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## The Influence of Motive of Social Media Use on the Psychological Well-Being of the Youth in Nakuru County, Kenya

**Grace W. Mwangi**

MA Student, Department of Counseling Psychology, St. Paul's University, Kenya

**Ndung'u J. B. Ikenye**

Associate Professor, Department of Counseling Psychology and Pastoral Theology,  
St. Paul's University, Kenya

**Dr. Enos Barasa Mukadi**

Senior Lecturer, Department of Psychology, Counseling and Educational Foundations,  
Laikipia University, Kenya

### **Abstract:**

*The study examined the influence of the motive of social media use on the psychological well-being of the youth in Nakuru East Sub-County, Nakuru County Kenya. Specifically the study examined the use of social media as a source of news, means of connecting with casual friends and intimate friends, seeking information on human health, posting personal photographs and seeking religious information on one hand and their influence of the psychological well-being of the youth on the other hand. The study used the cross-sectional survey design, which engaged 244 respondents selected through stratified random sampling and purposeful sampling methods. The study used both qualitative and quantitative procedures of data collection. Data analysis was done by use of frequencies, percentages and Pearson Correlation. The study was guided by Theory of Planned Behaviour by Icek Ajzen (1985) and Theory of the Uses and Gratification by Blumler and Katz (1974). The use of social media for religious purposes, seeking information on health and posting personal photographs and connecting with intimate partners were generally beneficial to the psychological well-being of the youth. However, the use of social media to connect with friends had minimal benefit to the psychological well-being of the youth. In terms of policy, this study recommends that the government, counselors, psychologists and other scholars to properly guide, and inform the youth on the negative influence of social media on their psychological well-being.*

**Keywords:** Motive, social media, psychological well-being, youth

### **1. Introduction**

Social media networking refers to the platform used by people who share similar interests, activities, backgrounds or real-life connections to engage share their experiences [1] (Boyd and Ellison, 2008). Young people aged between 18 and 35 years account for 74% of social media users [2] (Digital, 2017). On average young people spend more hours on social media unlike other age groups. This assertion was confirmed by [3] which established that youths spent an average of 2.5 hours on social media daily against other age groups that spent an average of 1 hour per day. Similar surveys in Russia, Philippines and South Africa found that while other age groups spent an average of less than 1hour in a day on social media, youths in these countries spend as much as 4.8, 4 and 3.2 hours on social media daily respectively [3].

[4] in their study established that youths use social media mostly for chatting, downloading and photography. Although majority of youths use social media moderately it has been found that some youths are addicted to social media and hence habitually use them daily. [5] in their examination of the intense and addictive use of social networking sites among adolescent youths reported the rate of social media addiction to be 3.6% and 4.1% of girls and boys respectively. A research by [6], which focused on use of online technologies among young people in selected Southern European countries, found social media use addiction to range between 15% and 24%. It was established in Spain that 21.3% of social media users were addicted to social media [7]. Additionally, [8] a study, which examined the prevalence of social media networks addiction among Ethiopian youths, found that 19% of the youth were addicted to social media.

Studies have shown that a significant proportion of youth around the World suffer from psychological distress. For example, [9] conducted a study in Sweden, which reported that people aged 18-34 years frequently complained of psychological distress. Additionally, [10] in their study in India, which sought to establish the causes of depression among the youth, found that 16.5% of the college youth suffered from depression and other forms of psychological distress.

It is evident from the above studies that youths are not only the greatest users of social media but some of them have also become addicted to social media. This has generated interest among researchers who have attempted to establish the relationship between social media engagement and youths' psychological health. For instance, [11] established that heavy use of social media led to depression among undergraduate students. Further, [12], [13] also found

a positive correlation between social media use and anxiety. Additionally, [14] in their study reported that heavy users of social media developed low self-esteem, stress and increased feelings of depression. The findings of the above studies confirm that social media can be detrimental to the users. However, the above findings were from studies that focused more on college and school going youths. Available literature suggest that social media is used not just by college going youths but also out of college youths hence the need for an exploration of social media use to all the youths including out of college youths. Further, the above studies have also focused more on the adverse consequence, which give the impression that youth do not derive any benefits from social media use. The current study will take a different approach by examining both the benefits and dangers of social media on the youth. This study will thus focus on the influence of motive of social media use on psychological wellbeing of the youth.

