

## **SOCIAL MEDIA USAGE AND WELL-BEING OF UNDERGRADUATES IN THE UNIVERSITY OF LAGOS**

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### **Abstract**

This study examined the influence of social media usage on the mental and physical well-being of undergraduates of the University of Lagos. Social media has evolved into a veritable tool used by many to connect with others. However, excessive usage of social media platforms has been observed to undermine the well-being of the platforms' users. The research was based on the uses and gratification as well as the media system dependency theories. Using the survey research design, a structured questionnaire was distributed to a sample size of 582 respondents drawn from undergraduates in the University of Lagos, using the multi stage sampling technique. Four hundred and seventy-eight (478) copies were duly filled, retrieved and analysed. Results were presented using descriptive and inferential statistical tools. Findings of the study revealed that to a high extent, frequent social media usage has negative influence on the mental well-being ( $\bar{x}=2.35$ ) and also on the physical well-being ( $\bar{x}=2.25$ ) of the undergraduate students. The researchers concluded that although social media has many significant positive qualities, it also possesses the power to adversely influence young people's well-being. Thus the researchers recommend that schools, parents/guardians, Federal/State governments, and the ministries of education, communication, and science and technology must take overarching responsibility for the

role social media usage plays in young people's lives. Measures should be put in place to control the youth's usage of social media. Also needed is regular sensitization of young people on the ills of social media.

**Key words:** social media, mental well-being, physical well-being

## INTRODUCTION

The term "social media" has been defined as "Internet sites or platforms where people interact freely, sharing and discussing information often about each other and their lives, using a multimedia mix of personal words, pictures, videos and audio" (McIntyre, 2014:p.3). Akram and Kumar (2017) describe the concept as "online platforms used by people to build social networks or social relations with other people who share similar personal or career interests, activities, backgrounds or real-life connections" (p.347).

Through its varied social networking platforms, social media has transformed human interaction, as people with common interests are able to connect, share their thoughts and learn from one another (Edosomwan, 2011). Speedy dissemination of information is also made possible with available social media technology. Individuals can now access up-to-date information from any part of the world. Furthermore, digital technology (upon which social media rides) gives businesses and organizations opportunities to reach a wider audience, disseminate information faster, connect with customers and increase sales (Akram & Kumar, 2017).

Although social media now plays a vital role in transforming people's lives, relationship dynamics, businesses and other facets of daily living, it is worthy to note that such transformation may not be entirely positive. Excessive reliance on social media has been associated with increase in depression and loneliness, and increased possibility of exposure to bodily harm (Kujath, 2011). Amedie (2015)

also explained that the intensity of the online world, which requires constant engagement, creates a factor of self-awareness which may trigger depression in some people. Amedie's position had earlier been supported by Jacobs (2014) who noted that individuals who are constantly online (on social media) are at risk of social isolation and sometimes turn to risky Internet sites for 'help' that may foster substance abuse, unsafe sexual practices, aggressive and self-destructive behaviours, which jeopardize the affected person's physical and mental well-being.

### **STATEMENT OF THE PROBLEM**

In spite of its numerous merits, social media has been observed to also possess the power to cause disruptions, create multi-faceted problems in the lives of its users, and foster the emergence of an antisocial generation (Amedie, 2015). Lad (2017) observed that besides using social media to facilitate communication and ease daily tasks, many young people now turn to social media to satisfy their needs for validation, sense of belonging and self-presentation. Consequently, turning to social networking platforms to derive a sense of self-worth predisposes the seeker to a condition described as Internet addiction. According to Dominick (2011), this form of addiction fuels escapism and isolation as the "addict" concerned spends a lot of time engaging in sending emails, instant messaging, online chatting, updating Facebook, Twitter, Instagram pages and also likely engaging in cybersex. Being deeply engrossed in a media-generated reality, the individual involved gradually becomes detached from people in his real-life environment. Dominick (2011) and Lad (2017) both noted that the more young people get addicted to social media, the more exasperation, loneliness and depression they are likely to experience.

