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SOCIAL MEDIA AND YOUNG ADULT'S WELL-BEING

being

A Thesis Presented to the Graduate Faculty
of the Fort Hays State University in
Partial Fulfillment of the Requirements for
the Degree of Master of Science

by

Clayton Howard

B.S., Fort Hays State University

Date _____

Approved _____
Major Professor

Approved _____
Chair, Graduate Council

The research described in this thesis utilized human subjects. The thesis prospectus was therefore examined by the Human Subjects Research Committee of the Psychology Department, Fort Hays State University, and found to comply with Title 45, Subtitle A - Department of Health, Education and Welfare, General Administration; Part 46 - Protection of Human Subjects.

_____ Date

Ethics Committee Chairman

ABSTRACT

Social media has become an integral part of young adult's lives today. It has moved well beyond simple entertainment, and now can have a profound effect on many areas of functioning. The current study examines various aspects of well-being to see if there is a connection between social media use and global well-being. The participants for this study were 217 undergraduate students from Fort Hays State University. Participants completed a survey designed to measure overall well-being and broad aspects of overall well-being that included the Public Health Surveillance Well-Being Scale (PHS-WB), the Rosenberg Self-Esteem Scale (RSES), the Relationship Assessment Scale (RAS), and the Social Physique Anxiety Scale (SPAS). It was hypothesized that greater social media use would have a negative effect on one's self report of well-being. Results did not indicate a significant relationship between social media use and the measure of overall well-being (PHS-WB) or the measure of relationship satisfaction (RAS). However, results did indicate that participants who used social media more had lower scores on the measure of self-esteem (RSES) and higher scores on the measure of social physique anxiety (SPAS). Further analysis also showed that the RSES, RAS, and SPAS had a significant relationship with the PHS-WB, implying that all three measure aspects of well-being. These results suggest that while social media use did not appear to have a significant relationship with overall well-being or relationship satisfaction, it did have a significant relationship with self-esteem and social physique anxiety. Results supported previous research that showed that social media has a complicated relationship with well-being, that can be influenced by a number of factors, including self-esteem.

Results also supported research that showed that social media can have a negative effect on self-esteem and body satisfaction. However, these results were contradictory to research which showed that social media use can have a negative effect on relationship satisfaction.

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INTRODUCTION

Social media is defined as “forms of electronic communication (as Web sites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos)” (Merriam-Webster, 2014). Social media use is the use of these electronic forms of communication and information: Facebook, Myspace, Twitter, Pinterest, Snapchat, LinkedIn, Vine, Ning, Reddit, Instagram, etc.

Social Media use has exploded in recent years. The emergence of new technology such as smart phones and digital cameras, along with expanding internet access and mobility has opened up a new world. This new world allows worldwide communication, instant information sharing, and mobile entertainment.

Social media has now become a part of our daily lives. Individuals use it for personal communication, entertainment, business or organizational communication, marketing, etc. It also comes in many formats. There are social networking sites, bookmarking sites, social news sites, media sharing sites, and microblogging sites. This barrage can affect many parts of an individual’s life as well. Social media use can effect individual's interpersonal functioning, romantic relationships, friendships, family relationships, business relationships, even social standing (Elphinston & Noller, 2011; Brown, 1997; Griffiths, 1998; Orford, 2001).

There are certainly positive aspects of social media; it allows communication and social engagement that was impossible before. However, there are negative aspects as well. The saying that "All good things come with price" applies here as well. Social

media use opens individuals up to bullying, ridicule, embarrassment, release of private information, overuse or addiction, feelings of insecurity, relationship problems, occupational repercussions, and even legal repercussions. It is very possible that the combination of these factors is related to lower levels of well-being in individuals who use social media more.

Addiction and Overuse

There has been a vast emergence of technological addictions involving internet, cellphone, video games, and social networking sites over the past decade. These technological addictions have the similar core features of any behavioral addiction, including salience, withdrawal, and euphoria and also have reinforcing aspects that can negatively affect psychological, interpersonal, and occupational functioning (Griffiths, 1996; Davis, 2001; Young, 1999).

The *Diagnostic and Statistical Manual of Mental Disorders* (DSM) did not officially include Internet addiction in its fifth edition, however it did include Internet Gaming Disorder in the Conditions for Further Study. Internet Gaming Disorder has many similar criteria to internet addiction or overuse, so it is highly likely that both will be up for consideration in the next edition of the DSM (DSM5, 2013). For now, Internet addiction is formally known as pathological internet use (Davis, 2001). It is classified as a type of impulse control disorder (Young, 1999)). The symptoms of pathological online use closely resemble those associated with behavioral addictions, such as gambling and alcoholism (American Psychiatric Association, 1995). These symptoms include dependence, tolerance, diminished impulse control, obsessive thoughts, inability to quit,

and withdrawal (Davis, 2001; Young, 1999). It is also similar to addictions associated with traditional mass media, like television (McIlwraith, 1998; Kubey & Csikszentmihalyi, 2002). However, internet addiction has the potential to be much more serious. Traditional mass media, such as television, typically effect leisure time at home. However, internet addiction/overuse can spill into an individual's work, school, and social time, and it has the potential to negatively affect family, personal, and occupational relationships (Song, Larose, & Eastin, & Lin, 2004).

Young adults appear to be at the most risk, as research has shown that the age group from 18-24 use social networking sites the most (Murphy, 2013). This age group does not just use social networking sites more; they use them in more places. Research on college student's electronic messaging found that they use it nearly everywhere; at home, at school, traveling, out with friends, etc. (Bonds-Raacke & Raacke, 2011). Previous research has shown that approximately 10 percent to 50 percent of college students report problems that could be considered internet abuse, addiction, or problematic use (Young, 1996). Problematic internet use has been associated with a number of potential negative consequences to an individual's psychological well-being. These negative consequences can include; substance abuse, attention deficit hyperactive disorder, loneliness, depression, and poor communication skills (Caplan, 2007; Ceyhan & Ceyhan, 2008; Iacovelli & Valenti, 2009; Moody, 2001; Yen, et al., 2009)

Research focusing on social networking site use has found that it has the potential for negative, widespread effects on individual's interpersonal functioning (Clerkin, Smith, & Hames, 2013). Social networking sites can potentially add more stress upon an

individual. It adds another dimension to their lives they feel they must be successful at, as the need for popularity has been found to be a very important part of social networking use (Utz, Tanis, & Vermuelen, 2012). One of the most popular social networking sites, Facebook, seems to be particularly susceptible to overuse and addiction (Elphinston & Noller, 2011). Facebook has become one of the largest social networking sites, with over 900 million users in the world (Facebook, 2012). College students are the most frequent users of Facebook, spending an average of 1-2 hours per day on the site (Kalpidou, Costin, & Morris, 2011). More than 50% of teenagers who use the internet are “Content Creator,” meaning that they create web sites, share media, or reorganize existing content into new sites (Lenhart & Madden, 2005). Social network sites such as Facebook have become the unofficial home of this content, with as many as 95% of college students having a personal profile (Profile of the American College Student Survey, 2007). In addition to other content, links, and blogs Facebook users upload over 2 billion photos and 14 million videos every month (Facebook, 2010).

The increased availability of social networking sites like Facebook may contribute to, and maintain problematic internet use patterns (Kittinger, Corriea, & Irons, 2012)). High levels of internet use are associated with lower levels of social loneliness, but higher levels of emotional loneliness. This suggests that while online interactions may help satisfy an individual’s need for social connection and friendship, they are unable to satisfy an individual’s need for emotional connections and intimate relationships (Moody, 2001).