[15] Conceptualizes psychological well-being as a state in which an individual feels happy and functions optimally. [16] identified three components of psychological well-being namely self-acceptance, positive relations and autonomy. An individual may have high or low self-acceptance. Individuals with high self-acceptance have positive attitude the self, acknowledges strengths and weaknesses of the self and feel positively about their past. However, individuals with low self-acceptance are dissatisfied with the self, are disappointed with their past and troubled about certain personal qualities. Individuals may also have high or low positive relations with others. Individuals with high positive relations with others are warm, trustworthy, and empathetic and reciprocal. On the contrary, individuals with low positive relations with others are isolated, frustrated, uncompromising and unable to maintain interpersonal relationships. Similarly, individuals may also have high or low autonomy. Individuals with high autonomy are independent, resistant to social pressures and self-regulating. Individuals who suffer from low autonomy are judgmental, indecisive and pessimistic. The current research was done in Nakuru East Sub-County.

### *1.1. Study Objectives*

This study sought to (1) examine the use of social media as a source of news; (2) assess the use of social media as a means of chatting with casual friends; (3) analyze the use of social media as a means of chatting with intimate partners and casual friends; (4) establish the use of social media for seeking information on human health; (5) examine the use of social media for posting personal photographs; and (6) explore the use of social media for seeking religious information on one hand and their influence of the psychological well-being of the youth on the other hand.

## **2. Methodology**

### *2.1. Research Design*

The current study will use cross-sectional survey design. This design gives the researcher the latitude to use either the entire population or a subset of the population. This study will use a subset of the population, which will constitute carefully and objectively selected individuals from various wards. Data will be collected from these individuals to help the study answer its research objectives.

### *2.2. Sampling Methods*

Stratified sampling and stratified and purposive sampling methods were the sampling methods adopted for the study. Key informants were selected using purposive sampling. Counselors, selected youths and parents were the key informants. Respondents for questionnaire administration were selected using Stratified random sampling.

### *2.3. Data Collection Instruments and Procedures*

Quantitative and qualitative procedures of data collection will be employed in this study. Questionnaires will be used to collect quantitative data. The study will use structured questionnaire, which were issued to youth using social media. Qualitative data was collected by use of in-depth interviews, which were administered to counselors, and selected parents and youths.

### *2.4. Data Analysis*

Descriptive statistics will be used to analyze quantitative data after appropriate data coding. The study used Pearson Correlation to establish if there was any significant relationship between motives of social media use on one hand and psychological wellbeing of the youth on the other hand.

## **3. Results**

### *3.1. Respondents' Profile*

This study covered a number of background information of the respondents. Respondents' background information covered were gender, religion, age and level of education as shown in Table 1.1.

Variable	Frequency	Percentage
Gender of the respondents		
Female	145	63
Male	85	37
Total	230	100.00
Religion		
Christians	225	98
Muslims	5	2
Total	230	100.0
Age distribution of the respondents		
18-27 Years	158	69
28-35 Years	72	31
Total	230	100.0
Education Level of the respondents		
Primary	4	1.7
Secondary	133	57.8
College	58	25.2
University	35	11.7
Total	230	100.0

Table 1

### 3.2. Motive for Social Media Use among the Youth

#### 3.2.1. Social Media as a Source of News

Majority of the youth engaged in this study generally agreed albeit with varying degree that they used social media as a source of news of political issues. In particular, 21.7% and 21.7% of the respondents strongly agreed and agreed that they used social media as a source of political news. Similarly, 37.8% of the respondents somehow agreed that they used social media as a source of political news. However, 14.3% and 4.3% of the respondents disagreed and strongly disagreed when asked to confirm whether they used social media as a source of news as shown in Table 2.

