Impact of Social Media Use on the Mental health of Pregnant Women.

.

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DEDICATION

I want to dedicate this to my parents, whose endless love, support me as financially, and encouragement have been my greatest strength. Without their love, financial support and belief in me, this journey would not have been possible. Thank you for always being there. Through every challenge and success, they have always been there, giving me advice, comfort, and love. I am deeply grateful for their sacrifices and the many ways they have supported and encouraged me to follow my dreams. This achievement belongs to them as much as it does to me

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Abstract

The study focuses on how the social media use effect on the mental health of pregnant women. The current study examined the extent and nature of social media usage amongst pregnant females, identified particular elements of social media use that were most related to harmful psychological health effects, and examined whether demographic factors, including socioeconomic status, age, education and pregnancy trimester, impact these influences. The data was collected from the sample of 200 (M = 1.77, SD =.78) pregnant women which were categories into three group: present of first trimester (n= 99), second trimester (n=66) and third trimester (n= 44) and having age range from 25 to 40 years old.The data was collected by using measurement of Social Media Uses Scale (SMUS) and Depression, Anxiety and Stress Scale-21 through convenient sampling method .The data was analyze through SPSS by using Person correlation to see the correlation between the variables, regression analysis was carried out to analyze social media use scale as predictor to mental health distress (depression ,anxiety and stress) and one way ANOVA was carried out to compare the group included age ,education, monthly income, occupation and pregnancy trimester. The finding reveal that that social media uses have significant positive correlation between the variables. According to regression analysis, demographic variable did not effect on the social media usage and mental health of pregnant women due to culture biases.

Keywords: Social Media Use, Mental Health and Pregnant Women.

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4.LIST OF SYMBOLS:

α…… ..Cronbach alpha

M……....Mean

SD……..… Standard Deviation

SE…..…….Standardized Error

p…….Significance Level

%.....Percentage

f..... Frequency

r……Correlation of variables

F…….……...Statistic value in ANOVA

R^2 …….....Coefficient of determination

n……Sample size

N……Size of participants

SMUS……...……...…...Social Media Uses Scale

DASS……. Depression, Anxiety, Stress Scale

β …….……...……. Unstandardized coefficient of regression

B …….....Standardized coefficient of regression