Kittinger, Correia, and Horns, 2012 found that the number of times an individual logged onto a social networking site was a better predictor of problematic use than the amount of time they spent on the site. They also found that a higher percentage of women reported using social networking sites multiple times per day, and they also reported spending significantly more time on those sites than men (Caplan, 2007; Ceyhan & Ceyhan, 2008; Iacovelli & Valenti, 2009; Moody, 2001; Yen, et al., 2009).

Undergraduate females reported spending 62% of their time online on Facebook, while undergraduate men reported spending only 44% of their time online on Facebook. Women have a significantly higher number of “Heavy” users, which is more than one hour per day. Women also spend over twice the amount of time per day viewing other people’s Facebook profile than men. Along with higher levels of use, researchers also found that women experience higher levels of dysfunction associated with social networking site use. Women were nearly twice as likely as men to feel stress due to Facebook use. Studies also found that women were over 60% more likely to become anxious or upset if they cannot use Facebook (Thompson & Loughheed, 2012). Social networking sites are not the only sites susceptible to overuse, the use of microblogging sites has also greatly increased. Celebrities and normal individuals both use microblogging sites, such as twitter, to keep “followers” updated, provide personal opinions, and personal information. The use of these online platforms has become a key component of the social environment for many individuals who use them as a means for personal self-expression. There is research suggesting that our fascination with celebrities and the celebrity lifestyle has helped contribute to this new form of communication

(Stefonone & Lackaff, 2009). Scholars of traditional mass media have made noted this evolving culture of self-disclosure and transparency (Calvert, 2000).

While there is certainly a lot of evidence that social networking site use can have negative effects, there is also research that shows that it can also have positive effects for users. Though user motivations may vary, it would not have been possible for Facebook and other social networking sites to become so popular if they did not provide some type of enjoyment or psychological benefits (Kim & Lee, 2011). Also, addiction and overuse normally cause distress and dysfunction to an individual. A study looking at the effects of computer mediated communication since the rise. of social networking sites, such as Facebook, found that increased use actually had a positive effect on psychological well-being, and interpersonal relationships (Kraut et al., 2002).

Interpersonal Relationships

One of the major areas where social networking site use can cause dysfunction, is interpersonal relationships. Since their emergence, social networking sites have continually changed the way individuals communicate and form relationships. Research suggests that new technology and social media use is causing new, unhealthy relationships between parents, children, friends, and significant others. It is also creating negative issues in our understanding of community, privacy, and intimacy (Turkle, 2011). Research on social network's effect on romantic relationships has found that it can have a significant effect. One study found that nearly two thirds of individuals believe that their behaviors within their social network have a significant effect on their relationships (Specher, 2011). Facebook and other social networking sites have opened romantic

relationships up to the rest of the world. Before their emergence, members of extended social networks may never find out about a friend or family member's romantic relationships unless they talked to them directly. Knowledge of flirtation or disinterest was more easily kept in the individual's control. Also, individuals in romantic relationships were not subjected to constant observation and scrutiny by other members of their social circle. However, the emergence of social networking sites has caused a shift, and now nearly all aspects of an individual's life are out in the open for all to see (Muise, Christofides, & Desmarais, 2009). Facebook and other social networking sites instantly broadcast any change to an individual's relationships to their entire network (Kalpidou, Costin, & Morris, 2011).

Unlike earlier online interaction formats, such as chat rooms, social networking sites are mostly used with an individual's already established offline social network. These offline networks usually play a large role in an individual's life and relationships, and social networking sites such as Facebook give this offline network full access and instant updates into the individual's personal life. This very likely effects how individuals start and move forward with romantic relationships (Sprecher & Femlee, 2000)

Previous research has found that Facebook has become an important part in the intimate relationships of dating partners. One of the features of the social networking site Facebook is the ability to publicly state the status of one's relationship (e.g., married, in a relationship, dating, single). It even allows individuals to go a step further and connect their romantic partner to their status (e.g. married to John Doe, in a relationship with Jane Doe). Activities on social networks, such as tagging another's posts or status updates,

appearing in photographs together, and “Liking” similar interests, have actually become indicative of romantic relationships (Carpenter, 2013). Researchers found that couples exhibited similar Facebook use and were similar in how they presented their relationship on their profiles. Also, how the partners presented the relationship on their profile had a significant impact on relationship functioning. Men presenting a status of "In a relationship" was associated with greater relationship satisfaction. With women, including their significant other in their profile picture was associated with greater relationship satisfaction. The study also found that Facebook altercations are detrimental to relational well-being. These altercations likely touch on wider relationship issues such as commitment, jealousy, and power (Papp, Danielewicz, & Cayemberg, 2012).

This has led to a new requirement for serious relationships known as becoming “Facebook Official” (Papp, Danielwicz, & Cayemberg, 2012; Fox, Warber, & Makstaller, 2012). Previous research has found significant differences in men and women’s perceptions of the meaning of being “Facebook Official.” Women are more likely than men to believe that being “Facebook Official” means the relationship is serious and exclusive. They were also more likely to believe that becoming “Facebook Official” would garner attention from those in their network (Fox & Warber, 2013).

Another problem that has arisen since the emergence of social networking sites, like Facebook, is partner monitoring. Many of the features that make Facebook popular with its users, can also promote monitoring behavior. Research also found that individuals are more likely to stalk or harass an ex-partner on a social networking site than they were offline (Lyndon, Bonds-Raacke, & Bratty, 2011).

Excessively monitoring other individual's profiles is known as "Facebook stalking" (Marshal, Bejanyan, DiCastro, & Lee, 2012). This type of monitoring may be used, especially, with former romantic partners. Individuals can check their ex-partner's photos, wall posts, comments, status updates, etc. easily and anonymously, even if their ex-partner is no longer their "friend" on the site as the information is public. A study by Stern and Taylor, 2007 found that it is common for Facebook users to go through their partner's profile for evidence of infidelity or inappropriate behavior (Stern & Taylor, 2007). In fact, estimates suggest that as many as two-thirds of individuals who use Facebook have made contact with a former romantic partner using the site (Chaulk & Jones, 2011; Lyndon, Bonds-Raacke, & Cratty, 2011). Even more telling, over half of individuals admit to going through an ex's profile to find evidence of them with a new partner (Lyndon, Bonds-Raacke, & Cratty, 2011). Not only does this type of monitoring seem to be commonplace, but also those who engage in it tend to believe that it is harmless (Bowe, 2010).

Research has suggested that this behavior might not be so harmless. Facebook may actually promote obsessive relational intrusion, "The unwanted pursuit of an intimate relationship, particularly with an ex-romantic partner" (Spitzburg & Cupach, 2003). While "Facebook stalking" is on the mild end of the spectrum, in terms of relational intrusion (Chaulk & Jones, 2011), it is associated with a higher probability of engaging in offline relational intrusion. Even if an individual does not progress to offline relational intrusion, those who monitor an ex-partner's profile may experience increased distress over the breakup and continued longing for the ex-partner (Marshal, 2012).

Marshal also found that individuals who remained Facebook friends with their ex-partners had lower personal growth than individuals who were no longer Facebook friends with their ex-partners, indicating that remaining Facebook friends may disrupt an individual's ability to move on (Marshal, 2012).

A study by Elphinston and Noller, 2011 looked at problematic technological use as Facebook intrusion. High levels of Facebook intrusion are characterized by an excessive attachment, which causes dysfunction with daily activities and relationships. Facebook intrusion may also be associated with romantic relationship dissatisfaction as well. A study looking at Facebook intrusion and relationship satisfaction found that Facebook intrusion is associated with relationship dissatisfaction (Elphinston & Noller, 2011). Facebook intrusion may negatively affect relationships similar to other addictive behaviors. Previous research has shown an association between addictive behaviors and negative relationship outcomes (Czincz & Hechanova, 2009). Individuals who have high levels of Facebook use may have difficulty maintaining a healthy relationship. Excessive attachment to Facebook was found to be associated with higher levels of jealousy and relationship dissatisfaction (Elphinston & Noller, 2011).

