The Relationship between Social Media use and Depression Symptoms in Jazan region
In the Point of View of the Social Work Profession

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ABSTRACT

While social media use is an integral part of the daily life , there are a number of risks associated with social media use, this study examined the relationship between social media use and depressive symptoms among Jazan **,Methods**: **study type:** Across-sectional ,**sample size** was 500 participant. **Data collection methods and tools:** Data was collected using an online web-based survey, **Measurement instrument**: The questionnaire contains 20 items .**Data analysis:** SPSS statistical software version 21 was used for the analysis. **Results :** A total of 500 participants with a mean age of 18 ± 22 years were surveyed ; 131 (26.2%), were males, and 369(73.8%)were females and 191(38.%) were live in Rural ,and 309(62%) live in urban ,Prevalence of social media user among the study population was Instagram was the most commonly used application with 169 (33.8%) users, WhatsApp with 132(26.4) whereas, Instagram was with a range of (66)(39.07%) spend 4-5 hours a day, while WhatsApp's range was (69)(52.27%)spending 1-2 hours and the study find a positive correlation with depression and depression significantly predicts social media addiction.The correlation coefficient was found ($r = 0. 443$) which indicates a positive correlation between the two variables. In other words, as the level of social media addiction increases, the level of depression increases. The p-value was found less than 0.05 and it suggests that the correlation is statistically significant (at the 5% level). Accordingly, it can be said that a positive linear correlation was found between the two variables, $r = 0. 443$, $n = 500$, $p < 0.000$; however, the correlation was weak

Conclusion: A high percentage of moderate to severe depression , exists among individuals who excessively use and spend a lot more time using SNSs. A greater tendency toward depression occurs among females .Although the data from this study are self-reported, there is a need for health practitioners to identify early signs of depression that warrants early intervention.

Keywords: Social Media- Depression -social work.

Introduction

Depression is one of the major mental health problems worldwide, especially among young adults. according to world health organization (who)by some estimates, roughly 4 billion (Kemp,2020) countless individuals every year experience the ill effects of melancholy and just a part gets sufficient treatment **,** depressive disorders that are characterized by sadness, loss of interest or pleasure,

feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration (WHO, 2017,P. 15).

Depression can cause the infected individuals to suffer greatly in their everyday life and it mainly affects their daily routine activities such as studying, working and household chores, whereas the severe level of depression can lead to suicide. Around 800 000 people commit suicide every year and suicide is identified as the second leading cause of death among young people aged 15–29 years (WHO, 2020,P.119-120).

People across the world use networking websites such as Facebook, Twitter, and Instagram. we investigate the possibility to utilize web-based social networking to recognize and analyze significant burdensome issue in people. This usage has prompted mental health experts to investigate whether the enormous popularity of social media plays a role in depression.

Research suggests that people who limit their time on social media tend to be happier than those who don't. Studies also indicate that social media may trigger an array of negative emotions in users that contribute to or worsen their depression symptoms.

STUDY OBJECTIVES
General objective:
To identify the relation between using social media and depressive symptoms among jazan region .

Specific objective :
- To identify socio demographic factor among Jazan region
- Determine the prevalence of social media use among Jazan region .
- Identify the different types of social media used among Jazan region.
- To find the relation between correlation between depression and use social media.

Study quotations
General equation
What is the relation between using social media and depressive symptoms among jazan region ?

Specific quotations :
- What are socio demographic factor among Jazan region ?
- Describe the prevalence of social media use among Jazan region .

- What are different types of social media used among Jazan region?
- What is the relation between correlation between depression and use social media ?

Concepts:

- **Depression**

There are many definitions to the terms "depression" and "melancholy" are often used interchangeably, but they are distinct because the former is more closely related to nostalgia and the sadness of times past "that will never return," whereas the latter would be more closely related to intense sadness, discomfort, loss of interest, mental confusion, and changes in how daily tasks are carried out. The term's use throughout history has caused additional uncertainty(Jiménez,2002,P.23).

depression is a fleeting emotional state that fluctuates in intensity and duration and is characterised by a sequence of reactions that includes cognitive-subjective, physiological level alterations.

