

SOCIAL MEDIA UTILIZATION, LEVEL OF STRESS
AND PSYCHOLOGICAL WELL-BEING
AMONG COLLEGE STUDENTS

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AND PSYCHOLOGICAL WELL-BEING AMONG
COLLEGE STUDENTS

An Undergraduate Thesis Presented to the
Faculty of the College of Nursing, Midwifery, and Radiologic Technology
Misamis University, Ozamiz City

In Partial Fulfillment of the
Requirement for the Degree
Bachelor of Science in Nursing

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2024

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Declaration

We hereby declare that this research output is our original work, and it has been written by us in its entirety. We have duly acknowledged all the sources of information which have been used in this output.

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APPROVAL SHEET

In partial fulfillment of the requirements for the degree of Bachelor of Science in Nursing, this research output entitled, “**Social Media Utilization, Level of Stress and Psychological Well-being among College Students**” is hereby recommended for acceptance and approval.

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ABSTRACT

Social media has attracted attention and become a necessity for users of all ages, particularly college students as they use it mostly for entertainment, communication, and academic purposes. One of the negative consequences of excessive social media use is deterioration in mental health. This study aimed to simultaneously investigate social media utilization, level of stress, and psychological well-being among college students. The research utilized a descriptive correlational design, collecting data through a researcher made questionnaire, administered to 100 college students in a university in Ozamiz City, Misamis Occidental. Frequency and Percentage, Mean and standard deviation, F test and T test, and Pearson Product-Moment Correlation Coefficient were used as statistical methods and techniques to derive comprehensive, valid, and reliable result. The findings revealed that the majority of college student were fairly represented by both genders, belong to poor family and Roman Catholicism being dominant among them. Facebook was the most used social media platform, followed by YouTube and TikTok. It also revealed that college student had low levels of stress in both psych emotional and physical dimensions, indicating effective stress management strategies. Their psychological wellbeing was good, reflecting positive mental states and functioning in various dimensions. The finding also revealed that college student's level of stress had no significant difference when grouped according to their profile. In terms of their psychological well-being, it showed no significant difference when grouped according to their profile. However, the number of hours spent on social media showed a significant relationship with both level of stress and psychological well-being. The respondent's level of stress is not associated with their psychological well-being. Therefore, the demographic

profile and social media utilization did not affect the level of stress and psychological well-being of the college student but excessive used of social media, exceeding 4 hours per day is associated with higher level of stress and potential negative effects on psychological well-being of the college students.

Keywords: Mental Health, Psychological Well-being, Social Media, Stress

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Chapter 1

INTRODUCTION

Rationale of the Study

With the development of technology, social media has emerged as the most popular mode of communication and engagement among people of all ages around the world. Research by Global Web Index, 59% of the world's population uses social media. Numerous studies have consistently revealed a noteworthy correlation between excessive engagement with social media and an increased susceptibility to adverse mental health outcomes, including depression, anxiety, feelings of loneliness, self-harming tendencies, and even suicidal ideation (Robinson, 2024). It has been observed that frequent exposure to social media platforms can foster in unpleasant encounters that contribute to feelings of inadequacy or inferiority regarding one's own life or appearance. According to Tanteno et al. (2019), social media has significantly altered the methods of socialization and the behavior of both individuals and collectives on a global scale.

According to Tafesse (2022), social networking sites play a vital role in the daily communication, entertainment, and information-seeking behaviors of college students. Research tracking the social media habits of college students reveals that they dedicate a substantial amount of time each day to navigating various platforms such as Facebook, Twitter, Instagram, YouTube, and Snapchat. These sites serve multiple purposes for college students, including sharing opinions, acquiring information, seeking entertainment, documenting themselves, expressing their thoughts, and engaging in social interactions.

Furthermore, the literature highlights that social networking sites are also utilized by college students for educational purposes, for example, accessing course-related resources,

organizing group projects, collecting feedback, and communicating with instructors. Consequently, college students employ social media for diverse motives, encompassing establishing connections and disseminating information. Social media platforms provide a means to communicate with relatives and friends, learn something new, and explore personal hobbies. Notably, Twenge and Campbell (2019) observe a growing trend among adolescents and young adults, who increasingly allocate time to social networking sites, e-games, texting, and other forms of social media.

According to the World Health Organization (WHO, 2022), stress is a term used to describe the strain experienced on a physical, emotional, or psychological level in response to various challenges. It is the body's natural response to events that need attention or action. While stress is a common experience for everyone to some degree, the way individuals respond to stress greatly influences their overall state of well-being. Maintaining a large network of Facebook friends, having felt extremely envious of their organized and well-appointed lifestyles, the requires of replying to text messages, the addictive enchantment of images, needing a habit of keeping apprised of Twitter notifications, and the "Fear of missing out" on things in the life of relatives and close companions can all be stressful. Furthermore, stress can impair one's social life, disrupt one's daily routine, cause mood swings, and leave one feeling unmotivated to complete even a single task. To deal with this situation, stressed out individuals must direct their attention to something beneficial to them. To improve and be motivated to attend class, complete homework, clean their room, and do other school related, extracurricular, and household chores.

Well-being is described as a combination of sensing well and operating essentially covering the feeling of good sentiments that include enjoyment and satisfaction, the

realization of a person's abilities, the presence of personal control, the sense of purpose, and the formation of meaningful connection (Ruggeri, Garcia-Garzon, Maguire, et al., 2020). It represents a sustainable state that fosters the growth and prosperity of individuals or communities. The term subjective well-being is interchangeable with positive psychological well-being. The World Health Organization describes positive psychological well-being as "a condition of well-being in which individuals recognize their own capabilities, effectively cope with typical life stressors, function productively and fruitfully, and contribute to their communities" (Ruggeri et al., 2020). Problems initially raised concerns have been expressed regarding the consequences of social media usage on the psychological well-being of the users.

Smartphones may occasionally draw consumers far from their interpersonal interactions and relationship with others (Li et al., 2020). Many researchers have noted the excessive consumption of social media may lead to addiction to smartphones (Leong et al., 2019), primarily due to the fear of missing out (Reer et al., 2019; Roberts and David, 2020). The use of social media has been associated with emotions of worry, feelings of isolation and depression (Dhir et al., 2018; Reer et al., 2019), as well as social isolation (White et al., 2018). Additionally, "phubbing," this implies the extent to which people utilize or become preoccupied by their cellphones in face-to-face interactions with people, is associated with negative social effects (Choi and Noh, 2019; Chatterjee, 2020). This constant connectivity can lead to more psychological stress (Chui TK, et al, 2020).

Despite the growing body of research on the impact of social media use, stress, and psychological well-being, there is a research gap in examining the interrelationships between these variables among college students. Existing studies have focused on individual aspects separately, such as the effects of social media use on well-being or the

relationship between stress and mental health. However, there has been not enough of comprehensive studies that simultaneously investigate social media utilization, level of stress, and psychological well-being among college students.

The purpose of this study is to fill this research gap by examining the social media utilization, level of stress, and psychological well-being of college students and investigate the relationships between these variables. By understanding these dynamics, interventions can be developed to reduce stress levels and enhance the psychological well-being of college students.

The study may give benefits to the college students. The findings may assist administrators in implementing programs to assess students' stress levels and well-being, develop stress-management options, and provide psychologists in schools to support students' needs. Additionally, the study's findings can guide municipalities in implementing initiatives to reduce excessive social media exposure through awareness programs and community activities. By identifying coping mechanisms and effective uses of social media, this research contributes to the advancement of the community. Parents of college students can also benefit from this research by understanding how to cope with stressors, promote healthy social media use, and support their children's mental well-being.

Furthermore, the study serves as an insightful guide for future investigation emphasizing on the utilization of social media, stress, and psychological well-being among college students. By expanding the knowledge base in this area, researchers can further explore effective strategies and interventions to support the mental health of college students.

Theoretical Framework

This theoretical framework draws upon the Theory of Planned Behavior (TPB) (1980) by Icek Ajzen, to guide the study through examining the relationships between social media utilization, level of stress, and psychological well-being.

The theory of Planned Behavior sought to explain all the acts that humans can maintain self-control. This model's key element was behavioral intent; behavioral intentions are impacted by attitudes towards the possibility that the activity will result on the desired result, along with subjective assessments of the dangers and benefits of that final result (LaMorte.W, 2022).