Another study found that increased Facebook use by couples was predictive of feelings and behaviors associated with jealousy. Also, Facebook creates an environment that fosters jealousy-related feelings and jealousy-related behaviors. Anecdotal evidence from interviews with college students shows a common perception that social networking sites like Facebook can cause jealousy and can negatively affect intimate relationships (Muisse, Christofides, & Desmarais, 2009).

Kalpidou, Costin, & Morris, 2011 found that the amount of Facebook friends was associated with low academic adjustment. College freshman who had more Facebook friends were found to have lower emotional adjustment. One reason for this is that social networking sites like Facebook do not fill the emotional needs of the individual. College freshman may seek out more online friends to try to compensate for their emotional needs which are not being met (Thompson & Lougheed, 2012). Ironically, a number of these student's social network site friends may be very superficial, and have only had limited contact offline (Ellison, Steinfeld, & Lampe, 2007). One of the problems with social networking sites like Facebook is the actual definition of a "Friend." In offline social networks, relationships can be extremely diverse in terms of closeness and intimacy (Granovetter, 1973). However, with social networking sites most users tend to list anyone they know and do not dislike (Brandtzaeg, Luders, and Skjetne, 2010). A study by Pollet, Roberts, and Dunbar, 2011 found that while increased time on social networking sites is associated with a higher number of on-line friends, it did not lead to closer face-to-face relationships. While social networking sites like Facebook can help maintain a long-distance friendship, most college students do not need it for maintaining most of their close friendships (Clark, Lee, & Boyer, 2007). Even more, it found that using online interactions, such as Facebook, was associated with higher levels of loneliness in off-line relationships (Hand, Thomas, Buboltz, Deemer, & Buyanjargal, 2013). Having more Facebook friends is actually associated with higher levels of loneliness (Skues, Williams, & Wise, 2012). Also, many individuals use the internet to form relationships that are completely different than those they have in real life (Parks & Floyd, 1996).

Facebook and other social networking sites can, if nothing else, increase jealousy in those predisposed to it. Feelings of jealousy in certain situations, such as imagined partner infidelity, are associated with levels of emotional jealousy, or trait jealousy (Russel & Harton, 2005). This suggests that some individuals are more prone to jealousy than others. An individual's level of self-esteem has also been associated with the experience of jealousy. In relationships, individuals with higher self-esteem are believed to have more confidence in their significant other and are more secure in the relationship. Conversely, individuals with low self-esteem are associated with jealousy and suspicion, and are more likely to engage in partner monitoring (Clark & Lemay, 2010; Huntsinger & Lackey, 2004; Rydell & Bringle, 2007; Sharpsteen, 1995). Self-esteem can mediate the intensity of the feelings of jealousy that an individual experiences when they perceive a relationship threat (Desteno & Salovey 1996). This implies that individuals with lower self-esteem will likely experience more intense feelings of jealousy when their relationship is threatened compared to individuals with high self-esteem. Interestingly, a study by Soraya Mehdizadeh also found that there was a significant positive correlation between a more narcissistic personality, the daily frequency that Facebook was checked, and the amount of time spent on the site per session (Mehdizadeh, 2010).

While much of the research on social networking site's effect on interpersonal relationships shows it can be detrimental, there is also research that shows that social networking sites can actually have a positive effect on user's interpersonal relationships. Some research suggests that social networking sites can be socially enriching. Brandtzaeg, Luders, and Skjente, 2010 found that most users of social networking sites

had their expectations met or surpassed because of the sociability aspect. They found that individuals had become more socially active with more people. Part of this was due to the social functions of the social networking site itself, and part was due to the fact that individuals perceived online communication to be safer and more transparent (Brandtzaeg, Luders, and Skjetne, 2010). Facebook communication with friends can also increase the closeness of the relationships offline (Ledbetter, Mazer, & Degroot, 2011).

Studies of communities supported by online networks have shown that computer-mediated interactions are associated with positive effects such as community involvement and higher social capital (Hampton & Wellman, 2003; Kavanaugh, Carrol, Rosson, Zin, & Reese, 2005). Research looking at social networking site use and social adjustment found that individuals who use social networking sites in early adolescence and as young adults, were the most well-adjusted. A possible explanation for this is that social networking sites allow individuals with poor social skills to interact with more anonymity (Mikami, Szwedo, Allen, Evans, & Hare 2010). There is even some research that claims online interactions can take the place of face-to-face interactions, which would minimize an individual's lost time from internet use (Wellman, Haase, Witte, & Hampton, 2001).

Social networking sites like Facebook also allow individual's access to people outside their close social circle. This allows them access to new information, and can result opportunities such as new social connections and even employment connections (Granovetter, 1973).

Even if social networking site use does not have a positive effect on user's interpersonal relationships, there is research that shows it does not have negative effect

either. A study looking at the effect of social networking site usage on relationship satisfaction did not find a significant relationship between individual use, or perceived partner use, and relationship satisfaction (Hand, Buboltz, Deemer, & Buyanjargal, 2013). A study by Marianne Dainton, 2012 also found that an individual's use of Facebook maintenance behaviors does not appear to have a significant impact on relationship satisfaction.

Self-Esteem

Self-esteem, in the field of psychology, is an individual's overall self-evaluation of their worth. There are also subtypes of self-esteem, implicit and explicit. Implicit self-esteem is an unconscious and automatic self-evaluation, while explicit is a conscious and reflective self-evaluation (Weiten, 2004). Research on the specific social networking site, Facebook, has been quite extensive. Facebook use has been found to be associated with a variety of negative effects. Reassurance seeking on Facebook has been associated with lower-levels of self-esteem (Clerkin, Smith, & Hames, 2013). Facebook and other social networking sites can temporarily affect states of self-esteem. These sites are designed to share personal information by "likes/dislikes, wallposts, and status updates." This information could negatively affect an individual's view of themselves by pointing out limitations and shortcomings, which in turn can negatively affect self-esteem (Heine, et al., 2008). Previous research has shown that the impression of the profile owner can be affected by specific aspects of the profile, including written and photographic information (Buffardi & Campbell, 2008; Marcus, Machilek, and Schultz, 2006; Tong, Van Der Heide, & Langwell, 2008).

A study by Chou and Edge, 2012 found that individuals who have used Facebook longer can more easily remember positive pictures and messages on other's profiles, which gives them the impression that other people are happier than them. In fact, the longer individuals used Facebook, the stronger this belief. Along with the belief that others were happier than them, the individuals who had used Facebook longer were also more likely to believe that life was not fair. Chou and Edge also found that the more "friends" individuals had on their profile who they did not really know, the more strongly they felt that others had better lives than them.

One of the most studied variables in the behavioral sciences is subjective well-being (Steptoe & Wardle, 2011; Boehm, Peterson, Kivimaki, & Kubzansky, 2011; Diener, 2011). Subjective well-being is defined as an individual's "cognitive and affective evaluations of life as a whole" (Chen, Jing, & Lee, 2012). With the greatly expanded use of SNS sites, such as Facebook, it is important to identify how this technology affects subjective well-being (Kross et. al, 2013). Prior research has shown mixed results as to this effect. Some research has shown a positive association between the use of social networking sites and subjective well-being (Valenzuela, Park, & Key, 2009), while other research has shown a negative association (Huang, 2010; Chou & Edge, 2012). However, most research has shown a more complicated association between social networking site use and well-being that is influenced by a number of factors including, the number of friends on the site, the supportiveness of online friends, loneliness, depression, and self-esteem (Forest & Woods, 2012; Manago, Taylor, & Greenfield, 2012; Kim, LaRose, & Peng, 2009). Analysis found that Facebook use is

predictive of declines in two components of subjective well-being. The two components are how individuals feel in the present and an individual's satisfaction with their life (Kross et al, 2013).