Response	Frequency	Percent
Strongly Agree	50	21.7
Agree	50	21.7
Somehow Agree	87	37.8
Disagree	33	14.3
Somehow Disagree	10	4.3
Total	230	100.0

Table 2: Social Media as a Source of News

#### 3.2.2. Social Media as a Means of Chatting with Casual Friends

This study established that social media was also used by the youth to chat with their friends. It is evident by the result of the study in Figure 4.5 that 69.1% of the respondents strongly agreed that they used social media to chat with their friends. It is also evident from the results of the study that 13.5% and 17.4% of the youth engaged in this study agreed and somehow agreed that they used social media to chat with friends as summarized in Figure 1.

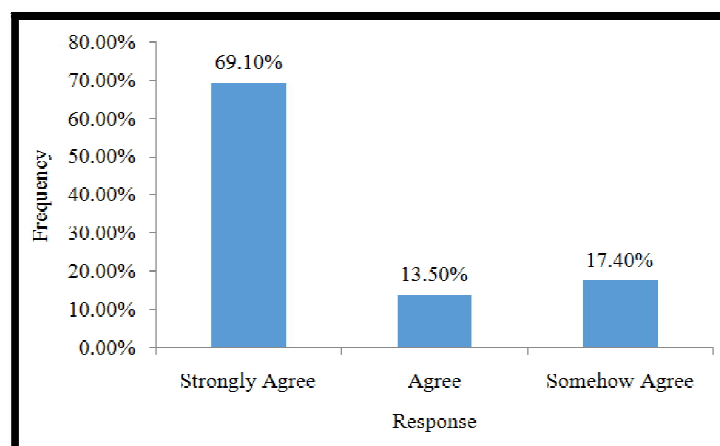


Figure 1: Social Media as a Means of Chatting with Casual Friends

### 3.2.3. Social Media as a Means of Connecting with Relatives

The youth also used social media as a means of connecting with their relatives. When asked to state whether they agreed or disagreed that they used social media to connect with relatives 27.4% and 20% of the respondents strongly agreed and agreed respectively. The results of the study further indicated that 37% of the respondents somehow agreed that they used social to connect with relatives. It is, however, evident from the study results in Figure 2 that 15.7% of the respondents strongly disagreed that they used social media to connect with relatives.

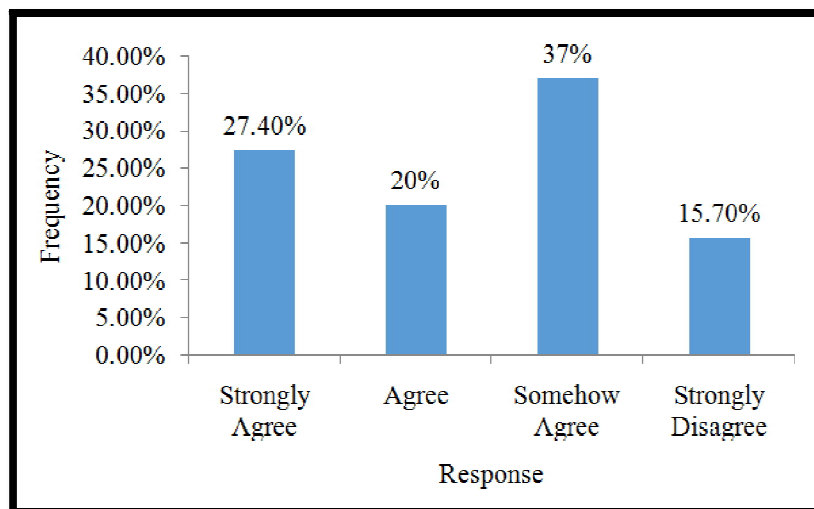


Figure 2: Social Media as a Means of Connecting with Relatives

### 3.2.4. Social Media as a Means of Chatting with Intimate Partners

All the youth who participated in this study agreed that they used social media to connect with their intimate friends. Specifically, 77.4% of the respondents strongly agreed that they used social media to connect with their intimate friends. Additionally, 18.3% and 4.3% of the respondents agreed and somehow agreed when asked to state whether they used social media to connect with their intimate partners. Figure 3 is a summary of the results of the study on the use of social media to connect with intimate friends.

