

ORIGINAL ARTICLE

ASSOCIATION OF SOCIAL MEDIA USE AND DEPRESSION WITH
DEMOGRAPHIC VARIABLES AMONG NURSING STUDENTS OF A PRIVATE
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ABSTRACT

Objective: Social media usage has been significantly increased in the twenty-first century. Social media causes different health-related issues and academic decline among students. This study aims to assess the level of social media use and depression and to observe the association between social media use, depression and demographic variables among nursing students.

Methodology: A cross-sectional comparative study was performed on 120 nursing students of Sohail University, Karachi. Ethical permission was obtained from the Ethical Review Committee, at Sohail University. Descriptive statistics was performed on demographic variables. Chi-Square was performed to check the association between social media use, depression and demographic variables.

Results: The majority of the nursing undergraduates (55.0%) were using social media from 0-4 hours. Most (44.2%) participants have moderate to extreme levels of depression. We found age, marital status, study program and years of study significantly associated with social media use. The association of age, study program and years of study with depression was found significant.

Conclusion: The majority of participants uses social media from 0-4 hours and mostly have moderate to extreme levels of depression. Age, study program, and year of study were found to be associated with depression and social media use. Educational programs need to be designed and implemented to reduce the use of social media and the level of depression and to increase healthy lifestyle behavior among nursing students.

Key Words: Social Media, Depression, Nursing, Students

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INTRODUCTION

Internet usage has significantly increased in the twenty-first century. The world has shifted from old traditions to the era of Internet and social media [1].

Social media can be defined as a group of applications based on Internet which built on technological foundations and allow the formation and exchange of ideas, material and content. In the health care system Internet is used for data collection from a large number of patients and identifies trends based on their symptoms to figure out how some diseases progress in them and not progress in other patients [2]. Overuse of the Internet has a negative impact on students' college academic performance and is linked to drug misuse [3]. Social media has become an integral part of many people's everyday lives [4]. Facebook, Twitter, WhatsApp, Instagram, YouTube, Snapchat, and Google are widely used social media

sites in the West. Despite the benefits, research is also revealing inappropriate online activities among students and health professionals including publishing derogatory remarks about patients, coworkers, the workplace, or other health professions due to Twitter [5]. Today, social media plays a significant role in the lives of many young people. Social media cause different health-related issues in younger. Nurses are essential in maintaining health, promoting healthy lifestyles, and creating awareness. In this regard, it's crucial to ascertain the healthy lifestyle habits of nursing students who will eventually work as healthcare professionals as well as their usage of social media, which is on the rise and has a substantial negative impact on people's health. Educational programs/ awareness programs must be designed and implemented to encourage healthy lifestyle behaviors among nursing students and to discourage the use of social media [6].

Overuse of social media is a mental illness. There are disagreements over its official diagnosis. The American Psychiatric Association recently proposed adding "social media Use Disorder" to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)'s section. Research revealed a connection between regular use of social media and depressive symptoms [7]. This increasing trend of using social media and its relation has been retrieved in numerous studies but on both of these issues; the nursing students have been overlooked. Therefore, the purpose of our study was to identify the association of depression and social media use with demographic variables among nursing students.

METHODOLOGY

A comparative cross-sectional study design with a convenience sampling method was applied to gather data from 120 willing nursing students of Jinnah College of Nursing, Sohail University Karachi. This study was conducted from August 2022 to December 2022. The sample size was estimated through Open-epi by keeping a 95% confidence interval and 5% margin of error and using 41% of depression prevalence [8]. Ethical approval was taken from the ethical review committee, at Sohail University (Protocol #: 000237/22). Permission for data collection was taken from the Principal of Jinnah College of Nursing. Data were collected through a self-developed demographic form and Beck's Depression Inventory scale which was developed by Aron T. Beck in 1961 and has reliability ranged from 0.75 to 0.92 and its Validity ranged from 0.77 to 0.93 [9]. Statistical Packages for Social Sciences (SPSS) version 22 was used to check frequencies, Descriptive statistics was performed on demographic variables. Chi-Square was performed to check the association between social media use, depression and demographic variables.

RESULTS

Table 1 shows the demographic characteristics of the participants. In the study, 120 nursing students were the participants and out of 120 participants, 93(77.5%) were students of Generic BSN and 27(22.5%) were students of post RN. Of these 120 respondents, 57.5% were males and 57.9% participants were between 18-22 years of age. Most of the participants 70(58.3%) were from 1st and 2nd year, 25(20.8%) were married and 83(69.2%) were living with family or friend.

