



THE ASSOCIATION OF COMPULSIVE SOCIAL MEDIA USE AND PSYCHOLOGICAL
WELL-BEING: SOCIAL MEDIA FATIGUE AS MEDIATOR AMONG YOUNG ADULTS IN
MALAYSIA

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A RESEARCH PROJECT SUBMITTED IN PARTIAL FULFILMENT OF THE
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Abstract

There was an increase of 2 million social media users since 2020, and a long period of social media usage led to psychological consequences of depression and low psychological well-being. Compulsive social media use and social media fatigue were reported as factors that lead to poor psychological well-being. Hence, this study aimed to investigate the associations of compulsive social media use, social media fatigue and psychological well-being, and social media fatigue as the mediator in the association between compulsive social media use and psychological well-being. The questionnaires were distributed to 119 Malaysian young adults ($M = 22.67$, $SD = 2.33$), respectively 67.2% females and 32.8% males. The result of Pearson correlation analysis depicted a significant negative linkage of compulsive social media use and psychological well-being; significant positive association between compulsive social media use and social media fatigue; significant negative linkage between social media fatigue and psychological well-being. Besides, the PROCESS Macro mediation analysis determined that the mediating role of social media fatigue in the association of compulsive social media use and psychological well-being was not significant. This study is beneficial not only in paving a way for future investigations for this topic in the Malaysian context but also put a light on the consequence of compulsive social media usage so young adults can be more mindful of their social media usage in order to take care of their psychological well-being.


Keywords: Compulsive social media use, social media fatigue, psychological well-being

DECLARATION

We hereby declare that the material contained in this paper is the end result of our own work and that due acknowledgement has been given in the bibliography and references to ALL sources be they printed, electronic or personal.

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APPROVAL FORM

This research paper attached hereto, entitled “The Association of Compulsive Social Media Use and Psychological Well-Being: Social Media Fatigue as Mediator among Young Adults in Malaysia” prepared and submitted by Foong Chee Ee, Lau Yau Chee and Sarvinna a/p Vasuthevan in partial fulfilment of the requirements for the Bachelor of Social Science (Hons) Psychology is hereby accepted.

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List of Abbreviations

CIUS	Compulsive Internet Use Scale
CSMU	Compulsive Social Media Use
LCM	Limited Capacity Model
MCO	Movement Control Order
OCS	Online Cognition Scale
PWB	Psychological Well-being
SERC	Scientific Ethics Research Committee
SMF	Social Media Fatigue
SMFS	Social Media Fatigue Scale
SNS	Social Networking Sites
SPSS	Statistical Package for Social Science
SSO	Stressor-Strain-Outcome

Chapter 1

Introduction

Background

Since the implementation of the Movement Control Order (MCO) in 2020, there has been a rise of two million social media users in Malaysia (The Star Online, 2021). Malaysians spent an average of 9 hours 17 minutes a day on Internet usage, with an average of 3 hours 1 minute spent on social media (Kemp, 2021). Social media users have used social media platforms to cope with social needs due to long-term isolation. This leads to the concern that prolonged use of social media can lead to psychological consequences.

A study by Banjanin et al. (2015) has shown a significant positive association between social media use and depression. Bernal-Ruiz et al. (2017) has stated a significant inverse relationship between problematic Internet use and psychological well-being (PWB). To discover the association between Compulsive Social Media Use (CSMU) and PWB, researchers have recently garnered attention on a possible mediator, which is social media fatigue (SMF) (Dhir et al., 2018; Pang, 2021). Indirect associations between problematic social media use and PWB were reported by Marttila et al. (2021) and Foroughi et al. (2019), which suggests the possible mediation explanation of SMF between the indirect relationship. Long-term exposure and usage of social networks can become compulsive and problematic, resulting in SMF and deterioration of psychological health. According to Dhir et al. (2018), CSMU is significantly related to SMF among adolescent social media users, which contributes to depression.

According to some scholars, social media fatigue (SMF) is not only used to describe mental well-being but also exhaustion and other feelings, as well as a lack of willingness to

engage in social media (Bawden & Robinson, 2008). According to Bright et al. (2015), users tend to avoid social media due to information overload. This is because relevant studies have found that when users are bombarded with information that exceeds their effective management and scope, they experience negative emotions and psychological pressure (Cao & Sun, 2018). Besides, cognitive load theory claims that fatigue would result from exceeding an individual's limited cognitive capacity attributed to negative emotional experiences and lead to negative psychological consequences (Horwood & Anglim, 2019; Pang, 2021; Sweller, 2011).

Therefore, the present study aims to study the antecedent CSMU and associations of SMF and PWB among young adults in Malaysia.

Problem Statement

According to the national survey in 2020, social networking is the second most common online activity among Internet users in Malaysia. A report by Kemp (2021) indicates that Malaysians spend an average of 3 hours 1 minute on social media daily. GoGlobe (2015) revealed that about 53% of Malaysians are part of social media, ranking top 6 in the social media penetration in the Asia Pacific regions. In addition, despite being one of the top three social media platforms used in Malaysia, Facebook has reported a decline among users, which was from 97.3% in 2018 to 91.7% in 2020. Nevertheless, there is a surge among the users of Instagram and Twitter as the users inclined from 57% to 63.1% from 2018 to 2020, whereas Twitter users have inclined from 23.8% to 37.1%. Long periods of social media usage are an emerging issue, where the urge to “escape” to another realm, as in social media, associates’ comfort, which also causes compulsive usage behaviours resulting in the loss of control on using social media. In the western study, young adults who spent more than 5 hours per day on

social media were approximately 2.8 times more prone to depression within the six-month time frame compared to those who used social media for 2 hours per day (Primack et al., 2017). Moreover, the consequences of PWB associated with CSMU is a global issue emerging as heavy social media usage links to poor mental health among Indonesian adults (Sujarwoto et al., 2019). According to the Malaysian Communications and Multimedia (2017) report, young adults spend approximately 8 hours per day on social media and online searches. Akakandelwa and Silomba (2021) reported that Malaysian university students with high levels of CSMU are associated with low levels of sleep quality. Similarly, Klobas et al. (2019) found that Malaysian university students who spend a lot of time on YouTube are physically and mentally degrading. In addition, a multinational study found that adolescents with compulsive internet use are associated with high level of depression, loneliness, escapism, anxiety and poor sleep quality; Malaysians are part of the samples of this study (Fernandes et al., 2021). Furthermore, problematic use of social media can even lead to death. In one local case, a 16-year-old girl committed suicide because most pollsters agreed with an Instagram post about whether she should die (The Star, 2019).

Besides, SMF is a new issue where users tend to withdraw from social media usage because of feeling overwhelmed. This emerging issue is associated with the users' PWB. Users tend to use social media more to cope with their depression, which depletes their mental strength and causes even more distress and exhaustion, causing a never-ending cycle (Radovic et al., 2017). To illustrate further, disrupted and delayed sleep, depression, memory loss and poor academic performance associated with PWB were at risk due to the compulsive usage of social media (Sperling, 2020). In addition, during the SMF stage, some users may experience physical health consequences such as anxiety and depression, which can cause nausea,

headaches, muscle tension and tremors (Sperling, 2020). Despite the alarming social media usage statistics among Malaysians, limited research and scarce resources can be found on SMF.

There are limited literature findings on SMF as a mediator, which is a new variable; hence, there are narrow gaps that could be addressed. However, one of the past studies stated that CSMU has a predictive effect on social networking services and fatigue, attributed to depression and anxiety (Dhir et al., 2018). To further elaborate on this study, the stressor strain-outcome (SSO) framework was implemented to investigate whether PWB measures such as CSMU and fear of missing out correlates with fatigue and whether SMF associates with anxiety and depression (Dhir et al., 2018).

Additionally, most past studies on problematic social media use and PWB focuses on the sample of Malaysian students in tertiary education (Akakandelwa & Silomba, 2021; Alshuaibi et al., 2018; Klobas et al., 2018; 2019). However, it should be acknowledged that the majority of Internet users are between the ages of 20 and 29. As a result, this study will accommodate the present youth population, which is between the ages of 18 and 30. (Malaysian Communications and Multimedia Commission, 2020; National Youth Development Policy, 2020).

This research aims to fill in the knowledge gap, expand literature studies, contribute to multicultural background research and the young adults' population. In addition, this study will examine the association between CSMU and PWB and SMF as the mediator among young adults in Malaysia.

Research Questions:

1. What is the association between CSMU and PWB among young adults in Malaysia?
2. What is the association between CSMU and SMF among young adults in Malaysia?
3. What is the association between SMF and PWB among young adults in Malaysia?
4. Does SMF mediate the linkage between CSMU and PWB among young adults in Malaysia?

Research Objectives:

1. To examine the association between CSMU and PWB among young adults in Malaysia.
2. To examine the association of CSMU and SMF among young adults in Malaysia.
3. To examine the association between SMF and PWB among young adults in Malaysia.
4. To investigate the mediating role of SMF in the association between CSMU and PWB among young adults in Malaysia.

Hypotheses:

H₁: CSMU has a significant negative association with PWB among young adults in Malaysia

H₂: CSMU has a significant positive association with SMF among young adults in Malaysia

H₃: SMF has a significant negative association with PWB among young adults in Malaysia.

H₄: SMF mediates the association between CSMU and PWB among young adults in Malaysia.

