How Social Media Usage affects the Perspective of NNMC Students: 
An Exploratory Examination of the Psychology of Social Media

Ambrosia V. Tuero
Northern New Mexico College
Department of BAIS Psychology

Abstract
Social media has become a significant source of communication and millions of people use it very day. However it can greatly change our wellbeing and mental health of its users. There is an extensive use and obsession with social media, which can lead to cases of anxiety, low self-esteem, and depression. The purpose of my research is to explore how often people (specifically students and Facebook) use SM and affects it has on their mental state. The research conducted from surveys that focus on SM will also be explanatory.

Introduction
The average person spends about two hours a day on social media, this adds up to 5 years and 4 months over a lifetime (Asano 2017). The word today is consumed in social media and this affects our mental health and our perspective on society. The purpose of this research is to survey students at NNMC and draw connection between social media usage and mental health and perspective.

Theory
"60 percent reported feelings inadequate and 60 percent reported feelings of jealousy from comparing themselves to others"(Abtams 2017). The amount of time people spend on social media exceeds the time spent eating and drinking on a daily basis. The world today is consumed in social media and this may affect changes to our mental health and to our perspective or “take” on society.

Hypothesis
The purpose of this exploratory research was to survey students at NNMC in order to collect data on their attitudes and reported behavior, in order to draw connections between social media usage and mental health and perspective.

Ethics and Limitations
It is important to remember that there are limitations to this research project. The main one being that only 21 NNMC students were surveyed; meaning the results and data of these surveys do not include all of the students at Northern. Regarding the ethics of this data collection: students were told prior to taking the survey that it is confidential, anonymous and completely optional.

Data Collection and Methods
The source of my data was from 21 NNMC students enrolled in PSY105: these students were surveyed in class surveys that consisted of seventeen (17) questions, which indicated each student’s of any gender and age. As well as how many social media accounts they have, how often they use them and if they would consider giving up social media. The survey also provided information on each student’s own perspective on the reasons they think social media is used. The sampling method is considered conventional sampling: this is because I was able to take advantage of the resources at NNMC.

Q4 If you answered “No” to question #1, please stop taking this survey do you identify yourself?

There were 4 males and 17 females in the class that was surveyed, making the percentage of male student (19.05%) quite smaller than the female percentage (80.95%), which may have affected the results of this study. According to the NNMC Factbook for 2017, this percentage is not representative of the overall NNMC student distribution for gender: which was at 63% Female Students, and 37% Male Students.

Q5 What’s your age?

For this sample, from the General Psychology class, out of 21 respondents, with no missing, equal percentages (9.52%) were under 18 and 45 or over, with the most falling into the 18-24 year old category (57.14%). In checking with the NNMC Factbook for 2017, ages in the sample is somewhat more representative of NNMC: where out of the total FTE for that year, 42% fell into the 18 to 24 year old category.

Data Analysis and Findings
Qualitative Results and Analysis
Qualitative analysis is “the nonnumerical examination and interpretation of observation, for the purpose of discovering underlying meanings and patterns of relationship”(Babbie 382). The result of my research is considered qualitative because I am focusing on how NNMC students responded to social media usage. Semiotic method provides visual-stimulus to further examine emotions and feelings with social media. This type of method extends to signs and symbols used of such websites, My research would be considered completely optional because I am focusing on how NNMC students take advantage of the resources at NNMC.

Q6 Which social media sites do you currently use? Check all that apply

The graph state all the social media sites used by the NNMC students selected. No student skipped this question: which resulted with this question having 100% response rate. Out of all 21 students only four (4) students reported using only one social media cite: all four of these students selected Facebook as the only site they use. Instagram had the highest report of usage with 76.19%. Snapchat and Facebook have the equal amount of users this being 71.43%. The dating site or app has the lower percentage of users with 4.47% reported.

Discussion
In order to get a better idea of each students perspective on social media. They were shown two images the depicted two very different ideas of social media.

Q7 Which image do you feel best represents social media? Show your explanation.

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Q16 Between image 1 and 2, which would you say is a more common feeling about social media?

Out of the 21 students surveyed one (1) student skipped this question. 60.00% of students picked image 1 as the better representation of social media. The remaining 45.00% picked image 2. 100.00% of male students picked image 1. While the female students were divide equally; 52.94% selecting image 1 and 52.94% selecting image 2

Conclusions
The last question on the survey asked students if they would be willing to give up social media and for how long. One of the main objectives of this research was that people would not be willing to give up their social media accounts because their dependency was too much. However despite every student surveyed uses social media often: 63.16% were willing to completely give up social media. There for we must accept the Null Hypothesis between social media usage and dependence are connected. However only 19 out of the 21 students answered this question and 14 (73.68%) provided an explanation for their answer choice.

Q17 If you were to give up social media, how long would you be willing to give it up?

Students were also asked how they felt influenced when they were most likely to post

Q8 How likely are you to post when you are feeling each of the following?

It was expected that students would be extremely likely to post when they are feeling happy. However we must accept our null hypothesis that there is no connection between posting something and feeling happy. We are left to assume that people are less likely to post when they are happy because they do not feel the need. It seems that people want to post the most when they are feeling proud about something. Another interesting result that comes from this question is that people are not at all likely when they are feeling upset of angry. There for we must reject the null hypothesis. The original expectation was that people would more likely to post when they are feeling upset of angry. If this question was

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References