Surprisingly, there is a lot of previous research on the effect of social networking site use on self-esteem that is inconclusive or that shows a positive association. Facebook may represent a special form of social network interaction, which seems to predict impoverished well-being (Kross et. al, 2013). Previous research has shown an association between Facebook use and life satisfaction (Ryan & Xenos, 2011; Wilson, Fornasier, & White, 2010). Also, social support from friends on SNS sites may help mediate psychological well-being, as positive feedback from those friends increased individual's reported subjective well-being (Ellison, Steinfield, & Lampe, 2007)). Facebook use is also associated with the formation and maintenance of social capital (Ellison, Steinfield, & Lampe, 2007). Social capital refers to the resources that individuals gather through their interactions with people (Coleman, 1988). Individuals can draw from these resources for information, ability to organize, and build personal relationships. Research on social capital has found that it is associated with psychological well-being, and higher levels of self-esteem and life satisfaction (Bargh & McKenna, 2004).

Though it requires little effort to become "Friends" with another individual on Facebook, and does not usually require a strong connection or relationship, the number of "friends" can still have a positive effect on an individual's subjective well-being. With the way Facebook displays

“friend” connections, it can remind individuals of their social connection, and in turn can increase their self-esteem (Kim & Lee, 2011).

Also, contrary to the belief that exposure to one’s own information on a social networking site has negative effects, Gonzales and Hancock, 2011 found that instead of showing discrepancies between the individual and social standards, and lowering self-esteem, exposure to an individual’s own information on a social networking site was actually found to enhance self-esteem. This was found to be especially true if the individual edits their information, or selectively self-presents. Social Networking Sites such as Facebook and Myspace provide an ideal setting for individuals to engage in “Impression management” (Kramer & Winter, 2008). Viewing and editing an individual’s Facebook profile and its personal information can predict the user’s increase in self-esteem (Gonzales & Hancock, 2011).

Other research has shown that social networking sites do not seem to effect self-esteem. A study by Kramer and Winter, 2008 found that there was not a significant difference in regards to self-presentation between individuals with low self-esteem and those with high self-esteem (Kramer & Winter, 2008). A study by Kross et al., 2013 found that Facebook use did not lead to declines in subjective well-being because individuals were more likely to use the site when they already feel bad.

Body Image

Body dissatisfaction is the experience of negative thoughts and feelings about an individual’s own body. It can have a number of significant and negative consequences,

including depressive symptoms, eating disorders, and negative self-perception (Polivy & Herman, 2002). Body image is central to an individual's self-concept and self-esteem, and can have an influence in behavior and psychological functioning (Cash & Pruzinsky, 2002).

Research on body image and eating behavior has shown that women have much higher instances of body dissatisfaction and disordered eating (Eating Disorders Anonymous, 2000). It has also shown that appearance plays a much more significant role in women's self-concept and evaluation by others (Frederickson & Roberts, 1997). Physical attractiveness is more significant to the female role than the male role (Bar-Tal & Saxe, 1976). Physical appearance holds more significance for a woman's societal status, while men are assessed on a broader array of characteristics (Brownmiller, 1984; Kaschak, 1992). A study by Gwendolyn Seidman and Olivia Miller, 2013 found that participants spent significantly more time observing the physical appearance of females and significantly more time observing the factual information of males. Research has shown that unattractive women are previewed more negatively than unattractive men by their coworkers (Cash, Gillen, & Burns, 1977; Wallston & O'Leary, 1981). Physical attractiveness is also more significant in the social and romantic aspects of women's lives (Berscheid, Dion, & Walster, 1971; Margolin & White, 1987). When these factors are combined with our societies ideal of beauty it can have detrimental effects. Society's ideal beauty is unattainably thin, and is in fact unhealthy (Groesz, Levine, & Murnen, 2002; Halliwell & Dittmar, 2004).

Sociocultural theory is one of the most established perspectives on developing body dissatisfaction. Sociocultural theory believes that the mass media is one of the strongest transmitters and reinforcers of sociocultural body ideas (Levine & Harrison, 2004). Women especially are exposed to unrealistic beauty ideals, which they feel pressured to match. Previous literature on the effects of media exposure has shown that exposure to examples of the thin ideal can negatively affect women (Groesz, Levine, & Murnen, 2002). The negative effects from media exposure to examples of the thin ideal can be associated with weight concerns (Posavac & Posavac, 1998), body dissatisfaction (Harrison & Cantor, 1997), and disordered eating (Stice, Schupak-Neuberg, Shaw, & Stein, 1994). In both body dissatisfaction and thin-ideal internalization there is the common factor of social comparison. Body dissatisfaction is associated with an individual comparing their body to others' body (Stormer & Thompson, 1996). Thin-ideal internalization is associated with an individual comparing their body to that of thin-ideals. For example, comparing their appearance to models in ads (Heinberg & Thompson, 1995). This tendency for an individual to compare themselves to others who possess the thin ideal may perhaps be the main cause of negative effects from exposure to social media (Bessenoff, 2006). This pressure comes mainly from their sociocultural environment, which consists of mass media, peers, family, and friends (Dittmar, 2005). A meta-analysis found that women felt worse after being exposed to photos of thin, attractive models than any other types of images (Groesz, Murnen, & Levine, 2002).

Recent research has found a similar negative effect to media exposure in men as well (Dittmar, 2005).

Self-discrepancies are representations in an individual's self-concept of how they fail to meet an important standard (Higgins, 1987, 1989). High levels of self-discrepancy are associated with emotional distress (Higgins, 1989), dissatisfaction and disappointment (Strauman & Higgins, 1988), shame (Tangney, Niedenthal, Covert, & Barlow, 1998), low self-esteem (Moretti & Higgins, 1990), depression and social phobias (Strauman, 1989). Previous research has suggested a causal relationship between the development of self-discrepancies and long-term exposure to thin-ideal media (Harrison, 2001). A study by Gayle Bessenoff, found that women with high body image self-discrepancy were twice as likely to engage in social comparison than those with low body image self-discrepancy. Bessenoff also found that how women felt after viewing thin ideal advertisements was dependent on their level of self-discrepancy. The study found that women with high self-discrepancy were more likely to experience depressive symptoms and weight-regulatory concerns after exposure to thin-ideal advertisements, while women with low levels of self-discrepancy felt better after such comparisons (Bessenoff, 2006).

Research on impression formation suggests that when an individual is trying to form an impression of another individual, physical appearance is their primary focus. These impressions can be significantly affected by a number of physical traits such as hair color, specific features, and general facial attractiveness (Alley, 1988; Berry & Zebrowitz-McArthur, 1986; Hassin & Trope, 2000). Photographical information attracts

more attention than text information, and the main profile picture is most likely to draw attention (Djamashi, Siegel, & Tullis, 2010; Russell, 2005). Research on social networking sites seems to support this idea as women are more likely to use solitary headshots as their main profile picture, while men are more likely to use images that are not close up or that include other people. This seems to point to women being more concerned about how to present an image of attractiveness (Hferkamp, Eimpler, & papadakis, 2012). Previous research has also shown that individuals pay more attention to those they find physically attractive (Langlois, Kalakanis, & Rubenstein, 2000; Lorenzo, Biesanz, & Human, 2010; Maner, Kenrick, & Becker, 2003).