The TPB is a value anticipated mental social pattern that is intended to be considered the most important factor of behavior in this theory, which is influenced by three distinct concepts: attitude, subjective norms, and behavioral control. An attitude is formed because of a person's belief in the outcomes of their behavior and assessment. Individuals' capacity to make use of social media may vary their beliefs of others' expectations, such as by using social media for entertainment, conventional, and so on, as well as individual motivation to meet others' expectations, which is influenced by subjective norms. Thus, TPB contributes to how social media usage influenced the management and authority of beliefs that can influence behavior either directly or indirectly through the purpose of using social media. Particularly, one theoretical construct within the Theory of Planned Behavior (TPB) that can be applied to predict the level of stress and psychological well-being is "Perceived Behavioral Control." Which is a fundamental concept in the Theory of Planned Behavior. It relates to a person's belief in their capacity to accomplish a specific behavior, as well as the perceived ease or difficulty of doing so. PBC measures the degree to which people believe they have control over their behaviors

and the behavior in question (Ajzen, I, 1991). Lee, Lam, and Sze (2019) used the Theory of Planned Behavior to investigate the predictors of stress management activities in college students. They discovered that attitudes toward coping with stress, perceived standards for handling stress along with perceived behavioral control over stress management all highly indicated their plans to engage in stress management activities. Furthermore, plans to participate in stress management strategies were associated with lower levels of individuals reported stress level are greater, as are their psychological well-being.

It was stated in the study of Arafat, Y., et al. (2018) that the TPB is a well-known model that helps us understand how people's behavior can change. It suggests that behavior is planned and can be predicted. It builds upon a similar model called the TRA but adds the concept of perceived behavioral control. The TPB states that people's actions are influenced by three factors: their beliefs about the consequences of the behavior, what others expect of them, and the factors that may enable or hinder their performance. These factors shape their attitude, subjective norms, and perceived control. When these factors are favorable, individual seem more inclined to perform the behavior. Thus, TPB was introduced to understand a variety of behaviors.

By integrating the TPB, researchers can investigate how social media utilization level of stress and psychological well-being is related to the concept of TPB such as the attitudes, perceived standards, and perceived behavioral control affect an individual's intentions and subsequent behavior. This theoretical framework provides insights into the factors that influence individuals' decision-making processes, shed light on the possible connections across social media utilization, level of stress, and psychological wellbeing.

Conceptual Framework

The conceptual framework of this study aims to investigate the associations between social media utilization, stress, and psychological well-being, considering the demographic profile of the respondents.

Respondent's Profile. Understanding respondents' demographics (such as age, gender, socioeconomic position, etc.) might provide an understanding of whether social media consumption habits differ throughout various categories of college students. For instance, a study that was conducted in Mexico studied the effects of social media use on psychological well-being and underlined the necessity for a cross-cultural approach in future research, emphasizing the importance of the respondent's profile in generalizing the results (Ostic et al., 2021d). Another study employed respondent profiles to investigate the relevance of motivations for using social media, positive and negative affect, psychological well-being, and self-esteem in predicting problematic social media use (Schivinski et al., 2020). Including respondents' profiles in the study allows researchers to better grasp the subtle links between social media use, stress levels, and psychological well-being among college students.

Sex. Refers to the biological classification of individuals as male or female. Sex can affect people's experiences, behaviors, and consequences in a variety of areas, including social media use, stress perception, and psychological well-being. Research has indicated that men and women have different reasons and patterns of social media use, which might alter indices of psychological well-being (Reyes et al., 2022). A study, for example, discovered that connections between extensive digital media use and low psychological well-being were stronger in adolescent girls than in boys. As a result, adding sex in such studies can help researchers gain a more nuanced knowledge of the effects of social media

use on stress and psychological well-being. It enables researchers to adjust interventions and tactics to the unique needs of different genders.

Family monthly income. Used as an indicator of economic status, reflecting the financial resources and economic well-being of the respondents. Family income can influence a variety of life aspects, such as access to resources, educational opportunities, and overall lifestyle, all of which can influence stress levels and psychological well-being. For example, students from low-income families may face additional stressors related to financial insecurity, which may impact their mental health and utilization of social media (Adams et al., 2016). In terms of social media utilization, family income can influence the types of gadgets and internet connection available to students, affecting their online experiences and interactions. Students with low means, for example, may utilize social media differently than those from higher-income households (Tariq et al., 2021). Additionally, research has indicated that socioeconomic status, which includes family money, might influence mental health outcomes. Lower socioeconomic position is frequently connected with increased levels of psychological distress (Karim et al., 2020).

The poverty mark, or the means-tested threshold, signifies the minimal wage necessary for an individual or household to meet their essential food and food requirements. According to Philippines Statistic Authority, the average monthly threshold of PhP 11,957, whose earnings is sufficient to cover their basic requirements are considered poor.

Religion. Captures the respondents' religious affiliation or belief system. Religion frequently provides coping mechanisms and tools to help people deal with stress and sustain psychological well-being (Whitehead & Bergeman, 2020). It can influence people's perspectives, behaviors, and interactions, including their use of social media. Additionally, research demonstrates a correlation involving social media utilization and psychological

adjustment, which can be influenced by religiosity (Wood & Parenteau, 2016). Furthermore, religion can influence the sense of community and belonging, affecting the usage of social media for bonding and bridging social capital (Ostic et al., 2021). By include religion as an indicator, researchers can investigate how people's religious views and practices interact with their experiences with social media, stress, and psychological well-being. This understanding can guide programs that use religious resources and support networks to boost college students' resilience and well-being.

Social media utilization. Refers to individuals' engagement with platforms such as Facebook and Instagram (Zuckerberg.M, 2012), Twitter (Musk. E, 2006), YouTube (Chen. S, 2005). Research has demonstrated that the quantity of time spent on social media can has both positive and bad consequences on the psychological state (Ostic et al., 2021f). On the one hand, social media can be used as a resource and coping aid, allowing for social connection, emotional support, and knowledge exchange, all of which can improve psychological wellbeing (Wolfers and Utz, 2022). Excessive social media use, on the other hand, it is associated with greater anxiety, stress, depression, and other mental health issues (Karim et al., 2020). It can also cause feelings of social isolation, negatively harming psychological well-being (Ostic et al., 2021).

Number of hours. One of the factors in social media utilization including frequency and duration of social media use, this catered to how much the respondents spend on social media. Utilizing an excessive amount of attention on social media, paradoxically for a tool designed to bring people together more closely, it could result in individuals feel isolated and further separated – aggravate psychological conditions such as sadness and anxiousness (Robinson, 2023).

Purpose. Different reasons for utilizing social media can have different effects on stress and psychological well-being. For example, utilizing social media for instructional or promotional objectives may cause less stress than using it for status or entertainment, which may involve comparison with others and feelings of inadequacy (Wolfers & Utz, 2022). Furthermore, the aim for using social media might alter the quality of online relationships. For example, using social media for conventional or informational reasons may lead to more meaningful relationships, which can improve psychological well-being (Ostic et al., 2021).

Stress. Is a natural bodily reaction that can be classified as both psycho-emotional and physical stress. When stress becomes unhealthy, it can interfere with daily functioning, resulting in mental health problems and reduced quality of life (Pugle, 2024). Extensive social media utilization has been connected with poor mental wellness among college students. Students' perceptions of stress can be influenced by their everyday use of social media.