Table 1: Baseline Characteristics of Study Participants(N=120)

Variables		n (%)	Variables		n (%)
Gender	Male	69 (57.5%)	Marital Status	Married	25 (20.8%)
	Female	51 (42.5%)		Unmarried	95 (79.2%)
Age Group	18-22 years	69 (57.5%)	Nature of living	With Family/Friend	83 (69.2%)
	23-27 years	40 (33.3%)		Alone	27 (30.8%)
	Above 27 years	11 (9.2%)	Study program	Generic BSN	93 (77.5%)
Year of Study	1st and 2nd year	70 (58.3%)		Post RN	27 (22.5%)
	3rd and 4th year	50 (41.7%)			

Table 2 shows the social media usage in hours and the level of depression among nursing students. The majority of the nursing undergraduates (55.0%) were using social media from 0-4 hours and only 17.5%

were using social media more than 8 hours per day. Most (44.2%) participants have moderate to extreme levels of depression and only 40% have no depression.

Table 2: Social Media Usage in Hours and Level of Depression (N=120)

Social Media Usage Time	n (%)
0-4 hours	66 (55.0%)
5-8 hours	33 (27.5%)
Above 8 hours	21 (17.5%)
Level of Depression	
Normal	48 (40.0%)
Mild mood disturbance	14 (11.7%)
Borderline clinical depression	05 (4.2%)
Moderate depression	22 (18.3%)
Severe depression	23 (19.2%)
Extreme depression	08 (6.7%)

Table 3 shows the association between demographic variables and social media use in which variables; like age, marital status, study program and years of study were found significantly associated with social

media use (p- value: 0.000, 0.022, 0.000 and 0.035 respectively). On the other hand, variable sex revealed insignificant with a p-value of 0.577.

Table 3: Association between Demographic Variables and Social Media Use (N=120)

Demographic Variable	Categories	Social Media Use			p-value
		0-4 hours	5-8 hours	More than 8 hours	
Age	18-22 years	44	22	03	0.000*
	23-27 years	19	09	12	
	Above 27	03	02	06	
Sex	Male	40	19	10	0.577
	Female	26	14	11	
Marital Status	Married	10	06	09	0.022*
	Single	56	27	12	
Study Program	G.BSN	56	28	09	0.000*
	Post RN BSN	10	05	12	
Year of Study	1 st & 2 nd Year	38	15	17	0.035
	3 rd & 4 th Year	28	18	04	
Total		66	33	21	

Table 4 shows the association between demographic variables and depression in which variables; like age, study program and years of study were found

to significant with p-values (0.008, 0.002 and 0.001 respectively). On the other hand, sex and marital status are insignificant.

Table 3: Association between Demographic Variables and Social Media Use (N=120)

Demographic Variable	Categories	Social Media Use			p-value
		0-4 hours	5-8 hours	More than 8 hours	
Age	18-22 years	44	22	03	0.000*
	23-27 years	19	09	12	
	Above 27	03	02	06	
Sex	Male	40	19	10	0.577
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	3 rd & 4 th Year	28	18	04	
Total		66	33	21	

DISCUSSION

This study aimed to assess the level of social media use and depression and to observe the association between social media use, depression and demographic variables among nursing students. The majority of the nursing students were using social media from 0-4 hours and less than one-fourth were using social media more than 8 hours per day. Nearly half of the participants had moderate to extreme levels of depression. Similarly, the practice of using social media from 0 to 4 hours was observed in past research [8,9,12-15]. In contrast, some of the former scholars found their participants using social media for more than 4 hours [6,9,10,15,16]. The authors supposed getting help in learning, communication with peers and entertainment as the reasons for these malpractices of social media [6,15,16].

Our mostly undergraduates had moderate to severe depression. Similarly, some former studies'

participants had moderate to severe depression [3,8,14,17]. Contrast findings were retrieved from a past studies as their partakers had mild [13,18] or moderate depression [12]. Social media addiction, academic stress, and study competition could be the contributing factors.

Association between demographic variables (age, marital status, study program and years of study) and social media were found significantly associated. On the other hand, variable sex was revealed as insignificant. Few previously published studies have comparable results as they found gender, and age significantly associated with social media use [8,11,15,17]. Rachubińska, K et al found only marital status associated with social media usage [18]. Contrarily, some of the scholars did not find gender [12], marital status [10,17], study program [18] and year of study [17] significantly associated with social media use. Krey, and Wok, did not have

any demographic variable significantly associated with social media use[13].

Association between demographic variables (age, study program and years of study) and depression was found significant. Several earlier researches found gender and age significantly associated with depression [7,8,11,15-17]. In contrast, Jeri-Yabar et al. found age insignificantly associated with depression[8]. Any of the demographic variables did not retrieve significantly associated with social media use by Kreya, M., & Wok, S [13].

CONCLUSION

We found the majority of participants (44%) used social media for 0-4 hours and had moderate to extreme levels of depression. Variables like age, study program, and year of study were found associated with depression and social media use. Educational programs need to be developed and implemented to reduce the use of social media and the level of depression and to increase healthy lifestyle behavior among nursing students.

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Author's Contribution

KH: Concept & study design, manuscript writing, result interpretation and analysis

SM: Critical review, content analysis and approved the manuscript

KU: Data collection, manuscript writing and data entry

SS: Literature search and data collection

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