 pm and 92% young adults use social media sites on smartphone, rest on desktop, laptop and tablet etc.

The researchers speculated that this can be done with few different factors. First, they can suggest that people who use social networking sites might be doing at their expense of their in-person relationships. In other words, people are trading strong, supportive and real-life relationships for more tenuous virtual relationships.

Most people gain happiness from interacting with others like face-to-face, some come away from using social media with a feeling of negativity or discomfort for a variety of different reasons.

Young adults often share age, photos, videos, workplace, designation, relationship status etc. Young adults often share age, photos and work experience more. Social compensation theory states that people who experience difficulties in social relations, such as low esteem socially associated with anxiety or any post on social can influence their level of self-esteem.

CONCLUSION AND FUTURE SCOPE

Social media platform provides spaces for users to share content like status updates, links, photos and videos. The social awareness provides a mix of news, information and comment and related current reality. Self-esteem is used to describe a person's self-worth. Well-being is stated experience of health, happiness, and prosperity. The critical finding of the study was that there is no significant correlation between social media, self esteem and well being. This implied that social media has no relation with self esteem and well being.

It found out that there is no significant correlation between these variable. There is no significant correlation in self-esteem and social media. Thus, hypothesis is rejected. There is no significant correlation between social media and wellbeing. Both the hypothesis is rejected.

The present study is limited to some personal variables and future research can be planned and can conduct with larger no. of sample or with more variables in future research.

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Conflict of Interest

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