The inclination to find refuge in online social communities encourages oversharing of information and excessive engagement with strangers. Such unbridled engagement ultimately jeopardizes the

personal security and physical well-being of the social media platform user. Over the last eight years in Nigeria, South Africa and the United Kingdom, there have been reported cases of harassment, rape, robbery, kidnap and murder, which appeared to have been facilitated through information supplied and connections made via social media (*The Daily Post*, February 6, 2018; *Tribune Online*, August 22, 2017; *The Guardian*, December 27, 2012).

Seeing the power social media wields in modern society, this study examined the influence of social media usage on the mental and physical well-being of University of Lagos undergraduates.

### **OBJECTIVE OF THE STUDY**

The general objective of the study was to examine the influence of social media usage on the mental and physical well-being of undergraduates in the University of Lagos. The specific objectives of the study were to:

- 1) Assess the extent of social media usage among undergraduates of the University of Lagos.
- 2) Determine the extent to which social media usage affected University of Lagos undergraduates' mental well-being; and
- 3) Determine the extent to which social media usage affected the physical well-being of undergraduates in the University of Lagos.

### **RESEARCH QUESTIONS**

The research questions of this study are as follows:

- 1) What is the extent of social media usage amongst undergraduates of the University of Lagos?
- 2) To what extent does social media usage affect the mental well-being of undergraduates of the University of Lagos?
- 3) To what extent does social media usage affect the physical well-being of undergraduates of the University of Lagos?

## Hypotheses

**H0<sub>1</sub>:** Social media usage has no significant influence on the mental well-being of undergraduates in the University of Lagos.

**H0<sub>2</sub>:** Social Media usage has no significant influence on the physical well-being of undergraduates of the University of Lagos.

## CONCEPTUAL REVIEW

### Social Media Usage among Nigerian Youths

All over the world, there has been a wind of change bringing about exodus from traditional media to the new media (part of which is social media). Kaplan and Haenlein (2010) noted that social media had made a reality, the idea of the world becoming a global village- an idea proposed in 1962 by Marshal McLuhan, a Canadian Scholar.

According to World Development Indicators (WDI, 2013), as at 2012, social media users in Nigeria were estimated to be 53.5% of the population; that is, 88.8 million users in a population of 166 million. This is higher than the national average for 2008, which was put at 23.9%. The 2013 report also projected that by 2016, over 80% of those who live in urban areas in Nigeria would be using social media. In their study on the use of social media for teaching and learning in Nigerian Universities, Ahaotu and Amadi (2014) found that the most preferred social media sites used by the respondents sampled was Facebook. 94.9% of youths sampled used social media not only for social purposes but also for teaching, research and business purposes.

Different reasons have been identified as being responsible for the growing usage of social media amongst Nigerian youths. Ngonso and Egielewa (2018) noted that the introduction of internet facilities by mobile phone service providers in Nigeria made the internet available to and social media accessible by any smartphone user. Availability of both mobile phones and Internet connectivity has greatly enhanced use of social media for interaction, relaxation and

entertainment. Ngonso and Egielewa (2018) further noted that the new way of conducting national examinations may also account for the increase in the usage of social media in Nigeria. Nowadays, national examination bodies conduct online registration, examination, result verification and collection. Most government and private tertiary institutions in Nigeria have also moved their admission processes and result confirmation processes online. All these account for the sharp rise in the number of Internet users in Nigeria, and this has equally led to rise in the use of social media.

### **Well-being and Mental Well-being: The Link**

Seligman (2012) defined Well-being as a multi-dimensional construct that goes beyond having positive emotions. It entails living a meaningful life characterized by optimal development and satisfaction of basic human needs for autonomy, competence and relatedness. In the context of this study, well-being is further interpreted as physical and mental states of an individual, especially youths who are the most active users of social media and thereby may be positively or negatively affected.