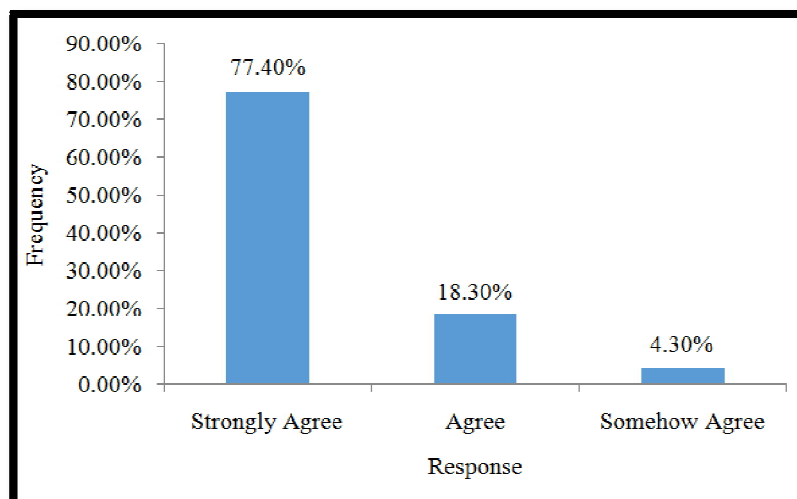


Figure 3: Social Media as a Means of Chatting with Intimate Partners

### 3.2.5. Social Media as Avenue for Seeking Information on Human Health

This study also sought to understand whether the youth used social media to seek information on health issues. It is clear from the results of the study in Table 4.8 that 14.3% and 21.7% of the youth who participated in the study strongly agreed and agreed that they used social media to seek information on health issues. Further, examination of the results points that 43% of the respondents somehow agreed that they used social media to seek information on health issues. It is also discernible from the results of the study that 13.9% and 7% of the respondents disagreed and agreed respectively that used social media to seek information on human health. The result of the study on the use of social media as source of information on health issues is presented in Table 3.

Response	Frequency	Percent
Strongly Agree	33	14.3
Agree	50	21.7
Somehow Agree	99	43.0
Disagree	32	13.9
Strongly Disagree	16	7.0
Total	230	100.0

Table 3: Social Media as Avenue for Seeking Information on Human Health

### 3.2.6. Social Media as an Avenue of Posting Personal Photographs

An overwhelming majority of the youth used social media to post their photographs according to the results of the study. As shown in Figure 4, 52.6% of the respondents strongly agreed that their main motive of using social media was posting personal photographs. Further, 32.6% of the youth used social media to post their photographs. It is also evident that 14.8% of the youth who participated in this study somehow agreed when asked to state whether their main reason for using social media was to post their photographs.

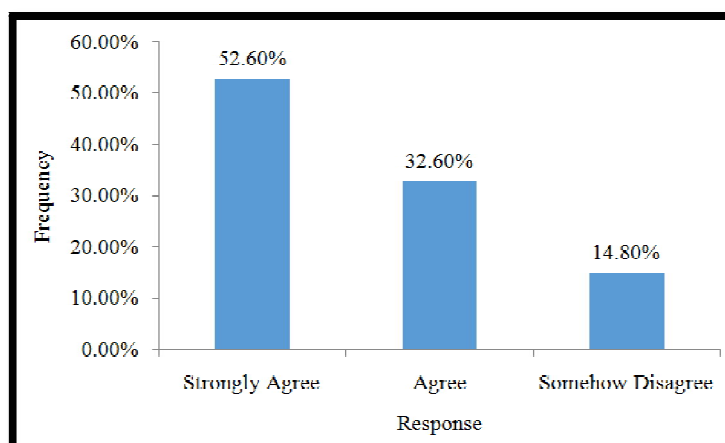


Figure 4: Social Media as an Avenue of Posting Personal Photographs

### 3.2.7 Social Media as a Source of Religious Information

Social media was a source of religious information to a significant proportion of youth who participated in this study. According to the results of the study, 20.4% of the respondents strongly agreed that they used social as a source of religious information. Similarly, 32.6% and 37.4% also agreed and somehow agreed respectively when asked to whether they used social media as a source of religious information. However, 9.6% disagreed that they used social media as a source of religious information as shown in Figure 5.