Significance of study

In the Malaysian context, the consequences of CSMU and SMF are not emphasised in society, and the association that impacts the PWB of young adults are not well advocated. In addition, various issues revolve around social media, such as cyberbullying, privacy concerns, social comparison, and many more, which results in poor mental health; however, the concerning issue of SMF is explored at a minimal level in the Malaysian context. Nevertheless, SMF is also associated with the physical health of individuals. Therefore, throughout this present study, the survey questionnaire contributes to a certain degree of awareness on SMF and withdrawal symptoms, which will be an eye-opener for some participants to monitor their usage of social media and take better care of their mental well-being, as well as for practitioners to make use of the knowledge and developed intervention in the area of concern. Moreover, the

findings and implications of this study among the young adult community aged between 18-30 years will benefit future academicians in Malaysia.

Based on the research field in Malaysia, only very few studies examined the compulsive use of social media and PWB, and there are limited studies found in the Malaysian context on SMF. Due to the deficiency of research in Malaysia, these CSMU and SMF trends across recent years are rather vague. Thus, the present study is able to investigate the association of CSMU and PWB and SMF as the mediator; hence this may evoke the attention of future researchers. Additionally, the theoretical framework that was implemented in the present study is the SSO model, which explains the stress-strain and outcome of the variables. However, this study will be focusing on the mediating variable, which adds a new take on this research as past research has very limited study of mediating variables, especially on SMF. With the integration of the mediating variable, the present study will be able to contribute to the association between CSMU and PWB.

Conceptual and Operational Definition

Young Adults

Conceptual definition: Based on the Cambridge dictionary young adults is defined as an individual who is in his or her late adulthood. The age range of a young adult in Malaysia is between 18 to 30 years old (National Youth Development Policy, 2020). As adolescents progress into young adulthood, they are able to retain and manage not only single abstractions, but also clusters of abstract concepts, and systems for coordinating abstract thoughts (Arnett, 2007).

Operational definition: In the present study, young adults refer to Malaysians aged 18 to 30 years old.

Social Media

Conceptual definition: Social media refers to any digital tool that allows users to instantly create content, share information, interact with users, stay updated on the ongoing situation in the world in real-time via online platforms, share users' videos, photos and share updates on their daily lives (Introduction to Social Media, 2019).

Operational definition: The top three social media platforms in Malaysia are Facebook, Instagram and Twitter which are also implemented in our study.

Compulsive Social Media Usage

Conceptual definition: Compulsive social media usage (CSMU) is defined as the voluntary and unconscious behaviour to access social media platforms and in turn influence negatively to both body and mind (Aladwani & Almarzouq, 2016).

Operational definition: Compulsive Internet Use Scale (CIUS; Meerkerk et al., 2009) was adopted to assess the CSMU in the present study. The higher scores in CIUS refer to a higher level of CSMU.

Social Media Fatigue

Conceptual definition: Social Media Fatigue is defined based on psychological and physical effects. It is distinguished by an urge to withdraw from social media and a sense of anxiety and overwhelm at the prospect of engaging online with various social media sites, online

followers and an excessive amount of time spent online maintaining these connections (Świątek et al., 2021).

Operational definition: Social Media Fatigue Scale (SMFS; Bright et al., 2015) is used to measure the SMF in the present study. A higher score corresponds to a higher level of SMF.

Psychological Well-Being

Conceptual definition: Psychological well-being is a vital feature of mental health. It encompasses both hedonic (pleasure, happiness) and eudemonic (meaning, satisfaction, optimal effectiveness in individual and social life), as well as resilience such as coping, emotion regulation, healthy problem solving (Deci & Ryan, 2006). In short, it incorporates feeling good and functioning effectively.

Operational definition: Psychological well-being (PWB; Ryff & Keyes, 1995) scale is used to measure the respondents' PWB. A higher score indicated a to higher level of PWB.

Chapter 2

Literature Review

2.1 Compulsive social media use and Psychological Well-Being

There are sufficient studies in revealing the association between social media use and psychological well-being (PWB). Social media use found a positive effect on users' PWB (Baker & Yang, 2018; Chen & Li, 2017). To explain this relationship, a study found that social media use benefits users' PWB attributed to the bonding and bridging social capital effect of social media use (Ostic et al., 2021). The bonding and bridging social capital provide the social media a sense of connection to society and decrease the feeling of social isolation through social and emotional support (Ostic et al., 2021). On the contrary, social media use found a negative association with psychological wellbeing. A study found that heavy social media users reported a high tendency to experience unhappiness (Twenge & Campbell, 2019). Roberts and David (2019) found that fear of missing is negatively associated with social connection. To strengthen this, user fear of missing out on a rewarding experience from which one is absent, and shared on social media decrease the sense of social connection and in turn consequences in low wellbeing (Roberts & David, 2019). Hence, the inconsistent and contradictory findings provide empirical support and inspiration to further study on the association psychological wellbeing and social media use from the perspective of unhealthy patterns of social media use.

A consistent finding on the association between excessive social media use and negative psychological wellbeing was found (Apaolaza et al., 2019; Benson et al., 2018). With the rapid development of technology, the user's tendency to excessive use of social media tools decreases the face-to face social exchanges (Murray et al., 2016; Pierce, 2009). As a result, it speeds up the development of the association between compulsive behaviour and social media use (Ali et

al., 2021; Pang, 2021). Consequently, it raises the researcher's attention to reveal the association between CSMU and psychological well-being. Limited studies found that CSMU negatively predicts low levels of PWB (Dhir et al., 2018).

Besides, researchers have proposed new concepts such as problematic social media use (Marttila et al., 2021) and social media addiction (Ponnusamy et al., 2020) to understand the compulsive behaviour pattern on social media use and its association with PWB. For example, a meta-analysis on all social media platforms revealed a small correlation of problematic social media use on life satisfaction and self-esteem. Meanwhile, there is a moderate correlation between problematic social media use and depression and loneliness in China (Huang, 2020). In a local study, similar findings revealed that Facebook addiction is positively linked with social anxiety and depression and could negatively impact life satisfaction among Malaysian Facebook users (Foroughi et al., 2019).

According to past studies, there are limited studies on CSMU while the researchers pay more attention to the addictive pattern of social media use. Compulsive behaviour has some similarities with addictive behaviour, but it is not considered addictive behaviour (Panova & Carbonell, 2018). Addictive behaviour is often associated with pleasure and in continuing patterns (Hanley & Wilhelm, 1992), while compulsive behaviour is associated with the feeling of fear and anxiety in the absence of compulsive behaviour and periodic typically (Rook, 1987). Therefore, to fill this literature gap, the present study aims to investigate the association between CSMU and SMF among young adults in Malaysia.

H₁: CSMU has a significant negative association with PWB among young adults in Malaysia

2.2 Compulsive Social Media Use and Social Media Fatigue

Prior studies have studied the antecedents of SMF such as Social Networking Sites (SNS), privacy concerns, self-disclosure, parental encouragement, parental worry, parental monitoring, parental permission (Dhir et al., 2019); motivational factors like self-promotion and entertainment and personal attributes like exploration, religiosity and deficient self-regulation (Islam et al., 2020) and overload of information, compulsive use, fear of missing out, time cost and privacy concerns (Zhang et al., 2020). Not only that but the consequences of SMF were also investigated, which includes academic performance decrement (Dhir et al., 2019) and fatigue behaviour (Zhang et al., 2020). However, only several studies explore the associations between SMF and PWB.

Consistent findings found that CSMU positively predicted SMF among adolescents and young adults (Dhir et al., 2018; Lian et al., 2018; Yu et al., 2018; Zhang et al., 2020). It was explained by the information overload through CSMU and resulting in exhaustion (Whelan et al., 2020). However, the relationship between CSMU and SMF is not well examined in the local context. Therefore, the researchers focus on the impact of social media addiction on emotional exhaustion in an academic setting instead of social media emotional exhaustion (Nabila et al., 2017; Tomaszek & Muchacka-Cymerman, 2021). Therefore, the present study aims to determine the relationship between CSMU and SMF among young adults in Malaysia.

H₂: CSMU has a significant positive association with SMF among young adults in Malaysia

2.3 Social Media Fatigue and Psychological Well-Being

A study by Pang (2021) reported the outcomes of emotional stress and social anxiety were significantly correlated to SMF among 566 young people in China aged 18-30 years old. Dhir et al. (2018) reported SMF as a significant predictor of anxiety and depression among

adolescent social media users of India. In local studies, the available literature in the areas of SMF focuses on studying the positive antecedents such as mindfulness and its associations with SMF (Abdul Kadir et al., 2021; Jayaraja et al., 2017; Lai et al., 2021). However, more studies about the associations between SMF and PWB will be needed to establish their associations. The present study aims to study the associations between SMF and PWB among young adults in Malaysia.

H₃: SMF has a significant negative association with PWB among young adults in Malaysia.

2.4 The mediating role of Social Media Fatigue between Compulsive Social Media Use and Psychological Well-Being

Literature reported consistent findings that CSMU is positively linked to SMF among adolescents and young adults (Dhir et al., 2018; Lian et al., 2018; Yu et al., 2018; Zhang et al., 2020). Significant inverse associations between SMF and PWB were reported among adolescents and young adult's social media users (Dhir et al., 2018; Pang, 2021). Besides, Musses et al. (2014) reported a significant inverse association between compulsive Internet use and PWB; Huang (2020) found significant positive associations between problematic social media use and stress over time and a decrease in happiness; while Marttila et al. (2021) report indirect inverse associations of problematic social media use and life satisfaction. Pang (2021) has explored independent associations of information overload and SMF as well as SMF and emotional stress using the Stressor-Strain-Outcome (SSO) framework, suggesting the possibility of the mediation role of SMF between information overload and social anxiety. To hypothesise from a cognitive perspective, the perceived information overload resulting from CSMU was attributed to a negative emotional experience such as SMF, anxiety and lack of control leading to negative PWB consequences, which was reported in the Australian context

(Horwood & Anglim, 2019; Pang, 2021). However, limited research has explored the mediating role of SMF. Hence, this study aims to explore the associations between CSMU and PWB further, as well to investigate the mediation role of SMF, which was suggested by past literature.

