

**Social Media And Mental Health Of Post Graduate
Male Students - A Study**

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ABSTRACT

Background: The Question On Everyone's Mind Is This- Does Social Media Have An Impact On One's Mental Health? In Particular, That Of Young And Educated Boys Who Seem To Be One Of The Most Adherent Users Of Social Media. **Objectives:** To Assess The Level Of Jealousy And Measure Social Media Addiction And Happiness Along With Its Correlates With The Background Characteristics Of Male Students Pursuing Their Post Graduate Degree In Tiruchirappalli, Tamil Nadu, India. **Method:** A Sample Of 132 Out Of 200 Post Graduate Male Students In City Campus Of Bharathidasan University, Tiruchirappalli, Tamil Nadu, India Were Selected Using Simple Random Sampling Technique. Self-Developed Jealousy And Social Media Addiction Scales Along With The Subjective Happiness Scale Developed By Lyubomirsky And Lepper, (1999) Were Used To Measure The Three Constructs. In Order To Select The Individual Respondents, The Researcher Adopted Simple Random Sampling Technique Using Tippett Number Table. **Result:** Some Of The Findings Of The Study Reveal That There Is A Statistically Significant Difference At A Very High Level ($P < 0.001$) In The Mean Jealousy, Social Media Addiction, And Happiness Scores Of The Respondents Across The Following Variables- Current Age, Parent's Place Of Living, Year Of Study, Monthly Family Income, Cost Of Mobile Phone, Primary Purpose Of Using Mobile Phone, Hours Spent On Social Media, And Academic Performance. Furthermore, There Is A Statistically Significant ($P < 0.0001$) Positive Correlation Between Social Media Addiction, Domicile, Year Of Study, Family Income, Cost Of Mobile, Hours Spent Of Mobile Phone, And Jealousy Score Of The Respondents. **Conclusion:** Social Media Addiction Is A Serious Problem That Is Connected To Several Variables In The Present Study. It Appears That Boys From Wealthier Families And Those Who Can Afford Expensive Phones Seem To Be More Vulnerable To

Social Media Addiction Which Is Also Statistically Positively Correlated With Jealousy And Statistically Negatively Correlated With Happiness.

Keywords: University Students, Social Media Addiction, Jealousy, Happiness.

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1. INTRODUCTION

With The Emergence Of High-Speed Internet Coupled With Affordable Gadgets Such As Smartphones, The World Of Social Media Has Seen A Remarkable Boost. This Has Also Led To An Increase In Internet And Social Media Addiction. In Fact, Social Media Addiction Is A Form Of Internet Addiction (Hou, 2019). Since The Technology Is Relatively New, It Is The Younger Generation That Has Quickly Adapted To It And Studies Indicate That Social Media Addiction Could Impact Other Areas Of Young People's Life As Well. In The US, It Was Found That Majority Of The People To Whom Social Media Was Appealing Were Women Aged 18-29 Years (Duggan And Brenner, 2013). Unfortunately, Such Data Is Not Available In India. Although, One Could Assume That This Would Be The Case With India As Well. It Is Also Important To Remember That Different Social Media Platforms Are Viewed Differently By People. Venkatraman (2017) Notes That Twitter In South India Is Seen As An Elite Platform. On The Whole, It Is The Need Of The Hour To Examine The Impact Of Social Media On The Mental Health Of Young People And Perhaps Male Students In Particular Who Seem Be The Newer Addition To The Users Of Social Media, Which Is Usually Female (Duggan And Brenner, 2013). Altin And Kivrak (2018) Through Their Study Reported That Male Respondents Had Higher Levels Of Social Media Addiction Than Females. Although It Has To Be Acknowledged That There Are Also Studies That Indicate The Opposite. For Example, Tangmunkongvorakul Et Al. (2021) In A Massive Study Involving Japanese And Thai Students Found That Being Female Put A Person At Greater Odds Of Developing Social Media Addiction. In The Present Study, The Researchers Have Decided To Focus On Male Post Graduate Students As There Is A Paucity Of Studies Focused On This Age Group And Gender With Specific Reference To Social Media Addiction And Other Associated Constructs,