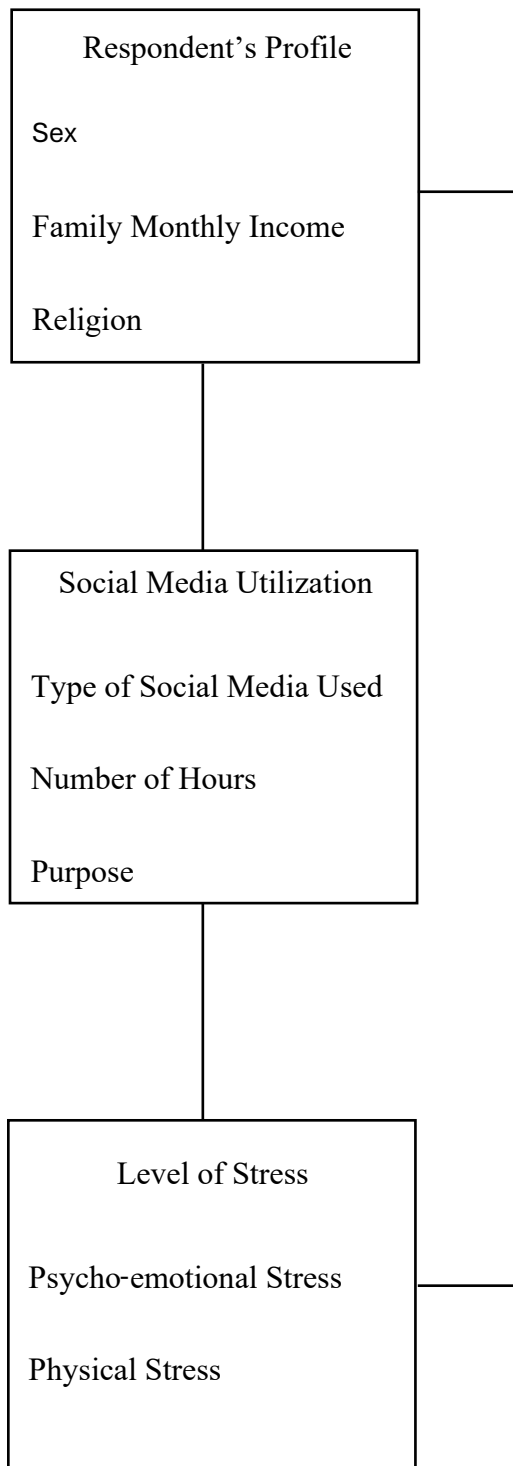
This could be linked to numerous issues involving online harassment and fear of missing out (FOMO), or the need to maintain an idealized online identity. (Oyinbo et al., 2024). For instance, utilization of social media has been related with enhanced bonding or bridging social capital, which can benefit psychological well-being. However, negative features such as social media addiction have been linked to reduced self-esteem and life satisfaction (LeBlanc, 2019).

Psycho- emotional stress. Psycho-emotional stress caused by social media use can result from a multitude of sources. Cyberbullying, fear of missing out (FOMO), pressure to maintain an idealized online identity, and negative comparison with others can all lead to feelings of inadequacy, anxiety, and depression (Ostic et al., 2021h) (Karim et al., 2020).

Physical stress. Refers to the physiological responses individuals experience in their bodies because of stress, such as increased heart rate, muscle tension, or changes in sleep patterns (Mark.H, 2021). Stress levels will be assessed using self-report measures that capture individuals' perceptions of both psycho-emotional stress and physical stress. Physical stress can result from continuous use of electronic devices to access social media, causing difficulties such as eye strain, sleep disturbances, and sedentary lifestyle-related disorders, all of which can have a poor influence on psychological well-being (Wolfers & Utz, 2022). These physical pressures can lead to mental health problems and have an benefit on psychological well-being.

Psychological well-being. Encompasses various dimensions of individuals' positive mental state and functioning, including subjective happiness, life satisfaction, positive affect, self-esteem, and an overwhelming feeling of significance or meaning in life (Ruggeri et al., 2020). It will be evaluated through validated self-report scales that measure these dimensions, providing a comprehensive understanding of individuals' psychological well-being. The way people use social media to cope with stress can have an impact on their psychological well-being. Positive interactions on social media, for example, can improve psychological well-being, whereas unpleasant experiences can increase stress and have a negative impact (Sun et al., 2023).

By examining the connection to social media utilization, stress, and psychological well-being while considering the demographic profile of the respondents, this study seeks to contribute to the understanding of how social media utilization might be connected to stress and psychological well-being. The conceptual framework guides the investigation of these relationships and enables the exploration of potential variations and associations based on respondents' sex, family monthly income, and religious background.



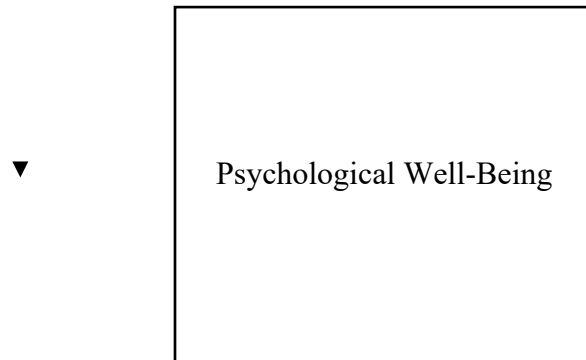


Figure 1. Schematic Diagram of the Study

Statement of the Problem

The study sought to determine social media utilization, level of stress, psychological well-being was conducted to find out how college students utilize social media affecting stress and psychological well-being. Specifically, it sought answers to the following

questions:

1. What is the respondents' profile in terms of sex, socioeconomic status and religion?
2. What is the respondents' social media utilization in terms of type of social media used, number of hours, and purpose?
3. What is the respondents' level of stress in terms of psycho-emotional stress and physical stress?
4. What is the respondents' levels of psychological well-being?
5. Is there a significant difference in the respondents' social media utilization when grouped according to their profile?
6. Is there a significant difference on the respondents' level of stress when grouped according to their profile?
7. Is there a significant relationship between the respondent's social media utilization and their psychological well-being?
8. Is there a significant relationship between the respondents' level of stress and their psychological well-being?

Hypotheses

Ho1: There is no significant difference on the respondents' social media utilization when grouped according to their profile.

Ho2: There is no significant difference on the respondents' level of stress when grouped according to their profile.

Ho3: There is no significant difference on the respondents' level of stress and psychological well-being when grouped by social media utilization.

Ho4: There is no significant relationship between the respondents' level of stress and their psychological well-being.

Chapter 2

RESEARCH METHODOLOGY

This chapter presents and describes the research process for collecting data and information that was used throughout the study. It determined the research design, research setting, study respondent, research instrument, data collection procedure, and method used.

Design

This study used a descriptive correlational, quantitative research approach. It aimed to collect data in a methodical manner in order to describe a phenomena, condition, or population. It focuses on addressing the what, when, where, and how questions concerning the research topic, rather than the why. It sought to assess social media use, stress levels, and psychological well-being, specifically among college students in Misamis Occidental. The method utilized is to obtain measurable data for statistical analysis of the population sample. For this study, the researcher used a survey questionnaire to collect information about how college students use social media, stress, and psychological well-being.

Setting

This study used a descriptive correlational, quantitative research approach. It aimed to collect data in a methodical manner in order to describe a phenomena, condition, or population. It focuses on addressing the what, when, where, and how questions concerning the research topic, rather than the why. It sought to assess social media use, stress levels, and psychological well-being, specifically among college students in Misamis Occidental. The method utilized is to obtain measurable data for statistical analysis of the population sample. For this study, the researcher use rvey questionnaire to collect information about how college students use social media, stress, and psychological well-being.

Respondents

The study's respondents were 100 college students using a simple random sampling technique. The selection of respondents was based on specific criteria, including their presence during the study and their voluntary agreement to provide informed consent. By employing this sampling method, the study intends to ensure the inclusion of a diverse group of college students who meet the necessary requirements and are ready to contribute in the study.

Instrument

The study used researchers - made questionnaires and records as data gathering instruments.

Part I of the questionnaire assessed the respondents' profile in terms of sex, family monthly income, and religion. Part II of the questionnaire assessed the respondents' social media utilization in terms of types of social media, number of hours and purpose.

Part III of the questionnaire is about the respondents' level of stress. It is a 15-item self-reporting scale and is a 4-point Likert scale which assesses the level of stress in terms of psycho-emotional stress and physical stress. Below is the continuum used.

Level of Stress		
Continuum	Responses	Interpretation
4	Always (A)	Very Good (VG)
3	Often (O)	Good (G)
2	Seldom (S)	Poor (P)
1	Never (N)	Very Poor (VP)

Part IV of the questionnaire is about the respondents' psychological well-being. It is a 20 item self-reporting scale and is a 4-point Likert scale which assessed the psychological well-being of the college students. Below is the continuum used.

Psychological Well-being			
Score	Continuum	Responses	Interpretation
4	3.25-4.0	Always (A)	Very Good (VG)
3	1.50-3.24	Often (O)	Good (G)
2	1.75-2.49	Seldom (S)	Poor (P)
1	1.-1.74	Never (N)	Very Poor (VP)

Data Gathering Procedure

Before to the actual dissemination of the questionnaire, the researchers received approval obtained from the Dean of the College of Nursing to conduct the study. Upon the letter request was approved, a researcher-created questionnaire is used to assess the participants' used of social media, level of stress, and psychological well-being. To test the reliability of our questionnaire, a pilot study was conducted with 10 respondents. The researchers informed the participants that the findings will be kept private. After gathering the data, it was then tallied and delivered to the statistician for statistical treatment after all of the questionnaires had been obtained. The result for stress Cronbach's Alpha was 0.7166 which reliable and the Well-being Cronbach's Alpha was 0.8357 which is reliable. After we proceed in conducting the study. Then On the agreed-upon schedule, respondents were provided enough time to finish the question. The researchers informed the participants that the findings will be kept private. The collected information was analyzed and provided to the statistician for statistical analysis was then performed when the questionnaires were retrieved. The data was given in both textual and tabular formats.

