

# The Correlation Between Social Media & Psychological Wellbeing

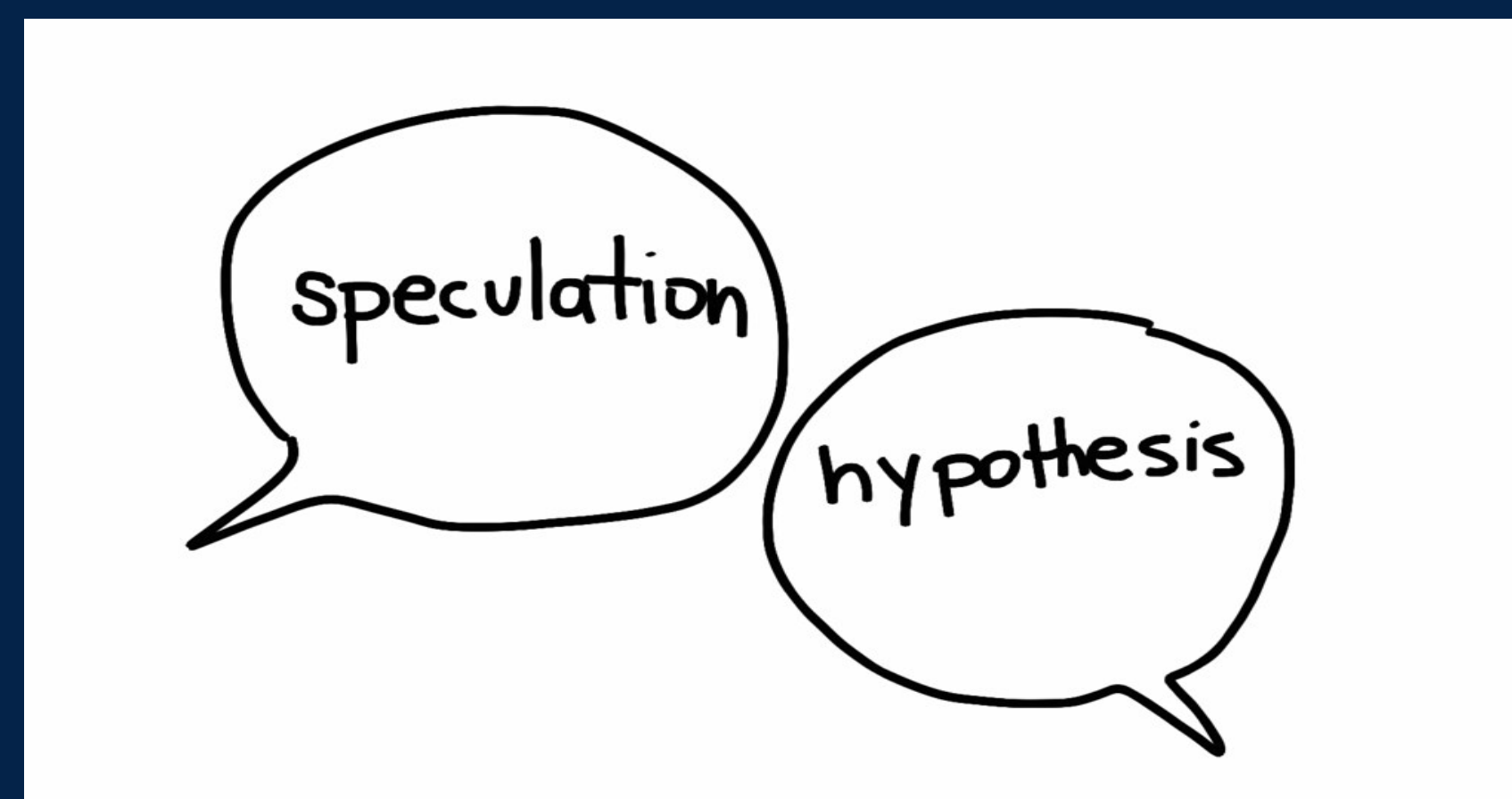
Jaden C. Lee

Department of Behavioral Sciences & Human Services, Bowie State University



## HYPOTHESIS

The hypothesis is that life satisfaction is correlated with Perceived stress



## PARTICIPANTS

- ❖ 78 Participants
- ❖ Average Age = 22
- ❖ Race
  - ❖ African American (91.7%)
  - ❖ White (5.6%)
  - ❖ Latino (2.8%)
- ❖ Gender and social media use reported by 74 participants.



## MEASURES

- Life Satisfaction – Likert scale (1-5) higher scores = higher satisfaction
- Perceived Stress – Frequency-based scale (1-5)
- Social Media Use – Self-reported daily use (categorical < 1 hr to 5+ hrs)

## RESULTS

Average life satisfaction score,  $M = 9.90$  (range 4-15)

Average stress score,  $M = 32.99$  (range 24-43)

Social media use: 1-3 hours a day was most common for use

Key Finding: Significant negative correlation

Stress  $\rightarrow$  Life satisfaction:  $r = -0.42$ ,  $p < .001$



## DISCUSSION

The results of this study suggest the following:

- ❖ Social media shapes perception and self-esteem
- ❖ Stress significantly lowers life satisfaction

Findings are consistent with existing literature. Passive users compare themselves to others, often feeling inferior or excluded, which affects self-worth. Active users, in contrast, tend to build community and confidence. This study highlights how social context and individual perception play a massive role in how social media is experienced.