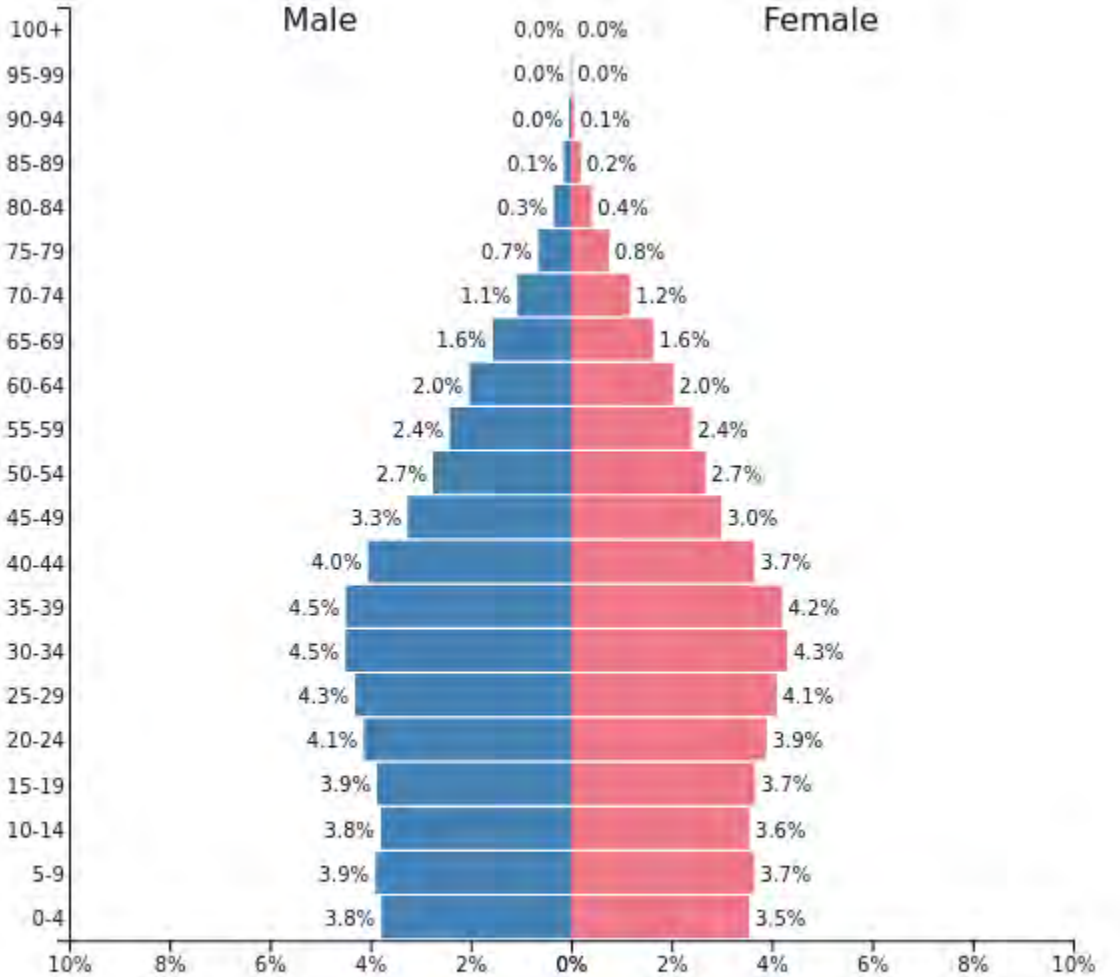


# **Social Media Addiction and Psychological Well-being among Adolescents in Malaysia: A Preliminary Study in Testing Mediating Effect of Social Support**

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# Malaysian National Health and Morbidity Survey 2022: Adolescent Health Survey



PopulationPyramid.net

Malaysia - 2024  
Population: 34,671,895

Table: Mental Health Problems Trend in Malaysia

	NHMS 2012	NHMS 2017	NHMS 2022
Loneliness	8.1	9.3	16.2
Inability to sleep due to worry	5.4	7.1	12.9
Suicidal ideation	7.9	10.0	13.1
Suicidal plan	6.4	7.3	10.0
Suicidal attempt	6.8	6.9	9.5
Not having any close friend	3.1	3.6	4.2