Being an offshoot of well-being, mental well-being refers to a positive state of psychological and emotional health; it indicates that a person is able to function cognitively and emotionally in a productive and fulfilling manner (Seligman, 2012). It has also been described as the enjoyment of life, ability to cope with stress and sadness, the fulfilment of goals and potential, and a sense of connection to others (*Mental Health Commission of NSW, 2016*). Mental well-being is widely understood to have two key dimensions, namely:

1) **Feeling good**: Also referred to as subjective, hedonic or emotional well-being, (this dimension of mental well-being relates to an individual's subjective experience), and 2) **Functioning Effectively**: Often called psychological well-being or eudaimonic well-being. An influential model developed by Ryff (2006) suggests that psychological well-being is constituted by self-acceptance, positive

relations with others, autonomy, environmental mastery, purpose in life and personal growth. Glazzard and Stones (2013) assert that increased social media use have significant negative influence on the emotional and psychological well-being of the platform's users. This adverse influence will be reviewed in the subsequent sections of this study.

### **Social Media and Physical Well-being**

In a research carried out on excessive Facebook use and its attendant effects on Palestinian students, Nazzal and Rabi (2018) surveyed 1003 university students and found that a positive relationship existed between intense Facebook use and unhealthy habits including skipping meals, delaying urination and late-night as well as interrupted sleep. The study also identified negative health consequences connected with excessive Facebook activities amongst these students. The physical maladies reported included eye strain, reduction in energy levels, reduction in frequency and duration of exercise, as well as back and wrist pains (Nazzal & Rabi, 2018).

Another dimension through which absorption with social media jeopardizes users' physical well-being is revealed by Jain and Mavani (2017) in their study on selfie-related accidents ("selfies" are self-portraits uploaded and shared on social media). The researchers discovered that between 2014 and mid-2016, 75 individuals died while attempting a selfie in 52 incidents worldwide, the mean age of the victims being 23.3 years. Jain and Mavani's findings reveals that physical maladies arising from excessive social media usage could go beyond mild bodily harm and extend to loss of life. Deaths fuelled by connections made via social network sites have also been recorded. In July 2012, 24 year old Cynthia Osokogu was killed in Lagos State, Nigeria, by two men she "met" and became friends with via Facebook (*The Vanguard Newspaper*, August 12, 2012).

The true life occurrence mentioned above highlights how absorption with social media and placing unqualified trust in its

contents have undermined the physical well-being of some of the platform's users. Hence the aim of this research to attempt a comprehensive study of social media usage's influence on the Nigerian undergraduate's mental and physical well-being.

## **THEORETICAL FRAMEWORK**

The theories which this research is based on are uses and gratification theory and media system dependency theory.

### **Uses and Gratification Theory**

McQuail (2010) traced the roots of uses and gratification theory to the 1940s, when researchers started investigating why people listened to popular radio programmes and read newspapers daily. The year 1974 however ushered in the pioneering phase of the theory, by Katz, Blumber and Gurevitch. Uses and Gratification theory is rooted in traditional mass communication research on how a specific media is sought and selected to meet some specific needs of its selector (Mehrad & Tajer, 2016). Uses and gratification theory states that people are motivated to seek out different forms (or a particular form) of media to satisfy their psychological and social needs (West & Turner, 2007). Folarin (2002) submits that the theory portrays the media content recipient as an active, intentional consumer, who selectively chooses, perceives, attends to and retains media messages, based on his/her needs.

### ***Relevance of the Uses and Gratification Theory***

Although originally conceptualized before the advent of social media, uses and gratification theory is quite useful in highlighting how social media addiction might come about, and the powerful negative effects of such addiction on the platforms' users. Social media users can customize their online profiles, posts and interactions to create a unique experience which they find desirable, and which meets their needs. Wainner (2018) asserts that once these users realize that their

needs are being met through their social media usage, they will most likely visit their online platforms repeatedly for even more gratification. Consistent presence on these social network sites can create a conditioned situation in which the user feels compelled to visit their social media pages and could potentially feel that they will not have their needs met if they do not utilize the virtual platform. The fear of needs not being met might end up fuelling excessive social media presence and usage, which in turn might usher in psychological, emotional and physical maladies.