The sadness response is typically brought on by unpleasant situations (real or imagined) that the subject perceives as losses and for which the subject typically believes that he or she lacks the ability to cope with and/or has exhausted this ability, accepting the loss without eliciting a resource-mobilizing response

In this sense continuum with the poles "depression" and "non depression", passing by the emotion of "sadness", understanding the latter as a normal reaction of the human being, capable of turning into a pathological state when the intensity, the frequency, and the duration of the emotional answers is excessive (Iyer&Khan,2019,P.79,87).

Depression is defined as a mental disorder characterized by the presence of sadness, loss of enjoyment, guilt, and low self-esteem, as well as changes in sleep and appetite patterns, lack of focus, and fatigue. Depression can become chronic and recurrent, making the person dysfunctional in their daily activities. When it is mild, psychotherapy can be used to treat it, but when it is moderate or severe, pharmacological treatment is required(Rondón,2018, P.308).

- **Social Media**

social media defined as "forms of electronic communication (such as websites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (i.e. Facebook, Twitter, Instagram, Snapchat and Youtube) (Alhaba,Ma2017, P.3–13)With the popularity

of social media applications people are now able to see status updates of those they follow, which may generate feelings such as "fear of missing out" becoming envious (Zimmerman,1987,P453). However, In 2018, about 88% of Americans 18-29 yearsold have indicated that they use a form of social media. Facebook is used by a majority of Americans; however, Americans ages 18 to 24 are more likely to use Snapchat, Instagram and Twitter (Mano,2020,p455). Social media has been used for retrieving information, for intervention to promote positive behaviors (Hsu, & Allman, 2018, and for social support (Klassen,and other,2018,P21-14).Social media can also be used for individual entertainment, maintaining relationships or occupying time, however, it can become an addiction developed from feeling better or more self-assured when using social media (Guedes, 2016,P45)

- **Social work**

A professional social worke in the field of social work assists their client, who may be an individual, a group of people, or a community, in resolving issues by making the most use of the resources at their disposal. By fostering self-reliance in the client(s), it seeks to enhance their quality of life by preparing them to handle challenges on their own in the future. A social worker can employ a variety of methods, including counselling, advocacy, crisis intervention, and social action, to help his client etc (Rachelle Judith,2017,P2) .

Social work is a broad field of study that includes multiple therapeutic approaches and techniques. The patient is assisted as they navigate the complex world of medical treatment through medical social work, a broader branch of social work also known as hospital social work. A medical social worker, often known as a caseworker, is crucial to the patients' rehabilitation and counselling. (Shaista &Nazir,2018,P211-214).

Social work and mental health

To live in a harmonious relationship with others and able to contribute to society, a person needs a good mental health (Mohd Suhaimi & Rozita,2018,P.55). A report by the Malaysian Mental Health Association (2018) stated that, mental is not just about mental illness. It encompasses the well-being of life, happiness, the ability to face challenges and to have a positive attitude (Mohd Suhaimi & Rozita,2018,P66.).a positive psychological characteristic may lower the likelihood of mental disorders such as depression. In other words, positive psychological characteristics can be a factor for depression distinct from the absence of negative characteristics. One of the

characteristics of positive psychological characteristics is well-being. Again, it involves the issues of well-being. Thus, the matters of depressive patient's well-being are something critical to look at. well-being is defined as having a positive emotion and the absence of negative emotions (Burns,Windsor,2015,P7). Subjective well-being mediates the effects of resilience and mastery on depression and anxiety in a large community sample of young and middle-aged adults.

Social work does exactly what it says on the tin. It operates at the boundary between the individual and the social environment. In their daily practice, therefore, social workers see the impact of living conditions, inadequate housing, low incomes and crime ridden neighborhoods on the physical and mental health of the people with whom they are working. In modern industrialized societies, social workers tend to work with individuals, helping them to reduce the stresses in their life. This may include encouraging and supporting people to live a full and satisfying life even while experiencing symptoms of mental distress (Bamford,2013, P. 94).