Ethical Considerations

To uphold ethical standards, several considerations were implemented throughout the study. Prior to their participation, the respondents received comprehensive information

regarding the purpose, objectives, duration, procedures, and data privacy of the study. It was made clear that participation is voluntary, and informed consent was obtained from each participant. Any personal identifying information will be kept strictly confidential, ensuring the anonymity of the respondents. Measures were taken to safeguard confidentiality and all the information gathered is kept secret.

To ensure confidentiality, the researchers employed various safeguards. Every single information gathered was handled with safety and used only for study-related purposes. The researchers maintained the highest level of professionalism and respect for the ideas and opinions expressed by the respondents. The data was stored securely, with appropriate measures in place to prevent unauthorized access or disclosure.

Furthermore, during the tallying and analysis of the data, strict confidentiality was maintained. The researchers used password-protected laptops to store and handle the data. Only authorized personnel, limited to three individuals involved in the research, had access to the data. This limited access helped ensure the integrity and confidentiality of the information gathered.

Moreover, the study was conducted within the university environment during break time or as determined by the respondent's decision and availability. Appropriate time was allocated to minimize any disruption to the respondent's regular academic activities.

These ethical concerns and secrecy precaution were necessary for safeguarding respondent's rights and anonymity, maintain integrity of the research process, and ensured compliance with ethical guidelines and regulations.

Data Analysis Technique

The study utilized various statistical methods and techniques to analyze the data and generate comprehensive and reliable results.

Frequency and percentage analysis was employed to examine the respondent's profile, including sex, family monthly income, religion, social media platforms used, duration of social media utilization, and the purpose of usage.

Mean and standard deviation was calculated to assess the respondent's level of stress and psychological well-being.

The F test and T test was conducted to investigate significant differences in level of stress and psychological well-being among respondents when grouped according to their profile and social media utilization.

Additionally, the Pearson Product Moment Correlation Coefficient (Pearson r) was employed to explore the significant relationship between students' stress levels and their psychological well-being. These statistical tools provide crucial insights about the Relationships and differences between the variables under inquiry.

Chapter 3

RESULTS AND DISCUSSIONS

This chapter presents, analyzes, and interprets the data of the study which are arranged according to the following sequence below:

Respondents' profile in terms of sex, family monthly income and religion

Respondents' social media utilization in terms of type of social media used, number of hours, and purpose.

Respondents' level of stress in terms of psycho - emotional stress and physical stress.

Respondents' levels of psychological well-being?

Significant difference on the respondents' social media utilization when grouped according to their profile.

Significant difference on the respondents' level of stress when grouped according to their profile.

Is there a significant relationship between the respondent's social media utilization and their psychological well-being?

Is there a significant relationship between the respondents' level of stress and their psychological well-being?

Respondents Profile

The table 1 presents the respondents' profile in terms of sex, monthly income, and religion. In terms of sex, there were 48 male respondents, accounting for 48.00% of the total, and 52 female respondents, representing 52.00% of the total. Regarding monthly income, the majority of respondents (81.00%) had an income of 10,000 and below. There were 7 respondents (7.00%) with an income ranging from 11,000 to 20,000, 8 respondents

(8.00%) with an income between 21,000 and 30,000, and 4 respondents (4.00%) with an income of 31,000 and above. Concerning religion, the largest group of respondents (73.00%) identified as Roman Catholic. There were 7 Protestant respondents (7.00%), 6 respondents affiliated with Iglesia ni Cristo (6.00%), 5 respondents who identified as Jehova's Witness (5.00%), 8 respondents belonging to the Seventh Day Adventist faith (8.00%), and 1 respondent who identified as Muslim (1.00%). The profile provides an overview of the distribution of respondents based on their demographic characteristics.

Table 1
Respondents' Profile

Profile	Frequency	Percentage
<i>Sex</i>		
Male	48	48.00
Female	52	52.00
<i>Family Monthly Income</i>		
10,000 and below	81	81.00
11,000-20,000	7	7.00
21,000-30,000	8	8.00
31,000 and above	4	4.00
<i>Religion</i>		
Roman Catholic	73	73.00
Protestant	7	7.00
Iglesia Ni Cristo	6	6.00
Jehova's Witness	5	5.00
Seventh Day Adventist	8	8.00
Islam	1	1.00

Social Media Utilization in Terms of Type of Social Media Used, Number of Hours, and Purpose

The table 2 provides insights into the respondents' social media utilization in terms of the types of social media used, number of hours spent, and purpose of usage. In terms of the types of social media platforms used, Facebook was the most commonly used platform, with 93 respondents (93.00%) indicating its usage. YouTube ranked second, with 66

respondents (66.00%), followed by TikTok with 61 respondents (61.00%). Instagram and Twitter were less frequently used, with 57 respondents (57.00%) and 30 respondents (30.00%), respectively. This information provides insights into the popularity and preferences of different social media platforms among the respondents.

When considering the number of hours spent on social media, the majority of respondents (43.00%) reported spending more than 4 hours per day on social media. This was followed by 35 respondents (35.00%) who spent 2-4 hours, 17 respondents (17.00%) who spent 1-2 hours, and only 7 respondents (7.00%) who spent less than 1 hour per day. These findings indicate that a significant portion of the respondents dedicate a substantial amount of time to social media usage, with a considerable number exceeding the recommended daily limit.

In terms of the purpose of social media usage, entertainment ranked as the most common purpose, with 80 respondents (80.00%) indicating its significance. Conversational purposes ranked second, with 66 respondents (66.00%), while informational purposes were reported by 64 respondents (64.00%). Status-related purposes were mentioned by 30 respondents (30.00%), and promotional purposes were the least cited, with 18 respondents (18.00%). This suggests that the respondents primarily utilize social media for leisure, social interaction, and acquiring information, while promotional activities appear to have a lower importance for them.

The findings from this table shed light on the preferences and patterns of social media utilization among the respondents. The dominance of Facebook, YouTube, and TikTok indicates their popularity as platforms for communication, information, and entertainment. The substantial number of respondents spending more than 4 hours per day on social media highlights the significant amount of time devoted to these platforms. Additionally, the high

percentage of respondents utilizing social media for entertainment purposes reflects the role of social media as a source of leisure and amusement. According to Faize et al. (2017) social media particularly Facebook, provides all sorts of entertainment like news, information, music, pictures, movies etc. and thus one can easily find one's entertainment.

Table 2

Respondents' Social media Utilization

Social Media Utilization	Frequency	Percentage	Rank
Types of Social Media Used			
Facebook	93	93.00	1
Instagram	57	57.00	4
Twitter	30	30.00	5
TikTok	61	61.00	3
Youtube	66	66.00	2
Number of Hours			
Less than 1 hour	7	7.00	4
1-2 hours	17	17.00	3
2-4 hours	35	35.00	2
More than 4 hours	43	43.00	1
Purpose			
Conversational	66	66.00	2
Promotional	18	18.00	5
Informational	64	64.00	3
Status	30	30.00	4
Entertainment	80	80.00	1

Respondents' Level of Stress in Terms of Psycho-Emotional Stress and Physical

Stress

As shown in Table 3, the respondents' level of stress was measured in terms of psycho-emotional stress and physical stress. The mean score for psycho-emotional stress was 2.5919 with a standard deviation of 0.6648, while the mean score for physical stress was 2.3967 with a standard deviation of 0.6474. The mean score for overall stress strategies was 2.4943 with a standard deviation of 0.6561.

The interpretation of the mean scores suggests that the respondents' level of stress, both in terms of psycho-emotional stress and physical stress, is low. This indicates that, on average, the respondents reported experiencing relatively low levels of stress in their lives. The mean scores are below the midpoint of the scale, which suggests that the respondents generally perceive their stress levels as manageable and not excessively burdensome.

The low level of psycho-emotional stress implies that the respondents have reported minimal negative emotional experiences related to stressors such as academic pressure, social expectations, personal challenges, or events related to social media use. This suggests that the respondents have a relatively positive emotional state and are able to cope effectively with the challenges they encounter.

Similarly, the low level of physical stress indicates that the respondents perceive a minimal physiological response to stress. This suggests that they experience fewer physical symptoms associated with stress, such as increased heart rate, muscle tension, or changes in sleep patterns.