- WHO: One in seven 10-19-year-olds worldwide experiences a mental disorder → 13% of the global burden of disease in this age group
- Depression, anxiety and behavioural disorders → leading causes of illness and disability among adolescents
- In 2022, Malaysia ranks top five globally and first in South East Asia for mobile social media penetration rate → Facebook as the most-used platform among others (Lai et al., 2022)
- Malaysia aims to achieve 100% internet coverage in all populated areas nationwide by year 2025 (Malaysian Communications And Multimedia Commission Annual Report 2022)
- Approximately 83.1% of the Malaysian population were active social media users (Statista Research Department, 2024)



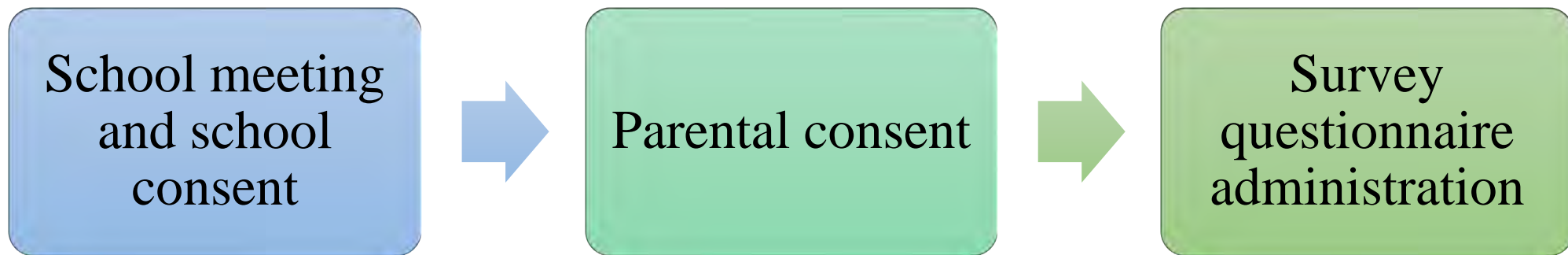
# Issue & Aim

Malaysia is experiencing exponential increase of social media users and adolescents contribute substantially to this phenomenon. As adolescents are considered to be the most vulnerable age group in relation with psychosocial issues, we seek to determine if problematic use of social media affects psychological health and sleep of adolescents. We also seek to examine if social support mediate the said relationships.



# How we study the issue?

- Recruited adolescents aged 14-17 years old, study in high school.
- 245 participants; Male 32.2% (N=79), Female 67.8% (N= 166)
- Stratification- Each year from Junior Year 2 to High Year 2.
- Approximately one class per year.
- Survey questionnaire
- School and parental consent were obtained prior to the study.



# Survey Questionnaire

- Part of the larger project in assessing and understanding digital usage of adolescents in Malaysia.

## Social Media Addiction

- Bergen Social Media Addiction Scale (BSMAS), Andreassen et al. 2016
- 6 items, 5-point Likert (Very rarely – Very often)
- “I spend a lot of time thinking about social media and planned use of social media. ”
- “I use social media so much that it has had a negative impact on my studies. “

## DASS- Y, Beaufort et al. 2014

- Depression, Stress and Anxiety for youth
- 21 items, 4-point Likert
- “I did not enjoy anything.”
- “I found it difficult to relax.”

## Sleep Quality, MSQ

- 10 items, 7-point Likert (Never – Always)
- “I have difficulty falling asleep.”
- “I fall asleep during the day”.

## Multidimensional Social Support Scale (MSPSS)

- 12 items, 5-point Likert scale (Strongly disagree - strongly agree)
- «My family really tries to help me.”
- “I have friends with whom I can share my joys and sorrows.”

