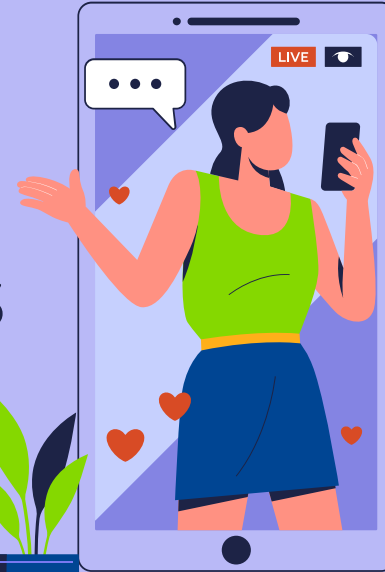# Social Media and Interpersonal Living among College Students

Presented By
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II M.Sc Counselling Psychology

Name of the Guide: Dr. John Balaiah

1. Introduction
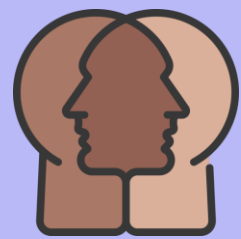
Why I chose this research

- This research topic Provides valuable insights on how digital interactions complement or disrupt traditional form of socializing.

- Influencing everything from friendships and romantic relationships to networking and professional development.

- Associated with various mental health concerns such as increased isolation, social comparison, seeking validation through social media and being obsessed.

1. Introduction

Major topics included:

1. Detailed description of my study variables "Social media usage and interpersonal relationships".
2. Origin of social media , types of social media.
3. Types of user engagement .
4. Connections with mental health.
5. Benefits and drawbacks of social media use om interpersonal relationships .
6. Psychological theories relevant to the understanding of interpersonal relationship development.
7. Detailed description of my Approach that is CBT .
8. Techniques of CBT .
9. Scope of the study.
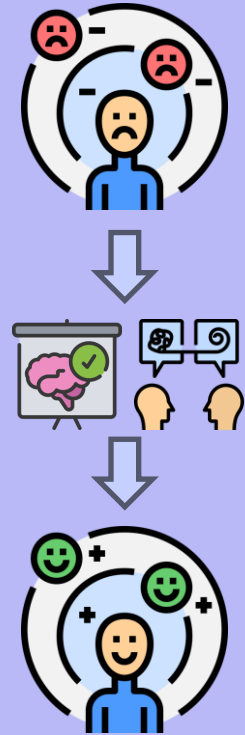
2. Literature Review

How has my literature review helped in strengthening my research thesis?

- Provides the foundation for developing a theoretical foundation.
- Identifying Research gaps.
- Supporting research questions or hypotheses.

2. Literature Review

Observations

- Social media can also indirectly have an impact on self-esteem, dis-satisfaction on individual behavior, which ultimately have a negative impact on interpersonal relationship.
- Mostly the reviews dealt about the Interpersonal relationship between couples and friendships , so different relationship styles can be analyzed
- Limited review from Indian cultural context
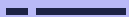
Sources

PRIMARY SOURCE

Cognitive Behavior Therapy :Basics and Beyond by Judith. S. Beck (Provided a Comprehensive Foundation and practicing tools for implementing CBT effectively)
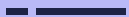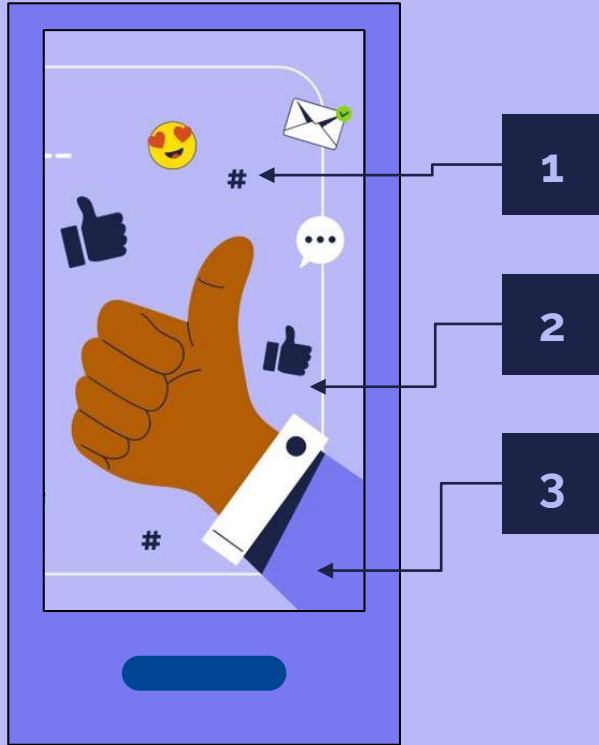
SECONDARY SOURCE

Interpersonal living by Gerald Egan

3. Research Procedure

- **Methodology :** Survey Method
- **Tools used :** The Social Media Use Scale (SMUS), FIAT-Q-SF(Interpersonal Relationships Questionnaire – Short Form)
- **Samples:** n=101 Male and Female Age = 18-26, Convenience Sampling
- **Data Analysis:** t-test , ANOVA, Correlation

1

2

3

Methodology

1. Developed a questionnaire with 8 questions about demographic details , 15 questions from Social Media Use Scale (SMUS) and 15 questions were from Interpersonal relationships questionnaire short form.

