Correlation between Social Media Use and Self-esteem in Thai High School Students

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ABSTRACT

In recent years across Thailand, there has been an influx of high school students who have access to smartphones for their daily use; devices are mostly utilized to connect with other people via social media applications. Due to this occurrence, high school students are exposed to a variety of influences through the use of social media; the integration of these applications exposes students to many outside cultures in many societies; not just in Thailand but around the world. The proliferation of social media use in the lives of high school students may contribute to feelings of low self-esteem due to the constant necessity to compare oneself to others outside of their own culture/idea of social normativity. Due to this phenomenon, the use of social media can potentially cause a decline in self-worth/self-esteem if students use social media applications for extended periods of time. Through review relevant research published on the relationship between social media use and self-esteem and by using Google Forms as a main research tool, it is hypothesized that behaviors, thoughts, feelings, and physical sensations can be classified as symptoms of a situation based on the (Williams and garland). It was found that there is a weak negative correlation of ($r=-0.25456$) overall. The strongest negative correlation is the behavior category, while physical sensation is the weakest negative correlation.. In conclusion the effects of using social media have the most profound impact on the behaviours of Thai high students.

Keywords: Self-esteem, social media, correlation, influence

INTRODUCTION

Social media is an ever-evolving and lucrative industry. There is a constant increase in new users and added features to make communicating online more enjoyable; thus, making it more addictive. The use of social media has increased significantly throughout the past few years [1]. People who use facebook more frequently were reported to have lower self-esteem than that of those who do not [2]. Research conducted in the journal of the Nursing Times applied William and Garland's (2002) five system cognitive-behavioral therapy assessment model to describe the relationship between thoughts, feelings, behaviours, and physical sensation of using social media for a prolonged period of time [3].

Thoughts are mainly about comparing oneself to another. This includes, having thoughts about others' lives being better than one-self. Feelings include having low self-worth, low-self confidence and jealousy. People with low-self worth tend to belittle themselves and feel jealous of others. Behaviours are the way that one acts when they become more addicted to the use of social media. Becoming more reliant on social media, avoiding people in real life and having poor sleep patterns contribute to having a change in behaviour. Physical sensation is the way one feels about their physical body. It could be the sensation of lower energy levels, sleeplessness, and stomach pain [4].

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The study is therefore conducted to investigate the correlation between the four topics mentioned above with the time spent on social media. In addition, it seeks to find out which topic correlates better compared to the other. To see the potential symptoms that are more likely to be obvious and could be noticed by one self. when an individual starts becoming too addicted to the use of social media.

MATERIALS AND METHODS

The process of researching involved using the multiple databases and descriptors online in an attempt to compare multiple researches which fits according to the research topic to prove that the cause is social media use and the effect is less self-esteem. A questionnaire containing twelve questions representing thoughts, feelings, behaviours, and physical sensation is distributed through online platforms as surveys. Each topic is divided into three questions and the scores ranged from one to five in 5-Likert scaling responses, ranging from symptoms which could potentially lead to very low self-esteem to symptoms leading to very high self-esteem. Finally, a correlation test was performed to reveal the correlation between the time spent on social media and self esteem.

RESULTS

	30-60 minutes	1-2 hours	2-3 hours	3-4 hours	More than 4 hours
Q1	3.1250	3.2500	3.5000	3.4615	3.1364
Q2	4.0000	3.8125	3.8333	3.3077	3.3485
Q3	3.1250	3.3750	3.2778	2.7692	3.1212
Q4	3.5000	3.9375	4.1667	4.0000	3.6515
Q5	3.2500	3.3125	3.5000	2.9231	2.9848
Q6	3.8750	4.2500	3.9444	3.3846	3.6364
Q7	3.8750	3.9375	4.1111	3.1667	3.5758
Q8	2.8750	3.5625	3.2222	3.2308	2.3939
Q9	2.8750	2.5000	2.4444	2.2308	1.9091
Q10	3.0000	2.3750	2.4444	2.3077	2.0455
Q11	3.7500	2.6875	2.9444	2.6923	2.7273
Q12	4.1250	4.3125	4.1111	4.3846	4.0303

Table 1: Means for the score of time spent to self esteem

From the 121 participants, the number of students who spent 30-60 minutes, 1-2 hours, 2-3 hours, 3-4 hours, and more than 4 hours a day on social media amounts to 8, 16, 18, 13, and 66 respectively. In Table 1, the numbers in the columns represent the mean of the scores for each question ranging from one to five. One means that the respondents answer is extremely negative while five means that the respondents answer is very positive.

The overall correlation value r= -0.25456 which is a very weak correlation. To find the correlation for

each topic, the question then is classified into four topics which are: thoughts, feelings, behaviours, and physical sensation. Questions 1-3 represent thoughts related questions. 4-6 represents feelings related questions. 7-9 represents behaviour related questions. Lastly, questions 10-12 represents physical sensation related questions. After classifying the topics, the next step is to find the correlation for each individual topic. Results are shown on table 2.

Thoughts (Q1-3)	-0.32185
Feelings (Q4-6)	-0.26768
Behaviours (Q7-9)	-0.37460
Physical sensation (Q10-12)	-0.21494

Table 2: Means for each topic related to self esteem impacted by the use of social media

It could be seen that the correlation between social media and behaviours is correlated the most following by correlation between thoughts, feelings and physical sensation with r-values equaling, r=-0.37460, -0.32185, -0.26768, and -0.21494 respectively.

DISCUSSION/CONCLUSION

It could be concluded that although the overall correlation between social media use and self-esteem is low, after classifying self-esteem into four topics it could be understood that some topics correlate considerably better than the other. Social media use is most correlated with behaviours change. Research online has also shown that social media has affected sleeping patterns in (5). The correlation between thoughts and social media use is only second to behaviours. It is expected that people who are engaged in the use of social media more often tend to avoid other people more, have poor sleep patterns, and eventually become more addicted to social media. Spending more time with other people and having physical contact could potentially alleviate the negative side effects of this phenomenon.

However, the surveyors saw that If allocating time for various activities, including playing social media, affects people of all ages. Will cause the advantages in communicating with each other immediately. How to reach the age difference To develop further research in the next time

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