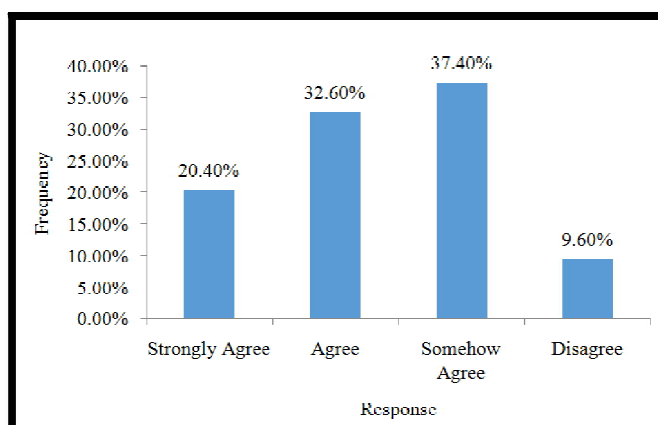


Figure 5: Social Media as a Source of Religious Information

### 3.3. The Influence of Motive of Social Media Use on the Psychological Well-being of the Youth

The motive of social media use was examined in the context of social media as a source of news, means of chatting with casual and intimate friends, source of information on health, avenue of posting photographs and source of religious information. Pearson Correlation was used with positive relations (Trustworthiness & Reciprocity), self-acceptance (Strengths and Weakness), and autonomy (Resistant to Pressure) as proxy for psychological well-being and was the dependent variable. The explained variable (dependent variable) was correlated against each of the seven motives of social media use. The results of the study on the relationship between motive of social media use and psychological well-

being of the youth in Nakuru East Sub-County of Nakuru County, Kenya are presented in Tables 1.4, 1.5, 1.6, 1.7, 1.8 and 1.9 and below.

### 3.3.1. The Relationship between Use Social Media as a Source of News and Psychological Wellbeing

There was a significant and positive correlation between use of social media as a source of news and positive relations and self-acceptance ( $P < 0.05$ ). There was a significant relationship but negative correlation between use of social media as source of news and autonomy ( $P < 0.05$ ) as shown in Table 4. The use of social media as a source of news generally was generally beneficial to the psychological well-being of the youth especially in the areas of positive relations ( $r = 0.442$ ), and self-acceptance ( $r = 0.670$ ). However, as the results of the inferential analysis presented in Table 4.18 shows, the use of social media as a source of news had adverse effect on the psychological wellbeing of the youth since it led to loss of autonomy ( $r = -0.301$ ).

		S.M for News
Positive Relations (Trustworthiness & Reciprocity)	Pearson Correlation	.442**
	P. Value	.000
	N	230
Self-acceptance (Strengths & Weakness)	Pearson Correlation	.670**
	P. Value	.000
	N	230
Autonomy (Resistant to Pressure)	Pearson Correlation	-.301**
	P. Value	.000
	N	230

Table 4: The Use of Social Media as a Source of News and Psychological Wellbeing

Major print and electronic broadcasting stations have established social media platforms where they share news contents with their audience. Some news items revolve around the achievements of individuals. Positive news about people's success can act as a source of inspiration and motivation for some people. Individuals reading such news from the social media may feel challenged and provoked to change their mind set about life. They may use such news items to define their relations with other people, evaluate their strengths and weaknesses and set boundaries of self-autonomy. It is therefore possible as suggested by the findings of the study presented herein that social media as a source of news can be beneficial to the psychological well-being of the youth.

