

Abstract

- As social media becomes more integrated into the lives of adolescents, it becomes more and more important to see how this effects mental health and the use of illicit substances.
- The current study is a secondary data analysis of data collected by the Monitoring the Future 2018 study.
- The sample consisted of 2,416 participants from over 130 public schools across America.
- In order to analyze the data collected from this sample a Person's *r* test and ANOVA tests were run.
- Overall, the findings revealed no significant relationship between the variables.



Literature Review

- Many research studies have identified the connections between social media use, substance use, and mental health.
- However, this research often focuses on adults, and in many cases examines only a small number of individuals.
- The results of the research that does exist suggests that substance use is highly prevalent among high schoolers, as is social media use.
- The mental health of teens has been found to be on a downhill trend and it is possible that factors such as social media and substance use contribute to this.

Methods

Research Design

- The current study is a secondary data analysis of data collected by the Michigan State University, Monitoring the Future Study.
- It used a cross sectional study design utilizing the Form 3 of the data collected from 2018.
- Form 3 data was collected from questionnaires, taken during school hours.
- The information was self report and used to gather general information on adolescents in the 12th grade.

Sample

- The initial sample frame was gathered using the ISPCR database. The Monitoring the future study used a stratified sampling design to select a sample of 130 high schools.
- The core sample created a total sample size of 14,502.
- Form 3 of the sample was made up of core participants and the secondary analysis utilized 2,146 of them.
- Male: 41.9%; Female: 46.6%. Black: 9.6%, White: 47.8%, Hispanic: 20.8%. 64.9% Own a Computer, and 77.77% Own a Cellphone.

Measures

- Substance Use (Composite Score)
- Social Media (Composite Score)
- Happiness (Scale)

Variables	<i>n</i>	%
Social Media Composite Score	<i>m</i> = 2.65	<i>sd</i> = 1.06
Substance Use Composite Score	<i>m</i> = 2.22	<i>sd</i> = 1.37
Happiness		
Not Happy	478	19.8
Pretty Happy	1,462	60.5
Very Happy	448	18.5

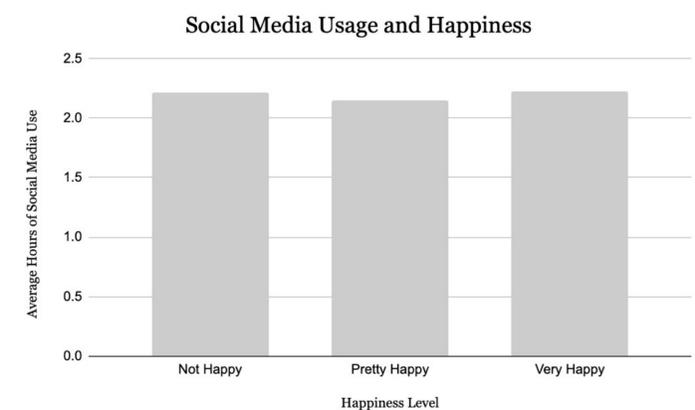
Results

Substance Use and Social Media

- Pearson's *r* correlation test.
- The results of the analysis indicated that there was a statistically significant and positive association between substance use and social media.
- However, the strength of the correlation was weak.
- This conclusion does support the research hypothesis.

Happiness and Social Media

- ANOVA test.
- There is no significance between the two variables.



Happiness and Substance Use

- ANOVA test.
- There was no significance between the two variables.

Discussion

Strengths and Limitations

- Strengths of the study include: a large sample size, a large geographical population, examines critical variables affecting adolescents.
- Limitations of this study include: methodological limitations, conceptual limitations, little variance in substance use and mental health problems.

Implications for Future Research

- This research study will not heavily impact the understanding on social media, substance use, and mental health as it was inconclusive.
- Future research should look at adolescents with higher levels of substance use.
- Further investigation into this area can benefit general providers and substance use counselors as they navigate adolescent lifestyles.
- Gender should be examined more closely in the future in relation to these variables.

Introduction

Significance of the Study

- Substance use has become a prevalent and critical issue to be addressed in adolescents.
- Social media is on a constant rise, and studies are proving that it has an effect on substance use and mental health.
- It is important to determine the risk factors that contribute to these issues and to discover if there are relevant relationships between the variables.

Purpose

- To examine the relationships between social media and substance use, social media and wellbeing, and substance use and wellbeing.

Research Questions

1. What is the relationship between social media and substance use among 12th grade students?
2. What is the effect of substance use on happiness among 12th grade students?
3. What is the relationship between social media and happiness among 12th grade students?

Hypothesis

- Higher levels of social media use will correlate with higher levels of substance use.
- Substance use has a substantial negative effect on mental health.