

# HOW DOES SOCIAL MEDIA AFFECT LIFE SATISFACTION?

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Green River College

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### How Does Social Media Affect Life Satisfaction?

As technology advances so does our dependence on it. Social media is one of the most popular things and most essential things that we as humans access on a daily basis. Whether this be to keep in touch with friends and family or to do work for your job. With the rise of this everyday use could there be negative strings attached? For example, some people experience this urge to check their phone or to do anything on it while in an uncomfortable situation or in a public space as discussed in the text (Humphreys, 2016). There has even become socially acceptable games such as phone stack while at a restaurant or gathering for controlling self-regulation (Humphreys, 2016). Why is this so? It might be because of the dependency that we have allowed ourselves to have on social media and ultimately our lives. A study done by Patrycja Uram, and Sebastian Skalski proved to have a correlation between lower scores of life satisfaction and high scores of Facebook addiction (Uram, Skalski, 2022). They even found that their additional testing group testing FOMO also correlated with similar results. The goal, or objective, that I am trying to prove with my study is the affect that social media use has on life satisfaction. There continues to be several studies that have to do with a correlation between technology addiction and stress levels. Studies done with Facebook addiction have even led to results that can be negatively associated with life satisfaction where things such as FOMO (fear of missing out) come into play (Nazir, Maya, 2019).

**Hypothesis:** Addiction to social media plays a negative role in life satisfaction.

### **Method**

For this study I used a simple Google form to build a survey with questions based around the overall question with life satisfaction in order to get a good grasp on how others felt. My

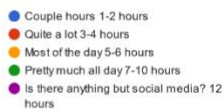
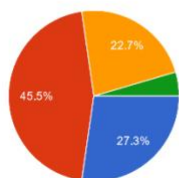
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survey population consisted of 22 participants with ages ranging from 18-25 years old. Six of these participants were female (27.3%) and the other 16 participants were males (72.7%). These participants responded to this anonymous Google form of 18 questions that ranged from how long they use social media to how it directly affects them. This of course is then followed up by questions about overall life quality and how they personally feel about this. These questions were designed to see if there was a correlation between social media and life satisfaction. The types of questions that were asked were how you feel your life is compared to peers or how do you think you compare to others. Ultimately trying to bridge a connection between social media use and FOMO to get our point of how social media affects our life's satisfaction.

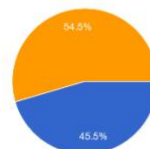
### Results

The results that I have gotten from this survey are either pretty even or lean majorly in some places; However, there were no unanimous responses as there is plenty of backing from both sides. We see from the results that people can range anywhere from 1-2 hours a day to 3-4 hours a day spent on social media. Despite this over half (54.5%) of the survey group reported that they spend that time mindless scrolling and not doing anything in particular while the other "half" (45.5%) spent their time messaging friends. I feel like this is important to note because the other answers such a posting and other were not answered at all which pretty much defines that these are the two major things that people do with their online time.

How often do you use social media everyday?  
22 responses



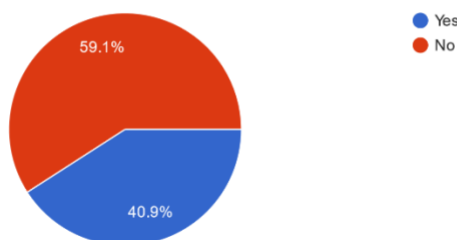
Of the time you spend on social media what are you doing?  
22 responses



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With my next range of questions about how you feel about your social media use, the board was pretty much split three ways evenly between people feeling good or bad or not really knowing how to feel. This tells me that people probably don't know how to feel about it and that's probably because the age range of the people surveyed was majorly 18-21 which are

If asked would you say that you are addicted to social media?  
22 responses



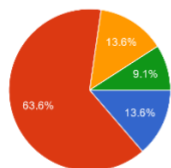
people who grew up with social media. In response to this though, over half of the survey group said that they would not consider themselves addicted to social media; However, this was really close 59.1% of those who answered felt they were not addicted, while 41.9% believe they were. I think overall this category gave me some good insight that we really don't know how social media affects us because my questions from this area gave very splitting results.

The final range and biggest section of questions had to do with how they felt compared to others and how the use of social media either advanced that thought or didn't support that thought. The results that were found from the survey were overwhelming with a total of 73.2% of people saying they did not feel like they were living life compared to others. The other 26.8% said they felt everyone was living the same life. On a scale of 1 to 5 on whether or not people felt they were missing out on things in life compared to others, again the majority answered with a 4 meaning they did not feel the strongest about missing out on things, but they all think that they

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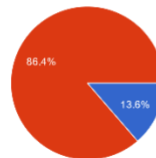
are to some degree. With this the survey I also found that 86.4% of respondents felt that social media helped with this feeling of FOMO or life satisfaction.

Do you feel like you are missing out on things in your life compared to your peers?  
22 responses



- Yes most definitely
- Yeah maybe
- Nah we are living the same type of day to day
- I am doing more than others
- Nope

Does social media help or make it worse.  
22 responses



- Makes it worse
- Helps

### Discussion

The results of my survey were very interesting because it allowed me to see that people did not actually consider themselves addicted to social media nor did they feel that they were negatively affected by it regardless of the previous studies mentioned of a possible connection between social media use and life satisfaction. I think what can be pulled from this survey is that most young adults do not feel the pressures of social media, nor does it control/contribute to their life satisfaction. If anything can be said, it's that social media is a crutch used to help people have satisfaction in life.

So why is there such a strong amount of people who don't feel like they are living life to the best of their availability? The truth of the matter is that there are several factors that contribute to life's satisfaction. While social media is a big part of people's everyday lives now, it's still not to a life changing degree where what happens can affect their day to day lives. The one thing that may result in different results or otherwise could be tested in the future is giving the survey to specific groups based on age. Unfortunately, most, if not all, my population size was 18-21 years old, an age where everyone is figuring out life and these feelings of FOMO are natural. The question that can be made is that maybe a younger group of kids such as high schoolers and or middle schoolers may feel that what goes on in social media affects them

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directly. To try and get a more solid answer on what I was asking it might be a better idea to also give the internet addictiveness test that we took in class due to people maybe not realizing that they are addicted to social media. A FOMO test may also be a good idea in order to see exactly what percent of how people are feeling compared to others. That way we could get direct numbers instead of Google form answers.

What I learned from doing this study survey is that when it comes to life satisfaction there are many things that play into what is you as a person may consider making your life have meaning. I think that what age you may be plays a huge role because when you get older you learn that a lot of what goes on around you doesn't affect you too much therefore social media posts may not have the affect that it does to a highschooler who is intimidated by the trips or activities their classmates participate in each day.

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