2. Questionnaires were sent to the college students through WhatsApp within my contact list ensuring confidentiality.

3. Distributed the questionnaire through Google forms

Challenges faced

1. Delayed responses

2. Frequent reminders was given

3. Less interested students needed more motivation

Statement of the Problem

This research work focuses on the impact of social media on interpersonal living among college students.

Objectives:

- To study the various social platforms available to the College students.
- To understand the situations where social media is widely used among students
- To analyze the impact of social media on interpersonal living.
- To suggest strategies that will strengthen interpersonal life of the students.

3. Research Procedure

Hypothesis

- There will be a significant relationship between social media and interpersonal relationships among college students.

- There will be a significant difference between social media use since demographic variables.

- There will be a significant difference between social relationships based on demographic variables.

- There is a positive outcome in interpersonal relationship assisted by social media.

- There is a negative impact on interpersonal relationship due to the overdependence on social media.

4. DATA ANALYSIS

Type of Family Nuclear   Type of Family Joint Family

Age Below 18   Age 18 – 20

Age 21 - 23   Age 24 - 26

Gender Male   Gender Female

4. DATA ANALYSIS

- Year of Study 1St UG
- Year of Study 2nd UG
- Year of Study 3rd UG
- Year of Study 1st PG
- Year of Study 2nd PG

- Locality Rural
- Locality Urban

4. DATA ANALYSIS

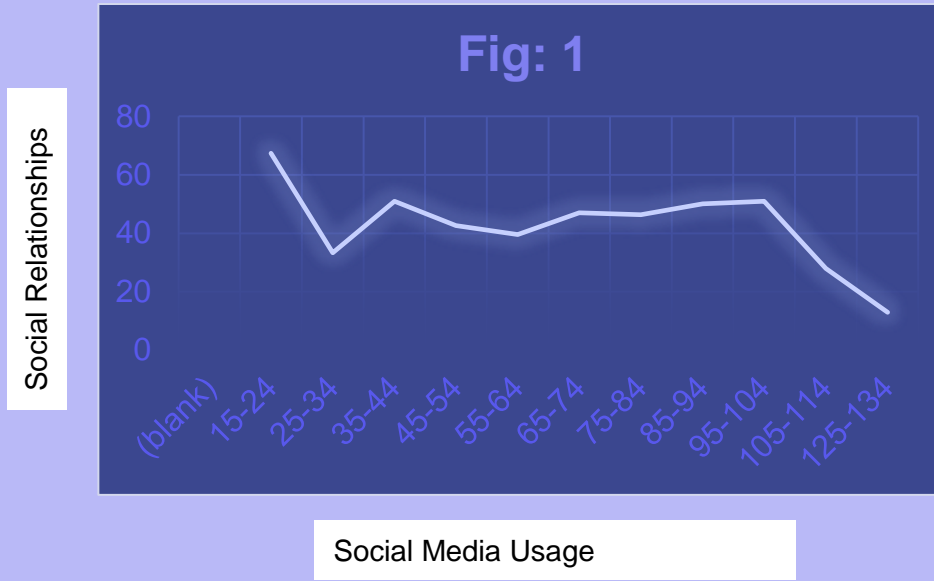| social media use and social relationships	Not Significant
social relationships about gender	P Significant
social relationships about Family Type	P Significant
social media use and social relationships regarding Locality	Not Significant
social media use and social relationships regarding Place of stay	Not Significant
social media use and social relationships regarding age	Not Significant
social media use and social relationships regarding Medium of instruction in HSC	Not Significant
social media use and social relationships regarding Year of Study	Not Significant

5. Discussion and Findings(Hypothesis)

- "There will be a significant relationship between social media use and social relationships among college students" - Rejected
- "There will be a significant difference between social media use on the basis of demographic variables " - Rejected
- "There will be a significant difference between social relationships on the basis of demographic variables " – Partially accepted. (Gender, Family Type)
- "There is a positive outcome in interpersonal relationship assisted by social media" - Accepted
- "There is a negative impact on interpersonal relationship due to the overdependence on social media." - Accepted

5. Discussion and Findings

Indicates the average levels of social relationships among college students with different levels of social media usage (n-101)

Fig: 1

Social Relationships (y-axis: 0, 20, 40, 60, 80)

Social Media Usage (x-axis: (blank), 15-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75-84, 85-94, 95-104, 105-114, 125-134)

6. Conclusion

- There is significant relation between interpersonal relationships and usage of social media.
- CBT can be used effectively for individuals to enhance the interpersonal relationships by diminishing the negative impact of Social Media.

Findings CBT Interventions

1. **Cognitive restructuring:** Cognitive distortions are identified by the therapists, and they work to challenge and reframe them

2. **Guided discovery :** empower clients to become more self aware and develop a deeper understanding contributing to the difficulties

3. **Journaling and thought recording :** to increase self awareness and to monitor the patterns of thinking and behavior

4. **Activity Scheduling:** Scheduling of specific activities that are aligned with the client's values, interests and goals

5. **Behavioral Activation :** systematically increasing the client's engagement in rewarding activities while simultaneously reducing avoidance and withdrawal Behaviors

6. **Relaxation and stress reduction techniques:** to help individuals manage and alleviate symptoms of stress, anxiety, and related disorders

THANK YOU

CHRISTY CHARLETTE A