That Too In The Indian Context. Another Aspect To Consider Is Smartphone Use. With The Emergence Of Smartphones Combined With High Speed Internet, Social Media Has Become More Accessible Than Ever Before. Tunc-Aksan And Akbay (2019) Through Their Study Have Noted That Smartphone Addiction Is A Significant Predictor Of Social Media Addiction. In A Previous Study By Cha And Seo (2018), It Was Reported That Daily Smartphone Use Along With Social Network Site Use Were Both Predictors Of Smartphone Addiction. Therefore, The Researchers In The Present Study Have Opted To Examine Smartphone Use And Connected Factors And Note Whether Smartphone Use Has An Impact On Social Media Addiction Among Post Graduate Students In The Indian Context. As Far As Income Is Concerned, It Is Believed That Income Does Not Impact Social Media Use (Jaradat And Atyeh, 2017). It Is Important To Consider The Possibility That Social Media Addiction Itself Could Soon Become A Health Crisis. Although There Are Several Definitions Of Addictions, The Researchers Have Borrowed From The Definition Of Addiction Provided By Gazi And Cetin (2017). Addiction Is The Inability To Stop Or Control The Use Of A Substance Or A Behaviour And In The Present Study The Substance/Object Refers To Social Media And The Behaviour That Becomes Uncontrollable Is The Use Of Social Media Or The Excess Use Of It. Happiness Is Also Another Important Indicator Of The Wellbeing Of An Individual. In Fact, It Is Considered To Be One Of The Most Important Constructs Of Positive Psychology (Satici Et Al., 2016). The Third Important Construct Of Interest For The Researchers Is Jealousy. Jealousy Is Difficult To Define As It Depends On The Context In Which It Is Being Discussed. In The Context Of Social Media, It Is An Internal Feeling Of Wanting Things Or Experiencing Things Which Someone On Social Media Is Relishing. Before The Researchers Undertook The Present Study, Several Previous Studies On The Matter Of Social Media Addiction And Its Connection With Happiness And Jealousy Were Examined.

2. REVIEW OF LITERATURE

Various Studies Have Been Conducted On Social Media And Mental Health. Some Of The Most Relevant Studies Connected To The Subject At Hand And Examined By The Researchers Are As Follows. Al-Menayas (2015) In His Study Found That Social Media Addiction Negatively Predicted Students' Academic Performance In Kuwait. Blackwell Et Al. (2017) Noted That It Was Younger Respondents More Than Others Who Were Engaged In Social Media More Often. In A Developing Country Like India Where Youth Form A Significant Proportion Of The Population It Is Important To Examine The Impact Of Social Media

Addiction On The Youth. D'Arienzo Et Al. (2019) In Their Study Found That Insecure Attachment Was Closely Linked With The Dysfunctional Use Of Social Media And The Internet. With The Growth Of Cities And Metros, More And More Students Are Flocking To Urban Areas To Secure An Education. Often, These Youths Have Little To No Regular In-Person Contact With Their Family Members And Old Friends, Perhaps Leading To Greater Use Of Social Media. Then The Question Is- How Does This Impact The Overall Life Of A Young Person? Sahin (2017) Discovered That There Was A Negative Correlation Between Social Media Addiction And Life Satisfaction Among University Students In Turkey. Aksoy (2018) Observed That The Need For Socialising Was One Of The Reasons For Social Media Addiction Among University Students. In Another Recent Study By Simsek Et Al. (2019), It Was Found That Although Being A High School Student Or A University Student Did Not Matter Much In Terms Of How Intensely Someone Was Addicted To Social Media, The Researchers Did Point Out That Female Students Were More Addicted To Social Media Than Male Students. Kircaburun (2016) Reported That Social Media Addiction Indirectly Affected Depression. This Is An Important Point To Note. There Have Been Several Studies That Have Tried To Examine The Relationship Between Social Media Addiction And Mental Health In General And More Often Than Not, Studies Have Indicated The Fact That Social Media Addiction Has A Negative Impact On The Mental Health Of People. There Are Certain Social Media Platforms That Allow Filters And Interestingly, In One Study By Tutgun-Unal (2020), This Too Had An Impact On The Respondents' Social Media Addiction With Those Using Filters/Make Up To Enhance Their Photos Being More Addicted To Social Media. In The Present Study, The Researchers Have Attempted To Examine And Measure A Construct Cum Emotion Named- Jealousy Which Could Be Connected To Such A Behaviour On Social Media. Some Experts Argue That Social Media Addiction Is Unique To Only Certain Populations Where Youth Are Well Off. This Again Needs Closer Examination As There Are Studies To Indicate The Opposite Conclusion As Well. Mahamid And Berte (2018) Through Their Study On Social Media Addiction On At Risk Youth Attempted To Examine The Extent Of Social Media Addiction Among Youth Studying In A Palestinian University And Found That A 47 Per Cent Of The Respondents Showed An Addictive Pattern Of Use. Addiction Is Just One Part Of The Problem. Jealousy Could Be Another. This Is What Muise Et Al. (2009) Discovered In Their Study. The Researchers Found That Facebook Use Significantly Predicted Facebook Related Jealousy. Another Study By Utz Et Al. (2015) Found That Snapchat Elicited More Jealousy Than