It is important to observe here that social media has also been a source of fake news. Individuals may fake news and quickly post them on social media. The news may look genuine at face value but deeper analysis may show otherwise. People have found photos of themselves in compromising situation posted on social media without their consent. Negative stories of individuals have also found their way on social media. People whose reputation have been damaged through social media may feel stressed, with others developing depressive symptoms. Many times people who are close to victims of social bullying such as social media friends also develop stress and depression. Stress and depression arising from fake news and cyber bullying make people regret about their past social media engagement especially if they suspect the source of such negative stories about them to be their previous social media friends.

### 3.3.2. The Relationship between Social Media as a Means of Chatting with Friends and Psychological Wellbeing

There was no significant relationship and negative correlation between use of social media as a means of chatting with friends and self-acceptance and autonomy ( $P > 0.05$ ). There was no significant relationship and positive correlation between use of social media as means of chatting with friends and positive relations ( $P > 0.05$ ) as shown in Table 5. It is clear from the results of the inferential analysis in Table 4 that the use of social media to connect and chat with friends enhanced the psychological wellbeing of the youth in the area of positive relations ( $r = 0.032$ ). However, the use of social media had in a significant way undermined youth's and self-acceptance ( $r = -0.029$ ) autonomy on the part of the youth ( $r = -0.020$ ).

		Casual Friends
Positive Relations (Trustworthiness & Reciprocity)	Pearson Correlation	.032
	P. Value	.316
	N	230
Self-acceptance (Strengths & Weakness)	Pearson Correlation	-.029
	P. Value	.329
	N	230
Autonomy (Resistant to Pressure)	Pearson Correlation	-.020
	P. Value	.379
	N	230

Table 5: Social Media as a Means of Chatting with Friends and Psychological Wellbeing

The findings of the current study, which revealed that the use of media led to loss of autonomy and possible development of anti-social behaviour, disagree with the findings of a previous study. Unlike the findings of the current study, a previous study conducted by [17] found that social media resulted in the acquisition of appropriate behaviours. The previous study found that social media enabled people to support one another, inculcate pro-social behaviour and build relationships. It is possible as suggested by findings of the study by [17] that indeed social media can be of great benefit if used for the right purpose. For instance, people can form social media platforms such as WhatsApp and Facebook to discuss business, academics and also offer peer counseling services to members. The difference in findings between the current study and the previous study may have been due to difference in the populations of the two studies. While the previous study focused on a homogenous population (college students), the current study focused on a heterogeneous population (all youths).

### 3.3.3. The Relationship between Social Media as a Means of Chatting with Intimate Partners and Psychological Wellbeing

There was no significant relationship and negative correlation between use of social media as a means of chatting with intimate partner(s) and positive relations ( $P < 0.05$ ). There was a significant relationship and positive correlation between use of social media as a means of chatting with intimate partner(s) and self-acceptance ( $P < 0.05$ ). There was a significant relationship but negative correlation between use of social media as means of chatting with intimate partner(s) and autonomy ( $P < 0.05$ ) as shown in Table 6. The use of social media to connect and chat with an intimate partner had more adverse effects than benefits to the psychological wellbeing of youth. As shown in Table 6, the use of social media undermined by the youth in the areas of positive relations ( $r = -0.098$ ) and autonomy ( $r = -0.220$ ). It is, however, important to note that the use of social media to connect and chat with intimate friends was beneficial to the psychological well-being of the youth in the area of self-acceptance ( $r = 0.336$ ).

		<b>Intimate Partner</b>
Positive Relations (Trustworthiness & Reciprocity)	Pearson Correlation	-.098
	P. Value	.068
	N	230
Self-acceptance (Strengths & Weakness)	Pearson Correlation	.336**
	P. Value	.000
	N	230
Autonomy (Resistant to Pressure)	Pearson Correlation	-.220**
	P. Value	.000
	N	230

Table 6: Social Media for Chatting with Intimate Partners and Psychological Wellbeing

The findings of the present study differ in large part with those of [18] which explored the influence of expression of affection on Facebook on stability of romantic relationship among college students. The study found that expression of affection on Facebook was helpful in the maintenance and development of the relationships. It is possible as suggested by [18] study findings that public appreciation of a romantic partner can go a long way in cementing the relationship.