H₄: SMF mediates the association between CSMU and PWB among young adults in Malaysia.

Theoretical Framework

The present study implements the Stressor-Strain-Outcome (SSO) framework, which was implemented by Koeske & Koeske (1993). The study implemented the SSO framework to study the antecedents, mediator, and consequences of burnout. The SSO framework consists of three components, which are triggers (stressor), emotionally stressed states (strain) and psychological and physical consequences (outcome). The stressors are associated with outcomes, with strain serving as a mediating variable between the stressor-outcome linkage when faced with stressors and predisposing the outcome (Koeske & Koeske, 1993). Literature that adopted the SSO model in social media context study includes Dhir et al. (2018), whose stressors are compulsive social networking sites (SNS) use and fear of missing out; strain is SNS fatigue; outcome is depression and anxiety. Additionally, Pang's (2021) research model also included stressors like compulsive WeChat Use and Information Overload; strain is social media fatigue; the outcome is emotional stress and social anxiety. In the present study, CSMU serves as a stressor that stimulates emotional experiences, which leads to the effects on PWB. Information overload is one of the attributions to emotional fatigue. According to cognitive load theory (Sweller, 2011), mental fatigue could happen when the amount of information exceeds one's cognitive ability, which leads to impairment of emotion regulation (Grillon et al., 2015). In addition, in the context of social media, the information overload could be attributed to system features

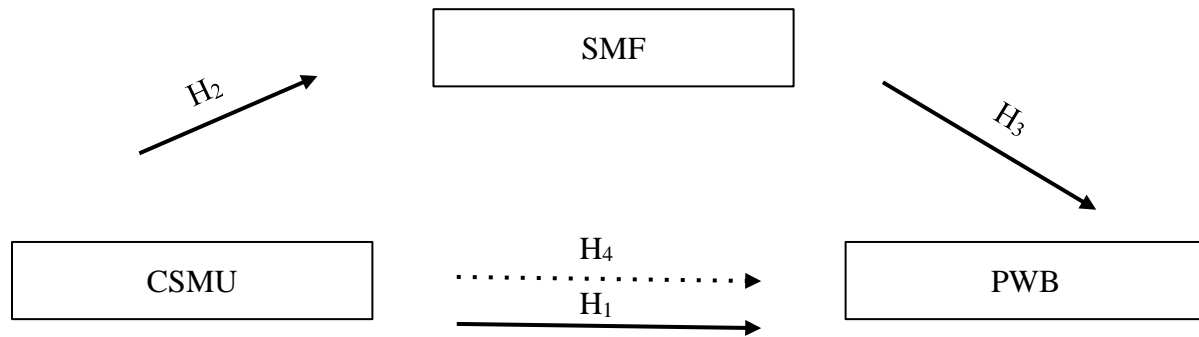
overload (Lee et al., 2016; Zhang et al., 2016). In the situation of CSMU, the users have greater chances to be influenced by information overload hence leading to SMF (Kamal et al., 2020). According to a past study, emotional fatigue was associated with stress, depression, and anxiety (Daya & Hearn, 2017). In the social media context, SMF leads to social media users' greater chance of depression and anxiety level (Dhir et al., 2018).

Conceptual Framework

As illustrated in Figure 1.0, the present study utilised SSO to frame the conceptual framework. Stressor in the present study is CSMU; strain as SMF; outcome as PWB. The stressor is linked to the outcome, where strain will mediate the stressor outcome linkage. Upon the application of the model, the stressor-outcome linkage is explained by H₁ where CSMU is associated with the decline in PWB. H₂ hypothesised the stressor-strain association that CSMU will positively associate with SMF. H₃ hypothesised that SMF will positively associate with negative PWB. With the associations of stressor-outcome (H₁), stressor-strain (H₂) and strain-outcome linkage (H₃), H₄ hypothesised that SMF will mediate the associations between CSMU and PWB.

Figure 1.0

Conceptual Framework of CSMU, SMF and PWB.



Chapter 3

Methodology

Research Design

This research used the quantitative research method to obtain responses from the participants. The characteristic of the targeted population at a particular time is described through cross-sectional (Allen, 2017). A cross-sectional design was utilised to investigate the association among Compulsive Social Media Use (CSMU), Social Media Fatigue (SMF), and Psychological Well-being (PWB). In contrast, a cross-sectional design can measure differences between or among various people, demographics, or phenomena known as variables (Wang & Cheng, 2020). The online survey method was chosen as the survey method for current study; hence, the sample of this study was collected via an online survey. The online survey method was utilised because it is efficient, cost-effective and allows researchers to reach a large and diverse sample (Wieters, 2016).

Research Sampling Method

The sampling method applied in this study was the non-probability sampling method. Showkat and Parveen (2017) reported that the non-probability sampling refers to a sample that is not selected randomly and involves judgement. Hence, this research adopted the purposive sampling method to select participants based on the researcher's judgement. Moreover, individuals with specific characteristics that match the study's inclusion criteria were chosen. According to Showkat and Parveen (2017), purposive sampling is considered more convenient, more readily accessible, and capable of selecting study participants that satisfy the research's necessary criteria. Thus, researchers of this study approached the targeted participants

purposefully by employing online surveys through online social networking platforms.

Therefore, the inclusion criteria of this study will be that the participants must be aged from 18 to 30 years old and their nationality is Malaysian only. In contrast, the exclusion criteria of the present study will be the non-users of the respective social media platforms, Facebook, Instagram, and Twitter.

Research Sample Size

The sample size for the present study was calculated using the Monte Carlo Power Analysis for Indirect Effects for mediation model (Schoemann et al., n.d.). The correlation value of CSMU on PWB is ($r = -0.686$) (Pang, 2021), followed by CSMU on SMF ($r = 0.36$) (Shen et al., 2020) and SMF on PWB ($r = -0.34$) (Worsley et al., 2018). The sample size was calculated by using the targeted power of 0.8. The sample size with a similar targeted power was selected as the number of participants in the present study. The standard deviation (SD) for the variables was obtained from the same study, but it was conducted twice after a five-month interval; hence the SD was total up and divided to obtain the average SD for each variable (Dhir et al., 2018). According to Monte Carlo Power Analysis for Indirect Effects, a total of 55 sample size was suggested for this research. The calculated sample size was 55 participants; however, this study collected responses from 110 participants. Besides, the additional sample proposed is to avoid the sampling error. According to Martínez-Mesa et al. (2014), the larger the sample size, the smaller the sampling error and greater the precision; hence the study also suggested collecting at least 5% of the actual suggested sample size in health/ medical studies. This also adds to the incomplete survey and the invalid questionnaire that is predicted to be obtained in the present study.

Location

The survey questionnaire was developed by using the Qualtrics online survey tool. The social networking platforms such as Facebook, Instagram, WhatsApp and Telegram was utilised to distribute the questionnaires to the participants around Malaysia.

Population of study

The study population of this research will consist of young adults aged between 18 to 30 years old in Malaysia (Peninsular and East Malaysia). According to Muller (2022) survey, young adults make up 46% of the 4160 respondents, which is the majority of social media users. Therefore, it was only natural to carry out this study among the larger group of internet users to acquire a feasible result.

Research Procedure

The research protocol was submitted and reviewed by the UTAR Scientific Ethics Research Committee (SERC) for approval. After receiving approval from SERC, a pilot study was carried out prior to the study data collection. The pilot study consisted of 30 respondents from the young adult population in Malaysia. Based on the pilot study, the reliability, correlation, and mediation analysis were computed, hence the actual study began as there were no issues faced during the pilot study. An online survey which consists of sets of questionnaires, informed consent, demographic details, was developed using an online survey tool called Qualtrics. A brief description and a poster were attached along with the survey link and QR code to inform the participants regarding the purpose of the study and the criteria to participate. In the informed consent, participants were informed that their participation in this study would be completely

voluntary and anonymous. The participants were informed that their answers will be protected under the liability of privacy and confidentiality in the informed consent form, which was attached on the first page of the questionnaire. The researcher's contact information was provided to the participants for further questions, clarification or issues related to the informed consent and the survey. Social media platforms were utilised for survey distribution, including platforms like Facebook, Instagram and Whatsapp. The estimated duration to complete the survey was between 10 to 15 minutes. A total of 150 responses were gathered over 2 weeks (12th January 2021 to 29th January 2021). As a result, only 119 responses were applicable because some did not match the study's inclusion criteria. So, the basic demographic information of the participants, such as age, gender, nationality, ethnicity, relationship status, working status, and types of social media used, was gathered at the beginning of the survey, followed by the questionnaires.