Along with these possible effects of social networking site use, it may also significantly affect other areas. Some research has suggested that social networking site use may interfere with physical activity, which can have negative effects on cognition and emotional replenishing (Kaplan & Berman, 2010). Research has also found that social networking use correlates with higher body mass (Wilcox & Stephen, 2013). SNS site use may also bring about detrimental social comparisons in individuals (Chou, 2012; Hferkamp & Kramer, 2011).

While previous research on body image has primarily focused on women, there is now a shift from a gender-specific concern to a significant aspect of psychological functioning in women and men. There has been an increasing amount of attention on men's view of body image (Hospers & Jansen, 2005) . The male beauty ideal is that of a lean, muscular body (Cafri, Yamamiya, Brannick, & Thompson, 2005).

While some research has shown a relationship between media exposure to body shape ideals and negative effects, other research has shown no relationship between the two, or inconsistent results (Champion & Furnham, 1999).

HYPTOTHESIS

There has been a substantial amount of research focusing on a specific aspect of social media use and its effect on individuals in specific areas related to well-being. However, there has been little research focusing on social media's effects on overall well-being. The purpose of this study is to evaluate how social media use effects global well-being in young adults.

To assess global well-being in young adults, four reliable and valid self-report measures of global well-being, or broad aspects of well-being, will be used to see if there is a negative correlation between social media use and global well-being. The Public Health Surveillance Well-Being Scale is a good measure of global well-being, as it encompasses mental, physical, and social aspects of well-being. In young adults, however, certain broad aspect of well-being, such as their level of self-esteem, how they feel about their appearance and their satisfaction with relationships may play an even more important role in global well-being than in other demographics. The Rosenberg Self-Esteem Scale, the Social Physique Anxiety Scale, and the Relationship Assessment Scale will be used to measure those supplemental, broad aspects of well-being, and further validate findings from the results of the Public Health Surveillance Well-Being Scale.

Hypothesis One

Participants with high levels of social media use will report lower levels of global well-being, as measured by the Public Health Well-Being Scale.

Hypothesis Two

Participants with high levels of social media use will report lower levels of self-esteem, as measured by the Rosenberg Self-Esteem Scale.

Hypothesis Three

Participants with high levels of social media use will report lower levels of relationship satisfaction, as measured by the Relationship Assessment Scale.

Hypothesis Four

Participants with high levels of social media use will have higher levels of social physique anxiety, as measured by the Social Physique Anxiety Scale.

METHODOLOGY

Subjects

Participants will be approximately 140 Fort Hays State University students who volunteer for the study. Their age range will be from 18 to 65. They will be selected at random by class availability. Participants under the age of 18 or over the age of 65 will be excluded. Participants who do not sufficiently complete the survey will also be excluded. Students may receive course credit or extra credit for participating, if approved by professor.

Measures

Five separate measures will be used in this research. They will be a Social Media Use and Demographics Questionnaire - the Public Health Surveillance Well-Being Scale - the Rosenberg Self-Esteem Scale- the Social Physique Anxiety Scale - and the Relationship Assessment Scale.

Social Media Use and Demographics Questionnaire

This study will include a brief demographics and social media use survey retrieved from <http://www.quibblo.com>, and edited to better fit this study. This survey will contain fourteen questions regarding participant's age, gender, relationship status, and social media use.

Public Health Surveillance Well-Being Scale (PHS-WB)

The PHS-WB encompasses the mental, physical, and social aspects of well-being. The researchers used data from 5,399 HealthStyles survey respondents. They then conducted a bi-factor, item response theory and differential item functioning analysis for

examination of the psychometric properties of 34 well-being items. Based on those results they then developed a brief 10-item scale.

The brief scale was assessed for construct validity through comparisons of demographic subgroups and correlations with related measures. The PHS-WB demonstrated good internal validity ($\alpha = .87$). It also had a high correlation with scores from the entire item pool ($r = .94$), which is suggestive of a minimal loss of information by using fewer items. As was expected, the scores varied across demographic groups. They also correlated with global and domain-specific measures of similar constructs, such as global happiness ($r = .72$) and global life satisfaction (0.74). These factors all seem to support the construct validity of the PHS-WB. Overall the PHS-WB demonstrates good psychometric properties.

The strengths of this study are its large, representative sample, its validated well-being and physical health scales, and its differential item functioning analysis. The inclusion of these extensively validated physical health and well-being items also allows it to match the World Health Organization's definition of health. This goes beyond previous research regarding psychological well-being by using a comprehensive measurement from an asset-based perspective.

This scale has limitations as well. The data is self-reported, which makes it subject to reporting biases. The data is also cross-sectional, which does not allow for causal associations. The survey administration form may have excluded non-English speaking participants; individuals with lower literacy levels; and functionally impaired individuals. Despite its representative-sampling design, unaccounted for differences in

participants may also have occurred. Construct validity was also assessed with single-item measures, however these items have been consistent in other surveillance measures. Also, there were problems with the social support aspect, most likely because there were not enough social support measures to assess distinct aspects of support (Bann et. al., 2011).

Rosenberg Self-Esteem Scale

The Rosenberg Self-Esteem Scale is used to measure an individual's global self-esteem. It is one of the most widely used measures of global self-esteem. The Rosenberg Self-Esteem Scale was designed in the mid-sixties in a sample of 5,024 adolescents. It is held up in literature as the gold standard of self-esteem measurement (Hatcher & Hall, 2009)

It is a 10-item test, and uses a 4-point Likert scale, which ranges from strongly disagree to strongly agree. The original reliability of this scale is 0.72. This scale has acquired satisfactory test-retest reliability and internal consistency, and convergent and discriminate validity (Kramer & Winter, 2008).

The Rosenberg Self-Esteem Scale has been used in a wide variety of settings and cultures. Previous research has supported the reliability of the Rosenberg Self-Esteem Scale in a variety of diverse populations. Rosenberg reported in 1979 an internal consistency of 92%. Silber and Tippet, 1965 reported test-retest reliability of .88 with college students.

Relationship Assessment Scale (RAS)

The Relationship Assessment Scale was designed in 1988 by Susan S. Hendrick to measure relationship satisfaction. It is a brief seven-item measure of romantic relationships in a wide variety of settings. The Relationship Assessment Scale measures general satisfaction with a relationship by looking at a variety of factors; How well a partner meets the individual's needs, satisfaction with the relationship, comparison to other relationships, do they regret the relationship, how much have their expectations been met, how strong are their feelings for their partner, how problematic is their relationship (Hendrick, 1988).

The Relationship Assessment Scale has shown to be psychometrically sound. It has shown consistent measurement properties in age diverse and ethnically diverse couples. It has good test retest reliability. It also has a high correlation with the Dyadic Adjustment Scale and other measures of marital satisfaction. In fact, researchers found that the Relationship Assessment Scale was just as effective as the Dyadic Adjustment Scale when discriminating between couples who stayed together and those that did not (Vaughn & Baier, 1999).

Social Physique Anxiety Scale (SPAS)

The Social Physique Anxiety Scale was designed in 1989 to measure an individual's perceived evaluation of their physical appearance. It is a 12 item measure, which is rated on a 5-point Likert scale, 1 (not at all like me) to 5 (like me a lot). The overall score is computed from the mean of all 12 items. The higher the score, the greater indication of social physique anxiety (Swami et al., 2012). The Social Physique Anxiety Scale has been used with a wide variety of populations in a number of settings and has

shown good psychometric properties. It has demonstrated internal consistency reliability, established at .90, and test-retest reliability, established at .82. It has also shown adequate construct validity (Hart, Leary, & Rejeski, 1989).

PROCEDURE

Participants completed an anonymous online survey through Survey Monkey. This survey included questions about their social media use and different aspects of well-being. Participants acknowledged their consent by clicking continue or accept. They were informed of all foreseeable risks and benefits. They were made aware that they were not obligated to participate in any way should they not wish to. They were given all information about compensation for participating. They were also be given the names and contact information for the Kelly Center and the Psychology Department Ethics review.