# Research Questions

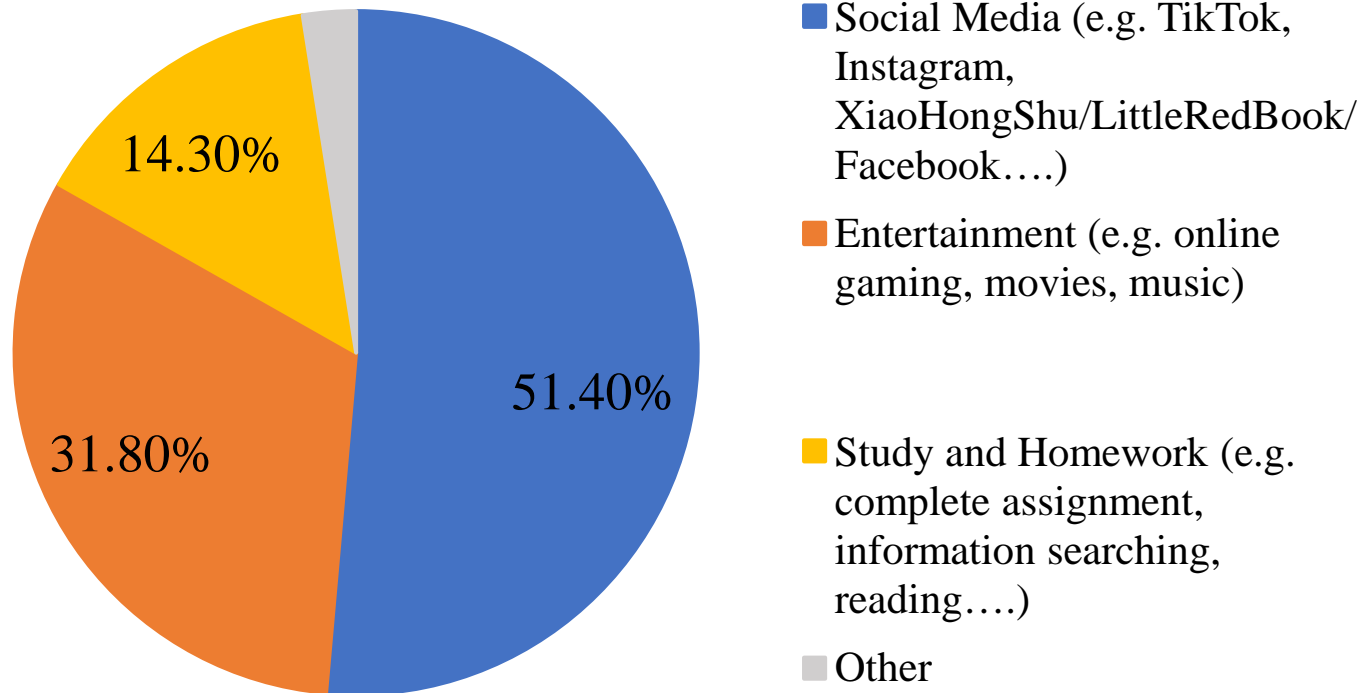
- RQ1: What are trends of internet and social media usage among adolescents?
- RQ2: Does social media addiction predict sleep quality and psychological health of adolescents?
- RQ3: Does social support mediate the relationships in RQ2?
- RQ4: Does sleep quality mediate the relationships between social media addiction and psychological health of adolescents?
- RQ5: Does gender moderate the relationships in RQ2?