Instruments

Compulsive use of social media. The Compulsive Internet Use Scale (CIUS) developed by Meerkerk et al. (2009) was adopted to measure compulsive social media use in the present study. The term CIUS was a criterion from the dependence and obsessive-compulsive disorder analysis which comes from the DSM-IV. This scale has 14 items evaluated by the design of 5-point Likert scale, evaluation from (0) *Never*, (1) *Seldom*, (2) *Occasionally*, (3) *Often*, to (4) *Very Often*. The items were designed to cover five dimensions of compulsive and addictive behaviour: loss of control (e.g., have you unsuccessfully tried to spend less time on the Internet?), withdrawal symptoms (e.g., do you continue to use the Internet despite your intention to stop?), mood modifications (e.g., do you feel restless, frustrated, or irritated when you cannot use the Internet?), preoccupation (e.g., do you neglect your daily obligations; work, school, or family

life because you prefer to go on the Internet?) and coping with reflecting the compulsive level of an individual on internet use (e.g., do you think you should use the Internet less often?). The scoring method of this scale is by totalling up the accumulated score from the 14 items. The Cronbach alpha of the scale was at ($\alpha = 0.89$), indicating strong reliability. In addition, the concurrent validity of CIUS and the Online Cognition Scale (OCS), measured through the Pearson statistic, showed significant results ($r = 0.33, p < 0.001$) (Meerkerk et al., 2009). The questionnaire was modified to fit the context of the study however, a minor modification was made in which the term “internet” was replaced with the term “social media”. The CIUS scale was implemented among the Malaysian population in a cross-sectional study conducted by Kutty and Sreeramareddy (2014) to measure the compulsive internet use and mental health of young adults in Malaysia.

Social Media Fatigue. The Social Media Fatigue Scale (SMFS) was developed by Bright et al. (2015) which has five items ranked on a seven-point scale. The SMF questionnaire is primarily used to examine feelings of information overload and has high reliability ($\alpha = 0.91$) with no validity results reported. Therefore, the questionnaire adopted in this study was by Zhang et al. (2021). The SMFS was composed of 15 items in this study, with a McDonald's Omega coefficient of 0.83. Each item is rated on a 7-point Likert scale ranging from (1 = *totally disagree*, 7 = *totally agree*). The items were designed to cover three dimensions which are: cognitive experiences (e.g., when searching for information on social media sites, I frequently just give up because there is too much to deal with), behavioural experience (e.g., when I login a social media site, I'll always forget whom I've intended to stalk on the site) and emotional experiences (e.g., I feel nervous when receiving friend requests on social media sites. In addition, construct validity of the 15 items was satisfactory ($CFI = 0.97, TLI = 0.96, RMSEA = 0.06$). The

use of *RMSEA*, *CFI*, and *TLI* is heavily reliant on a set of cut-off criteria. Previous studies by Browne and Cudeck (1993) and Jöreskog and Sörbon (1993) suggested that an *RMSEA* value of $< .05$ indicates a “close fit” and that $< .08$ is a “reasonable model-data fit”. Bentler and Bonett (1980) imply that *TLI* $> .90$ indicates an acceptable fit. According to Bright et al. (2015), the privacy of test-takers may positively predict their SMF levels, while confidence in social media could negatively predict their levels of SMF (Zhang et al., 2021).

Psychological Well-being (PWB). The Psychological Well-Being Scale (PWBS) was developed by Ryff and Keyes (1995). There are four variations of the PWBS scale: the 84-items, 52-items, 42-items, and 18-items versions. The 18-items version of PWBS by Ryff (2010) was utilised for the present study. The scale employs the 7-point Likert scale ranging from 1 to 7 (1 *strongly agreeing* to 7 *strongly disagreeing*). The items were designed to cover six dimensions of psychological well-being: Autonomy (e.g., "I have confidence in my opinions, even if they are contrary to the general consensus"); Environmental Mastery (e.g., "In general, I feel I am in charge of the situation in which I live"); Personal Growth (e.g., "I think it is important to have new experiences that challenge how you think about yourself and the world"); Positive Relations With Others (e.g., "People would describe me as a giving person, willing to share my time with others"); Purpose in Life (e.g., "Some people wander aimlessly through life, but I am not one of them"); and Self-acceptance (e.g., "When I look at the story of my life, I am pleased with how things have turned out"). In addition, the scale consists of a total of 10 reversed-scored items. The PWBS score is computed by adding the total score. As a result, a higher score shows a higher PWB. The instrument has a strong internal consistency with a Cronbach alpha value of 0.89. Additionally, the 18-item PWBS was utilised in a study on Malaysian Chinese

Grandparents' Psychological Well-Being: Generativity and Grandparent-Grandchild Relationship as Correlates by Ying et al. (2020).

Demographic. The demographic questions in the survey were used to gather the participants' background information, such as their participants' age, gender, religion, ethnicity, occupation, nationality, and area of residency because these questions provide context for the collected survey data.

Pilot study

The number of participants of the pilot study was 30 respondents, which consisted of the age group 18 to 30 years old. According to Browne (1995), the least sample should be 30 or greater to estimate a parameter, as this is based on the sample size rule of thumb. The data collection was done using the Qualtrics Survey Software. The survey link was distributed across various social media sites such as Facebook, WhatsApp, Telegram and Instagram. After the data collection, IBM Statistical Package for Social Science (SPSS) version 26 was used to clean the data and compute the reliability and correlation of the variables.

Reliability. Cronbach's Alpha values for CSMU, SMF, and PWB were respectively depicted to be .841, .882 and .742, which can be considered as high reliability value (Hinton et al., 2004).

Mediation Analysis. By using Hayes's PROCESS macro model of mediation analysis was used to test the effect among the variables; indirect effect ($B = -.0751$, $SE = .0.947$, $p < .001$).

Data Cleaning

A total of 162 participants were collected initially. A total of 35 participants' data was removed due to a redundant process, exceeding the time for questionnaire completion and disallowing consent for data collected. Outliers were determined by generating boxplots based on different variables and removed accordingly. A total of three outliers were removed which include the data named P19, P119 and P34. Lastly, a total of 119 data was used for further data analysis.

Reliability

The reliability for Compulsive Social Media Use (CSMU), Social Media Fatigue (SMF), and Psychological Well-being (PWB) are .883, .868, 816. Table 1 shows the reliability of each variable. According to Hinton (2004), the reliability value between 0.70 and 0.90 indicated a high reliability. Therefore, the overall reliability of the questionnaire in the actual study is considered a high reliability.

Table 1.0

Reliability of CSMU, SMF and PWB.

	Cronbach's Alpha, α	
Number of Items	Pilot Study ($n = 30$)	Actual Study ($n = 119$)

Compulsive Use of Social Media	14	.841	.883
Social Media Fatigue	15	.882	.868
Psychological Well-Being	16	.742	.816

Note. n = total number of participants

Data processing and analysis plan

The statistical analysis and results for this study were generated by using the (SPSS) version 26. Demographic variables such as gender, ethnicity, relationship status, employment status, and social media sites used were measured using descriptive statistics (percentage), whereas age was measured using descriptive statistics through measuring the percentage, mean, standard deviation, minimum value, and maximum value.

Prior running the regression analysis, preliminary analyses were performed to verify that no non-multicollinearity assumptions were violated and that the normality, linearity, and homoscedasticity assumptions were met. Assumption of normality was used to analyse if the data fits a bell curve and the mean is normal, or the distribution of means across samples is normal (Ghasemi & Zahediasl, 2012). Thus, to examine the relationships among the studied variables CSMU, SMF and PWB, Pearson's Correlation analysis with the setting of one-tailed test was conducted.

Furthermore, the direct effect of CSMU on PWB as well as the indirect effect of CSMU on PWB through the mediating effect of SMF were analysed using Hayes PROCESS macro model 4 (Hayes, 2018) with 10000 bootstrapped samples.

Chapter 4

Results

Descriptive Statistics

Demographic Information. Among the 119 respondents, 39 (32.8%) males and 80 (67.2%) females participated. The age range of the respondents was 18 to 30 years old ($M = 22.67$, $SD = .33$). There was a total of 3.4% Malays ($n = 4$), 88.2% Chinese ($n = 105$), 7.6% Indian ($n = 9$) and 1 other, which is a Eurasian (0.8%). The majority of respondents' relationship status was single (75.6%), followed by in a relationship (24%) and the remaining (0.9%) was married. Besides, most of the respondents were students (80%), followed by employed adults (15.1%), unemployed (4.2%) and 1 freelance worker (0.9%). The most common social media platforms that the respondents used are Instagram (92.4%), Facebook (88.2%), Twitter (27.7%) and others (23.5%) such as Snapchat, TikTok, WeChat, Weibo.

Table 2.0

Demographic Information of Respondents. (n = 119)

	<i>n</i>	<i>%</i>	<i>M</i>	<i>SD</i>	<i>Min.</i>	<i>Max.</i>
Age			22.67	2.33	18	30
Gender						
Male	39	32.8				
Female	80	67.2				

Ethnicity

Malay	4	3.4
Chinese	105	88.2
Indian	9	7.6
Other	1	0.8

Relationship Status

Single	90	75.6
In a relationship	28	23.5
Married	1	0.9

Employment status

Students	95	79.8
Employed	18	15.1
Unemployed	5	4.2
Other	1	0.9

Social Media Platform

Facebook	105	88.2
Instagram	110	92.4
Twitter	33	27.7
Other	28	23.5

Note. n = total number of participants; % = percentage; M = mean; SD = standard deviation;

Min. = minimum value; Max. = maximum value.

Assumption of Normality

In the present study, five normality indicators were being used to test the assumption of normality. The five indicators included skewness and kurtosis, histogram, Q-Q plot and Kolmogorov-Smirnov.

Skewness and Kurtosis. Table 3.0 (refer to Appendix A) showed the skewness and kurtosis results for three variables. The values of skewness and kurtosis for CSMU were .172 and -.203, for SMF were -.136 and .058, and for PWB were .326 and -.416. The skewness and kurtosis results for CSMU, SMF and PWB, were within the acceptable range of ± 2 (Gravetter & Wallnau, 2014), therefore, three variables showed no violation for skewness and kurtosis indicators.

