The Factors of Social Media Use on Depression in Malaysia

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Abstract—The objective of this study is to understand the factors between social media use and depression, by helping eliminate any inconsistencies from prior findings and research employed quantitative method that retrist information to online survey. The data obtained in the analysis into the superior form by using the pivot table expanding the research to include other possible contributing factors that have yet to be explored. Participants consist of 18-34 years old in Malaysia. This to get the percentage and frequency. Participations (N = 326) reported that there are several potential causes of depression caused by the use of social media. The factors include loss of interest 47.1%, fatigue 34.7%, social isolation 49.1%, mood swings 52.8%, in ability to feel pleasure 29.1%, sadness 60.1%, give up 26.1% and unhealthy sleep 34%. The majority of respondents who answered the survey questionnaire 76.7% were those who had cyberbullying through social media. These results confirmed that social media cyberbullying is a potential causal factor of depression. Furthermore, it was found that there are additional causal factors resulting from social media use include emotional, too much time spent on social media.

Keywords—Internet use, Social media, Cyberbullying, Depression, Malaysia

I. INTRODUCTION

Social media is one of the online services where individuals have the opportunity to interact with other individuals through several various verbal and non-verbal [1]. There includes Facebook, Youtube, blogs, twitter and any sharing applications [1]. The form of social media owned can offer important functions to its users including communication, building new relationships and existing preservation, as well as platforms to share knowledge and information with each other [2]. Since Malaysia is 53% in social media penetration and it is sixth highest in the Asia Pacific region [3], suggesting that exposure to social media could lead to depression [4]. Mental illness is a major cause of disability worldwide [5][32]. Nearly 300 million people are estimated to suffer from depression [6]. In addition, there is an increase in social media usage rates and depression rates, a researcher in the field has begun conducting a study that looks at how these two topics affect each other in 2013 [7]. Hence, this study aims is understand the relationship between social media use and depression among in population of Malaysia.

II. LITERATURE REVIEW

2.1 Depression with social media

The maximum use of social media will bring an individual cause anxiety in setbacks. According to [8], he describes the depression and the time spent on social media by teenagers positively correlated. [9], illustrated by this indication that the main symptom of depression has been found that the majority of individuals spend most of their time in online activity when generating image management on social networking sites. In contrast, evidence of inverse relationships between depression and internet usage has been reported by [10]. They also suggest that various social forms such as games & conversations reduce the risk of depression.

2.2 Pressure with social media

[11], the most active social media users are among young adults and most at risk of producing mental-related problems at high rates. [12], asserted that the longer time you spend on social media is increasingly depressing, it also reports that social networking applications like Facebook, Twitter and Instagram do not help individuals in more focused and less stressed convergence.

According to [13], both negative and positive social media impacts on individual mental health are negative aspects include depression, online disruption, pornography, stress, emotional repression, fatigue and deterioration of intellectual ability[33]. Positive effects involve socialization, learning opportunities, better communication and access to health information[34]. He also found that on individual mental health over stress and suggested that mental health against stress to the individual would have a negative impact.

2.3 Interruption of "Cyberbullying" in social media

The use of social media has impacted to a new form of bullying known as cyberbullying. It is defined as an aggressive or violent action that bully can do by social media [14]. Cyberbullying is the main or common thing that happens to any individual in social media, and can cause profound psychosocial outcomes including depression, anxiety, severe isolation, tragic and can cause the individual to commit suicide [15]. Finally, cyberbullying also uses social media to transmit incorrect or false information, hostile to other individuals and embarrassing. This is a common online risk and peer-to-peer risk [16].
2.4 Social Media Habits Are Linked With Depression

Social Media means Electronic communication forums that allow users to share information, ideas, personal messages, and multimedia with other users [1]. Cyberbullying is the act of bullying through technology. This can include several forms, such as body shaming or racism [17]. The increased use of the Internet and the ease of access to online communities provide an avenue for cybercrimes like cyberbullying [18]. These 8 social media habits are linked with depression. First, loss of interest refers to someone who simply loses interest in activities in their lives including friendship, hobbies, reading or social media use that they love to do in the past [19]. Loss of interest is only of concern when it occurs over and over again in the person, and is a common symptom of many mental health issues, including depression.