### **Media System Dependency Theory**

The media system dependency theory (also called MSDT, MSD or media dependency) deals with the relationship between media and individuals at the micro level and media and social institutions at a macro level. According to BallRokeach and Defleur, MSD ties together the interrelations of broad social systems, mass media, and the individual into a comprehensive explanation of media effects. In MSD, the more a person relies on media to meet his needs, the more crucial media will be in such a person's life, and therefore the more effects media will have on the individual (Luo, 2018). The propounders of the theory submit that society, media, and audience interrelate and influence each other. Through their interplay, society and media jointly create cognitive, affective, and behavioural effects in the audience. In the case of Internet usage, the media refers to the Internet and the audience comprise the Internet users. The Internet as an interactive platform provides users with avenues to communicate with one another for a variety of purpose; thus it creates media effects in the users.

### ***Relevance of the Media Dependency Theory***

The media dependency theory is relevant to the study at hand, because the theory's underlying assumption –the assumption that individuals in the society have to depend on media information

resources in order to attain their various goals—appears to be true where the Internet and social media phenomenon are concerned. Over the years, since the advent of the Internet and virtual communities, the intensity of dependence on social media has steadily risen, with people in modern societies (all over the world) turning to social media for self-expression, information, entertainment and for comprehension of the world around them. Some of the adverse influence of this dependency is what this study seeks to examine.

## METHOD

Survey research design was adopted in this study. The research design allowed for examination and explanation of the associations between the independent variable (social media usage) and the dependent variables (physical and mental well-being).

The population for this study comprised undergraduates in the six most populated faculties of the University of Lagos (namely: Arts, Social Sciences, Management Sciences, Engineering, Education and Science). According to the Directorate of Academic Affairs in the University of Lagos, the total number of undergraduates in the selected faculties was twenty five thousand, one hundred and forty five (25,145; *UNILAG Pocket Statistics*, 2018).

The research sample size of 582 was determined, using the three-staged formula introduced by Saunders, Lewis and Thornhill (2009). The sample size for this study was selected in stages, thus the multi-stage sampling technique was adopted. First, six faculties out of the twelve faculties (see table below) in the University of Lagos were purposively selected based on their population size. These faculties are amongst the University's oldest faculties and are currently the most populated. Secondly, proportional sampling was used to distribute the number of students sampled across the six faculties.

$$\frac{\text{Number of Students per Faculty}}{\text{Total Population}} * \text{Sample size generated} = \text{Sample size per faculty.}$$

**Table 1. Selected Faculties in the University of Lagos**

S/N	Faculty	Number of Undergraduates	Proportional Sample size of Undergraduates Per Faculty
1	Arts	3107	72
2	Education	5260	122
3	Engineering	3375	78
4	Management Sciences	4465	103
5	Science	5163	120
6	Social Sciences	3775	83
<b>Total Number of Undergraduates:</b>		<b>25145</b>	<b>578</b>

**Source: The University of Lagos Pocket Statistics 2017/2018**

The instrument of research was a structured questionnaire developed in line with a four-point likert type scale to get relevant information on social media influence on respondents' well-being and real-life interactions. Copies of questionnaire consisting of thirty-one items divided into six sections were administered to the sample audience.

The internal consistency of the research instrument was ascertained through a pilot study conducted amongst 58 students of Olabisi Onabanjo University Teaching Hospital (OOUTH) in Sagamu, Ogun state, which is a different location from the research axis. Furthermore, an instrument is considered reliable if the Cronbach's Alpha value of its scales are equal to or greater than 0.7. The research instrument for this study is valid, as the Cronbach's alpha coefficient of scales ranged from 0.70 to 0.83.

For this study, both descriptive and inferential statistics were used in analysing data collected. While descriptive statistics is used to present a given set of data in a manageable form for analysis, inferential statistics deals with coming up with a conclusion drawn from the analysed data (Sharma, 2019). Responses to items in the questionnaire were presented in frequency counts, tables and percentages according to the main variable being examined. Analysis and inference were done by making use of the Statistical Product and Service Solution (SPSS).