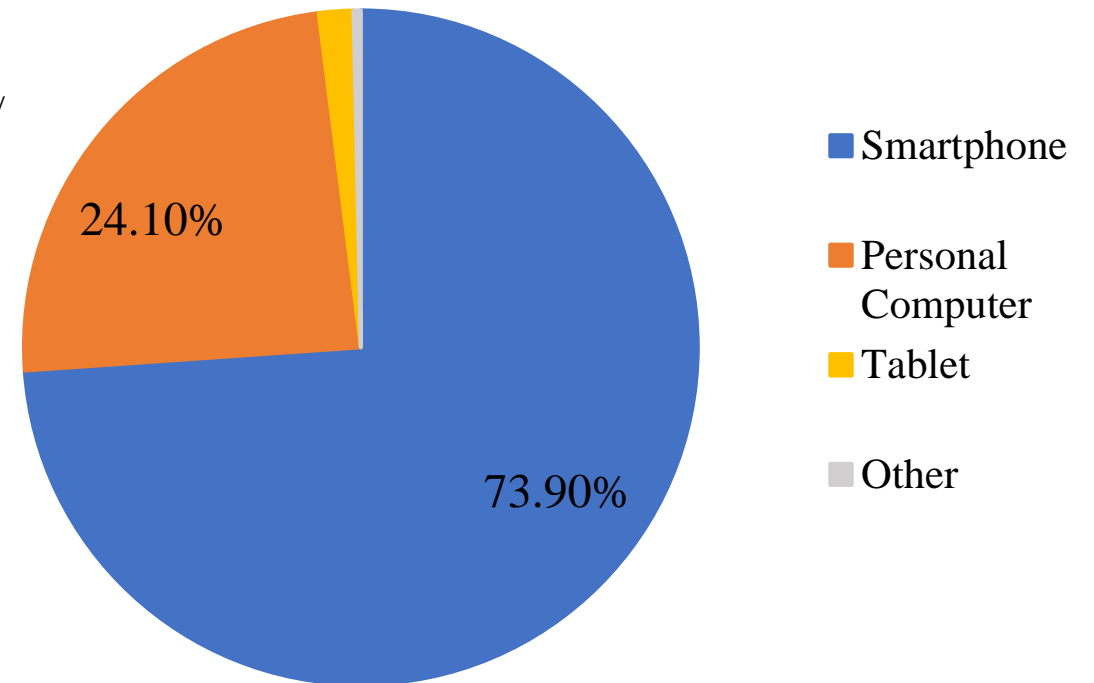
# Results and Discussion

## RQ1: Trends of usage among adolescents

Top Usage



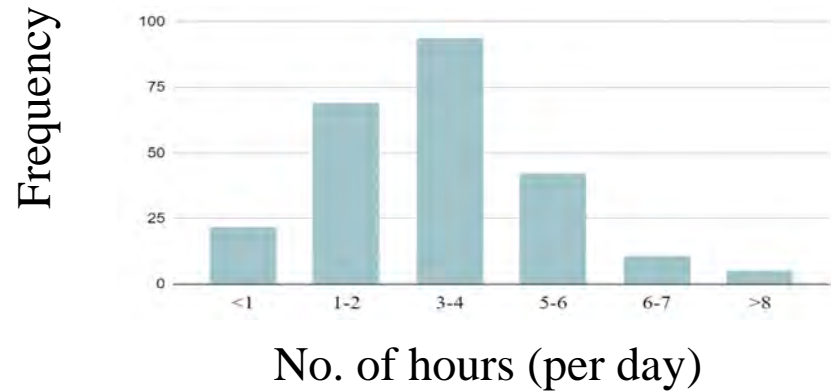
Device used to access Internet



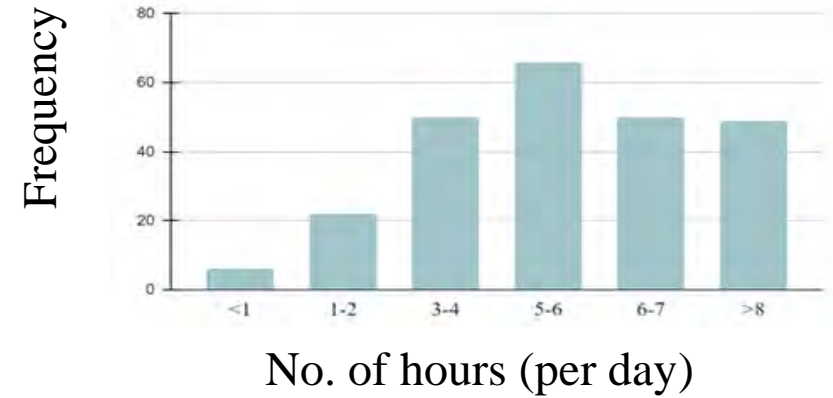


# RQ1: Trends of usage among adolescents

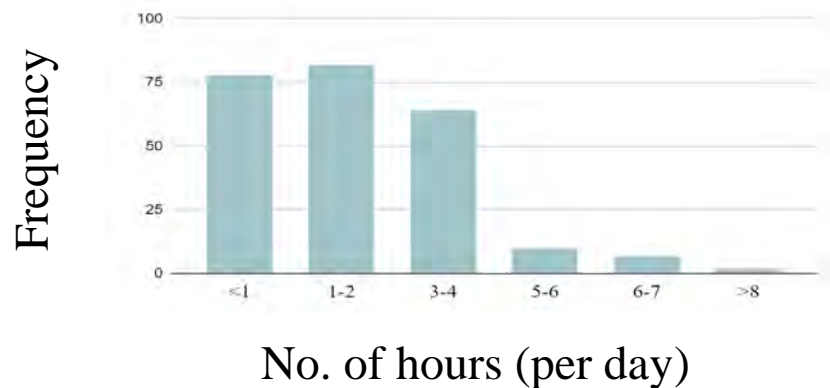