Test of Normality (Kolmogorov-Smirnov Test). Table 4.0 (refer to Appendix B) showed that variable CSMU, $D(119) = .052, p = .200$ and variable PWB, $D(119) = .073, p = .170$; both variables were significantly normal. On the other hand, the variable SMF, $D(119) = .092, p = 0.015$ was significantly non-normal as the value was smaller than alpha value ($p = .05$) and violated the Kolmogorov-Smirnov Test (Karson, 1968). Hence, the sample distributions were significantly diverse from the normal distribution.

Histogram. Figure 2.0 to Figure 4.0 (refer to Appendix C) indicated that the histogram for variable CSMU, SMF and PWB were normally distributed, with a bell-shaped curve. Hence, none of the three variables violated the normality indicator of histograms.

Q-Q Plot. Figure 5.0 to Figure 7.0 (refer to Appendix D) showed the normality for the three variables were excellent, since the observed values did not vary too far from the diagonal line (expected values), and the majority of the points fell along the diagonal line. As a result, the Q-Q Plot normality indication is not violated.

Conclusion for Assumption of Normality

Based on the five indicators of normality (skewness, kurtosis, Kolmogorov-Smirnov test, histogram and Q-Q plot), both variables CSMU, SMF, and PWB show no violation in the four out of five indicators. Hence, it can be concluded that the three variables achieved normal distribution.

Inferential Statistics

Correlation between CSMU and PWB

RO₁: What is the association of CSMU and PWB among young adults in Malaysia?

H₁: CSMU has a significant negative association with PWB young adults in Malaysia.

The linkage between CSMU and PWB is statistically negative among young adults in Malaysia, $r(117) = -.26, p = .004$. As the r -value falls into the range of 0.10 to 0.39, it is interpreted to have a weak linkage between the variables (Schober, 2018). H₁ was supported.

Correlation between CSMU and SMF

RO₂: What is the association of CSMU and SMF among young adults in Malaysia?

H₂: CSMU has a significant positive association with SMF among young adults in Malaysia.

The correlation between CSMU and SMF is significantly positive among young adults in Malaysia, $r(117) = .47, p < .001$. As the r -value falls between 0.4 to 0.6, it is interpreted as having a moderate correlation (Schober, 2018). H₂ was supported.

Correlation between SMF and PWB

RO₃: What is the association of SMF and PWB among young adults in Malaysia?

H₃: SMF has a significant negative association with PWB among young adults in Malaysia.

The correlation between SMF and PWB is statistically significant and negatively correlated among young adults in Malaysia, $r(117) = -.23, p = .014$. As the r -value falls into the range of 0.10 to 0.39, it is interpreted to have a weak linkage among the variables. H_3 was supported.

Table 5.0

Summary correlation of CSMU, SMF and PWB (n = 119)

Variables	1	2
1. CSMU	-	-
2. SMF	.47***	-
3. PWB	-.26**	-.23**

Note. ** $p < .01$; *** $p < .001$; one-tailed test.

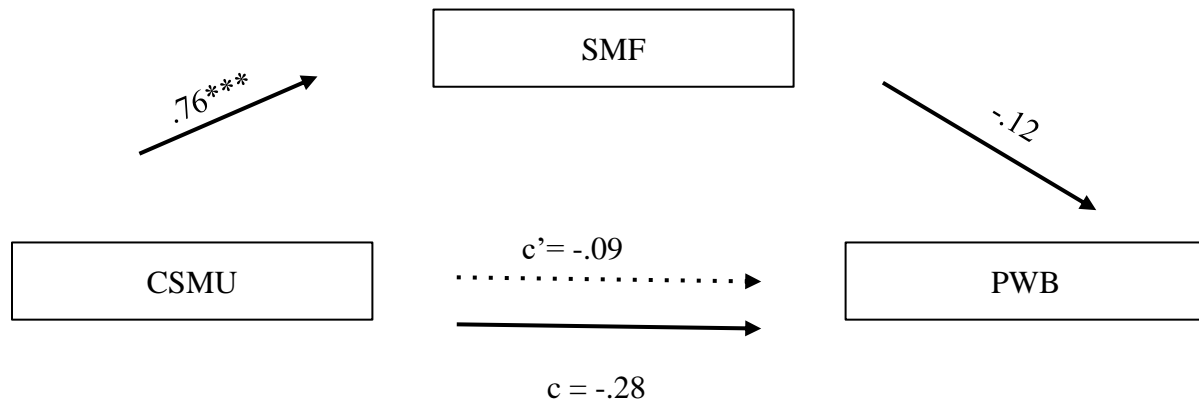
Mediation analysis

Hayes's PROCESS macro model of mediation analysis was used to carry out the mediation analysis of the proposed hypothesis. The path from CSMU to SMF depicts positive and statistically significant results ($b = .76, p < .001$). Furthermore, the path of linkage between SMF and PWB was negative and statistically not significant ($b = -.12, p = .192$). The direct effect of CSMU and PWB shown a negative and statistically not significant result ($b = -.28, p = .054$). The significance of the indirect effect was determined by using the bootstrap function with a resample of 10000. The total effect of CSMU on PWB is $-.09$, with 95% confidence interval $(-.25; .05)$, which is negative and statistically not significant. Hayes (2018) stated that the inclusion of value 0 within the 95% confidence interval indicates an insignificant result. Therefore, SMF

has no mediating effect in the association between CSMU and PWB. Hence, H₄ was not supported.

Figure 8.0

The mediating analysis of SMF on the association between CSMU and PWB.



c = direct pathway

c' = indirect pathway

*** $p < .001$.

Chapter 5

Discussion & Conclusion

This chapter examined the findings compared to the proposed hypotheses, as well as supporting materials from past literature. Following that, this chapter summaries the study based on the study's key findings. Besides, this chapter further discussed the theoretical and practical implications of the research. Finally, the limitations and future recommendations were stated.

Discussion

H₁: CSMU has a significant negative association with PWB among young adults in Malaysia.

The findings of the present study support hypothesis one, where compulsive social media use (CSMU) negatively associated to psychological well-being (PWB) among young adults in Malaysia. Consistent with the Stressor-Strain-Outcome (SSO) framework, stressors (CSMU) are linked to the outcome (PWB). The result shows consistency with a past study (Dhir et al., 2018) where CSMU negatively predicts low levels of well-being. Besides, it was also consistent with the study by Bernal-Ruiz et al. (2017), where problematic Internet use has a significant negative correlation with PWB. It can be explained that when an individual loses control of the environment and the ability to handle it after extensive social media usage as an escape mechanism, which can affect overall self-esteem and poor well-being (Bernal-Ruiz et al., 2017). Similarly, when users are unable to control their social media consumption, it can decrease mental strength, which makes users prone to consequences such as feelings of distress and exhaustion (Bright et al., 2015).

H₂: CSMU has a significant positive association with SMF among young adults in Malaysia

Besides, the result showed that CSMU has a moderate correlation with social media fatigue (SMF); hence, the H₂ is supported. This finding is consistent with the SSO framework, where CSMU is the stressor that triggers social media fatigue (strain). In addition, this finding is consistent with the past studies (Dhir et al., 2018; Lian et al., 2018; Yu et al., 2018; Zhang et al., 2020). According to Davis's cognitive behavioural theory, a plausible explanation is that social media users who experienced social media compulsive use spend more cognitive resources on social media use (Davis, 2001). To further strengthen this, an individual with compulsive use of social media will result in a negative cognitive state and negatively influence his or her physical, mental functions and behavioural decisions (Brand et al., 2016). Consequently, the user with poor mental functions experiences greater possibilities in emotional regulation difficulties (Donald et al., 2020). In general, CSMU exploits the physical and mental sources to regulate the users' emotional stability, leading to a SMF in the long run.

H₃: SMF has a significant negative association with PWB among young adults in Malaysia.

The hypothesis was in line with the result where SMF is negatively associated with PWB among young adults in Malaysia. It is consistent with a past study where SMF results in low PWB (Dhir et al., 2018). This can be explained by the Limited Capacity Model (LCM; Lang, 2000), where people are assumed to be information processors with limited processing capacity for information processing. The LCM model was used to develop the SMF construct as a basis to support the fact that users have limited cognitive space. If there is overwhelming information, there will be consequences from the perspectives of cognitive, behaviours and emotions (Zhang

et al., 2021). Bright et al. (2019) has elaborated that the LCM model in the social media context consists of three steps: (1) receiving a stimulus (e.g., receiving online information), (2) examining the information and (3) storing the information for later processing. The whole process can only happen when the user has sufficient brain space for content processing. As the cognitive space for information processing can be limited, it can become overloaded when exposed to excessive information. Prolonged exposure to excessive information can lead to negative emotions such as frustration and anxiety as well as poor mood regulation, which correlates to a poor PWB (Zhang et al., 2021).

H₄: SMF mediates the association between CSMU and PWB among young adults in Malaysia.

In addition, the result showed that SMF has no mediating effect on the association between CSMU and PWB; hence, the H₄ is not supported. This finding is inconsistent with the SSO framework, where strain (SMF) did not have the mediating effect between stressor (CSMU) and outcome (PWB). In addition, this finding is inconsistent with the previous study by Pang (2021), who suggested a possibility of the mediation role of SMF on the association between information overload and social anxiety. A possible explanation is that SMF did not reflect the overall PWB. In the present study, the Ryff's PWB scale is assessed by hedonic and eudaimonic measures, where hedonic measure refers to one's experience of pleasant and eudaimonic measure refer to one's experience of meaning and purpose (Ryff & Keyes, 1995). However, SMF could only cover the hedonic component of the measurement but not the eudemonic component. Hence, the future study can add an extra variable covering the hedonic and eudaimonic aspects of PWB. One of the consideration variables is life satisfaction, as past studies found that problematic social media use decreased life satisfaction with the indirect effect

of loneliness (Marttila et al., 2021). In addition, life satisfaction was found to contain hedonic and eudaimonic components (Blanco-Molina et al., 2019). In general, life satisfaction as a mediation variable associated with CSMU can help understand the indirect association between CSMU and PWB.