## **DATA ANALYSIS AND DISCUSSION OF FINDINGS**

The main objective of this study is to examine the influence of social media usage on the mental and physical well-being of undergraduates in the University of Lagos. Five hundred and eighty-two (582) copies of the research questionnaire were distributed to the research sample size. Four hundred and seventy-eight (478) copies were duly filled by the respondents and retrieved, signifying an 82% return rate.

### **Data Presentation, Analysis and Discussion of Findings**

#### ***Distribution of Respondents by Gender and Age***

More female respondents (61.6%; n=294) participated in the survey than their male counterparts (38.4%; n=184). Also, majority of the respondents are aged between 16-20 years (53.3%; n= 255), followed by respondents within the age range 21-25 (28.5%; n=136), while the least represented were respondents between the ages of 26 and 30 years (18.2%; n=87).

#### **Respondents' Usage of Social Media**

The students' usage of social media was surveyed in terms of the extent to which the respondents use the different social network platforms highlighted in the survey, time spent on such platforms, and

the reasons of usage of social media. The responses are shown in the tables and figure below:

**Research Question One: What is the extent of social media usage amongst undergraduates of the University of Lagos?**

**Table 2: Usage of Social Media Platforms**

ITEM	VHE F (%)	HE F (%)	LE F (%)	VLE F (%)	NA F (%)	Mea n ( $\bar{x}$ )	SD
Facebook	187 (39.1)	66 (13.8)	57 (11.9)	85 (17.8)	83 (17.4)	2.85	1.21
Twitter	130 (27.2)	90 (18.8)	86 (18.0)	80 (16.7)	92 (19.2)	3.18	1.48
Instagram	186 (38.9)	144 (30.1)	100 (20.9)	24 (5.0)	24 (5.0)	3.93	1.12
Snapchat	73 (15.3)	73 (15.3)	118 (24.7)	120 (25.1)	94 (19.7)	2.81	1.33
Pinterest	28 (5.9)	49 (10.3)	88 (18.4)	142 (29.7)	171 (35.8)	2.21	1.20

**Average Mean**

**2.99**

**Source:** Researcher's computation of Field Survey Data (2020)

**KEY:** VHE=very high extent, HE=high extent, LE=low extent, VLE=very low extent, NA=not at all

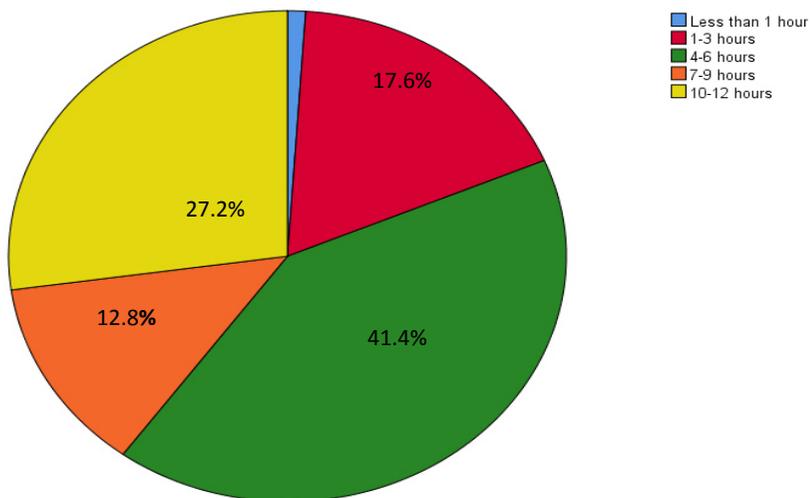
**\*\*\*Decision Rule:** If average mean is  $\leq 1.49$  = not at all; 1.5 to 2.49 = very low; 2.5 to 3.49 =low; 3.5 to 4.49= high; 4.5 to 5= very high

From Table 2, it can be seen generally that the students' usage of social media platforms was low ( $\bar{x}=2.99$ ). However, specific findings from the table showed that the respondents' usage of Instagram was high ( $\bar{x}=3.93$ ), while usage of the other four platforms was relatively low: Twitter ( $\bar{x}=3.18$ ), Facebook ( $\bar{x}=2.85$ ), Snapchat

( $\bar{x}=2.81$ ) and Pinterest ( $\bar{x}=2.21$ ). The most used platform was Instagram, while the least used was Pinterest.

