



Objective

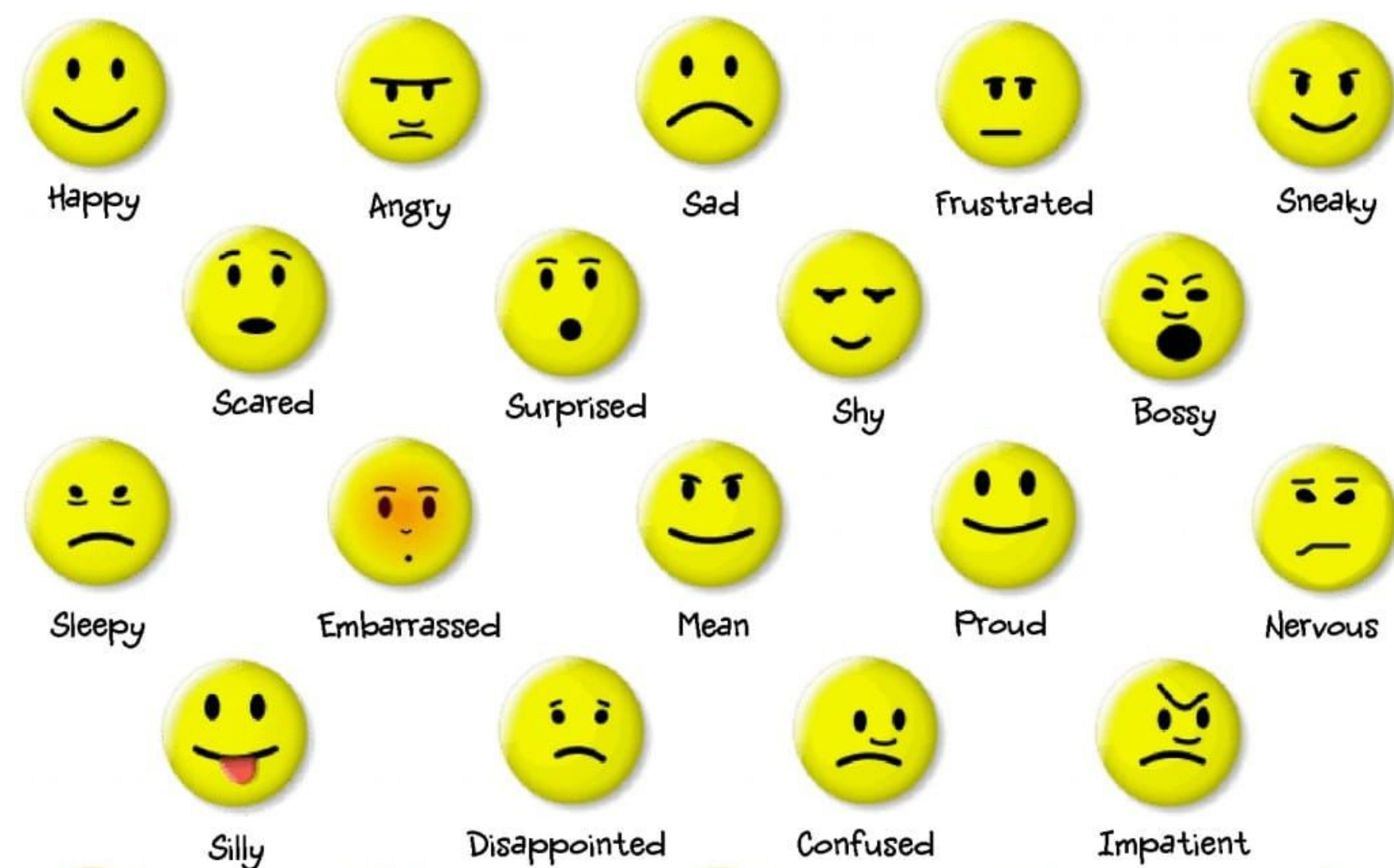
This research study focused on social media platform uses and its correlation to mood and self-esteem among undergraduate Public Health majors at the University of California San Diego.

Introduction

Mood and self-esteem in the United States has had a profound impact on public health and is currently growing due to the concern regarding social media use. Social media use has been proven by the Anxiety and Depression Association of America to be a factor of mood and self-esteem disorder mental health disorders in the United States.

- College students ages 18-35 are prone to using social media platforms.
- Social media was found to have acute and sustained alterations to areas of cognition, with extensive online social media platforms affecting development in young adult (Firth, Torous et al., 2019).