Implications of the study

Social media use is one of the daily practices in society, especially among young adults, as a source of information and entertainment. However, the general public has poor awareness of the possible outcomes of CSMU, which they may experience unknowingly. Hence, this research provided several contributions.

Theoretical implication. The findings of association between CSMU, SMF and PWB variables with each other was significant that contribute to the gap of mediating effect of SMF in association between CSMU and PWB. Hence, it serves a basis for future research that SMF can be considered as mediator in association between CSMU and PWB with the addition variables. In addition, it should be highlighted that almost limited to no literature has examined the relations of CSMU, SMF and PWB among young adults in compulsive social media usage and their well-being to serve as a basis for future research.

Practical implication. This research reflects a sample of young adult social media users' CSMU towards SMF and PWB. Hence, the findings of this study allow social media users to gain awareness, as CSMU could result in negative emotions and PWB. Therefore, social media users must consider the time spent on social media and take preventive action to avoid emotional exhaustion. For instance, relaxation techniques such as listening to relaxing music after a long

duration of social media usage can alleviate the mental fatigue associated with cognitive-motor performance (Guo et al., 2015).

Secondly, social media companies understand their users' needs and desires while also taking their users' mental health situations into account. It cannot be denied that SMF and negative PWB associated with CSMU may decrease active social media users. Hence, the social media company is suggested to monitor their users' usage behaviour, such as limiting the time and frequency of using social media daily. Besides, a reminder for the users to be aware of their social media usage could be implemented. As a result, the social media company could retain more users by protecting their users' emotions and PWB.

Limitations of Study

Several limitations in this study were determined. Firstly, the questionnaires are self-reported measurements. Therefore, the results might be biased in self-report measures as reactivity might happen once the respondent is aware of the measurement's purpose. According to Lavrakas (2008), reactivity will present when the participant, like the survey respondent, is affected by the instruments, interviewers, or items. Furthermore, since CIUS, PWB and SMF are self-report measurements, the respondent can change their mind when responding to the measurement to achieve society's expectation or the acceptable outcome that they think is satisfactory. Hence, social expectations or recall bias cannot be eliminated.

Secondly, while Internet networks are an effective method to reach out to social media users, this study adopted an online survey, which does not ensure a representative population sample. Due to the obvious Covid-19 circumstances, the online survey was necessary to ensure health safety. Response rate bias was reported to be one of the limitations. This is due to that low response rate which would reduce the representativeness of a sample. Since the respondents for

this study were acquired via an online survey, they may have failed to complete the questionnaire for various reasons, including the questionnaire being too long, having comprehension challenges, or being uninterested in completing the questionnaire. As a result, the study's findings would be affected.

Finally, because of the non-probability sample, this study was prone to selection bias. The respondents were recruited using the purposive sample technique via an online survey. Selection bias occurred when only those who used a certain type of social media platform were included in this study, while those who did not use these social media platforms but still used other platforms, such as WeChat, TikTok, and Snapchat, were excluded. Aside from that, despite the fact that our target age group is from 18 to 30, the majority of responses were from university students pursuing their bachelor's degrees. Several data show the status of employment or unemployment. As a result, the results may not be generalizable to the full population.

Recommendations of Study

Some recommendations were suggested in order to enhance this study if it was to be replicated by researchers in their future study. Self-reported measurements can be influenced by social expectations or self-reported bias, hence future researchers should adopt multimethod research by conducting two or more data sources or research methods. For example, in a quantitative study, survey method and open-ended interviews could be combined to obtain a more cohesive outcome and avoid self-reported bias. According to Essén and Sauder (2016), this method may enhance the quality of the research by allowing multiple views and variations to be observed.

Besides, some of the study's respondents may have failed to complete the survey or answered it improperly because they were busy or uninterested in finishing the survey study.

Therefore, researchers can implement creative strategies to invite participants to take the survey. For instance, providing incentives for the participants as a token for completing the questionnaire, but only after thoroughly reviewing the questionnaire and rewarding individuals who answered attentively and completed the survey.

Lastly, future researchers who still would like to utilise online surveys are recommended to find a way to engage with the respondents while they are doing their survey so that if they have any questions, they can ask, for example, staying on-call or video calling with them while they complete the survey. In the future, it is best to include varieties of social media as there are so many other platforms that have their audience. The study will be fairer to all the users and help eliminate the selection bias. Moreover, university students who are studying for their master's degrees, doctorate degrees, and working adults should be included in the study, as it will increase the total representation of the sample.

Conclusion of the Study

In conclusion, these findings suggested the associations Compulsive Social Media Use (CSMU), Social Media Fatigue (SMF), and Psychological Well-being (PWB). CSMU was negatively associated with PWB while positively associated with SMF. On the other hand, SMF was negatively associated with PWB. Besides, there was no significant mediating effect of SMF in the relation of CSMU and SMF. All in all, to reduce the detrimental psychological well-being resulting from social media use, social media companies and young adults should focus more on limiting social media use.

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Appendices

Appendix A

Skewness and Kurtosis

Table 3.0

Descriptive Statistics					
	N	Skewness		Kurtosis	
		Statistic	Std. Error	Statistic	Std. Error
SUM_CSMU	119	.172	.222	-.203	.440
SUM_SMF	119	-.136	.222	.058	.440
SUM_PWB	119	.326	.222	-.416	.440
Valid N (listwise)	119				

Appendix B

Test of Normality (Kolmogorov-Smirnov Test)

Table 4.0

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
SUM_CSMU	.052	119	.200*	.991	119	.616
SUM_SMF	.073	119	.170	.985	119	.220
SUM_PWB	.092	119	.015	.983	119	.135