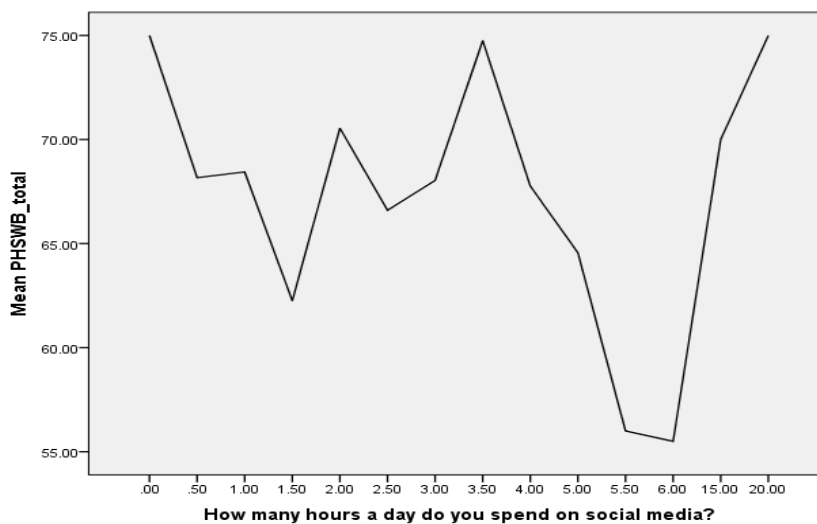
RESULTS

Bivariate correlations were used to measure the relationship between social media use and a person's sense of well being through examination of the following dimensions: global well-being, self-esteem, relationship satisfaction, and social physique anxiety. Each aspect of well-being was analyzed separately to determine if there was a relationship with social media use.

Global Well-Being. A Pearson correlation was used to determine the relationship between number of hours a day spent on social media and scores on the PHS-WB, a self reported measure of global well-being. The histogram for scores on the PHS-WB ($M=67.77$; $SD=11.79$) were relatively normally distributed, with a skew of $-.48$ ($SE = .20$) and kurtosis of $-.25$ ($SE = .39$). A significant negative correlation was not found, $r(150) = -.03$, $p > .05$. This indicates that there is not a relationship between the number of hours a day spent on social media and global well-being.

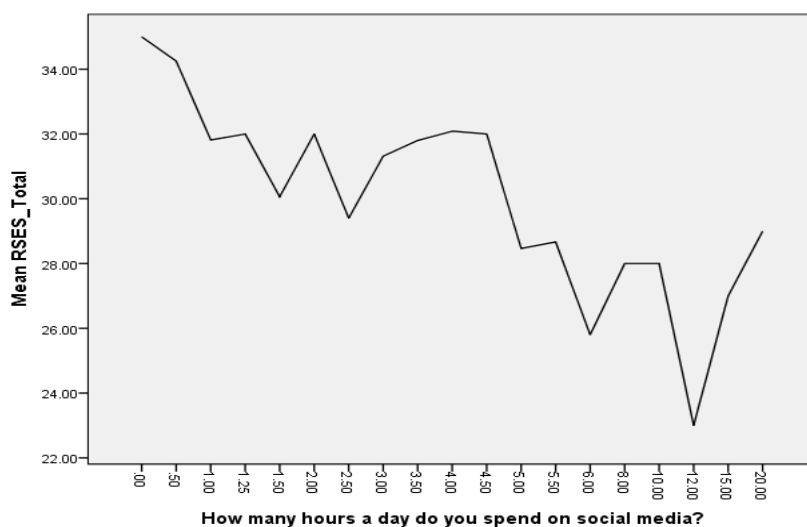
Table 1

Correlation of Social Media and PHS-WB



Self-Esteem. A Pearson correlation was used to determine the relationship between the number of hours a day spent on social media and scores on the RSES, a self-reported measure of self-esteem. The histogram for scores on the RSES ($M=31.06$; $SD=4.85$) were relatively normally distributed, with a skew of $-.09$ ($SE = .17$) and kurtosis of $-.67$ ($SE = .35$). A significant negative correlation was found, $r(194) = -.22$, $p < .05$. This indicates that there is a relationship between more hours per day spent on social media and lower self-esteem.

Table 2
Correlation of Social Media and RSES

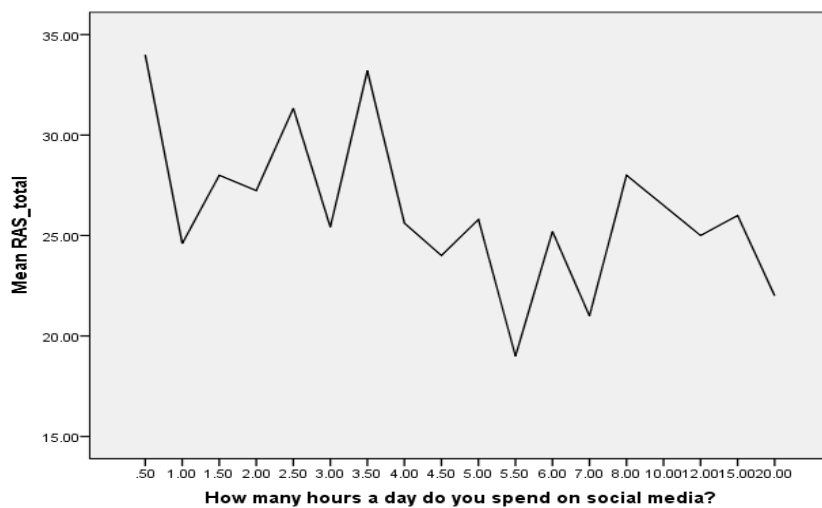


Relationship Satisfaction. A Pearson correlation was used to determine the relationship between the number of hours a day spent on social media and scores on the RAS, a self-reported measure of relationship satisfaction. The histogram for scores on the RAS ($M=26.32$; $SD=6.30$) was relatively normally distributed, with a skew of $-.39$ ($SE = .18$) and kurtosis of $-.68$ ($SE = .36$). A significant negative correlation was not found,

$r(177) = -.07, p > .05$. This indicates that there is not a relationship between hours per day spent on social media and relationship satisfaction.

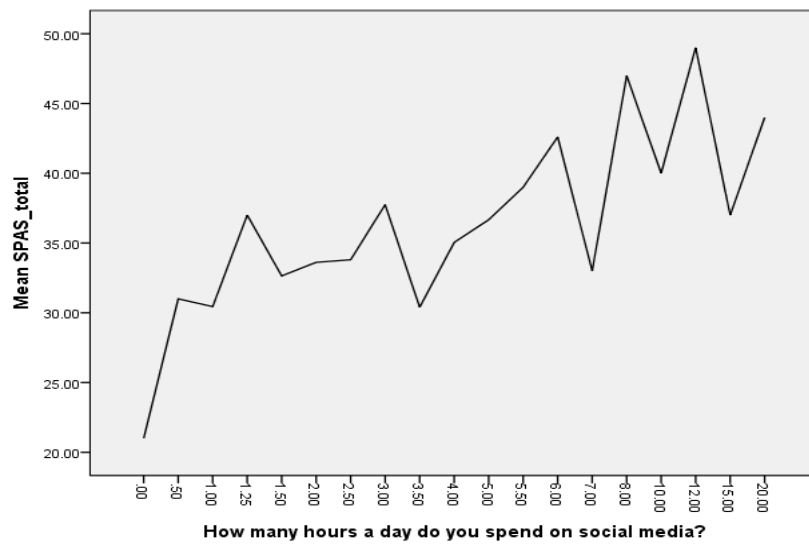
Table 3

Correlation of Social Media and RAS



Social Physique Anxiety. A Pearson correlation was used to determine the relationship between the number of hours a day spent on social media and scores on the SPAS, a self-reported measure of social physique anxiety. The histogram for scores on the SPAS ($M=34.47$; $SD=11.05$) was relatively normally distributed, with a skew of $.07$ ($SE = .18$) and kurtosis of $-.77$ ($SE = .35$). A significant positive correlation was found, $r(186) = .22, p < .05$. This indicates that there is a relationship between more time spent on social media and higher levels of social physique anxiety.