Next fatigue is a condition that causes a person to experience persistent fatigue without any underlying cause. Chronic fatigue in diagnosis is as depression [20]. In this study it means a category that refers to a dispute that arises in social media such as social issues. Social isolation a complete or near-complete lack of contact with or withdrawal from society [4]. For example a category where individuals witness posts from events that they were left out or i always feel left out after using social media. Mood swings someone who is mood swings may have depressed too [20]. Negative posts or individual personal conflicts that arise in social media such as social relationships or social issues cause a person's mood swings leading to depression. In ability to feel pleasure is the act of negatively comparing one’s self to the life of others through social media platforms [21]. This results in feeling a sense of jealousy towards another. For example, I like to compare myself with friends when I check out their social media pages.

Then sadness, the majority of social media users use social media as a way to keep up-to-date and inform the people around them, they also provide the opportunity for social and jealous comparisons on an unprecedented scale[22]. Long-term jealousy, sadness will result in depression and need to be addressed immediately. For example, I always feel that I'm not getting friends after using social media. Besides give up is a category where individuals witness posts on social media that can cause them to recall prior memories which can lead to negative emotions [23]. For example, I usually feel uncomfortable after using social media. Lastly, unhealthy sleep “Social media can have a profound effect on sleep,” [24]. “You have the intention to check Facebook or Instagram for 5 minutes, and the next thing you know 50 minutes are gone. You’re an hour behind in sleep, and more tired the next day. Poor sleep can also make people less receptive to positive emotions making them feel sadder or discontent [25]. A history of insomnia has been shown to increase the risk of developing depression [26].

III. MATERIALS AND METHODS

Data collection using this online survey has been set since 21 September 2018 and ends on October 19, 2018. However, on average the amount of time required to complete the entire questionnaire is within three to five minutes.

3.1 Procedure

Overall, a total of 326 Malaysians completed a questionnaire within a set period of time. Data collected using a collection of online collected using the Google Form tool. The link is easily accessible via mobile devices capable of surfing the internet. This online questionnaire is used as a result of respondents' ease of reply to which they can answer with their own unlimited time. In addition, respondents are able to respond at flexible times and allow better data. However, this online questionnaire requires the commitment of researchers to be consistent in monitoring the number of respondents daily to ensure that they respond within the prescribed period.

![Figure 3.1: Number of respondents](image)

3.2 Measures

The study consisted of 26 questions, 6 demographic questions while 20 questions were directly related to research studies. In addition, demographic data is collected including gender, age, education level, employment sector, marital status and residence.

The online survey contained, some of the first questions are intended to determine the habits or habits of social media users. The questions are like the type of social media platforms owned and used, the usefulness and frequency of users and the thinking of the users behind them. And than, the online survey also contained what is the duration per day that you are on social media and also how many times per week do you use social. Therefore, if three options have been selected and at least one of them includes the sadness of disability to feel happy, lose interest or social isolation it is considered to be a satisfactory understanding of depression [27].

Next, the question that measures the user's understanding of depression. Listed as desperation, sadness, difficulty in satisfying / dissatisfaction, sudden changes in mood, sleeplessness, social alienation, lethargy and loss of interest are aimed at measuring the understanding of social media
users of depression. Users can reply more than one. With this, it can present the ability to choose a trusted one. If three options have been selected and at least one of them includes the sadness of disability to feel happy or lose interest, it is considered to be a satisfactory understanding of depression[28].

3.3 Statistical Analysis

When the time frame set by the researcher has expired, raw data can be obtained from Google Forms. The raw data obtained will be brought to Microsoft excel for analysis. Data cleanup will be done where the data is not complete. This data discusses descriptive statistical results which take into account the number and frequency of data available in the questionnaires distributed to the respondents. Each respondent is different. The value depends on the degree of their depression and how social media affects them [4].

IV. RESULTS AND DISCUSSIONS

Table 4.1 There are 4 uses of social media that have been listed, with an average of 85.3% being the highest respondent using social media to connect with friends and family.