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Appendix C

Histogram

Figure 2.0

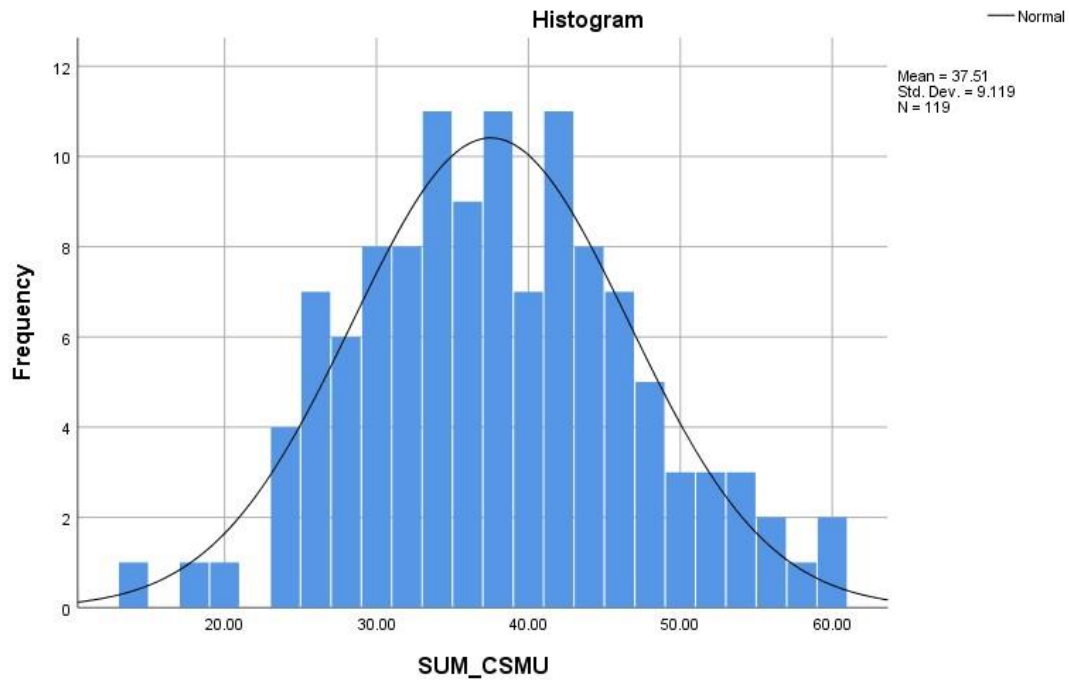


Figure 3.0

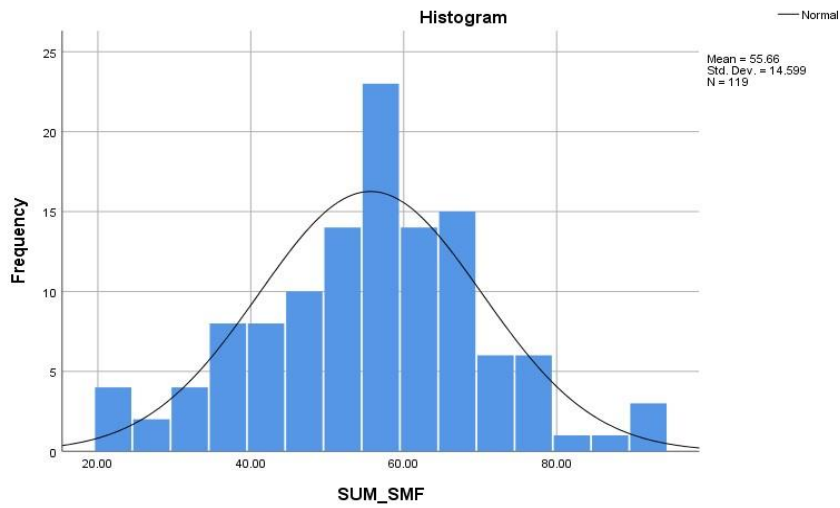
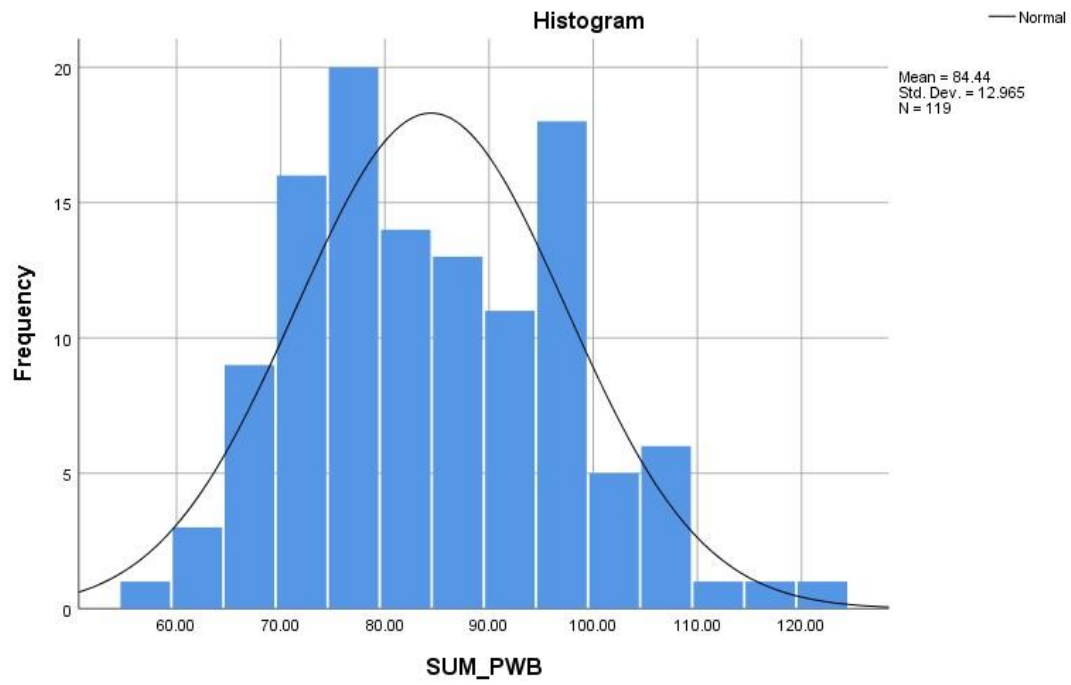


Figure 4.0



Appendix D

Q-Q Plot

Figure 5.0

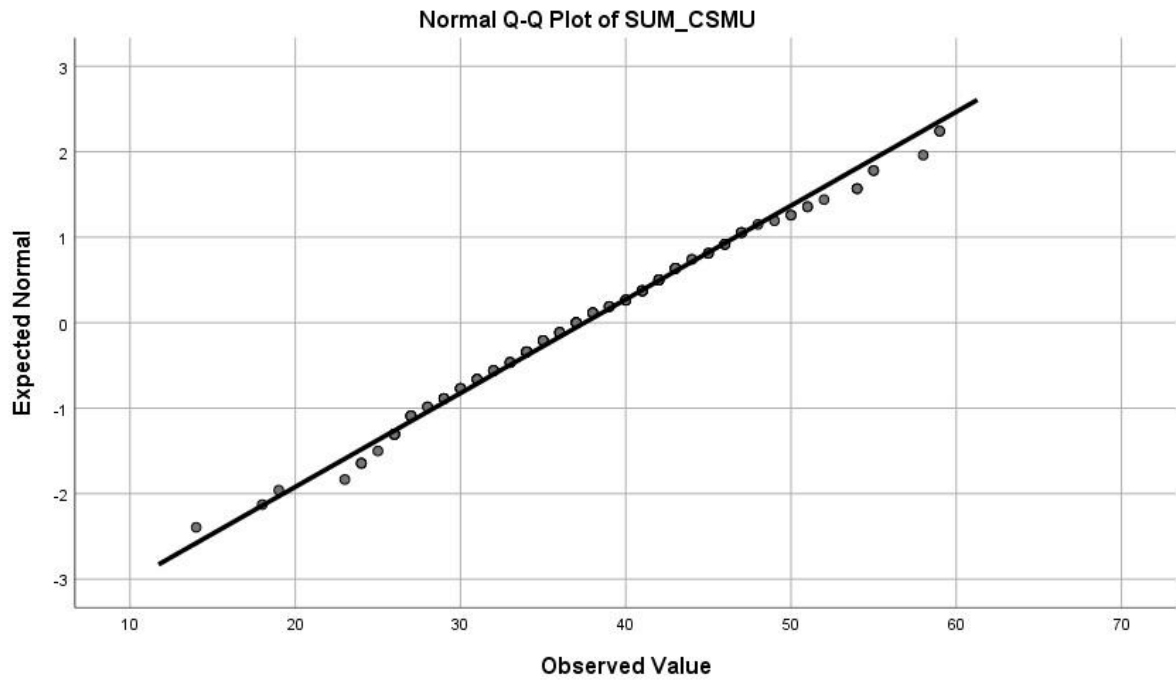


Figure 6.0

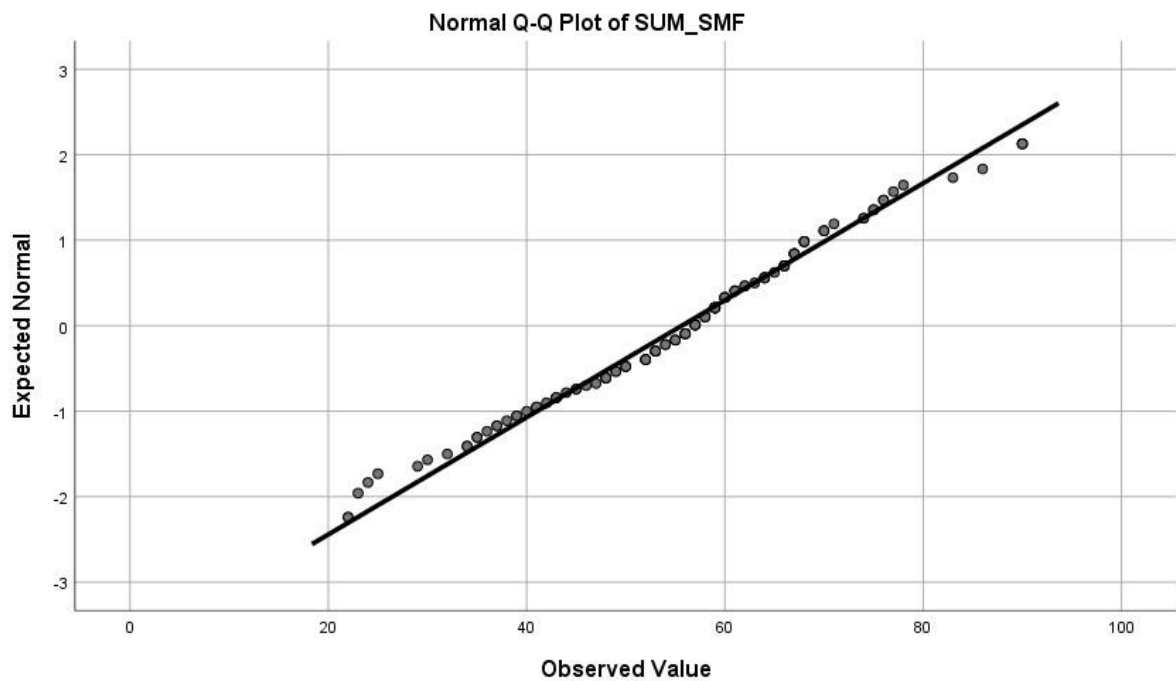
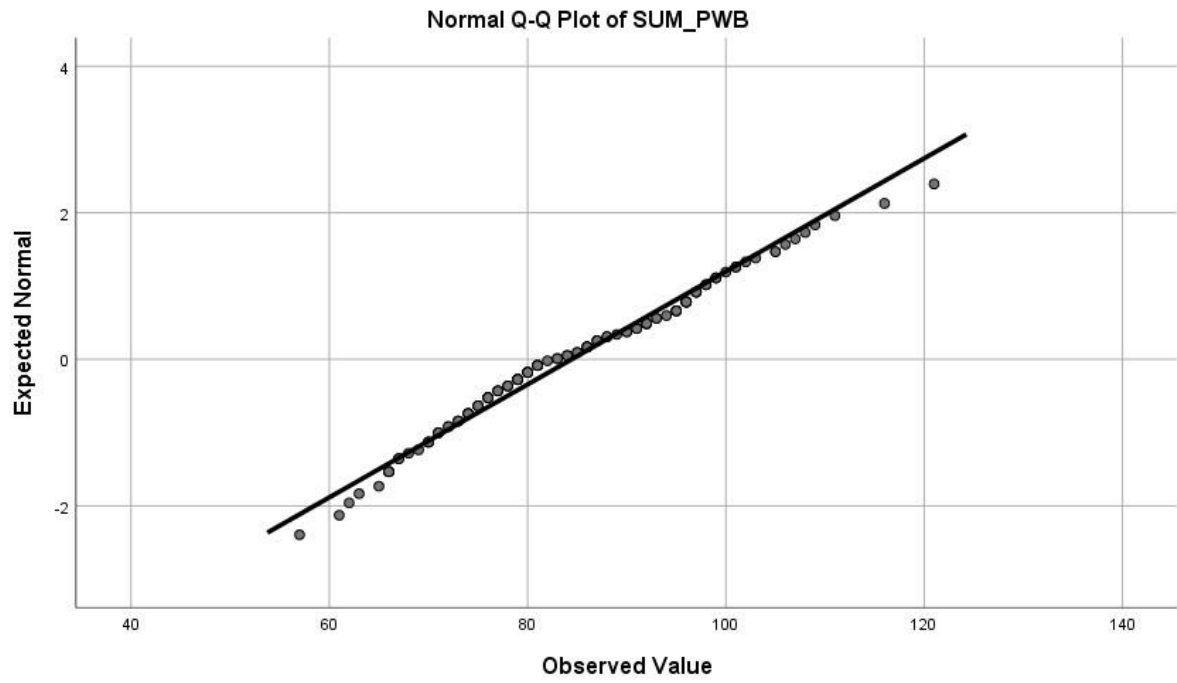
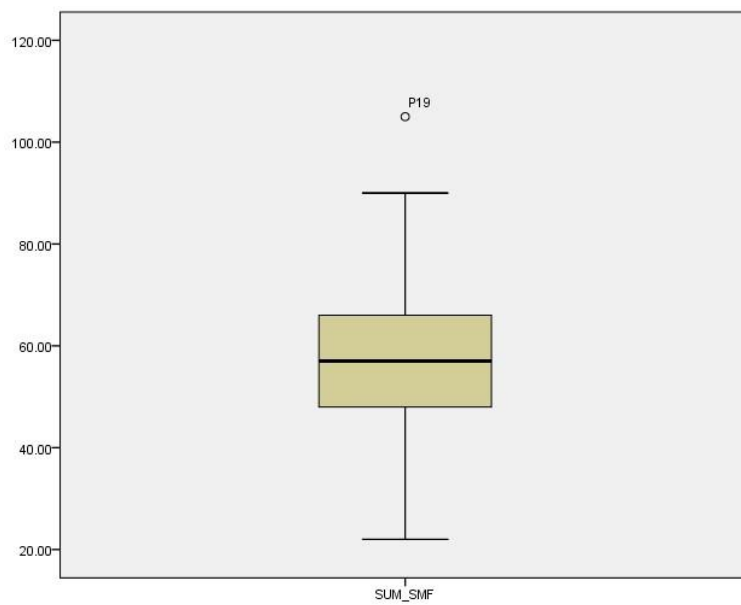
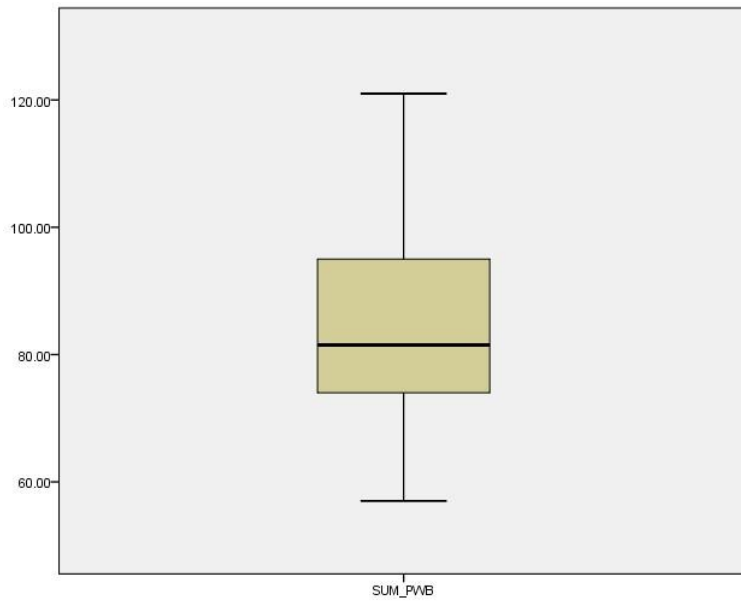