Furthermore, the respondents were asked the amount of time spent on social media sites on a daily basis. The responses of the sampled audience are shown in Figure 4.1.1:

**Figure 1: Respondents’ Time Spent on Social Media Platforms**



**Source:** Researcher’s computation of Field Survey Data (2020)

Figure 1 shows that, 1% (n=5) of the respondents spend less than one hour daily on social media sites, while 41.4% (n=198) spend 4-6 hours. This means that majority of the respondents spend at least 4 hours on social media sites daily.

The study found that although the level of social media usage by the undergraduates is low, the intensity and frequency of the usage of these platforms by those who use them is considerably high.

Majority of the students in this category spend between 4 to 10 hours on social media.

**Table 3: Reasons for Usage of Social Media Platforms**

ITEM	SA F (%)	A F (%)	PA F (%)	PD F (%)	D F (%)	SD F (%)	( $\bar{x}$ ) SD
To connect with friends and family	264 (55.2)	158 (33.1)	56 (11.7)	0 (0.0)	0 (0.0)	0 (0.0)	5.44 0.69
To keep myself updated with current events	340 (71.1)	115 (24.1)	19 (4.0)	0 (0.0)	0 (0.0)	4 (0.8)	5.64 0.69
For fun/entertainment	276 (57.7)	159 (33.3)	39 (8.2)	0 (0.0)	0 (0.0)	4 (0.8)	5.48 0.68
As an escape from the real world	82 (17.2)	117 (24.5)	127 (26.6)	32 (6.7)	72 (15.1)	48 (10.0)	3.99 1.58
For academic purposes	142 (29.7)	186 (38.9)	118 (24.7)	5 (1.0)	23 (4.8)	4 (0.8)	4.85 1.06
<b>Average Mean</b>							<b>5.06</b>

**Source:** Researcher’s computation of Field Survey Data (2020)

**KEY:** SA=Strongly Agree, A=Agree, PA=Partially Agree, SD=Strongly Disagree, D=Disagree, PD= Partially Disagree

**\*\*\*Decision Rule:**

**If average mean is < 1.00 = Strongly disagree; 1.00 to 1.99 = Disagree; 2.00 to 2.99 = Partially Disagree; 3.00 to 3.99 = Partially agree; 4.00 to 4.99 = Agree; 5.00 to 6 = Strongly agree**

Table 3 indicates that the respondents use the various social media platforms for various reasons ( $\bar{x}=5.06$ ). Specifically, findings showed that the respondents strongly agreed that they use social media platforms to keep themselves updated with current events ( $\bar{x}=5.64$ ), for fun and entertainment ( $\bar{x}=5.48$ ), to connect with friends and family ( $\bar{x}=5.44$ ). Also, the respondents agreed that they use

social media platforms for academic purposes ( $\bar{x}=4.85$ ) and as an escape from the real world ( $\bar{x}=3.99$ ).

The results of the analysis of Table 3 revealed that the undergraduates of the University of Lagos use social media for various reasons. These findings are consistent with the work of Musa, Azmi, and Ismail (2015) who asserted that a variety of online platforms are available to the social media user to meet his needs and that many consumers have been discovered to turn to this non-traditional media for interaction, entertainment, information seeking and dissemination, socialization, self-expression, validation and education. The findings emphasize the uses and gratification theory which posits that consistent presence on the sampled social network sites can create a conditioned situation in which the user feels compelled to visit their social media pages and could potentially feel that they will not have their needs met if they do not utilize the virtual platform.