Although social media can be used to build and cement romantic relationship, many relationships have also been destroyed by social media. Quite often individuals have found their private conversations, photos or video leaked to the public ostensibly to embarrass them. These private social media activities are sometimes made public by people they have been close to such as former intimate friends as an act of revenge for relationships that failed to work. People who have undergone such experience may feel embarrassed and regretful about the betrayal from the people they trusted most in the past. It is thus possible as suggested by the findings of the current study that the use of social media can make people lose trust of their friends. Unfavourable experience with social media may also make people doubt their strengths and weaknesses as well as develop a dim outlook of their autonomy as suggested by the results of inferential analysis.

### 3.3.4. The Relationship between Social Media as Source of Information on Health and Psychological Wellbeing

There was a significant but negative correlation between use of social media as a source of information on human health and youth's satisfaction with their past lives, appreciation of their strengths and weaknesses and optimism about their future ( $P < 0.05$ ). There was a significant relationship and positive correlation between use of social media as source of information on health and development of clear life goals and development of anti-social behaviour ( $P < 0.05$ ) as shown in Table 7. Results of the inferential analysis presented in Table 7 reveal that the use of social media as a source of information on human health had adverse effects on the psychological wellbeing in the area of self-acceptance ( $r = -0.182$ ). However, the use of social media as a source of information on health was beneficial to the psychological wellbeing of the youth in the areas of positive relations ( $r = 0.365$ ) and autonomy ( $r = 0.116$ ).

		Health Information
Positive Relations (Trustworthiness & Reciprocity)	Pearson Correlation	.365**
	P. Value	.000
	N	230
Self-acceptance (Strengths & Weakness)	Pearson Correlation	-.182**
	P. Value	.003
	N	230
Autonomy (Resistant to Pressure)	Pearson Correlation	.116*
	P. Value	.040
	N	230

Table 7: Social Media as Source of Information on Health and Psychological Wellbeing

This study found that youth used social media to seek advice on health issues. The findings of the present study are similar to the findings of previous studies. For instance, [19] revealed that teenagers used social media to seek services on issues such as sexual health and drug use. Previous studies have also established that social media is used to seek advice on how to fight obesity [20].

The results of the inferential analysis show that the use of social media to seek information on health issues had mixed effects on the psychological well-being of youth. It is important to note that some people purporting to offer professional advice on health issues on social media are not experts. They sometimes offer advice that is not practical. For instance, demonstration of how to fight obesity and achieve “perfect body” may seem so simple and easy. However, the reality is that it may take great effort in terms of diet, physical exercise and strict adherence to other things to achieve the desired results. Individuals who fail to achieve the desired health results as advised by experts in the social media may feel disoriented and develop feeling of having a poor body image. Similarly, some people may also fail to overcome some anti-social behaviour such as drug abuse and addiction to pornography based on the advice offered by experts in the social media. This may lead to the intensification of the anti-social behaviour, which may plunge people into deeper psychological problems such as inability to utilize their strengths while appreciating their weaknesses.

### 3.3.5. The Relationship between Social Media as an Avenue of Posting Photographs and Psychological Wellbeing

There was as significant relationship and positive correlation between use of social media as an avenue for posting photographs and positive relations ( $P < 0.05$ ). There was no significant relationship and positive correlation between use of social media for posting photographs and self-acceptance ( $P > 0.05$ ). There was also no significant relationship and a negative correlation between posting of photographs on social media and autonomy ( $P > 0.05$ ) as shown in Table 8. Analysis of the results of inferential analysis in Table 8 suggests that the use of social media for posting personal photographs had greater benefits to the psychological wellbeing in the area of positive relations ( $r = 0.239$ ) and self-acceptance ( $r = 0.065$ ). The results also reveal that the use of social media to post photographs undermined youth's autonomy ( $r = -0.044$ ).