**Time spent on internet per day during school days**



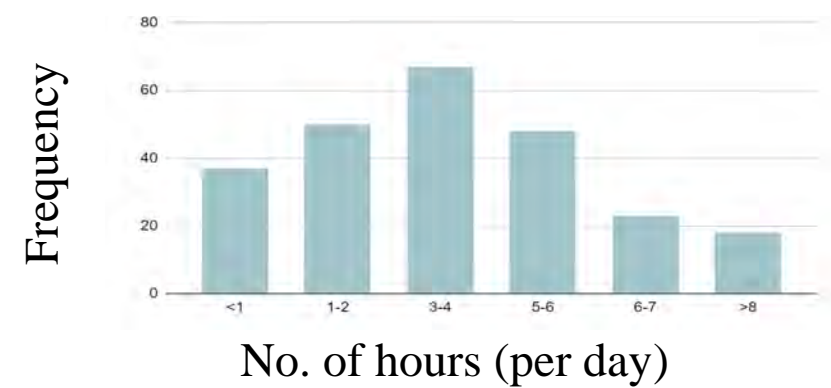
**Time spent on internet per day during non-school days**



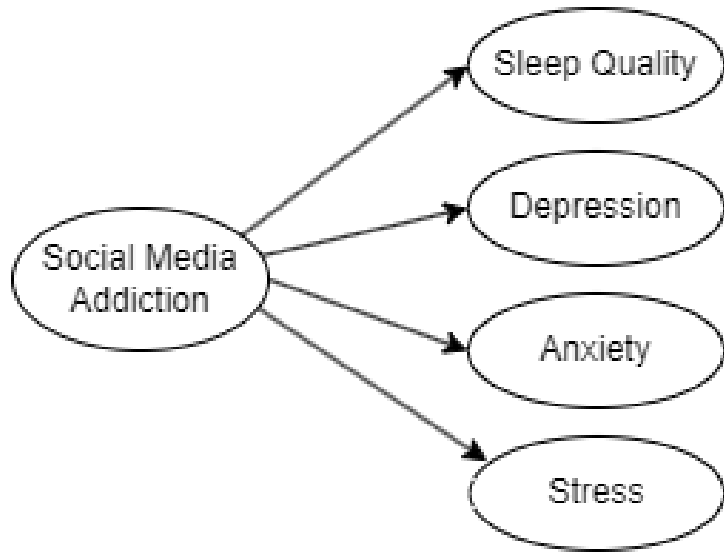
**Time spent on social media per day during school days**