### **Social Media Usage and Mental Well-Being**

The social media usage and mental well-being of the respondents was also examined to see the extent to which social media usage of the students influences their mental well-being. The responses are shown in table below:

**Research Question Two: To what extent does social media usage affect the mental well-being of undergraduates of the University of Lagos?**

**Table 4. - Social Media Usage and Mental Well-Being**

ITEM	VHE F (%)	HE F (%)	LE F (%)	VLE F (%)	Mean( $\bar{x}$ )	SD
I would be unhappy if the number of my social media friends was a lot less than those of my peers	23 (4.8)	87 (18.2)	168 (35.1)	200 (41.8)	1.86	0.88
I feel out of touch when I have not been on social media for a while	78 (16.3)	223 (46.7)	135 (28.2)	42 (8.8)	2.71	0.84
I consistently use social media as a distraction to suppress the unpleasant realities of life	52 (10.9)	212 (44.4)	121 (25.3)	93 (19.5)	2.47	0.93
I experience social anxiety when relating with people offline.	13 (2.7)	99 (20.7)	194 (40.6)	172 (36.0)	1.90	0.82
I feel sad when my posts are given a "thumbs down" rating on social media	38 (7.9)	99 (20.7)	198 (41.4)	143 (29.9)	2.07	0.91
I'm elated when I get 'likes', 'love' and 'haha (laughter)' signs on my social media posts.	103 (21.5)	239 (50)	108 (22.6)	28 (5.9)	2.87	0.81
When I view the social media pages of my friends, I often feel that their social lives are better than mine	31 (6.5)	177 (37.0)	175 (36.6)	95 (19.9)	2.30	0.86
I would be upset if social media shuts down	133 (27.8)	211 (44.1)	88 (18.4)	46 (9.6)	2.90	0.92
After viewing other people's online activities, I feel like I'm missing out in life.	47 (9.8)	131 (27.4)	229 (47.9)	71 (14.9)	2.32	0.85
Social media posts of my friends make me also post pictures and videos that would	10 (2.1)	112 (23.4)	226 (47.3)	130 (27.2)	2.00	0.76

endear me to other people online.

When viewing the social media feeds of others, I gradually begin to focus on my own shortcomings	33 (6.9)	154 (32.2)	196 (41.0)	95 (19.9)	2.26	0.86
The world of social media always captivates me	42 (8.8)	209 (43.7)	174 (36.4)	53 (11.1)	2.50	0.81

**Average Mean**

**2.35**

**Source:** Researcher’s computation of Field Survey Data (2020)

Table 4 indicates that generally, social media usage affects the mental well-being of the respondents to a high extent ( $\bar{x}=2.35$ ). The study also found from the test of hypothesis two, that the influence of social media usage on the mental well-being of the respondents is significant, thus implying that social media usage to a very large extent, negatively affects the mental well-being of the undergraduate students of the University of Lagos. This finding gives credence to the theory of media dependency, which asserts that the more people rely on the media to meet their needs, the more crucial the media becomes in the lives of its ‘dependants’. This dependency often leads to addiction which adversely affects the media user.

**Social Media Usage and Physical Well-Being**

The extent to which social media usage of the students affects their physical well-being was also surveyed. The responses are shown in table 5.

**Research Question Five: To what extent does social media usage affect the physical well-being of undergraduates of the University of Lagos?**

**Table 5 - Social Media Usage and Physical Well-Being**

ITEM	VHE F (%)	HE F (%)	LE F (%)	VLE F (%)	Mean ( $\bar{x}$ )	SD
Getting engrossed in social media often leads to sleep deprivation for me	66 (13.8)	156 (32.6)	165 (34.5)	91 (19)	2.41	0.95
Social media use contributes to my fatigue/stress levels	32 (6.7)	138 (28.9)	202 (42.3)	106 (22.2)	2.20	0.86
When walking by the roadside, I'm sometimes checking my social media feeds or engrossed in an online chat	91 (19)	138 (28.9)	197 (41.2)	52 (10.9)	2.32	0.90
Prolonged focus on social network sites on my smartphone gives me itchy eyes	28 (5.9)	183 (38.3)	153 (32)	114 (23.8)	2.26	0.89
I share sensitive personal information (e.g. my location, family pictures, events and places visited) on social media.	43 (9)	137 (28.7)	183 (38.3)	115 (24.1)	2.23	0.92
I do not even notice that I am hungry or thirsty when I am on social media	42 (8.8)	106 (22.2)	162 (33.9)	168 (35.1)	2.05	0.96