Mood alterations may include:



Methods

Location:

- University of California, San Diego

Participants:

- 54 Public Health Majors
- Ages between 18-35 years old

Time:

- Spring Quarter of 2019

Data Collection:

- Anonymous emailed survey link

Results

Figure 1

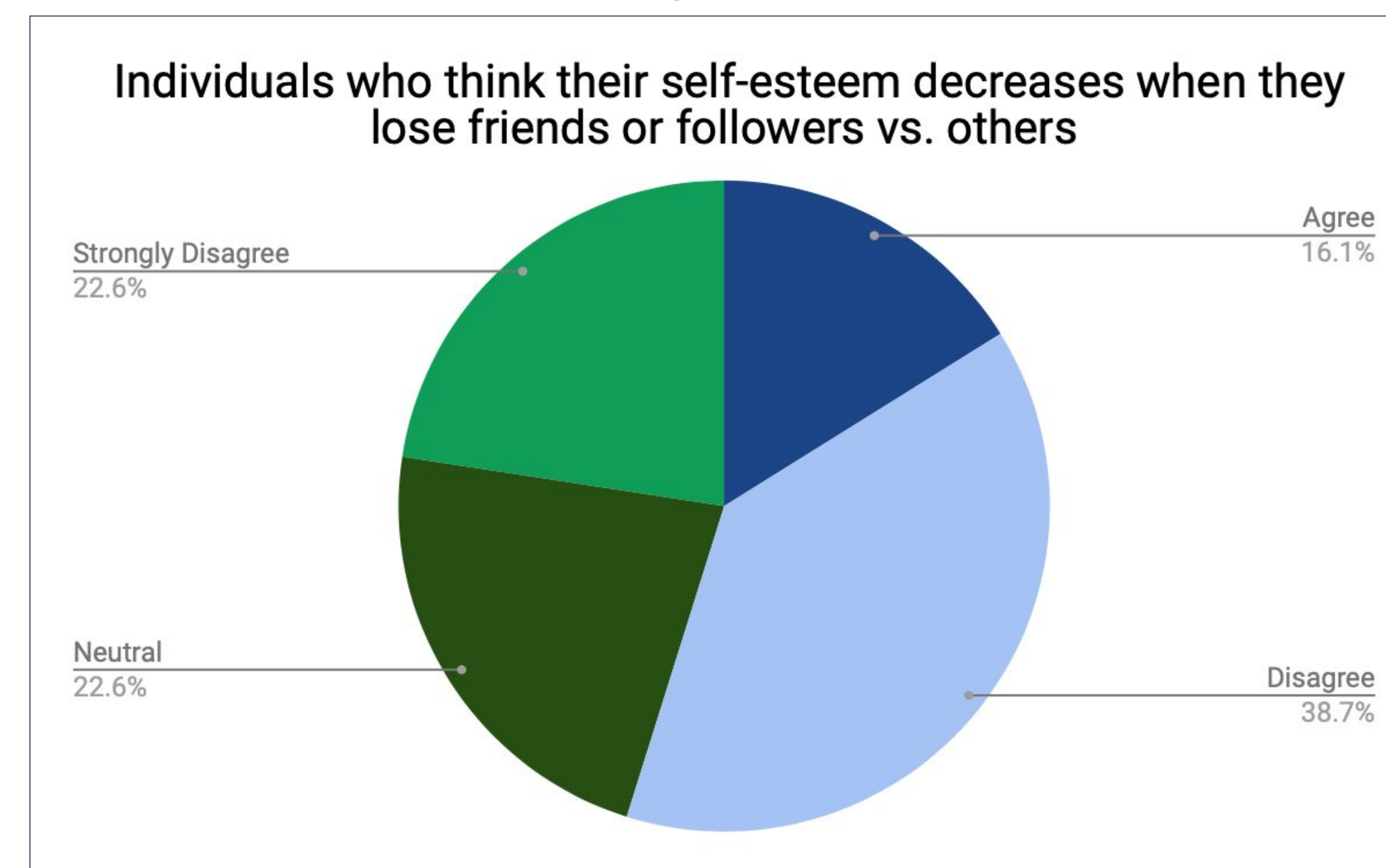


Figure 1:

In figure one, students who answered with “strongly disagree” or “disagree,” to the following statement, “My self-esteem decreases when I lose friends or followers,” were grouped together, for a combined total of 19 students or 61.3% of students. The participants who disagreed with the statement indirectly suggest that the number of friends or followers they have on social media platforms does not affect their self-esteem.

Results:

- 52 of the 54 had social media accounts
- Of those 52, 48.1% found themselves jealous of others lives portrayed through social media
- Over 75% of individuals participated in online social media, such as Facebook, Twitter, and Instagram, multiple times a day
- 31 participants who said they checked their social media accounts multiple times a day, 61.3% expressed that their self-esteem does not decrease when they lose friends or followers