**Time spent on social media per day during non-school days**



## RQ2: Does social media addiction predict sleep quality and psychological health of adolescents?



Regression Analysis of Social Media Addiction on Study Variables

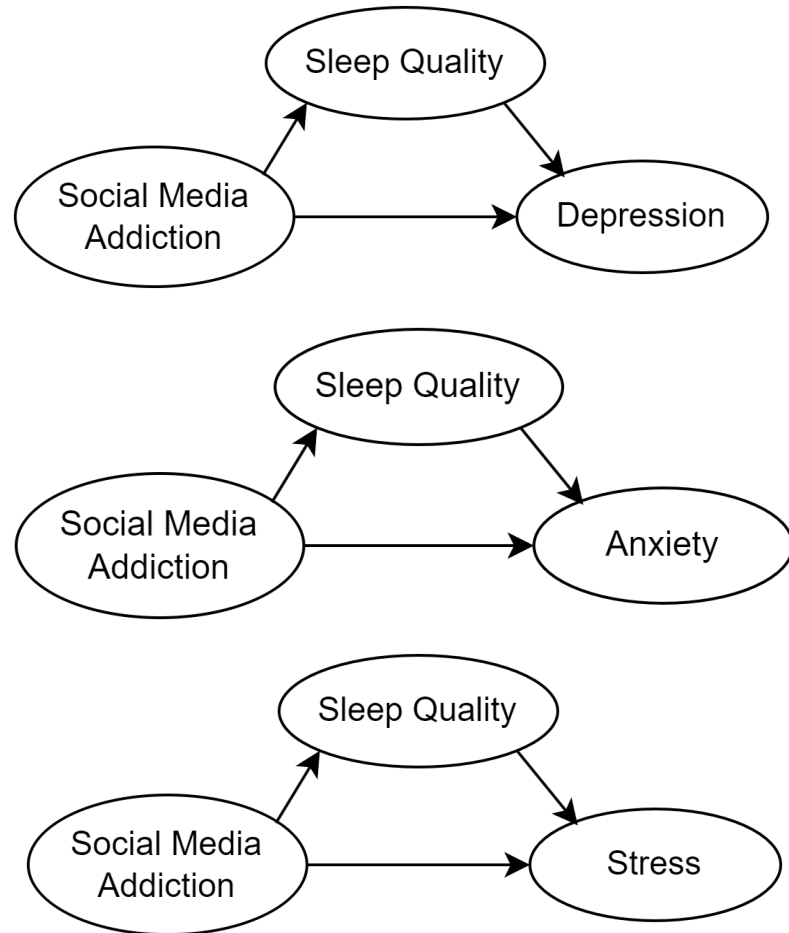
Variables	Estimate	SE	95%CI		p
			LL	UL	
Sleep Quality	.290	.116	.305	.762	<.00*
Depression	.328	.055	.181	.397	<.00*
Anxiety	.310	.056	.167	.388	<.00*
Stress	.323	.052	.168	.373	<.00*

Note.  $p < .001^*$

## RQ3: Social support as mediator?

No mediating effect of social support for both total support and sub-dimensions of support (family, friends and significant other)

# RQ4: Mediating role of sleep quality



Relationship	Beta	SE	95%CI		Sig
			LL	UL	
<b>Depression</b>					
Total effect	.2891	.0548	.1812	.3970	p<.00*
Indirect effect	.0438	.0202	.0076	.0866	significant
<b>Anxiety</b>					
Total effect	.2774	.0561	.1669	.3878	p<.00*
Indirect effect	.0522	.0211	.0154	.0978	significant
<b>Stress</b>					
Total effect	.2707	.0521	.1680	.3735	p<.00*
Indirect effect	.0559	.0238	.0148	.1085	significant