Facebook. In A Previously Published Article By Utz And Beukeboom (2011), The Researchers Noted That It Was Individuals Who Had A High Need For Popularity In Particular Who Were More Prone To Display Jealousy In The Context Of Social Media Use. It Is Important To Remember That Jealousy Itself Could Take Several Forms. Van Ouytesl Et Al. (2019) Found That Social Media Did In Fact Play A Role In Causing Romantic Jealousy Among Adolescents. As Far As Happiness Is Concerned, Chae (2018) Has Observed That Without The Comparison Aspect Of Social Media, It Could Make Individuals Happy. Berezan Et Al. (2017) Notes That Since Millennials Are More Group Oriented, They Could Require Higher Levels Of Relatedness In Social Networking To Experience Virtual Happiness. In A More Recent Study By Marengo Et Al. (2021), It Was Reported That More Frequent Positive Feedback Had A Positive Link With The Respondents' Perceived Happiness. Baltaci (2019) In One Study Has Found That There Is A Positive Relationship Between Social Media Addiction And Social Anxiety And Loneliness Whereas There Is A Negative Relationship Between Social Media Addiction And Happiness. Pittman (2018) Reported That With The Increase In Social Media Use There Was An Increase In Happiness And Social Connection. Demir (2021) Through His/Her Study Has Reported That Unhappiness Positively Affected Social Media Addiction. Colak And Dogan (2016) In Their Study Found That Although Social Media Addiction Did Not Directly Predict Happiness, It Did So Indirectly.

Based On An Examination Of The Previous Studies, It Can Be Stated That There Is A Certain Research Gap That The Researchers Noted. Firstly, There Is A Need To Examine This Issue In The Indian Context. Secondly, There Is A Specific Need To Examine It Among Male University Students As They Seem To Be One Of The Recent Adapters Of Social Media In India. Thirdly, The Relationship Between All Three Constructs In Connection With Certain Background Characteristics Also Requires Research Attention. All Of These Factors Have Encouraged The Researchers To Undertake The Present Study.

3. OBJECTIVES AND METHODOLOGY

The Objectives Of The Present Study Are As Follows. (I) To Examine Whether There Is A Connection Between Jealousy, Social Media Addiction, And Happiness Scores Across Certain Selected Background Characteristics Among Male Post Graduate University Students In Tiruchirappalli, Tamil Nadu And (Ii) To Note Whether The Three Constructs, Namely- Jealousy, Social Media Addiction, And Happiness Are Inter-Connected.

