



International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

A Study to Assess the Prevalence and Level of Depression among Social Media Users Studying in Selected University of Kashmir

Prof. (A) Ms. Asmat Parveen¹, Mrs. Batula Rashid¹, Ms. Nadiya¹, Mrs. Rumysa Yousuf¹, Irtiqah Ali², Faizan Ashraf²

(Principal SMMCN & MT)¹, (Tutor SMMCN & MT)¹, (Tutor SMMCN & MT)¹, (Tutor SMMCN & MT)¹

²IUST Nursing Students,

ABSTRACT

The aim of the study is to assess the prevalence and level of depression among social media users studying in selected university of Kashmir.

Introduction: Social media is a type of internet-based communication. Social networking sites have assimilated into contemporary world, which may affect mental health. This study concentrated on the frequent use of social media and its relationship to depression.

Aims & Objectives: To assess the prevalence of social media usage, to determine the level of depression among social media users, to find the association between social media usage & level of depression.

Material & Methods: A descriptive cross-sectional study conducted on 60 students from various departments at IUST using the consecutive sampling technique. Data was collected using standardized tools (Social Networking Usage Questionnaire & Patient Health Questionnaire (PHQ-9)) after proper permission.

Results: This study revealed that 60 (100%) subjects were in age group of 19-23 years. Most of the subjects 43 (71.66%) were females and the rest 17 (28.33%) were males. Majority of the subject 51 (81%) resided in rural areas where as 9(15%) resided in urban areas. Majority of the subjects 20(33.33%) were from nursing department and the rest 10(16.66%), 10(16.66%), 10(16.66%), 10(16.66%) were from Food tech, E & C, B. Voc, BA Hons respectively.

The findings revealed that all the subjects (100%) involved in the study were using social media. The results showed that the responses of the subjects to the standard tool revealed that most of the students have moderate depression 41.7% (25) followed by moderately severe depression 28.3% (17), mild depression 15.0% (9), minimal depression 8.3% (50), severe depression 6.7% (4). The mean depression was 12.45 with the standard deviation of 5.12 and mean percentage of 46.1%.

Discussion: This study examined the use of social media, its prevalence and levels of depression among the users. The study revealed that majority of the users has different depression severity levels i.e. Minimal, Mild, Moderate, Moderately Severe, and severe depression.

Javaid Ahmad wagay, Dr PC Seghal (2021)⁴, conducted a survey on —social media usage among postgraduate students of Kashmir university and relationship between social media use and factors relating to depression. The study used a sample size of 1255 students and discovered that the majority of respondents (615 (49%)) use social media to share information, and 934 (74.42%) spend an average of more than 2 hours on their preferred social media platforms.

Conclusion: The study focussed on the prevalence of social media usage and the level of depression among the users. Analysis of the results showed that social media use has the potential to affect mental health of the individuals.

Recommendations: It is recommended that future researchers should continue to conduct periodic studies to assess the impact of social media on the mental health of the users.

Keywords: Assess, Social media Usage, Prevalence, Mental Health, and Undergraduate Students.

INTRODUCTION

Social media is a type of communication that takes place on the internet. Users can communicate, share information, ideas, memories & produce web content on social media sites. Blogs, Micro blogs, wikis, social networking sites, photo sharing sites, instant messaging, video sharing sites, podcasts, widgets, virtual worlds, & other types of social media exist. According to **Merriam-Webster**, social media is defined as forms of electronic