

ROLE OF ONLINE EMOTION REGULATION AND SELF-DISCLOSURE IN
LINKING SOCIAL MEDIA TO MENTAL HEALTH OF ADOLESCENTS.



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A thesis submitted in the fulfillment of requirements to award the degree of MS
(Clinical Psychology)

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BAHRIA UNIVERSITY ISLAMABAD

August 2021

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DEDICATION

I would like to dedicate this research to my beloved father.” he strengthened me and has taught me how to be strong “You really make me strong and brave.”

ACKNOWLEDGEMENT

I would like to acknowledge and extend my deepest appreciation for the support provided by Dr. RIZWANA AMIN, who have provided extra encouragement throughout this research project over the past 6 month. Additionally, I would like to extend my gratitude to everyone who played a rule for continuously pushing me, encouraging me, and for the dedicated time spent in this project accomplishment.

Last but not least,

I would like to acknowledge my family's amazing cohort who consistently provided me laughs in hard times, encourage me in low times, and smiles me along the way.

ABSTRACT

The present study was aimed to assess the role of Emotion Regulation and Self-Disclosure in Linking Social Media to Mental Health among adolescents. For this purpose, data was collected through an online survey questionnaire (Google form) consisted on Social networking usage(SNU), Online social network(OSN), Online emotion regulation (OER) & Mental health inventory (MHI5) from 225 adolescent's male and female within age ranged 3-19 (Mean16.15 = SD=2.31) from different school and colleges of Islamabad. The data was analyzed through SPSS-25 version. Results of the study indicated that social media has no significant effect on mental health; however, its subscales, such as socialization, academic, and informative, have a positive significant effect on mental health. Study found no correlation between mental health and self-disclosure. Present study also revealed the relation between social media and mental health which is not significantly moderated by online emotion regulation and self-disclosure. Some additional findings, limitations and recommendations for future studies were also discussed.

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