In Order To Carry Out The Present Study, A Sample Of 132 Out Of 200 Post Graduate Students In Tiruchirappalli, Tamil Nadu Were Selected Using Simple Random Sampling Technique. It May Be Noted That Tippett's Random Number Table Was Used To Select The Individual Respondents. The Sample Size Was Determined By Using Krejcie And Morgan (1970) Formula. Self-Developed Jealousy And Social Media Addiction Scales (15 Items Each) Along With The Subjective Happiness Scale (4 Items) Developed By Lyubomirsky And Lepper, (1999) Were Used To Measure The Three Constructs. The Cronbach Alpha Value Of The Jealousy, Social Media Addiction And Happiness Scores Are 0.920, 0.783, And 0.970 Respectively.

4. BACKGROUND CHARACTERISTICS OF THE RESPONDENTS

In The Present Study, The Average Age Of The Respondents Was 22.1 Years Old With Majority Of The Respondents (60.6 Per Cent) Being 22 Years Or Less. As Far As The Parents' Place Of Living Is Concerned, A Little More Than Half Of The Respondents (53.8 Per Cent) Stated That Their Parents Were Residing In A Rural Area. Science Was The Most Opted Course Among The Respondents (58.3 Per Cent). Most Of The Respondents (60.6 Per Cent) Were First Year Post Graduate Students. Although The Single Largest Majority Of The Respondents' Parents Had Studied Up To High School (25 Per Cent), The Remaining Respondents' Parents Were Somewhat Equally Distributed In The Context Of Level Of Education With 10.6 Per Cent Of Them Having Completed Post-Graduation As Well. With Regard To Occupation Of The Head Of The Household, It Was Discovered That Agriculture Was The Most Common Occupation (36.4 Per Cent) Although Being A Government Or Private Sector Employee Was Close Behind (34.8 Per Cent). Having A Sum Of Rs. 20,000 Or Higher Monthly Family Income Was The Most Common Scenario Among The Respondents (38.6 Per Cent).

As Far As The Use Of Mobile Phones And Social Media Is Concerned, Dual Sim Card Was The Most Popular Among The Respondents (66.7 Per Cent) With The Single Largest Majority Of Them Using Mobile Phones Primarily For The Purpose Of Entertainment (40.9 Per Cent) And Spending Their Time, Specifically, 4.1 Hours And Above (38.6 Per Cent) On Social Media Per Day. One Hypothesis Is That Perhaps This Heavy Use Of Social Media Is A

Contributor To The Low Academic Performance Of The Respondents (35.6 Per Cent Of The Respondents Have Scored 59 Per Cent Or Lower In Exams).

5. ONE WAY ANALYSIS OF VARIANCE

Table 1: One-Way ANOVA Between Jealousy, Social Media Addiction And Happiness Score And The Background Characteristics Of The Respondents

Variables	N	Jeal.	Addi.	Happ.
1. Current Age				
22 Years Or <	80	66.95	50.40	12.65
23 Years +	52	45.25	36.27	18.31
Total	132	58.40	44.83	14.88
T - Value		28.326	29.316	24.190
P – Value		0.001	0.001	0.001
2. Parents' Place Of Living				
Rural	71	48.17	38.32	17.58
Urban	61	70.31	52.41	11.74
Total	132	58.40	44.83	14.88
T - Value		31.278	30.565	27.388
P – Value		0.001	0.001	0.001
3. Course Of Study				
Science	77	62.22	46.83	14.05
Arts	36	59.22	46.64	14.14
Professional Course	19	41.37	33.32	19.63
Total	132	58.40	44.83	14.88
F - Ratio		5.631	6.078	5.457
P – Value		0.01	0.01	0.01
4. Year Of Study				
I - Year	80	66.95	50.40	12.65