Average Mean

2.25

**Source:** Researcher's computation of Field Survey Data (2020)

Table 5 indicates that generally, social media usage affects the physical well-being of the respondents to a high extent ( $\bar{x}=2.25$ ). The table shows that social media usage can to a high extent, have a negative input on the physical well-being of the sampled students. This negative influence is seen in the fact that social media usage contributes to sleep deprivation, itchy eyes, increased stress and fatigue levels for its student users and highly exposes the students to danger when they check their social media feeds while walking on the

road or share sensitive personal information online ( $\bar{x}=2.23$ ). The findings corroborate the work of Nazzal and Rabi (2018) who examined excessive Facebook use and its attendant effects on Palestinian students and found that a positive relationship existed between intense Facebook use and unhealthy habits including skipping meals, delaying urination, late night, interrupted sleep, eye strain, reduction in energy levels, reduction in frequency and duration of exercise, and back and wrist pains.

**Test of Hypotheses**

H<sub>01</sub>: Social media usage has no significant influence on the mental well-being of undergraduates of the University of Lagos

**Decision Rule:**

If the p-value of the F Statistic is less than 0.05, reject the null hypothesis of no significant influence.

**Table 6: Influence of Social Media Usage on Mental Well-being**

Tests of Between-Subjects Effects					
Dependent Variable: Mental Wellbeing					
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	67.931 <sup>a</sup>	22	3.088	18.148	.000
Intercept	1744.947	1	1744.947	10255.725	.000
Social Media Usage	67.931	22	3.088	18.148	.000
Error	77.415	455	.170		
Total	2778.604	478			
Corrected Total	145.347	477			

a. R Squared = .467 (Adjusted R Squared = .442)

**Source:** Researcher’s computation of Field Survey Data (2020)

From the result above, the effect of social media usage on the mental well-being of the respondents is significant ( $F = 18.148$ ,  $p = .000$ ) since the p-value of the F Statistic is less than 0.05 (i.e.  $0.000 < 0.05$ ). This leads to the rejection of the null hypothesis above, and the acceptance of the alternative. Thus, the conclusion is that social media usage significantly influences the mental well-being of the undergraduates of the University of Lagos.

$H_{02}$ : Social Media usage has no significant influence on the physical well-being of undergraduates of the University of Lagos.

**Table 7: Influence of Social Media Usage on Physical Well-being**

Tests of Between-Subjects Effects					
Dependent Variable: level of adoption					
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	73.394 <sup>a</sup>	22	3.336	10.923	.000
Intercept	1599.540	1	1599.540	5237.327	.000
Social Media Usage	73.394	22	3.336	10.923	.000
Error	138.962	455	.305		
Total	2618.750	478			
Corrected Total	212.356	477			
a. R Squared = .346 (Adjusted R Squared = .314)					

**Source:** Researcher's computation of Field Survey Data (2020)

From the table above, the influence of social media usage on the physical well-being of the respondents is significant ( $F = 10.923$ ,

$p = .000$ ). This leads to the rejection of the null hypothesis above, and the acceptance of the alternative. Therefore, the conclusion is that social media usage significantly influences the physical well-being of undergraduates of the University of Lagos.

## **CONCLUSION**

This research examined the influence of social media usage on the mental and physical well-being of undergraduates in the University of Lagos. The theories of the study are: the uses and gratification theory which shows how social media addiction might come about, and the powerful negative effects of such addiction on the platforms' users. The media dependency theory on the other hand affirms how individuals in the society have to depend on media information resources in order to attain their various goals. It can be deduced from the findings of this research that social media usage has a considerably negative influence on the mental and physical well-being of undergraduates in the University of Lagos. If left unchecked, social media usage could also have adverse effects on other aspects of the lives of young people.

## **RECOMMENDATIONS**

Based on the findings of the study, the research recommends constant sensitization of youths (by NGOs and relevant ministries, departments and agencies) on the underlying issues with social media usage. There should also be enlightenment of youths on the safety and physical-health risks related to unbridled social media usage. Furthermore, formulation of punitive measures to address careless social media use in public spaces should be considered.

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