Figure 2

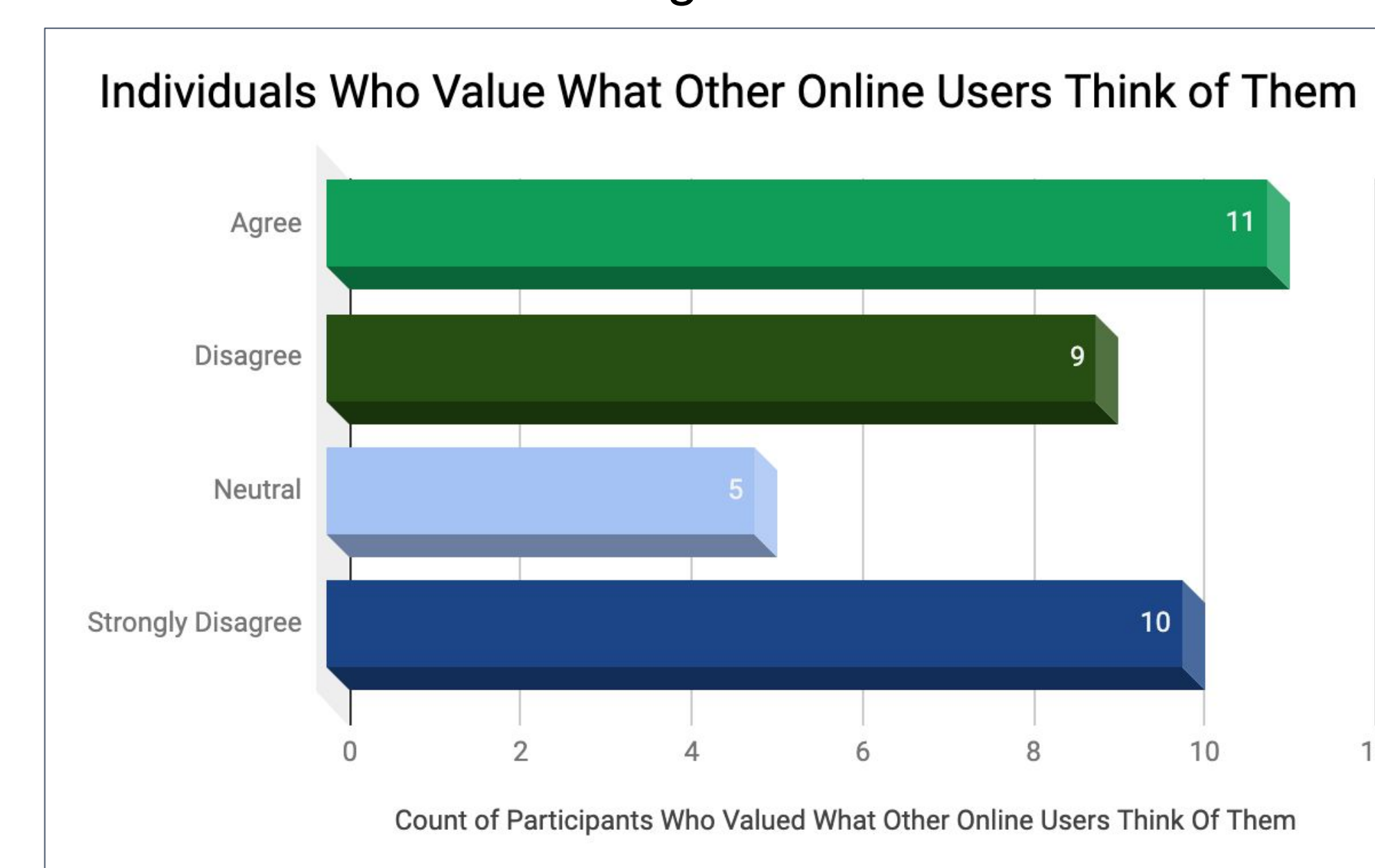


Figure 2:

Of the 19 participants in figure one, 61.3% expressed that their self-esteem is not affected by the number of friends or followers they have on social media platforms. However, of the 19 individuals, 11 or 57.9% expressed that they value what other online users think of them.

Conclusion

The findings suggest that individuals who use social media more often tend to feel more negatively about themselves and have more negative feelings than those who use social media less. The study revealed that 19 individuals expressed that their self-esteem is not impacted by the number of friends or followers they have on their social media platforms, however:

- 57.9% of the 19 revealed that they value what other online users think of them

Due to the magnitude of the issue, a mandatory social media and mood workshop should be implemented into the required orientation at the University of California, San Diego.

Policy Implementaton

The University of California, San Diego recently admitted 29,601 freshman and 9,353 transfer students for a total of 38,954 students (UC San Diego, 2018). Before the start of the new quarter, all 38,954 incoming students are required to sign up for a mandatory orientation with their college (UC San Diego, 2018). During the orientation, students will learn about the resources on campus regarding social media usage.

Outcomes:

- Students will learn about the concerns regarding social media and mood and how to control their emotions when engaging in social media.
- Students will participate in group activities.
- Pamphlets will be provided, which list the resources on campus support contacts and steps to schedule appointments.

	Policy: Workshop on the Effects of Social Media and Mood
Equity	High
Effectiveness	High
Political Feasibility	High
Socially Acceptable	High

Acknowledgements



References

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