II - Year	52	45.25	36.27	18.31
Total	132	58.40	44.83	14.88
T - Value		28.326	29.316	24.190
P – Value		0.001	0.001	0.001
5. Parental Education				
Illiterate	22	51.82	38.41	17.64
Primary School	21	55.62	44.43	15.05
Middle School	18	56.61	44.06	15.56
High School & HSC	33	66.76	49.12	13.39
Undergraduate	24	60.13	45.04	13.96
Postgraduate	14	52.57	46.07	14.50
Total	132	58.40	44.83	14.88
F - Ratio		1.285	1.198	1.110
P – Value		0.274	0.314	0.359
6. Occupation Of The Head Of The Household				
Govt./Private Empl.	46	64.67	49.70	12.72
Business	11	50.45	37.55	18.18
Agriculture	48	59.67	46.10	14.19
Wage Labourers	27	48.70	37.26	18.44
Total	132	58.40	44.83	14.88
F - Ratio		2.807	4.554	5.222
P – Value		0.05	0.01	0.01
7. Monthly Family Income (In Rs.)				
10000 Or <	47	39.34	31.23	21.00
10001 - 20000	34	51.71	40.82	16.62
20001 +	51	80.43	60.04	8.08
Total	132	58.40	44.83	14.88
F - Ratio		70.617	103.021	123.359
P – Value		0.001	0.001	0.001

8. Cost Of The Mobile (In Rs.)				
7500 Or <	35	40.34	32.34	20.00
7501 - 15000	51	49.61	39.90	17.14
15000 +	46	81.89	59.80	8.48
Total	132	58.40	44.83	14.88
F - Ratio		62.255	63.836	58.659
P - Value		0.001	0.001	0.001
9. Primary Purpose Behind The Use Of Mobile Phone				
Entertainment	54	81.33	60.13	8.15
Communication	37	57.03	43.92	15.30
Studies	41	29.44	25.51	23.37
Total	132	58.40	44.83	14.88
F - Ratio		201.820	289.725	340.496
P - Value		0.001	0.001	0.001
10. Hours Spent On Social Media				
2 Or < Hrs.	31	30.42	25.77	23.42
2.1 - 4 Hrs.	50	50.92	40.56	16.38
4.1 + Hrs.	51	82.75	60.61	8.22
Total	132	58.40	44.83	14.88
T - Value		144.058	171.821	166.945
P - Value		0.001	0.001	0.001
11. Academic Performance				
59 Or <	47	85.83	62.66	7.30
60 - 69	45	55.93	43.64	15.13
70 +	40	28.95	25.23	23.50
Total	132	58.40	44.83	14.88
F - Ratio		359.463	512.957	486.260
P - Value		0.001	0.001	0.001

Jealousy: The Respondents In The Age Group Of 22 Years Or Less ($M = 66.95$, $P < 0.001$), Those Perusing Science ($M = 62.22$, $P < 0.01$) And In The First Year Of The Post Graduate Degree ($M = 66.95$, $P < 0.001$) Were Found To Have Higher Mean Score Of Jealousy Compared To Their Counter Parts. Their Familial Background And Related Details Also Seemed To Be Connected, With Those Whose Parents Were Dwelling In Urban Areas ($M = 70.31$, $P < 0.001$), Whose Head Of The Household Was Employed In The Government/Private Sector ($M = 64.67$, $P < 0.05$), And Had A Monthly Family Income Of Rs. 20,000 And Above ($M = 80.43$, $P < 0.001$), Demonstrating Higher Mean Score Of Jealousy. As Far As The Use Of Mobile Phones And Jealousy Was Concerned, It Was Noted That Those Who Used Expensive Mobile Phones Worth Rs.15, 000 Or More ($M = 81.89$, $P < 0.001$), Used It Mainly For Entertainment Purpose ($M = 81.33$, $P < 0.001$), And Spent 4 Or More Than 4 Hours On Social Media ($M = 82.75$, $P < 0.001$), Had Higher Mean Score Of Jealousy. Finally, Those Who Had Displayed The Poorest Academic Performance Among The Different Groups Had A Higher Mean Score Of Jealousy ($M = 85.83$, $P < 0.001$) Than Other Groups.