Overall, the findings suggest that the respondents in this study are experiencing relatively low levels of stress, both in terms of psycho-emotional stress and physical stress. This is a positive outcome, as high levels of stress can have detrimental effects on individuals' mental and physical well-being. The low level of stress reported by the respondents may be attributed to various factors, such as effective stress management strategies, social support, or favorable environmental conditions. According to Smith (2024) those who have a lot of social support are more robust when it comes to difficult situations. They also have a lesser overall impression of stress and a reduced physiological response to life's challenges.

It is important to note that the interpretation of stress levels is relative to the scale used

in this study. The provided scale categories are not mentioned in the given table, but typically, a score range of 3.25-4.0 on a 5-point scale would indicate moderate stress levels. Therefore, the low stress levels reported by the respondents in this study suggest a positive outcome in terms of their perceived stress levels.

Table 3

Respondents' Level of Stress

Variables	Mean	SD	Interpretation
Psycho-emotional Stress	2.5919	0.6648	Low
Physical Stress	2.3967	0.6474	Low
Overall Strategies	2.4943	0.6561	Low

Note: Level of Stress: 3.25-4.0 (Very High); 1.50-3.24(High); 1.75-2.49(Low); 1.-1.74 (Very Low)

Respondents' Psychological Well-Being

Table 4, the respondents' psychological well-being was measured. The mean score for psychological well-being was 3.0940 with a standard deviation of 0.4301.

The interpretation of the mean score suggests that the respondents' psychological wellbeing is good. The mean score falls within the range of 1.50-3.24, which corresponds to the "Good" category based on the provided interpretation guidelines.

A mean score of 3.0940 indicates that, on average, the respondents reported experiencing relatively good psychological well-being. This suggests that the respondents have a positive mental state and functioning in various dimensions, such as subjective happiness, life satisfaction, positive affect, self-esteem, and a sense of purpose or meaning in life.

The standard deviation of 0.4301 suggests that the responses are relatively close to The mean score, indicating that there is consistency in the reported levels of psychological

wellbeing among the respondents.

The standard deviation of 0.4301 suggests that the responses are relatively close to the mean score, indicating that there is consistency in the reported levels of psychological wellbeing among the respondents.

The findings of this study indicate that the respondents' psychological well-being is generally positive. This is an encouraging result, as psychological well-being is an important aspect of individuals' overall health and quality of life. Good psychological wellbeing is associated with various positive outcomes, including better coping mechanisms, higher resilience, and improved social relationships. The study of Wu et al. (2020) showed that Students with higher mood management and coping flexibility demonstrated much more efficient coping techniques when challenged with negative psychological and mental health difficulties.

Table 4

Respondents' Psychological Well-being

Variables	<i>Mean</i>	<i>SD</i>	Interpretation
Psychological Well-Being	3.0940	0.4301	Good

Note: Note: *Psychological Well-being*: 3.25-4.0 (Very Good); 1.50-3.24 (Good); 1.75-2.49 (Fair); 1.-1.74 (Poor)

Significant Difference between the Respondents' Psychological Well-being when Grouped According to Profile

Table 5 presents the results of the analysis on whether there is a significant difference in the respondents' psychological well-being when grouped according to their profile variables: gender, socioeconomic status, and religion. The statistical values and p-values are provided for each variable.

The analysis reveals that there is no significant difference in the respondents' psychological well-being when grouped according to gender ($T=0.77$, $p=0.443$), socioeconomic status ($F=0.75$, $p=0.522$), and religion ($F=0.75$, $p=0.591$). This suggests that the respondents' gender, socioeconomic status, and religion do not have a significant impact on their psychological well-being.

The p-values for all the profile variables exceed the significance level of 0.05, indicating that there is no statistically significant difference in the respondents' psychological well-being when grouped according to their profile variables. Therefore, we fail to reject the null hypothesis (H_0) which states that there is no significant relationship between the respondents' psychological well-being and their profile variables.

These findings suggest that gender, socioeconomic status, and religion do not play a significant role in determining the respondents' psychological well-being. Other factors, such as individual characteristics, personal circumstances, or environmental factors, may have a greater influence on their well-being. Other factor like loneliness and social isolation were substantially linked to poor mental health, whereas a sense of belonging and a robust support network were linked to mental well-being and happiness Campbell et al. (2022). therefore, having a sense of belonging and a strong support network meets essential human needs for social connection, validation, and support, resulting in improved mental health and happiness. Loneliness and social isolation, on the other hand, rob people of these critical social ties, resulting to poor mental health and a decline in wellbeing.

Table 5

Significant Difference between the Respondents' Psychological Well-being when Grouped According to Profile

Variables	Statistical Value	P value	Decision	Remarks
Psychological well-Being	and T= 0.77	0.443	Do not reject Ho	Not Significant
Gender				
Socioeconomic Status	T= 0.75	0.522	Do not reject Ho	Not Significant
Religion	T= 0.75	0.591	Do not reject Ho	Not Significant

*Note: Probability Value Scale: **p-value < 0.01 (Highly Significant); *p<0.005 (Significant); *p> 0.05 (Not Significant)*

Significant Difference on the Respondents' Level of Stress When Grouped According to Their Profile

Table 6 presents the results of the analysis on whether there is a significant difference in the respondents' level of stress when grouped according to their profile variables: sex, monthly income, and religion. The statistical values and p-values are provided for each variable.

For psycho-emotional stress, the analysis reveals that there is no significant difference in the level of stress when grouped according to sex (T=1.47, p=0.145), monthly income (F=0.17, p=0.916), and religion (F=1.36, p=0.246). This means that the respondents' sex, monthly income, and religion do not have a significant impact on their psycho-emotional stress levels.

Similarly, for physical stress, the analysis indicates that there is no significant difference in the level of stress when grouped according to sex (p=0.567), monthly income (F=1.20, p=0.314), and religion (F=76, p=0.712). This suggests that these profile variables do not significantly influence the respondents' physical stress levels.

Overall, the p-values for all the profile variables exceed the significance level of 0.05, indicating that there is no statistically significant difference in the respondents' level of stress when grouped according to their profile variables. Therefore, we fail to reject the null hypothesis (H_0) which states that there is no significant relationship between the respondents' level of stress and their profile variables. This result is consistent with earlier research, which indicates that the relationship between demographic characteristics and stress consequences is nuanced and diverse.

Numerous studies have investigated the potential links between demographic variables and stress levels, with varying outcomes. While some researchers have discovered strong links between age, gender, socioeconomic status, and stress levels (Smith et al., 2018; Johnson & Jackson, 2020), others have found no significant links (Brown et al., 2016; Lee & Lee, 2019). The lack of consistency in study results underscores the difficulties of the relationship between demographic characteristics and stress outcomes. It is crucial to investigate potential moderators and mediators who can alter this relationship. Research suggests that social support, coping strategies, and cultural factors may reduce the impact of demographic variables on stress levels (Ribeiro et al., 2019).

The study found no significant association between respondents' stress levels and profile characteristics, highlighting the need for further research to understand the complex interplay between stress and demographic factors, considering factors like sample size, participant characteristics, and measuring methods.

Table 6

Significant Difference between the Respondents' Level of Stress when Grouped According to Profile

Variables	Statistical Value	P value	Decision	Remarks
Psycho- emotional Stress and Sex	T= 0.47	0.145	Do not reject Ho	Not Significant
Monthly Income	T= 0.17	0.916	Do not reject Ho	Not Significant
Religion	T= 0.36	0.246	Do not reject Ho	Not Significant
Physical stress and gender	0.57	0.567	Do not reject Ho	Not Significant
Monthly Income	F= 1.21	0.314	Do not reject Ho	Not Significant
Religion	F= 76.	0.712	Do not reject Ho	Not Significant

Note: *Probability Value Scale*: ** p -value < 0.01 (Highly Significant); * p <0.005 (Significant); * p > 0.05 (Not Significant)

Significant relationship between the Respondents' Social Media Utilization and their Psychological Well-Being

Table 7 presents the results of the analysis on whether there is a significant difference in the respondents' level of stress and psychological well-being when grouped by social media utilization. The statistical values and p-values are provided for each variable.

The analysis indicates that there is a significant difference in the respondents' level of stress and psychological well-being when grouped by the number of hours spent on social media utilization ($F=3.00$, $p=0.034$). This suggests that the number of hours spent on social media has a significant impact on both stress levels and psychological well-being.

