

Impact of Social Media and Self Image:

Does prolonged social media usage harm your self-image

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Hypothesis

1. The hypothesis was that a person's time spent on social media and their perceived self-image were not independent

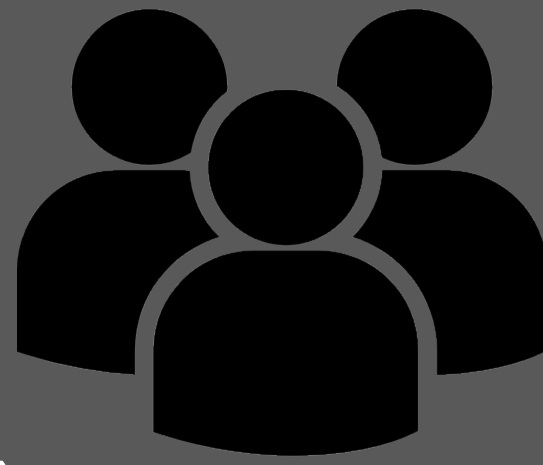
Results

1. Social Media and Self Image
 - Social Media Hours & Self image, $x^2(6) = 1.61, p = .952$; Not significant



Participants

- 49 Students
- 15 Males/ 33 Females
- Median Age: 26
- Race
 - African American (N = 43, 83.7)
 - Latin-American (N = 2, 4.1%)
 - Caucasian (N = 1, 2.0%)
 - Asian-American/ Pacific Islander (N = 1, 2.0%)
 - Other (N = 2, 4.1%)



Measures

How many Hours spent on Social Media Daily?
(<1 Hour: N=2, 4.1%)(1-2 Hours: N=12, 24.5%)(3-4 Hours: N=16, 32.7%)(5+ Hours: N=17, 34.7%)

How do you feel about your personal appearance?
(Extremely Satisfied: N=16, 32.7%)(Somewhat Satisfied: N=28, 57.1%)(Somewhat Dissatisfied: N=2, 4.1%)

Discussion

The results indicate the following:

- Individuals who spend more time on social media have no difference in how favorably they perceive themselves.
- However, spending less time on social media could lead to a more positive body image (a larger sample is necessary to test this hypothesis further).