		Photographs
Positive Relations (Trustworthiness & Reciprocity)	Pearson Correlation	.239**
	P. Value	.000
	N	230
Self-acceptance (Strengths & Weakness)	Pearson Correlation	.065
	P. Value	.162
	N	230
Autonomy (Resistant to Pressure)	Pearson Correlation	-.044
	P. Value	.255
	N	230

Table 8: Social Media as an Avenue of Posting Photographs and Psychological Wellbeing

It is common for social media users to post photographs of themselves, places they have visited or events they have attended. Some people also post photographs of their childhood experiences such as the ones they took while in basic education and tertiary institutions. Some of these photographs vividly remind individuals of the journey they have travelled in their lives. People can draw great inspiration and motivation from childhood or adolescent experiences. They thus become proud of their past and become optimistic of their future. It is therefore, possible as suggested by the study findings in Table 8 that posting photographs on social media can make people proud of their past, clarify about life goals and optimistic about their future.

It is, however, important to note that posting of photographs uncritically on social media may be detrimental to people's psychological well-being. For instance, some people post sexually explicit photographs of themselves. There are also instances where people post photographs of themselves while engaging in binge drinking or erotic dances. While



majority of social media friends may disapprove of such behaviour of their friends, they may not have the courage to openly rebuke such behaviour. People who post inappropriate photographs on social media may misinterpret the silence of their friends about posting such photographs as a sign of approval of their behaviour. This may result in the loss of autonomy and inability to resist pressure from friends as suggested by the results of the inferential analysis presented in Table 8.

### 3.3.6. Relationship between Social Media as a Source of Religious Information and Psychological Wellbeing

There was a significant relationship and positive correlation between use of social media as a source of religious information, and self-acceptance and autonomy ( $P < 0.05$ ). There was, however, no significant relationship but positive correlation between use of social media as source of religious information and positive relations ( $P > 0.05$ ) as shown in Table 9. The use of social media as a source of religious information was beneficial to the psychological wellbeing of the youth in all aspects. For instance, the use of social media as a source of religious information enhanced the psychological well-being in the areas of positive relations ( $r = 0.007$ ), self-acceptance ( $r = 0.354$ ) and autonomy ( $r = 0.260$ ) as shown in Table 9.

		Religious Information
Positive Relations (Trustworthiness & Reciprocity)	Pearson Correlation	.007
	P. Value	.455
	N	230
Self-acceptance (Strengths & Weakness)	Pearson Correlation	.354**
	P. Value	.000
	N	230
Autonomy (Resistant to Pressure)	Pearson Correlation	.260**
	P. Value	.000
	N	230

Table 9: Social Media as a Source of Religious Information and Psychological Wellbeing

The findings of the present study, which established that the use of social media for spiritual nourishment contributed positively to the psychological well-being of youth, are similar to the findings of previous studies. Previous studies generally established that social media was an important source of emotional support to teenagers and young adults. [21] in their study found that lonely individuals resorted to social media for emotional support. [21] also found that social media users who sought the right advice from the right people were emotionally stable.

## 4. Conclusions

The use of social media as a source of news enhanced positive relations and self-acceptance among the youth, but undermined their autonomy (Table 4). The use of social media to chat with friends enhanced positive relations among the youth but adversely affected their self-acceptance and autonomy (Table 5). Further, the use of social media to connect with intimate partners undermined positive relations and autonomy among the youth, but was beneficial to their self-acceptance (Table 6). Similarly, the use of social media as a source of information on human health was beneficial to youth's in the areas of positive relations and autonomy, but destructive to their self-acceptance (Table 7). The inferential results of the study also revealed that the use of social media to post personal photographs enhanced positive relations and self-acceptance among the youth, but the action proved detrimental to their autonomy (1.8). Sourcing for religious information as a motive for social media use was beneficial to youth's positive relations, self-acceptance and autonomy (Table 9).

Motive for social media use that had the greatest benefit to the psychological well-being of the youth was social media as a source of religious information. The use of social media as a source of news, information on health and avenue for posting personal photographs and connecting with intimate partners had also moderate benefits for the psychological well-being of the youth. The use of social media for connecting and chatting with friends had the least benefit to the psychological well-being of the youth.

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