The National Service Framework for Mental Health (1999)20 for the modernization of services, continued to promote the integration of health and social care services within mental health trusts to provide 'joined up' services, with a strong emphasis on interprofessional collaboration, and the active participation of careers and people who use services. Consequently, specialist mental health teams have been developed to intervene quickly to prevent crisis and relapse, admissions to hospital, and to promote recovery. Assertive outreach teams, for example, provide support, treatment and interventions for people with long-term mental health problems who have complex needs and who may find it difficult to engage directly with services (Foster,2005,P.118)

Social workers employed in mental health trusts are likely to have additional responsibilities which include care coordination within the Care Programe Approach, care management and representation of social circumstances in Mental Health Tribunals.21Social workers in their role as Approved Social Worker (ASW) have traditionally had a key role in providing an independent view in assessments carried out under the 1983 Mental Health Act (Ray,2008,P.26).

Depression disorder

Depressive disorders led to a global total of over 50 million Years Lived with Disability (YLD) in 2015. More than 80% of this non-fatal disease burden occurred in low- and middle-income countries. Rates vary across WHO Regions, from 640 YLD per 100 000 population in the Western(WHO,2017,P1.9).

Depressive disorder is a mood disorder characterized by ongoing feelings of sadness and loss of interest in activities that an individual once enjoyed. Depression can be mild or severe and make it difficult for those with the condition to concentrate, sleep or eat well, make decisions, or complete their normal routines (Müller,2003,P.**306-313).**

Depression is a serious illness that affects a person's thoughts, feelings, and ability to perform his or her daily functions. It can happen to anyone, a disease caused by a lack of dopamine-producing cells in the brain (Boaod,2015,P.209).

Depression, also called significant burdensome issue or clinical melancholy, is a typical and genuine disposition issue. The individuals who experience the ill effects of melancholy experience persevering sentiments of trouble and misery and lose enthusiasm for exercises they once delighted in. Beside the enthusiastic issues brought about by gloom, people can likewise give a physical indication, for example, interminable agony or stomach related problems. To be determined to have despondency, side effects must be available for at any rate two weeks (Shelton,2019).

People with depression may contemplate death or suicide, feel worthless, develop anxiety or have physical symptoms such as fatigue or headaches. Psychotherapy and medication are some of the treatments for depression.

Depression's symptoms:

Can vary from person to person someone's gender, culture, or age may change how they experience depression. Yet most forms of depression include these common symptoms(Matthias,2003,P.79).

- Frequent crying and bouts of sadness
- Feeling hopeless or worthless
- Getting too much or too little sleep
- Anxiety
- Anger
- Difficulty enjoying activities one used to like

- Unexplained physical ailments such as headaches or muscle pain
- Difficulty concentrating
- Changes in weight or eating habits
- Thoughts of suicide

Social Media and Depression

Depression is a feature of this era, with an ever-increasing prevalence in all contemporary societies, confirmed by figures from the World Health Organization (WHO) that 7% of the world's population is depressed today.

Most of people become depressed at some point in their lives. Therefore, researchers and specialists in various fields, have tried to search for identify the causes of depression to preventive and therapeutic methods in order to address it(El-Agizy,2015,P.24) .

When studying social media's relationship with mental health outcomes such as depression, findings suggest mixed results. The relationship is complex and may involve multiple psychological, social, behavioral and individual factors (Baker& Algorta,2016,P54-57). Whether social media is beneficial or harmful to mental health and well-being may partly depend on the quality of social factors in the social network site's (SNS) environment (Seabrook& Rickard, 2016,P111). When studying child and adolescent populations, many studies have been consistent in the relationship between cyberbullying and depression (Hamm,2015,P.29) , spending more time on social media and "Based on uses and gratification theory, media used in a goal-directed way for individual gratification and satisfaction has similarities with addiction (Kuss & Griffiths, 2011,P743)." Griffiths defines addictive behavior as being characterized by six core components of addiction: salience, mood modification, tolerance, withdrawal symptoms, conflict, and relapse and any behavior that fulfills these six criteria can be considered as an addiction, including social networking (Guedes,2016,P44). Further research is needed because of the high prevalence of social media usage (Mano,2020, p459-460) and high rates of depression in young adults .