Social Media Addiction: Respondents Who Were 22 Years Or Younger ($M = 50.40$, $P < 0.001$), Those Who Had Chosen Science ($M = 46.83$, $P < 0.01$) And In The First Year Of The Post Graduate Degree ($M = 50.40$, $P < 0.001$) Were Found To Have Higher Mean Scores Of Social Media Addiction Compared To Their Counter Parts. Those Whose Parents Were Living In Urban Areas ($M = 52.41$, $P < 0.001$), Whose Head Of The Household Was Employed In The Government/Private Sector ($M = 49.70$, $P < 0.01$), And Had A Monthly Family Income Of Rs. 20,000 And Above ($M = 60.04$, $P < 0.001$), Were Found To Have Higher Mean Scores Of Social Media Addiction. Respondents Who Owned Phones Costing Rs.15, 000 Or More ($M = 59.80$, $P < 0.001$), Those Who Stated That The Main Purpose Of Using Their Mobile Phone Was For Entertainment ($M = 60.13$, $P < 0.001$), And Spent The Greatest Number Of Hours On Social Media ($M = 60.61$, $P < 0.001$) Were Found To Have A Higher Mean Score Of Social Media Addiction Compared To The Others. Those With The Lowest Academic Performance Were Also Found To Have Higher Mean Scores Of Social Media Addiction ($M = 62.66$, $P < 0.001$). It Is Particularly Important To Note That With Regard To The Primary Purpose Of Using Smartphones, Those Who Stated That The Primary Purpose For Which They Used Smartphones Was Entertainment Had Higher Mean Scores Of Social Media Addiction. This Finding Is Similar To That Of Dhaha (2013) Who Has Noted That When The Purpose Behind

Using Social Media Is Entertainment, Then It Becomes The Best Predictor Of Social Media Addiction.

Happiness: The Respondents Who Belong To 23 Years And Above (M = 18.31, P < 0.001), Those Who Were Pursuing A Professional Course (M = 19.63, P< 0.01) And Those In The Final Year (M = 18.31, P < 0.001) Had Higher Mean Scores Of Happiness Compared To The Other Groups. Respondents Whose Parents Were Dwelling In Rural Areas (M = 17.58, P <0.001), Whose Head Of The Household Were Wage Labourers (M= 18.44, P< 0.01), And Had A Monthly Family Income Of Rs. 10,000 Or Lower (M = 21.00, P <0.001), Were Found To Have Higher Mean Scores Of Happiness. Respondents Who Owned Phones Costing Rs. 7,500 Or Lower (M = 20.00, P < 0.001), Those Who Stated That The Main Purpose Of Using Their Mobile Phone Was For Studies (M = 23.37, P < 0.001), And Spent The Least Number Of Hours On Social Media (M = 23.42, P < 0.001) Compared To Other Groups, Were Found To Have A Higher Mean Score Of Happiness Compared To The Others. Those With The Best Academic Performance Were Also Found To Have Higher Mean Scores Of Happiness (M = 23.50, P < 0.001). The Findings In This Case Are Similar To The Findings Of A Study By Brooks (2015) Who Noted That Greater Amount Of Social Media Usage Was Associated With Lower Level Of Happiness.

5. CORRELATION ANALYSIS

Table 2: Zero Order Correlation Between Jealousy, Social Media Addiction, Happiness Scores And Background Characteristics Of The Respondents

Correlations	Age (1)	Dom. (2)	YS (3)	FI (4)	MC (5)	HS (6)	AP (7)	Jeal. (8)	Addi. (9)	Happ. (10)
1. Age	1									
2. Domicile	*-.199	1								
3. Year of Study	***.944	**-.250	1							
4. Income	**-.234	***.348	**-.273	1						
5. Mobile Cost	**-.265	***.313	***.309	***.899	1					
6. Hours Spent	***.361	***.456	***.386	***.665	***.656	1				
7. Academic Perf.	***.355	***.368	***.397	***.573	***.564	***.833	1			
8. Jealousy	***.334	***.419	***.373	***.608	***.601	***.858	***.980	1		
9. Addiction	***.388	***.436	***.429	***.620	***.620	***.870	***.982	***.993	1	
10. Happiness	***.347	***.417	***.396	***.608	***.604	***.900	***.948	***.952	***.952	1

Note: For correlation analysis, the variables age, domicile, year of study, income, cost of mobile, time spent on social media, academic performance, jealousy score, addiction score and happiness score were included. However, for the purpose of analysis, the dichotomous variable domicile (0-rural, 1-urban) and year of study (0-I year, 1-II year) has 0/1 coding for the categories used.