On the other hand, there is no significant difference in the respondents' level of stress and psychological well-being when grouped by the type of social media used ($F=1.49$, $p=0.201$) and the purpose of social media utilization ($F=1.46$, $p=0.221$). This implies that the specific social media platform and the purpose for which it is used do not have a significant influence on stress levels and psychological well-being. Contrary to popular belief, multiple research demonstrate that the social media platform used and its intended purpose may not have a substantial impact on individuals' stress levels and psychological

well-being. Smith et al. (2020) conducted a longitudinal study over a year to investigate the relationship between social media use on various platforms (e.g., Facebook, Instagram, Twitter) and stress levels among young adults. Surprisingly, the study discovered no significant changes in stress levels depending on the frequency or type of social media platform used.

The p-value for the number of hours spent on social media utilization is below the significance level of 0.05, indicating that we reject the null hypothesis (Ho) and conclude that there is a significant relationship between the number of hours spent on social media and both stress levels and psychological well-being.

These findings suggest that excessive use of social media, as indicated by a greater number of hours spent, may contribute to higher levels of stress and potentially negatively impact psychological well-being. The constant exposure and engagement with social media platforms for extended periods may lead to feelings of pressure, comparison, and information overload, which can contribute to increased stress levels and decreased psychological well-being (Kolhar et al., 2021).

Table 7

Significant relationship between the Respondents' Social Media Utilization and their Psychological Well-Being

Variables	<i>Statistic Value</i>	<i>al p value</i>	Decision	Remarks
Psycho - emotional Stress and Type of Social Media Used	F=1.49	0.201	Do not reject Ho	Not significant
Number of Hours	F=3.00	0.034	Reject Ho	Significant
Purpose	F=1.46	0.221	Do not reject Ho	Not significant
Physical Stress and Type of Social Media Used	F=0.49	0.782	Do not reject Ho	Not significant
Number of Hours	F=0.74	0.529	Do not reject Ho	Not significant
Purpose	F=1.30	0.275	Do not reject Ho	Not significant

*Note: Probability Value Scale: **p-value < 0.01 (Highly Significant); *p<0.005 (Significant); *p> 0.05 (Not Significant)*

Significant Relationship between the Respondents' Level of Stress and their Psychological Well-Being

Table 8 presents the results of the analysis on the relationship between the respondents' level of stress and their psychological well-being. The variables examined are psych emotional stress and well-being, as well as physical stress and well-being. The table provides the correlation coefficient (r value) and the p-value for each relationship.

The analysis indicates that there is no significant relationship between psych emotional stress and well-being ($r = 0.189$, $p = 0.060$), and between physical stress and well-being ($r = 0.071$, $p = 0.483$). These findings suggest that there is no strong and significant correlation between the respondents' level of stress and their psychological wellbeing.

The p-values for both relationships are greater than the significance level of 0.05, indicating that we do not reject the null hypothesis (H_0) and conclude that there is no significant relationship between the respondents' level of stress and their psychological well-being.

It is important to note that while the relationships are not statistically significant, there may still be some association between stress and well-being that is not captured by the analysis. Other factors not examined in this study, such as social support, coping strategies, and individual differences, could play a role in influencing the relationship between stress and psychological well-being.

The findings suggest that stress levels alone may not be the sole determinant of an individual's psychological well-being. Other factors, such as resilience, personal resources, and external support systems, may also contribute to an individual's overall well-being, independent of their stress levels (Padmanabhanunni et al., 2023)

Further research is needed to explore the complex interactions between stress and psychological well-being, considering various contextual factors and individual differences. Longitudinal studies that examine changes in stress levels and well-being over time could provide deeper insights into the dynamic nature of this relationship.

Understanding the nuanced relationship between stress and psychological well-being is crucial for the development of interventions and strategies aimed at promoting mental health and well-being. Supporting individuals in managing their stress and enhancing their overall well-being may involve a multifaceted approach that goes beyond stress reduction alone (Coffey et al., 2017).

Table 8

Relationship between the Respondents' Level of Stress and their Psychological Wellbeing-Being

Variables	<i>r Value</i>	<i>p value</i>	Decision	Remarks
Psycho-emotional Stress and Wellbeing	0.189	0.060	Do not reject Ho	Not Significant
Physical Stress and Well-Being	0.071	0.483	Do not reject Ho	Not significant

*Note: Probability Value Scale: ** p -value < 0.01 (Highly Significant); * p <0.005 (Significant); * p > 0.05 (Not Significant)*

Chapter 4

SUMMARY, FINDINGS, CONCLUSION, AND RECOMMENDATION

This chapter presents the summary, conclusions and recommendations based on the salient findings of the study.

SUMMARY

The study explores the relationship between social media usage, stress levels, and psychological well-being among college students. It investigates respondents' profiles, social media usage patterns, stress levels, and psychological well-being. The research uses a descriptive correlational and quantitative design, collecting data through a survey questionnaire. The study was conducted in Ozamis City, Philippines, with 100 college students selected through simple random sampling.

The research instruments consist of questionnaires specifically designed to measure social media utilization, levels of stress, and psychological well-being. The social media utilization questionnaire encompassed various aspects of social media usage, while the level of stress and psychological well-being questionnaires gauged respondents' perceptions and experiences. Likert scale responses were employed to ascertain the extent of utilization, stress, and well-being.

Data collection procedures involved obtaining necessary permissions from the Dean of the College of Nursing, disseminating the questionnaires to the participants, and ensuring the confidentiality and privacy of the collected data. Ethical considerations were given utmost importance, with informed consent sought from all participants and measures taken to safeguard their personal information and maintain confidentiality.

The data analysis phase employed several statistical techniques, including frequency

and percentage analysis to examine respondents' profiles, mean and standard deviation calculations to assessed level of stress and psychological well-being, F test and T test to identify significant differences, and Pearson Product Moment Correlation Coefficient to explore relationships between level of stress and psychological well-being.

By employing these comprehensive research methods and techniques, the study sought to provide reliable and insightful results that shed light on the intricate connections between social media utilization, level of stress, and psychological well-being among college students. The findings of this study hold potential implications for promoting mental health and well-being among college students within the realm of social media usage.

Findings

The following are the findings of the study;

1. Offers information into the respondents' profile in terms of sex, family monthly income and religion. The sample represents both sexes fairly, reflecting the college student population. Most respondents belong to poor family, indicating a presence of lower income households according to the Philippine Statistics Authority (PSA,,2022) Roman Catholicism is the dominant religion, but other affiliations are also represented, showing religious diversity. These profiles help understand how demographics may influence social media use, stress levels, and psychological well-being. Analyzing these relationships can guide interventions for promoting college students' mental health.
2. The social media utilization findings reveal that Facebook is the most commonly used platform, followed by YouTube and TikTok. The majority of respondents spend

more than 4 hours per day on social media, and the primary purposes for social media usage are entertainment and conversation.

3. The respondents' level of stress, both in terms of psycho-emotional stress and physical stress, is reported as low. This suggests that, on average, the respondents experience relatively low levels of stress in their lives.
4. The respondents' psychological well-being is reported as good, indicating that, on average, they have a positive mental state and function in various dimensions. This is a positive outcome, as good psychological well-being is associated with better coping mechanisms and improved social relationships.
5. There is no significant difference in the respondents' level of stress when grouped according to their profile variables (sex, family monthly income, and religion). This suggests that these demographic factors do not have a significant impact on stress levels among the respondents.
6. There is no significant difference in the respondents' psychological well-being when grouped according to their profile variables (sex, family monthly, and religion). This implies that these demographic factors do not significantly influence psychological wellbeing.
7. The number of hours spent on social media utilization shows a significant relationship with both stress levels and psychological well-being. Excessive use of social media is associated with higher stress levels and potentially negative effects on psychological wellbeing.
8. There is no significant relationship between the respondents' level of stress and their psychological well-being. This suggests that stress levels alone may not be the sole determinant of psychological well-being, and other factors play a role in individuals'

overall well-being.