<table>
<thead>
<tr>
<th>Item</th>
<th>f</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Networking</td>
<td>230</td>
<td>70.6</td>
</tr>
<tr>
<td>Connected with friends and family</td>
<td>278</td>
<td>85.3</td>
</tr>
<tr>
<td>Business (ex. Marketing, communicating with clients, etc.)</td>
<td>85</td>
<td>26.1</td>
</tr>
<tr>
<td>Entertainment (ex. Games, music, etc.)</td>
<td>271</td>
<td>83.1</td>
</tr>
</tbody>
</table>

Table 4.2 The majority of respondents who answered the survey questionnaire 76.7% were those who had cyberbullying through social media while 23.3% were those who had never experienced cyberbullying.

<table>
<thead>
<tr>
<th>Item</th>
<th>f</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>76</td>
<td>23.3</td>
</tr>
<tr>
<td>Yes</td>
<td>250</td>
<td>76.7</td>
</tr>
<tr>
<td>Total</td>
<td>326</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Table 4.3 Depression is characterized by 8 list of choices, 60.1% of which is often a sad feeling is the highest chosen by the next respondent followed by 52.8% that is sudden change in mood or mood swings and 49.1% is social isolation.

<table>
<thead>
<tr>
<th>Item</th>
<th>f</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loss of interest</td>
<td>136</td>
<td>41.7</td>
</tr>
<tr>
<td>Fatigue</td>
<td>113</td>
<td>34.7</td>
</tr>
<tr>
<td>Social isolation</td>
<td>160</td>
<td>49.1</td>
</tr>
<tr>
<td>Mood swings</td>
<td>172</td>
<td>52.8</td>
</tr>
<tr>
<td>In ability to feel pleasure</td>
<td>95</td>
<td>29.1</td>
</tr>
<tr>
<td>Sadness</td>
<td>196</td>
<td>60.1</td>
</tr>
</tbody>
</table>

The objective of this study is to understand the factors between the use of social media and depression. Then, the community will be more acquainted or aware of the negative elements or the positive social media in how to control in terms of fair use of social media [29]. Hence, researchers see how Australians use social media and how they can be compared to their depression.

The collected data show that the majority of participants used social media for the purpose of connecting with friends and family 85.3% and only 26.1% were participants using them for business purposes. So, respondents will be more susceptible to depression when losing interest, fatigue, social isolation, mood swings, ability to feel excitement, sadness, giving up and sleeping unhealthy in a long time after using social media for the purpose of connecting with friends and family [1].

Data show the majority of respondents have experienced cyberbullying while using social media. Data describe depression is grief after using social media is 76.7% is the highest percentage. It is clear here that cyberbullying may impacted on individual emotional states, potentially affecting depression [30]. Furthermore, the individuals who suffer from this sorrow as a result of social media users because of too much time spent on social media. The findings of this study support the data that has been collected from the related survey concluded, if the social media used in comparison, there would be a greater possibility of depression symptoms [29], [30].

As shown in table 4.3, resulting from the use of social media, 60.1% respondents reported that they have experienced feelings of sadness, 52.8% respondents reported that they have mood swings, 49.1% they have experienced feelings of social isolation and 41.7% respondents reported that they have experienced loss of interest. If a participant experiences a feeling of isolation, sadness, loss of interest caused by the use of social media for the purpose of relating to friends and family or participants having at least one of these three feelings it impacts the mental state of an individual potentially leading to depression [4].

Furthermore, comparing the duration of daily social media usage and the time of use of the week. The result obtained from the current study implies, the sad feelings are persistent, the use of excessive social media as well as the length of time or days spent is the maximum it will increase the respondents to experience cyberbullying. So, this affects will the level of individual depression. As the results of this study differ from the previous studies [31]. Further research needs to conduct research on the frequency and duration of social media use to obtain more accurate and clear data [29], [30].
V. CONCLUSION

Social media is a new concept and is growing steadily in popularity. Therefore, various unpredictable variables associated with it. Recently, the use of social media platforms has found that can negatively affect the psychological health of consumers. However, the extent to which the impact of social media use has not been determined by the public. This study has confirmed that cyberbullying including the jealousy or comparison of each individual in social media can negatively affect the level of individual depression. In addition, the information obtained from this study can assist a few professionals in medicine. This can be done by recommending that the potential factors of social media are considered and dealt with when interacting with patients who have been diagnosed with depression. Furthermore, if the findings from this study are used to gain further knowledge and to develop the techniques implemented in this area, this will potentially reduce depression and prevent the possibility of suicide from occurring among Malaysians.

REFERENCE