Jealousy- As Seen From Table 2, Jealousy Seems To Be Positively Correlated With Domicile ($R = .419, P < 0.001$), Family Income ($R = .608, P < 0.001$), Cost Of Mobile Phone ($R = .601, P < 0.001$), And Hours Spent On Social Media ($R = .858, P < 0.001$). On The Other Hand, It Is Negatively Correlated With Year Of Study ($R = -.373, P < 0.001$) And Academic Performance ($R = -.980, P < 0.001$)

Social Media Addiction- Social Media Addiction Seems To Be Positively Correlated With Domicile (Urban) ($R = .436, P < 0.001$), Family Income ($R = .620, P < 0.001$), Cost Of Mobile Phone ($R = .620, P < 0.001$), Hours Spent On Mobile Phone ($R = .870, P < 0.001$), And Jealousy Score ($R = .993, P < 0.001$), Whereas, It Is Negatively Correlated With Year Of Study ($R = -.429, P < 0.001$) And Academic Performance ($R = -.982, P < 0.001$). In A Study By Çelebi And Ozkul (2020), A Similar Finding Was Reported With Regard To Income. It Was Found That Social Media Addiction Level Of The Respondents Increased With An Increase In Income. With Regard To The Academic Performance And Social Media Addiction, In A Previous Study By Al-Menayes (2015), It Was Discovered That Social Media Addiction Did In Fact Negatively Affect The Academic Performance Of Students.

Happiness- Happiness Appears To Be Positively Correlated With Age Of The Respondent ($R = .347, P < 0.001$), Year Of Study ($R = .396, P < 0.001$), And Academic Performance ($R = .948, P < 0.001$). Happiness Was Found To Be Negatively Correlated With Domicile ($R = -.417, P < 0.001$), Family Income ($R = -.608, P < 0.001$), Cost Of Mobile ($R = -.604, P < 0.001$), Hours Spent On Social Media ($R = -.900, P < 0.001$), Jealousy Score ($R = -.952, P < 0.001$), And Social Media Addiction Score ($R = -.952, P < 0.001$).

6. DISCUSSION, SUGGESTIONS AND CONCLUSION

Social Media Addiction Could Soon Be The Next Mental Health Epidemic If Not Addressed Soon. As It Is, India Has One Of The Highest Rates Of Suicide Among The Youth And The Rate Of Mental Disorders Are Also On The Rise. There Were Two Major Objectives That The Researchers Had Set Out To Achieve At The Start Of The Study- 1) To Examine Whether There Was A Connection Between Jealousy, Social Media Addiction, And Happiness Across Certain Selected Background Characteristics Among Male Post Graduate Students In Tiruchirappalli, Tamil Nadu. 2) To Note Whether The Three Constructs, Namely- Jealousy, Social Media Addiction, And Happiness Are Inter-Connected. Based On The Results Of The Statistical Analyses, It Can Be Concluded That Several Of The Background Characteristics Of The Respondents Seem To Be Closely Connected To The Three Constructs. On The Whole, It Can Be Said That Wealthier Students Who Have Plenty Of Money To Spend On Expensive Smartphones And Can Afford To Ignore Their Academic Performance Seem To Be More Vulnerable To Social Media Addiction. It Is Also Important To Note That Social Media Addiction Is Negatively Correlated With Happiness Of The Respondents And Positively Correlated With Jealousy. It Is Possible That Jealousy Could Be A Manifestation Of Social Media Addiction And Both Of Them Combined Could Be Leading To A Decrease In The Level Of Happiness Of The Respondents. Counselling Can Be Provided For The Students Who Are Addicted To Social Media Sites, Besides Organising Awareness Programme On Ill Effects Of Excessive Use Of Social Media Among The University Students Will Be The Solution To The Optimum Use Of Social Media. Further Investigation Into This Is Warranted. India Is A Country With One Of The Youngest Populations In The World. This Is Yet Another Major Reason As To Why Social Media Addiction Needs To Be Taken Seriously And Further Research Into Its Effects Need To Be Examined Through Future Research.

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