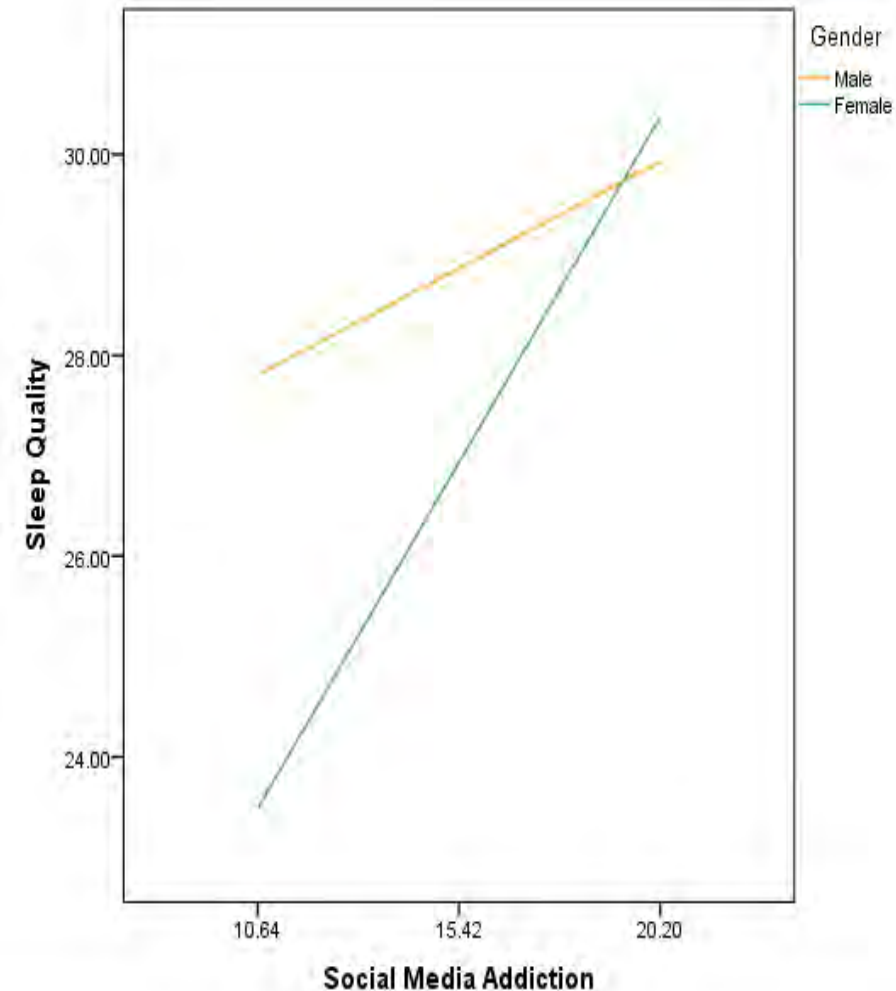
- Sleep quality mediates the relationships between social media addiction with depression, anxiety, and stress respectively.

# RQ5: Moderator role of gender

- Gender moderates the relationship between social media addiction and sleep quality, but not for other psychological health aspects measured in this study.

	R <sup>2</sup>	ΔR <sup>2</sup>	Estimate	SE	95%CI		p
					LL	UL	
Social Media Addiction → Sleep (A)			-.2757	.4349	-1.1327	.5813	.5268
Gender → Sleep (B)			-9.6127	3.8928	-17.2830	-1.9423	.0143*
Interaction of A X B	.3358	.0155	.4979	.2489	.0075	.9884	.0466*

Note.  $p < .05^*$



# Implications and Future Direction

- Adolescents- digital natives. Academic and personal lives are embedded with digital technologies usage.
- Trends of usage- initiative to integrate education with technologies, however most usage are still entertainment and social interaction purpose.
- Social media usage and addiction → affecting psychological health and sleep quality. Impacts?
- Literature- social support → protective mechanism. This preliminary findings contradict with the literature. Social support threshold?
- Gender moderating effect on sleep quality, impact greater for girls. Gender specific understandings and interventions? Possible reason- dynamics on social media- perceived importance, self-presentation.
- Sleep quality as a mediator- explaining the how in mechanisms of social media addiction and psychological health.

# The continuing journey....

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- The world of social media- different engagement mode: IG, Tik-Tok, communication apps  
How are adolescents interacting within these platforms? Part of the relationship building?
- Factors contributing to formation of protective mechanisms, to protect young population from potential digital harms: online preparator, associated mental health challenges, discerning fake news, safe socialization in digital realm