Table 4
Correlation of Social Media Use and SPAS



DISCUSSION

The purpose of this study was to evaluate how social media effects young adult's well being. It was believed that social media use would have a negative effect on young adult's well-being, as social media opens individuals up to a variety of negative effects, including; overuse, relationship problems, and feelings of insecurity. Well-being was assessed using four different measures. The Public Health Surveillance Well-Being Scale (PHS-WB) measured global well-being, the Rosenberg Self-Esteem Scale (RSES) measured self-esteem, the Relationship Assessment Scale (RAS) measured relationship satisfaction, and the Social Physique Anxiety Scale (SPAS) measured social physique anxiety.

Global Well-Being

It was hypothesized that higher levels of social media use would be related to lower levels of global well-being. Using the PHS-WB, this study did not find a significant relationship between social media use and the measure of global well-being. However, it did find a significant relationship between all three measures of the broad aspects of well-being (the RSES, SPAS, and RAS) and the measure of global well-being (the PHS-WB).

This is actually in line with previous research that shows a complicated relationship between social media use and well-being that is influenced by a number of factors. These factors can include: the number of friends on the site, the supportiveness of online friends, loneliness, depression, and self-esteem (Forest & Woods, 2012; Manago, Taylor, & Greenfield, 2012; Kim, LaRose, & Peng, 2009). Unfortunately, further

investigation in this study did not find a significant relationship between the number of friends on the participant's favorite social network and global well-being.

Relationship Satisfaction

It was also hypothesized that higher levels of social media use would be related to lower levels of relationship satisfaction. Using the RAS, this study did not find a significant relationship between social media use and relationship satisfaction.

Unfortunately these findings

did not support previous research that social network site use can affect romantic relationships, and that nearly two thirds of individuals believe that their behavior on these sites has a significant effect on their relationships (Specher, 2011). Instead it supports contradictory research that found that neither individual use, nor partner use, had a significant relationship with relationship satisfaction (Hand, Buboltz, Deemer, & Buyanjargal, 2013). It should be noted that 56% of participants self-reported as single, which could have possibly skewed results somewhat.

Self-Esteem

This study did find a significant relationship between social media use and lower self-esteem. It was hypothesized that higher levels of social media use would be related to lower levels of self-esteem. Using the RSES, this study found that higher levels of social media use correlated with lower levels of self-esteem. This supports findings by Heine et al., 2008, who found that Facebook and other social network sites can negatively affect an individual's view of themselves by pointing out limitations and shortcomings.

It also supports findings that the longer individuals use Facebook, the stronger their belief that other people are happier than them, and have better lives (Chou & Edge, 2012).

Social Physique Anxiety

The study also found a significant relationship between social media use and social physique anxiety. It was hypothesized that higher levels of social media use would be correlated with higher levels of social physique anxiety. Using the SPAS, this study found that higher levels of social media use correlated with higher levels of social physique anxiety. This supports previous research that media exposure to thin ideal images can be associated with body dissatisfaction (Harrison & Cantor, 1997), and that body dissatisfaction is also associated with an individual's comparison of their body to others' body (Stormer & Thompson, 1996).

Conclusion

Mentioned before was the relationship between the PHS-WB and the other measures of broad aspects of global well-being. The significant relationship between the PHS-WB and the other measures implies that the RSES, RAS, and SPAS do indeed measure aspects of global well-being. Though the PHS-WB and the RAS were not found to have a significant relationship with social media use, the RSES and the SPAS were found to have a significant relationship with social media use.

When looking at results on the PHS-WB, one factor that may complicate the relationship between social media use and well-being is that of overuse. Overuse may be going unnoticed by the increasing amount young adults use social media, and how it has become the norm. The participants in this study reported using social media an average of

nearly three hours per day. It can be harder for an individual to see overuse if everyone else around them is also engaging in overuse. Also, as mentioned earlier, previous research has shown a complicated relationship between social media use and well-being. There is some previous research that shows a positive relationship between increased social networking site use and psychological well-being (Kraut et al., 2002). Also, there is the idea that social networking sites, such as Facebook, could not have become so popular without providing enjoyment and psychological benefits (Kim & Lee, 2011). Results on the RAS were not consistent with much of the previous research that social media use can have a significant negative effect on relationships. Previous research has shown that excessive social networking site use was found to be associated with higher levels of jealousy and relationship dissatisfaction (Elphinston & Noller, 2011). However, like the PHS-WB these results may also be complicated by other factors as well. The first complication is that over half of the participants self-reported as single, as noted earlier. If participants were not in a relationship, it would be hard to accurately assess their relationship satisfaction. Another possible complication is the evolution of relationships due to social networking sites, like Facebook. An important factor that this study believed would affect relationship satisfaction was the lack of privacy due to social networking sites, such as Facebook. The emergence of social networking sites allows for nearly all aspects of an individual's life to be out in the open for all to see (Muise, Christofides, & Desmarais, 2009). There is research that suggests that this emergence of social media is creating negative issues in our understanding of community, privacy, and intimacy (Turkle, 2011). If relationships are evolving to where a lack of privacy and issues like

partner monitoring are becoming more normal, and hence more acceptable, then they will likely have less of an effect on relationship satisfaction.

Results on the RSES and SPAS both supported the hypothesis that increased social media use would be related to negative effects on well-being. In the case of self-esteem, this is consistent with research that shows that social networking sites can affect states of self-esteem (Heine et al., 2008). This is particularly true of Facebook, whose use has been found to be predictive of declines in how individuals feel in the present and an individual's satisfaction with their life (Kross et al, 2013). Also, mentioned earlier were Chou and Edge's, 2012 findings that individuals who use Facebook longer more strongly believe that others are happier and have better lives than them. This is likely because most individuals post the more exciting images and posts, rather than the average and mundane. This essentially makes an individual's social media page a highlight reel. The more an individual looks at other individual's highlights, the greater the chance that they will become unsatisfied with themselves and their lives. Nearly the same can be said for social physique anxiety. The more an individual is exposed to images of individuals that they believe they don't match up too, the worse they will likely feel about themselves. This supports research that shows that the tendency for an individual to compare themselves to others who possess the thin ideal may perhaps be the main cause of negative effects from exposure to social media (Bessenoff, 2006). Exposure to examples of the thin ideal can be associated with weight concerns (Posavac & Posavac, 1998), body dissatisfaction (Harrison & Cantor, 1997), and disordered eating (Stice, Schupak-Neuberg, Shaw, & Stein 1994). Mentioned before was that a common factor in body

dissatisfaction was social comparison (Stormer & Thompson, 1996). In addition, pressure to attain the thin ideal comes mainly from an individual's sociocultural environment, which includes media, peers, family, and friends (Dittmar, 2005).

Limitations and Future Research

There were some limitations to this study. The first limitation was that all of the measures were self-reported. With self-reported measures, participants' answers may be somewhat subjective for a variety of reasons. Participants may try to paint themselves or their situation in a more positive light. A participant's perception of themselves or their situation may also vary greatly from another participant. Another limitation was the demographics of the participants. For one, the demographic makeup of Fort Hays State University is largely Caucasian and rural. Also, the fact that all the participants are attending college may affect their perceptions of themselves. Though attending college does not necessarily prevent negative self-concept, students involved in higher education may tend to have a more positive self-concept. Therefore, the results may not be as applicable to the general population.