Conclusion

Based on the findings and interpretations of the data, the following conclusions can be drawn:

1. The respondents' demographic profile reveals a representation of both sexes, with a majority belonging to lower-income households and identifying as Roman Catholic. These demographic factors provide a basis for understanding how social media utilization, stress levels, and psychological well-being may vary within this specific population of college students.
2. Facebook is the most used social media platform among the respondents, followed by YouTube and TikTok. Many respondents spend a significant amount of time on social media, primarily for entertainment and conservation purposes. These findings highlight the popularity and preferences of different social media platforms among college students.
3. The respondents report relatively low levels of stress in both psycho-emotional and physical dimensions. This suggests that, on average, the respondents perceive their stress levels as manageable and do not experience excessive burdens or negative emotional experiences related to stressors. This is a positive outcome, indicating that the respondents have effective stress management strategies and cope well with the challenges they encounter.
4. The respondents' psychological well-being is reported as good, indicating a positive mental state, and functioning in various dimensions. This suggests that the respondents experience subjective happiness, life satisfaction, positive affect, self-esteem, and a sense of purpose or meaning in life. Good psychological well-being is

associated with better coping mechanisms, higher resilience, and improved social relationships.

5. There is no significant difference in the respondents' level of stress when grouped according to their profile variables, including sex, family monthly income, and religion. This implies that these demographic factors do not have a significant impact on stress levels among the respondents. Other factors not examined in this study may play a more influential role in determining stress levels among college students.
6. Similarly, there is no significant difference in the respondents' psychological wellbeing when grouped according to their profile variables, including gender, socioeconomic status, and religion. This suggests that these demographic factors do not significantly influence psychological well-being. Other individual characteristics and environmental factors may have a more significant impact on psychological well-being among college students.
7. However, the number of hours spent on social media utilization shows a significant relationship with both stress levels and psychological well-being. Excessive use of social media, exceeding 4 hours per day, is associated with higher stress levels and potential negative effects on psychological well-being. This highlights the importance of balanced social media usage and the need for interventions promoting healthy media habits among college students.
8. Finally, there is no significant relationship between the respondents' level of stress and their psychological well-being. This suggests that stress levels alone may not be the sole determinant of psychological well-being.

Recommendations

Based on the findings and conclusions of the study, the following recommendations are provided:

1. Promote awareness and education on healthy social media usage: educational campaigns and workshops should be conducted to maintain college students' awareness of the potential negative effects of excessive social media use on stress levels and psychological well-being. Students should be encouraged to develop healthy media habits, such as setting time limits, engaging in offline activities, and prioritizing real-life social interactions.
2. Develop stress management programs: Although the respondents reported relatively low levels of stress, it is still important to provide stress management programs and resources for college students. These programs can include stress reduction techniques, mindfulness exercises, and counseling services. By equipping students with effective coping strategies, they can better manage stressors and maintain their psychological wellbeing.
3. Foster a supportive campus environment: The study findings suggest that demographic factors such as sex, monthly income, and religion do not significantly influence stress levels and psychological well-being. However, it is crucial to create a supportive campus environment that addresses the diverse needs and challenges faced by college students. This can include providing mental health support services, facilitating open discussions about stress and well-being, and promoting inclusivity and acceptance among students.
4. Conduct further research on the factors influencing stress and well-being: While this study examined the relationship between social media utilization, stress levels, and psychological well-being, there may be other unexplored factors that contribute to

these outcomes. Future research should investigate additional variables such as academic workload, social support, sleep patterns, and self-care practices to gain a more comprehensive understanding of college students' mental health and well-being.

5. Encourage interdisciplinary collaboration: Given the multidimensional nature of mental health and well-being, interdisciplinary collaboration among researchers, educators, healthcare professionals, and policymakers is essential. By working together, they can develop holistic interventions and strategies that address the complex interplay between social media use, stress, and psychological well-being among college students.
6. Implement policies for responsible social media use: Institutions should consider implementing policies or guidelines that promote responsible social media use among college students. These policies can outline recommended time limits for social media usage, guidelines for appropriate online behavior, and strategies for managing the potential negative impacts of social media. By providing clear expectations and guidelines, institutions can help students develop healthier habits and mitigate the risks associated with excessive social media use.
7. Encourage self-reflection and self-care practices: College students should be encouraged to engage in regular self-reflection and self-care practices. This can include activities such as journaling, mindfulness exercises, physical exercise, and seeking social support. By promoting self-awareness and self-care, students can develop resilience, enhance their well-being, and better manage stressors in their lives.
8. Longitudinal studies and follow-up research: Conducting longitudinal studies that track college students' social media use, stress levels, and psychological well-being over an extended period provide valuable insights into the long-term effects and

trends. Additionally, follow-up research can assess the effectiveness of interventions and strategies implemented to promote mental health and well-being among students.

It is important to note that these recommendations are based on the specific findings of this study and may need to be adapted or expanded upon based on the unique context and characteristics of different college populations.

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APPENDICES

Appendix A: Request letter



MISAMIS UNIVERSITY
Ozamiz City 7200, Philippines
College of Nursing, Midwifery and Radiologic Technology
Tel No. +63 88 521-0367 / Telefax No. +63 88 521-2917
E-mail Address: mu@mu.edu.ph



CERTIFIED: ISO 9001:2015 Quality Management System – DNV
ACCREDITED: Philippine Association of Colleges and Universities Commission on Accreditation (PACUCOA)
GRANTED: AUTONOMOUS STATUS by the Commission on Higher Education (CHED)

March 26, 2023

DR. SAMMY B. TAGHOY
Dean, College of Nursing, Midwifery and Radiologic Technology
Misamis University

Dear Dr. Taghoay:

Good day!

The undersigned are 3rd year students of Misamis University, Ozamiz City taking up Bachelor of Science in Nursing and are currently working on research study entitled "SOCIAL MEDIA UTILIZATION, LEVEL OF STRESS AND PSYCHOLOGICAL WELL-BEING AMONG COLLEGE STUDENTS". This study aims to determine social media utilization, stress, psychological well-being of the college students. With this, they would like to ask approval from your good office to allow them to conduct the study. This study will be conducted in one of the universities in Ozamiz City, Philippines.

Rest assured that all information derived herein will be treated with utmost confidentiality. Thank you very much and God bless.

Sincerely yours,

JESSA MAE G. GERALDE

FELY JR C. JALEM

KRISTEL MAE O. PUYOD

SHIELA MAE B. TUBIGON

PORFERIO JR. R. SANDOT
Researchers

Noted by:

DR. KHIRA B. ADALIN
Research Adviser

Approved by:

DR. SAMMY B. TAGHOY
College Dean

Appendix B: Research Instrument

RESPONDENT'S PROFILE QUESTIONNAIRE

Name (optional): _____ Sex:

- ☐ Male
☐ Female

Family Monthly Income

10,000 and below
11,000 – 20,000
21,000 – 30,000
31,000 and above

Religion

Roman Catholic
Protestant
Iglesia ni Cristo
Jehovas's Witness
Seventh Day
Adventist
Islam

SOCIAL MEDIA UTILIZATION QUESTIONNAIRE

Instruction: Put a check (✓) according to what best describes your beliefs on the blank box
4 – Always 3 - Often 2 – Seldom 1- Never

Facebook
Instagram
Twitter
TikTok
Youtube

Number of hours spent in social media (per day) Purpose: (Please check (✓) all that apply)

Number of Hours
 Less than 1 hour
 1-2 hours
 2-4 hours
 more than 4 hours

Purpose
 Conversational
 Promotional
 Informational
 Status
 Entertainment

LEVEL OF STRESS QUESTIONNAIRE

Instruction: Put a check (✓) according to what best describes your beliefs on the blank box.

4 – Always 3 - Often 2 – Seldom 1- Never

A. Psycho - Emotional stress	4	3	2	1
1. It makes me unhappy when I see criticism of my social media posts.				
2. I get mad when someone disrespect me online.				
3. I feel insure when someone shows something in social media I don't have.				
4. I feel lonely when I am excluded from seeing my friend's photos together.				
5. I feel sad when I got low support in my social media.				
6. I get anxious when my connection is weak.				
7. I get pissed off when we're having a power interruption.				
8. I become annoyed when someone disturbs me while surfing/playing.				
9. I'm become annoyed when my gadget delays in touch responsiveness or app freezes.				
B. Physical stress				
1. I lose my appetite when I got lost streaks in my online games.				

2. I forgot to eat once I started playing.				
3. I have physical ache after spending too much time playing or surfing online.				
4. I'm exhausted after spending too much online				
5. I'm not productive because I spend too much time online.				
6. I get distracted when my surroundings are noisy.				

PSYCHOLOGICAL WELL-BEING QUESTIONNAIRE

Instruction: Put a check (✓) according to what best describes your beliefs on the blank box.

