



## Social media usage and self-esteem in physiotherapy students: A Cross Sectional Correlation Study.

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**ABSTRACT:** Social media is an internet-based form of communication. Social media refers to the means of interactions among people in which they create, share, exchange information and ideas in virtual communities and networks which can lead to social comparison seeking validation through likes. Self-esteem is the extent to which a person holds a positive or negative view of themselves, encompassing their overall evaluation of their thoughts, feelings, and self-worth in relation to their own identity and experiences. It reflects how individuals perceive their value and capabilities, influencing their confidence and behaviour in various aspects of life. The objective of this study was to investigate the extent of social media usage by physiotherapy students, to investigate the self-esteem among physiotherapy students and to establish the relationship between social media usage and self-esteem in physiotherapy students. In this correlation study, with a sample size of 137, the Rosenberg self-esteem scale and Social media addiction scale were sent to the participants using Google form and data was collected. This study has found a positive correlation between social media usage and self-esteem among physiotherapy students, which indicates that when social media usage increases, self-esteem also tends to increase.

**KEYWORDS:** Social media, Self-Esteem and Physiotherapy Students.

### I. INTRODUCTION

Self-esteem is defined as having a positive opinion of yourself. It also means feeling good about who you are and how others see you. It reflects a person's assessment of their own worth, is the most important aspect in psychological development. Actually, a person's degree of self-worth is determined by their own assessment of themselves. It is a truth that a person with low self-esteem lacks the capacity to articulate oneself, defend their rights, show interest, and convey emotions. People experience irritation, feelings of inadequacy, and

frustration as a result. Self-sufficient individuals are more likely to succeed in their efforts than low self-sufficient individuals.<sup>3</sup> Individuals with high self-esteem believed that they are more likeable and attractive, have better connections, and leave better impressions on other people than those with low self-esteem. Nevertheless, the most of these claims are refuted by objective measurements. Speaking up in groups and criticizing the group strategy is more common among those with high self-esteem. Self-esteem may have secondary effects on leadership rather than being the root cause of it.<sup>1,2</sup>

Assessing the influence of self-esteem is challenging due to a number of factors. Since many people with high self-esteem tend to exaggerate their achievements and good traits, we concentrate particular emphasis on objective measurements of outcomes. High self-esteem encompasses a wide range of individuals, including those who freely recognize their excellent attributes as well as others who are egocentric, defensive, and narcissistic<sup>1</sup>.

The term social media refers to online platforms that let users create and share content. These platforms feature a great deal of interaction between content creators and viewers, user-generated material, and ease of integration with other websites. Health care workers who use social media during work hours have an enormously higher risk of developing a social media addiction. There are studies that claim that increased use of social media and the internet is significantly associated with improved psychological health overall as well as reduced anxiety and sadness.<sup>7,8</sup>

Social media has a significant role in creating and maintaining relationships, establishing new social networks, and developing strong alliances. Social media allows people to easily share their status, thoughts, feelings, and moods with others. The speed at which someone is accepted, liked, and approved may be seen on social media. Even in the absence of problematic social media use, these social roles may encourage and necessitate the use of social media. The desire and craving to use



social media, however, comes from the literature on addiction.<sup>5</sup> The likelihood of success in one's effort is higher for those who are self-sufficient than those who are not.<sup>3</sup>

Social media refers to electronic communication channels that allow users to engage with one another, create, freely share, exchange, and discuss information with others, share ideas, send and receive private messages and share multimedia content about themselves, their lives, and each other. Between 2020 and 2021, India's social media user base grew by 78 million (+21%). Social media use combined with substance use disorder, or mood manipulation, can result in positive changes in emotional states.<sup>4</sup>

## II. METHODOLOGY

**Study design:** Cross sectional correlation study

**Study setting:** Department of Physiotherapy, Dr. B.R. Ambedkar Medical College and Hospital, Kadugundanahalli, Bangalore – 560045

**Criteria for sample collection:**

❖ **Inclusion criteria:**

- Students who are willing to participate
- Both male and female physiotherapy students aged between 18 to 25 years
- Students of 3rd year, 4th year BPT students and BPT interns.
- Students who have active social media accounts.

❖ **Exclusion criteria:**

- Students who are not willing to participate.

**Sample size:** 137 Physiotherapy students

**Sampling method:** Convenience sampling

**Procedure:** In this correlation study, the Rosenberg Self-Esteem Scale and Social Media Addiction Scale was sent to the participants using google form and data was collected in a stipulated period of 4 months.

## III DATA ANALYSIS AND RESULTS

Among the 137 respondents, 4 (2.9%) of them were 19 years, 26 (19%) of them were 20 years, 43 (31.4%) of them were 21 years, 25 (18.2%) of them were 22 years, 27 (19.7%) of them were 23 years, 06 (4.4%) of them were 24 years and 06 (4.4%) of them were 25 years. Among the 137 respondents, 60 (43.8%) of them were 3<sup>rd</sup> year BPT, 58 (42.3%) of them were 4<sup>th</sup> year BPT and 19 (13.9%) of them were BPT interns.

