

## 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 12<sup>th</sup> 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

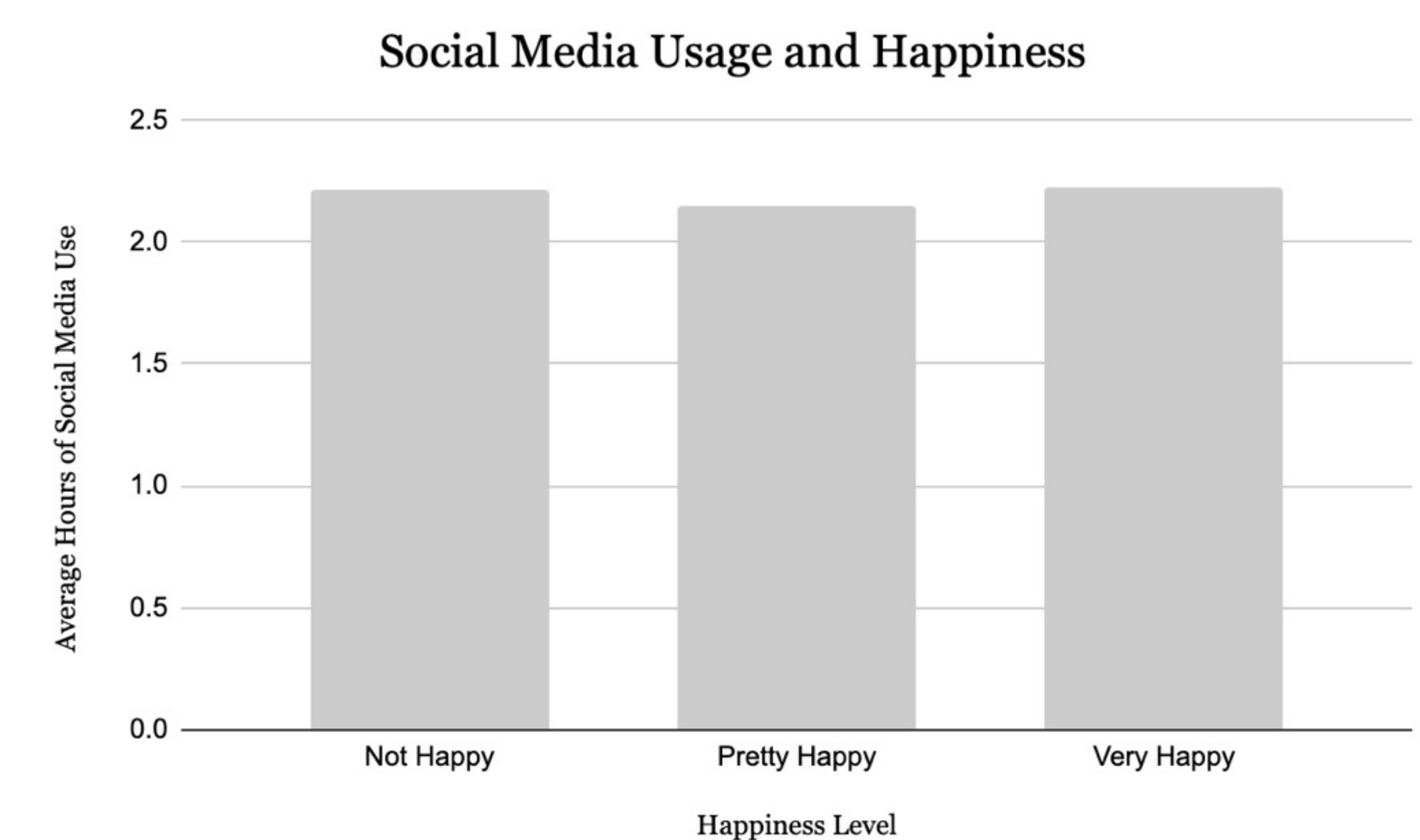
## Results

### 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 12<sup>th</sup> grade students?
2. What is the effect of substance use on happiness among 12<sup>th</sup> grade students?
3. What is the relationship between social media and happiness among 12<sup>th</sup> 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.