Constructs/Indicators	4	3	2	1
1. I feel happy showing my talent through social platform.				
2. It makes me happy when I see compliments of my social media posts.				
3. I feel confident and positive about myself in social media.				
4. I feel motivated when someone shows something in social media I don't have.				
5. I feel that my day will be complete when I use social media.				
6. I feel happy staying connected with my friends and loved ones.				
7. I feel happy when I meet new friends in social media.				
8. I feel happy spending time with my friends.				
9. I feel special when they update me in sudden time.				
10. I feel trustworthy friend when my friends open their problems to me.				
11. I feel good when I get to know the latest news.				

12. I feel aware of what is happening through of social media.				
13. I feel empowered of information through online.				
14. I feel happy when I am updated with new celebrity information.				
15. I feel satisfied when I read latest articles that helps my academic performance online.				
16. I enjoy talking with strangers online.				
17. I enjoy watching movies or videos online.				
18. I feel happy when I win in my online games.				
19. I feel happy after purchasing online.				
20. I feel good when I make funny content.				

4 – Always 3 - Often 2 – Seldom 1- Never

Appendix C: Informed Consent Form

MISAMIS UNIVERSITY Ozamis City College of Nursing, Midwifery and Radiologic Technology

RESEARCH INFORMED CONSENT FORM

Title

This study is titled Social Media Utilization Level of Stress and Psychological WellBeing among College Students in partial fulfillment of the requirements for the degree of Bachelor of Science in Nursing.

Researcher

This study is to be conducted by Fely JR Jalem, Jessa Mae Geralde, Kristel Mae Puyod, Shiela Mie Tubigon, and Porferio Jr Sandot who is pursuing the degree in Bachelor of Science in Nursing at Misamis University College of Nursing, with Dr. Khira Adalin as the adviser. The researcher can be contacted through this mobile number +639095626011 or email address jalemfely7@gmail.com, jessamaedopp@gmail.com,

puyodkristelmae@gmail.com,shielamietubigon1@gmail.com,andsandotporferio911@gmail.com

Purpose of the Research

This study aims to determine social media utilization, stress, psychological wellbeing, will be conducted to find out how college students utilize social media affecting stress and psychological well-being.

Description of the Research

This study is a descriptive, quantitative type of research, and the data will be gathered through a researcher-made questionnaire within three (3) months.

Potential Benefits

This research's direct beneficiaries are college students. Any mechanism or method that can cause respondents to experience less stress and better psychological well-being. The findings of this research will assist administrations in implementing a program to assess students' levels of stress and psychological well-being to develop stress-management options. Further to that, the institution will place psychologists in schools to assist students in identifying their needs for managing stress. The study's findings will assist the municipality in implementing initiatives that will aid its residents in avoiding excessive exposure to social media, such as having an awareness program and increasing activity within the community to help divert their attention. Contribute to the advancement of the neighborhood by identifying coping strategies for stressors and effective uses of social media, along with the behavior.

The research benefits the respondents' parents, who have enrolled their children in university. It assists in determining how to cope with stressors, properly using social media to connect with others, and maintaining a healthier mental state. Parents should limit their children's use of social media. The research will be a useful reference for future researchers who will plan to make any related study on the Utilization of social media, Stress, and Psychological Well-Being Among College Students.

Confidentiality

In the conducted of the study, full confidentiality will be assured. No information that discloses your identity will be released or published without your specific consent to the disclosure and only imperatively necessary. The materials that contained the raw information derived from you will be destroyed after data processing within a given period.

Publication

The results of this study may be published in any form for public and scholarly consumption or used in classrooms instruction to enrich learning and generate more knowledge for future research.

Participation

Your participation in this study must be voluntary and you have the right to withdraw if you feel uncomfortable in the process of gathering information from you.

Informed Consent

Given the information above, I confirm that the potential harms, benefits, and alternatives have been explained to me. I have read and understood this consent form, and I understand that I am free to withdraw from my involvement in the study any time I deem it to be necessary or to seek clarifications for any unclear steps in the research process. My signature indicates my willingness to participate in the study.

Printed Name and Signature of the Research Respondent

Date

Curriculum Vitae

PERSONAL INFORMATION:

Name : Fely Jr C. Jalem
Age : 22
Birthdate : October 10, 2001
Civil Status : Single
Religion : Roman Catholic
Home Address : Purok 10 Banadero, Ozamiz City
Contact Number : 09125018732
Email Address : Jalemfely7@gmail.com
Parents : Elgie C. Jalem & Gildard V. Jalem



EDUCATIONAL ATTAINMENT

Elementary School : Ozamis City Central School

Pinggol, Ozamiz, Misamis City

Batch 2014

Junior High School : Misamis Institute of Technology

Bañadero, Ozamiz, Misamis City

Batch 2018

Senior High School : La Salle University

Ozamiz, Misamis City

Batch 2020

College : Misamis University

H.T. Feliciano St, Ozamiz City, Misamis Occidental

Batch 2024

Cur Vitae

PERSONAL INFORMATION:

Name :Jessa Mae G. Geralde

Age :23

Birthdate : May 9, 2001

Civil Status :Single

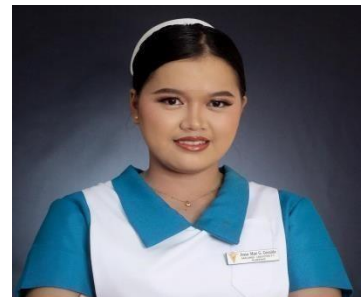
Religion : Pentecostal

Home Address : Purok 3 Bagakay Ozamiz City

Contact Number : 09095626011

Email Address : Jessamaex17@gmail.com

Parents : Angelita E.Gubot & Forcenio S. Geralde



EDUCATIONAL ATTAINMENT

Elementary School : Sancho V. Capa

Bagakay, Ozamiz, Misamis City

Batch 2014

Junior High School : Misamis Institute of Technology

Bañadero, Ozamiz, Misamis City

Batch 2018

Senior High School : La Salle University

Ozamiz, Misamis City

Batch 2020

College : Misamis University

H.T. Feliciano St, Ozamiz City, Misamis Occidental

Batch 2024

Curriculum Vitae

PERSONAL INFORMATION:

Name : Kristel Mae O. Puyod

Age : 21

Birthdate : June 5, 2002

Civil Status : Single

Religion : Roman Catholic

Home Address : Purok-1 San Miguel, ZDS

Contact Number : 09684264308

Email Address : puyodkristelmae@gmail.com

Parents : Concordia O. Puyod & Roger R. Puyod



EDUCATIONAL ATTAINMENT

Elementary School : Lantawan Elementary School

Lantawan San Miguel Zamboanga Del Sur

Batch 2014

Junior High School : Betinan National High School

Betinan San Miguel Zamboanga Del Sur

Batch 2018

Senior High School : Betinan National High School

Betinan San Miguel Zamboanga Del Sur

Batch 2020

College : Misamis University

H.T. Feliciano St, Ozamiz City, Misamis Occidental

Batch 2024

Curriculum Vitae

PERSONAL INFORMATION:

Name : Shiela Mie B. Tubigon

Age : 22

Birthdate : May 5, 2002

Civil Status : Single

Religion : Roman Catholic

Home Address : Purok 4 Tudela Ozamis City

Contact Number : 09773704898

Email Address : Shielamietubigon1@gmail.com

Parents : Novalyn B. Tubigon & Joseph B. Tubigon



EDUCATIONAL ATTAINMENT

Elementary School : Tudela Central School

Centro Napud, Tudela, Misamis Occidental

Batch 2014

Junior High School : San Isidro Academy

Upper Centro Tudela Misamis Occidental

Batch 2018

Senior High School : San Isidro Academy

Tudela Centro Napud, Tudela, Misamis Occidental

Batch 2020

College : Misamis University

H.T. Feliciano St, Ozamiz City, Misamis Occidental

Batch 2024

Curriculum Vitae

PERSONAL INFORMATION:

Name : Porferio Jr. R. Sandot

Age : 22

Birthdate : March 31, 2002

Civil Status : Single

Religion : Roman Catholic

Home Address : Purok 5 Mahayag ZdS

Contact Number : 09669200211

Email Address : sandotporferio911@gmail.com

Parents : Flordeliza R. Sandot & Porferio J. Sandot Sr.



EDUCATIONAL ATTAINMENT

Elementary School : Pugwan Elementary School

Pugwan Mahayag Zamboang del Sur
Batch 2014

Junior High School : San Jose National High School
San Jose Mahayag Zamboanga del Sur
Batch 2018

Senior High School : San Jose National High School
San Jose Mahayag Zamboanga del Sur
Batch 2018

College : Misamis University
H.T. Feliciano St, Ozamiz City, Misamis Occidental
Batch 2024