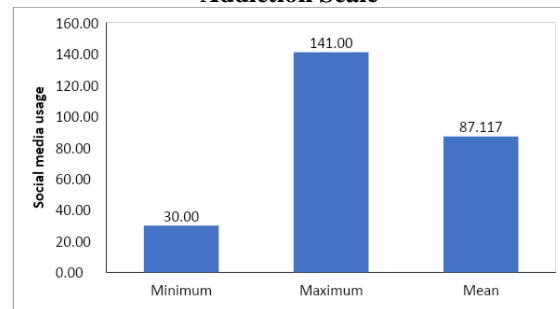
**Correlation of social media usage and self-esteem:**

Statistical analysis of the data was performed using SPSS 20.0. The continuous variables were presented as mean ± SD. Correlation coefficient was calculated using Karl-Pearson's method. A p value <0.05 was considered statistically significant.

### Mean and standard deviation of Social Media

**Addiction Scale:** The analysis of social media usage among 137 participants shows a mean of 87.12, with a standard deviation of 18.99. Usage ranges from a minimum of 30 to a maximum of 141 is illustrated in Graph 1.

**Graph 1: Representation of Social Media Addiction Scale**



### Mean and standard deviation of Rosenberg Self-Esteem

**Scale:** The self-esteem data for 137 participants shows a mean score of 27.33 with a standard deviation of 3.70. The scores range from a minimum of 10 to a maximum of 38 is illustrated in Graph 2.

**Graph 2: Representation of Rosenberg Self Esteem Scale**

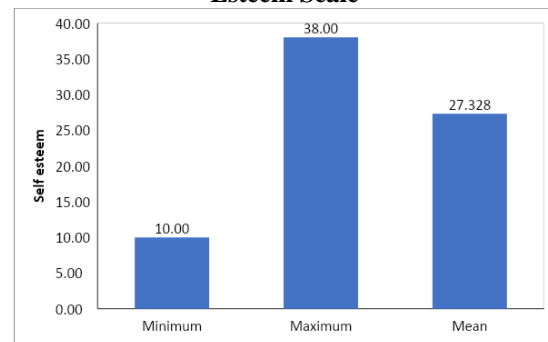


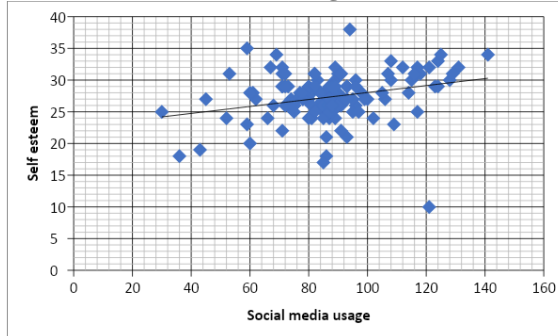
Table.1 states the correlation between social media usage and self-esteem which shows a positive correlation with an r value of 0.282, indicating a statistically significant positive relationship with p value of 0.001.

**Table 1: Correlation between social media usage and self esteem**

Social media usage	Self esteem	
	r value	p value
	0.282	0.001



**Graph 3: Scatter diagram for correlation between social media usage and self esteem**



#### IV. DISCUSSION

In recent years, social media has become an integral part of daily life, influencing various aspects of individuals well-being, including self-esteem.

The present study consisted of 137 physiotherapy students of age group 18-25 years studying in Bangalore. Among which, 60 (43.8%) of them were third year BPT, 58 (42.3%) of them were final year BPT and 19 (13.9%) of them were BPT interns.

Out of 137 students, 48 (35%) students had disagreed with the statement that they expressed better to the people with whom they get in contact on social media. Whereas 52 (38%) students agreed with the statement that they were as they want to be seen on social media. 47 (34.5%) of them agreed that social media activities lay hold on their everyday life. 50 (36.5%) students disagreed with the statement that they feel bad if they are obliged to decrease the time they spend on social media. 51(37.2%) students disagreed with the statement that they feel unhappy when they are not on social media. 44 (32.1%) students agreed that being on social media excites them. 52 (38%) students disagreed with the fact that they use social media even when walking on the roads in order to be instantly informed about developments. 75 (54.7%) students agreed that, on the whole, they are satisfied with themselves. 60 (43.8%) students agreed that they were able to do things as well as most other people, 69 (50.4%) students agreed that they feel that they were a person of worth, at least on an equal plane with others. 56 (40.9%) of them agreed that they wish they could have more respect for themselves. 55 (40.1%) students have strongly agreed that they take a positive attitude towards themselves.

The correlation between social media usage and self-esteem shows a positive correlation with an  $r$  value of 0.282, indicating a statistically significant positive relationship with  $p$  value of 0.001. This is supported with the study done by Cordoş AA, Bolboacă SD et al, stating that the undergraduate

medical students are readily using social media platforms as educational support.<sup>7</sup>

A study done by Takiuddin SZ, Alghamdi FS et al states that almost half of their participants agreed that social media is a helpful method for finding useful information. Nevertheless, excessive usage has been found to have a harmful effect on the students' health and self-esteem.<sup>10</sup>

Köse ÖB, Doğan A et al, studied the relationship between social media addiction and self-esteem among Turkish University students states a moderate, negative correlation exists between self-esteem levels and social media addiction.<sup>13</sup>

#### V. CONCLUSION

The conclusion of this survey was based on the responses received from the students of third year, final year and physiotherapy interns. This study has found a positive correlation between social media usage and self-esteem among physiotherapy students which indicates that when social media usage increases, self-esteem also tends to increase. The positive correlation underscores the potential for social media to serve as a tool for building self-esteem among physiotherapy students and interns. Social media can also provide valuable educational resources, tips, and professional developmental opportunities that can enhance students' skills and self-efficacy.

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