Public Health Significance

This scoping summarization of depression and social media usage ages < 18 has a public health significance with the following aspects:

- *Adults (18-25) are a large population; according to the National Center for Education Statistics, was projected to be 3.2 million in 2018 (Digest of Education Statistics, 2017) .*
- *Young adults (18-29)year-olds have the highest percentage using any form of social media (88%) (Mano, 2020,P.**461**) .*
- In 2016, this age group was listed as having the highest prevalence of depression , while they are more mature than adolescents, their brains are still developing and depression can lead to difficulties with concentration (NPR, 2011) .
- Young adults ages 18-25 having the highest prevalence of an episode of major depression in the US in 2016 (Depression, 2018), this study seeks to describe the association between social media and depression specifically with young adults to provide insight on the focus of future studies to guide intervention and policy development.

Methodology:

Study design : A cross-sectional web-based survey was performed using a self-administered survey questionnaire distributed to participants aged 18 years old and above , It was conducted among jazan population , the sample size was calculated using Epi-info 7 software stratified random sampling was distributed to (534) in Jazan region , The Patient Health Questionnaire 9 (PHQ-9) was used as a screening tool to measure depression and 5% confidence limits, the minimum required sample size at 97% confidence level was 500 participant .

Study area: Jazan which lies within the southwest corner of Saudi Arabia and specifically north of the border with Yemen.

Study Duration : from August , 2022 to December 2022

Sample technique : Snowball type

Sample size: 400-500

Ethical considerations: The researchers will seek the approval of the Ethics Committees to conduct the research and will comply with the International Guidelines for Research Ethics. The purpose of the research will be stated at the beginning of the questionnaire and participants will be able to accept or reject to participate. They will also be able to withdraw from the questionnaire any time before its

completion. Anonymity and confidentiality will be assured and maintained. There is no conflict of interest to declare.

Resalt

Table (1) demographic profile of the participants

Variable	NO		%
Age	18-20	128	26%
	20-22	190	38%
	22-more than	182	36%
Location	Rural	191	38.%
	Urban	309	62%
Gender	Male	131	26.2%
	Female	369	73.8%
Marital status	Single	404	81%
	Married	89	18%
	other	7	1%
Father education	High school or less	123	25%
	College	331	66%
	Higher Education	46	9%
Mather education	High school or less	231	46.2%
	College	261	52.2%
	Higher Education	8	1.6%

Table (1) demographic profile of the participants the age of the participants ranged from 18-28 The highest percent of them (190) (38%), aged from 20 to < 22 years followed by those aged 22 more than years (182)(36%) . More than half of the participants (309)(62%) living in Urban area , (191)(38%) were living in Rural area., The majority of the participants were female (369)(73.8%) and remaining(131)(26.2%) were male in this study. In terms of marital status nearly (404) (81%)were single and 89(18%)were married of respondents.The majority of father education of the participants were college(331)(66%) and mother education were college (261)(52.2%) .

Table (2) Prevalence of social media user among the study

Social media type	Gender	Number	%	Total	Ranking
Snapchat	Male	41	8.2%	98	3
	Female	57	11.2%	19.6%	
Twitter	Male	23	4.6%	61	4
	Female	38	7.6%	12.2%	
WhatsApp	Male	51	10.3%	132	2
	Female	81	16.3%	26.4%	
Instagram	Male	72	14.4%	169	1
	Female	97	19.4%	33.8%	
Tik Tok	Male	27	5.4%	40	5
	Female	13	2.6%	8.8%	

Table (2)shows Prevalence of social media user among the study population Instagram was the most commonly used application with 169 (33.8%) users 14.4% of them were male, 19.4% female , WhatsApp user132(26.4)16.3%,16.3% of them was female and 10.3% wase male followed by Snapchat with98 (19.6%) userswhile Twitter was 61(12.2%) and Tik Tok with 44 (8.8%) users respectively .

