

Reaffirming the Critical Role of Transformative Research and Knowledge Production in the Age of Post-Truth



Evaluating the Effects of Social Media on the Mental Health of DLSU-IS - Laguna Campus Grade 12 Students

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Abstract: Social media has become an integral part of the twenty-first century. Today, adolescents are one of the fastest-growing age groups for social media usage. Previous research has shown that mental health is one of the factors that is affected by social media usage. Mental health is an individual's state of mind which includes their social, psychological, and emotional well-being. This study aims to determine whether there is a correlation between social media usage and the mental health of Senior High School (SHS) students at De La Salle University - Integrated School (DLSU-IS) Laguna campus. An online survey was administered containing the Mental Health Inventory-38 (MHI-38) to attain a numerical score of the mental health of respondents, as well as a section to determine usage hours on social media platforms—Facebook, Instagram, and TikTok. Using T-Test, the researchers found no significant difference between male and female respondents and between below 18 and 18 and above mean MHI scores. Furthermore, using ANOVA, the researchers found no significant difference in the respondent's MHI scores based on usage hours on Facebook, Instagram, and Tiktok. The research had discovered no significant difference in MHI scores among users of the mentioned social media applications.

Keywords: mental health; social media; MHI-38; students; Philippines