

# Unveiling the Impact: Analyzing Social Media's Influence On Relationships

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## HYPOTHESES

1. The hypothesis is that excessive social media use might lead to feelings of inadequacy about romantic relationships.



## RESULTS

- ❖ how much time students spend on social media
- ❖ The study reveals that 4.2% of people spend less than an hour on social media, while 35.4% spend one to two hours, 43.8% spend three to four hours, and 16.7% spend five or more hours.
- ❖ Asked if they feel great happiness in their relationships while using social media:
  - ❖ 5 persons strongly disagreed, 6 disagreed, 21 strongly agreed, and 15 agreed.
- ❖ Significant relationship between the amount of time you spend on social media and how much happiness you experience in the relationship
  - ❖  $\chi^2(9) = 20.655$ ,  $P = .014$ . People who disagree that they are happy in their relationship spend 1-2 hours on social media.

## PARTICIPANTS

- ❖ 48 Students
- ❖ 38 Women/9 Men/ 1 Non- binary
- ❖ Race
  - ❖ African American (N =44 / 91.7%)
  - ❖ White, (N= 1/ 2.1%)
  - ❖ Latino (N =1/ 2.1%),
  - ❖ Asian (N =1/ 2.1%),
  - ❖ Multiracial/ Biracial 1/ 2.1%)

## MEASURES

- ❖ This sample consists of sophomore and senior students from Bowie State University.
- ❖ items measuring how much social media they use, their current relationship status, the quality of their relationship, and a variety of demographic variables (gender, race, and ethnicity)
- ❖ The response options included: Single (not dating right now), Single (dating casually one or more people), Single (but only dating one person), Engaged, Married, Divorced, and Widowed.

## DISCUSSION

The results of this study suggest the following:

- ❖ That we may devise techniques for navigating these areas in healthier ways and fostering better connections within the digital realm.
- ❖ That healthy, long-lasting connections may be achieved through offline time.
- ❖ Those who reported less pleasure in their relationships spent 1-2 hours per day on social media, refuting the notion that happiness in relationships is negatively connected to social media usage.