Table (3) Frequency of using SNS :

Social media type	Number of hours in day	Number	%per time range
Snapchat3	1-2	35	35.71%
	2-3	26	26.54%
	3-4	14	14.29%
	4-5	23	23.46%
Twitter4	1-2	36	59.01%
	2-3	10	16.40%
	3-4	8	13.11%
	4-5	7	11.48%
Whatsapp5	1-2	69	52.27%
	2-3	20	15.16%
	3-4	12	9.09%
	4-5	31	23.48%
Instagram1	1-2	49	28.99%
	2-3	14	8.28%
	3-4	40	23.66%
	4-5	66	39.07%
Tik Tok 2	1-2	20	51.%
	2-3	8	19.51%
	3-4	9	21.95%
	4-5	3	7.54%

In table(3)presents the frequency of using social media, Instagram was with a range of (66)(39.07%) spend 4-5 hours a day, while WhatsApp's range was (69)(52.27%)spending 1-2 hours , Snapchat's range(35)(35.71%)spending1-2hours, tweeter users had (36)(59.01%)spending 1-2 hours and Tik Tok with20(51.%) 1-2hours respectively This means that the more time the users spend on SNS, the higher the odds of depression .

Table (4) PHQ-9 questions

Statement	Not at all	Several days	More than half the days	Nearly everyday
Little interest or pleasure in doing things	**126 (25.2%)**	**212 (42.4%)**	**99 (19.8%)**	**63 (12.6%)**
feeling down, depressed, or hopeless	**118 (23.6%)**	**237 (47.4%)**	**81 (16.2%)**	**64(12.8%)**
Trouble falling or staying asleep, or sleeping too much	**141 (28.2%)**	**89 (17.8%)**	**170 (34%)**	**100 (20%)**
Feeling tired or having little energy	**79 (15.8%)**	**215 (43%)**	**137 (27.4%)**	**69 (13.8%)**
Poor appetite or overeating	**102(20.4 %)**	**154 (30.8%)**	**86 (17.2.4%)**	**158 (31.6%)**
Feeling bad about yourself or that you are a failure or have let yourself or your family down	**187 (37.4%)**	**143 (28.6%)**	**80 (16.2%)**	**90 (20.4%)**
Trouble concentrating on things, such as reading the newspaper or watching television	**205 (41.9%) 1**	**174 (34.8%)**	**62 (12.4%)**	**59 (11.8%)**
Moving or speaking so slowly that other people could have noticed. Or the opposite-being so fidgety or restless that you have been moving around a lot more than usual	**333 (66.6%)**	**98 (19.6%)**	**44 (8.8%)**	**25 (5.0%**
Thoughts that you would be better off dead, or of hurting yourself	**430 (86.0%)**	**38 (7.6%)**	**17 (3.4%)**	**15 (3.0%)**

Table (4) shows the respondents' responses to the PHQ-9 questions. Most of the respondents have little interest or pleasure in doing things for several days (212 (42.4%), There were more respondents who 'feeling down, depressed or hopeless for several days (237(47.4%)), trouble falling or staying asleep, or too much sleep for 'more than half the day (170 (34%)), and feeling tired or having little energy for several days (215 (43%)), "Nearly every day " experienced poor appetite or overeating (158 (31.6%)%), ' Not at all 'Feeling bad about yourself or that you are a failure or have let yourself or your family down 187 (37.4%), There were more respondents who 'Trouble concentrating on things, such as reading the newspaper or watching television 59 (11.8%) , 'Moving or speaking so slowly that other people could have noticed. Or the opposite-being so fidgety or restless that you have been moving around a lot more than usual 333 (66.6%) and 'Thoughts that you would be better off dead, or of hurting yourself 430 (86.0%) Nearly everyday. Less than a half of the respondents had experienced all the items in the PHQ-9

questionnaire nearly every day or several day , we can see this study found that extended use of social media may provide behavioral clues that can help identify the beginning of depression, decline in social engagement and social activity .