This study focused on the amount of social media use and its effect on individual's global well-being. Future researchers might look at the different ways individuals use social media and how it effects global well-being, rather than the amount of time spent on social media. For instance, reassurance seeking, partner monitoring, or relationship seeking and how it effects global well-being could be areas a researcher might want to explore. Future researchers may also look at how different types of social media sites affect global well-being. While there has been a lot of research focusing on

the social networking site Facebook, there has been little focusing on how the use of such sites as Pinterest, Snapchat, and Twitter effect global well-being. Research on a different population of young adults might also be beneficial. Young adults not involved in higher education may warrant attention. Furthermore, it may be beneficial for future researchers to focus on how social media use effects the global well-being of men and women differently.

APPENDIX A

Social Media & Demographics Questionnaire

1. What is your age? _____
2. What is your relationship status?
 - Married
 - Single
 - In a Relationship
3. What social networks do you use?
 - Facebook
 - Myspace
 - Twitter
 - LinkedIn
 - Ning
 - Snapchat
 - Instagram
 - Vine
 - Pinterest
 - Tigerconnect
 - Other
4. How many hours a day do you spend on Social Media? (approximately) _____
5. How many hours a day do you spend online? (approximately) _____
6. How many friends do you have on your favorite social network? (approximately)
 - How do you use Social Media? To stay in touch with friends
 - To meet new people
 - To share photos, videos, etc.
 - To find new forms of entertainment
 - Other
7. What devices do you use social media on? (Mark all that apply)
 - Computer
 - Phone
 - Tablet
 - Other

8. Do you check social media daily? _____

9. If you marked **YES** to question 8, how many times per day? _____

10. If you marked **NO** to question 8, how often do you check social media? _____

APPENDIX B

Public Health Surveillance Well-Being Scale

1. In this section, there are a number of statements with which you may or may not agree. For each statement listed, please indicate whether you personally agree or disagree with it using a scale where 1 means “strongly disagree,” 2 means “somewhat disagree,” 3 means “neither agree nor disagree,” 4 means “somewhat agree,” and 5 means “strongly agree.” If you don’t understand a statement or it is not applicable to you, please let that row blank.
 - a. I am satisfied with my life
 - b. My life has a clear sense of purpose
 - c. I feel accomplishment from what I do

2. How much of the time during the past 30 days have you felt...?
 - a. Cheerful
 - b. Hopeless

3. Please tell me on a scale of 1 to 10 how satisfied you are with each of the following items, where 1 means “very dissatisfied” and 10 means “very satisfied.”
 - a. Your family life
 - b. Your friends and social life
 - c. Your energy level

4. In General how would you say your health is...?
1=Excellent, 2=Very good, 3=Good, 4=Fair, 5=Poor

5. During the past 30 days how much of the time have you felt healthy and full of energy?
Number of days=open ended, 1=none/zero, 2=don’t know/not sure

Rosenberg Self-Esteem Scale

SA A D SD

- 1. I feel that I am a person of worth, at least on an equal plane with others.
- 2. I feel that I have a number of good qualities.
- 3. All in all, I am inclined to feel that I am a failure.
- 4. I am able to do things as well as most other people.
- 5. I feel I do not have much to be proud of.
- 6. I take a positive attitude toward myself.
- 7. On the whole, I am satisfied with myself.
- 8. I wish I could have more respect for myself.
- 9. I certainly feel useless at times.
- 10. At times I think I am no good at all.

Items 1, 2, 4, 6, and 7: SA=3, A=2, D=1, SD=0
Items 3, 5, 8, 9, and 10: SA=0, A=1, D=2, SD=3

APPENDIX C

APPENDIX D

Relationship Assessment Scale

Please mark on the answer sheet the letter for each item which best answers that item for you.

How well does your partner meet your needs?

A	B	C	D	E
Poorly		Average		Extremely well

In general, how satisfied are you with your relationship?

A	B	C	D	E
Unsatisfied		Average		Extremely satisfied

How good is your relationship compared to most?

A	B	C	D	E
Poor		Average		Excellent

How often do you wish you hadn't gotten in this relationship?

A	B	C	D	E
Never		Average		Very often

To what extent has your relationship met your original expectations:

A	B	C	D	E
Hardly at all		Average		Completely

How much do you love your partner?

A	B	C	D	E
Not much		Average		Very much

How many problems are there in your relationship?

A	B	C	D	E
Very few		Average		Very many

NOTE: Items 4 and 7 are reverse scored. A=1, B=2, C=3, D=4, E=5. You add up the items and divide by 7 to get a mean score.

APPENDIX E

Social Physique Anxiety Scale

Instructions: Read each item carefully and indicate how characteristic it is of you according to the following scale.

- 1 = Not at all characteristic of me
- 2 = Slightly characteristic of me
- 3 = Moderately characteristic of me
- 4 = Very characteristic of me
- 5 = Extremely characteristic of me

- _____ 1. I am comfortable with the appearance of my physique or figure.
- _____ 2. I would never worry about wearing clothes that might make me look too thin or overweight.
- _____ 3. I wish I wasn't so up-tight about my physique or figure.
- _____ 4. There are times when I am bothered by thoughts that other people are evaluating my weight or muscular development negatively.
- _____ 5. When I look in the mirror I feel good about my physique or figure.
- _____ 6. Unattractive features of my physique or figure make me nervous in certain social settings.
- _____ 7. In the presence of others, I feel apprehensive about my physique or figure.
- _____ 8. I am comfortable with how fit my body appears to others.
- _____ 9. It would make me uncomfortable to know others were evaluating my physique or figure.
- _____ 10. When it comes to displaying my physique or figure to others, I am a shy person.
- _____ 11. I usually feel relaxed when it's obvious that others are looking at my physique or figure.
- _____ 12. When in a bathing suit, I often feel nervous

Note: Higher scores indicate more negative emotions about body shape

APPENDIX F

Institutional Review Board (IRB) Approval Letter**FORT HAYS STATE
UNIVERSITY***Forward thinking. World ready.*

OFFICE OF SCHOLARSHIP AND SPONSORED PROJECTS

DATE: October 13, 2014

TO: Clayton Howard, B.S. General Studies, B.S. Psychology
FROM: Fort Hays State University IRB

STUDY TITLE: [663731-1] Social Media and Young Adult's Well-Being
IRB REFERENCE #: 15-026
SUBMISSION TYPE: New Project

ACTION: DETERMINATION OF EXEMPT STATUS
DECISION DATE: October 13, 2014

REVIEW CATEGORY: Exemption category # 2

Thank you for your submission of New Project materials for this research study. The departmental human subjects research committee and/or the Fort Hays State University IRB/IRB Administrator has determined that this project is EXEMPT FROM IRB REVIEW according to federal regulations.

Please note that any changes to this study may result in a change in exempt status. Any changes must be submitted to the IRB for review prior to implementation. In the event of a change, please follow the Instructions for Revisions at <http://www.fhsu.edu/academic/gradschl/irb/>.

The IRB administrator should be notified of adverse events or circumstances that meet the definition of unanticipated problems involving risks to subjects. See <http://www.hhs.gov/ohrp/policy/AdvEvtGuid.htm>.

We will put a copy of this correspondence on file in our office. Exempt studies are not subject to continuing review.

If you have any questions, please contact Leslie Paige at lpaige@fhsu.edu or 785-628-4349. Please include your study title and reference number in all correspondence with this office.

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