Table (5) Correlations between variables. (Social Media Addiction Depression)

Variable	Social media Addiction	Depression
Social media	1	443**
Depression	443**	1

Note: N = 500   ** p < 0.000

Table (5) presents the results from the Pearson Correlation analysis of the two variables social media and depression. The correlation coefficient was found (r = 0. 443) which indicates a positive correlation between the two variables. In other words, as the level of social media addiction increases, the level of depression increases. The p-value was found less than 0.05 and it suggests that the correlation is statistically significant (at the 5% level). Accordingly, it can be said that a positive linear correlation was found between the two variables, r = 0. 443, n = 500, p < 0.000; however, the correlation was weak .

It is clear from the previous table the extent to which there is a correlation between the Correlations between variables. (Social Media Addiction Depression) In reliability analysis, internal consistency was found perfect for the instruments utilized. Alpha was above.80 for both social media use and depression.

Discussion :

the goal of this study was not to make a criteria-based diagnosis of any major depressive disorders, but rather to identify the relationship between social media use and the presence or prevalence of depression ,Comparison between the results of the current study and previous studies find Some a clear correlation and others finding no link at all, this study found a significant correlation between social media use and depression, but the correlation was a mixed and complex one with no clear causal relationship. Instead, the study findings confirm that social media use express mental health issues regardless of the risk varied with age, gender, geographical location, parents education level, gender ,marital status ,and how many hours spent on social media. we could say social media use is just one of many depression risk factors, and mental health effects of social media depend on how a social

media is used , Social media is a more important predictor of depression risk. The results of this study agreed with Many prior studies mainly exploring the relationship between internet addiction and depression (Hou,(2019);Sharif, Walid(2019);Shensa ,(2018);Wang,(2018);Waqas,(2018);Kelly,(2018);Al-Sarayrah,& Al-Qudah,(2018); li,AlHarbi,&Rahman,(2018):Kırcaburun,(2016); Savci,(2016);Seabrook,(2016);Agizy,(2015);Hanprathet,(2015) ;Khalawi,(2017);Akin & İskender,(2011); Cheung & Wong,(2011)

Nearly all these studies found a positive relationship between social media and depression and other variables relevant to mental health; however, an earlier study (Shaw & Gant, 2002) found a negative relation between internet addiction and depression and consistency exists between attitudes toward social media and their actual behavior, and this inconsistency can harm their mental state and self-esteem .

Conclusion

Many epidemiological literatures indicated that one of the most prominent efforts that help people avoid the risks caused by social media using is to study the relation between social media and other disease . However, there is an increase in social media using, to the best of our knowledge, our study is the first study to focus on the issue of social media using and depression in Jazan region , The this study reveals that social media addiction has a positive correlation with depression among jazan region .

This study also confirmed that the internet-based technological addiction positively associates with mental health problems . results of the current study showed the validity of hypothesis of the study and the existence of a correlation between the variable of social media using and depression symptoms   . In other words, the higher the person addiction level , the greater his/her depression level ,Meanwhile, a simple linear regression analysis also shows that depression significantly predicts social media addiction and the results of this study agreed with the previous studies in anther countries .

Limitation of the study

This study is limited to the person who had smartphones, watsup, and Twitter , Snapshot ,tik toke accounts. This represents some of the population and he data from this study are self-reported it's likely to have an error ratio in responses. Therefore, caution is advised before assuming the generalizability of the results ,This study opens the door for prospective studies to try and understand The Relationship between Social Media use and Depression .

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