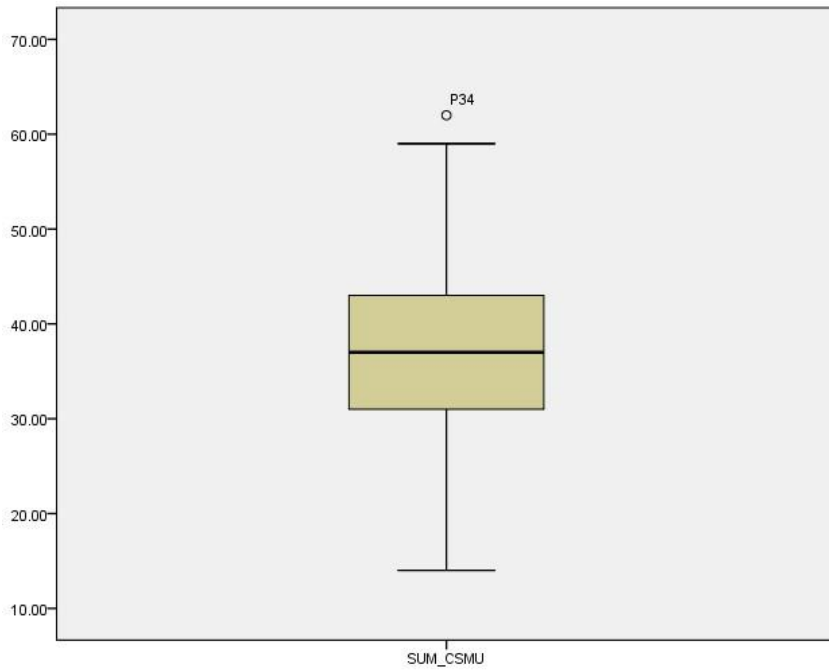
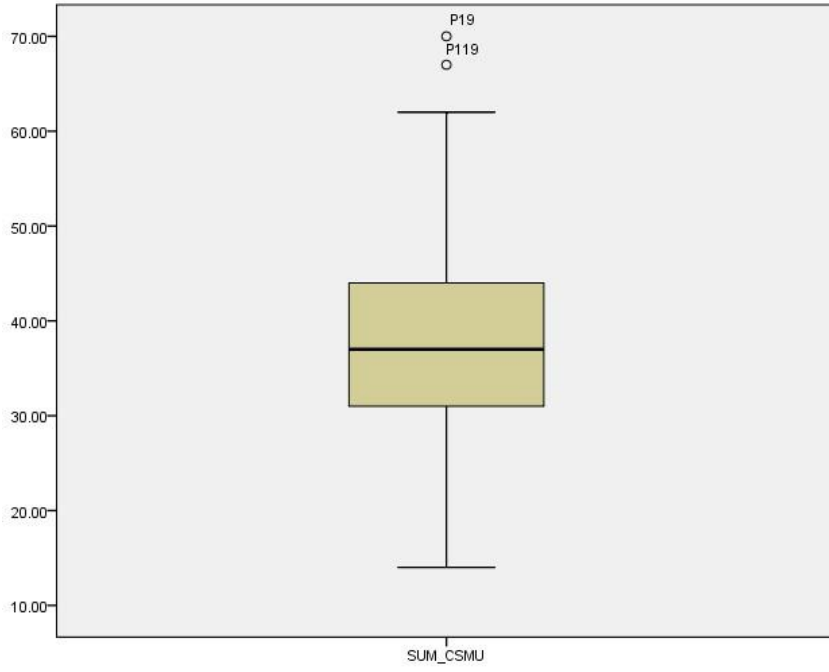
Figure 7.0



Appendix E

Data cleaning





Appendix F

Table of Mediation Analysis

Table 6.0

Run MATRIX procedure:

***** PROCESS Procedure for SPSS Release 2.15 *****

Written by Andrew F. Hayes, Ph.D. www.afhayes.com

Documentation available in Hayes (2013). www.guilford.com/p/hayes3

Model = 4

Y = SUM_PWB

X = SUM_CSMU

M = SUM_SMF

Sample size

119

Outcome: SUM_SMF

Model Summary

	R	R-sq	MSE	F	df1	df2
p	.4722	.2230	167.0136	33.5798	1.0000	

117.0000 .0000

Model

	coeff	se	t	p	LLCI	ULCI
constant	27.2946	5.0355	5.4204	.0000	17.3220	37.2672
SUM_CSMU	.7560	.1305	5.7948	.0000	.4977	1.0144

Outcome: SUM_PWB

Model Summary

	R	R-sq	MSE	F	df1	df2
p	.2846	.0810	157.1447	5.1115	2.0000	
	116.0000	.0075				

Model

	coeff	se	t	p	LLCI	ULCI
constant	101.4905	5.4635	18.5762	.0000	90.6694	112.3116
SUM_SMF	-.1176	.0897	-1.3118	.1922	-.2953	.0600
SUM_CSMU	-.2801	.1436	-1.9508	.0535	-.5644	.0043

***** TOTAL EFFECT MODEL *****

Outcome: SUM_PWB

Model Summary

	R	R-sq	MSE	F	df1	df2
p	.2595	.0674	158.1129	8.4501	1.0000	
	117.0000	.0044				

Model

	coeff	se	t	p	LLCI	ULCI
constant	98.2796	4.8995	20.0591	.0000	88.5764	107.9828
SUM_CSMU	-.3690	.1269	-2.9069	.0044	-.6204	-.1176

***** TOTAL, DIRECT, AND INDIRECT EFFECTS *****

Total effect of X on Y

Effect	SE	t	p	LLCI	ULCI	-
.3690	.1269	-2.9069	.0044	-.6204	-.1176	

Direct effect of X on Y

Effect	SE	t	p	LLCI	ULCI	-
.2801	.1436	-1.9508	.0535	-.5644	.0043	

Indirect effect of X on Y

	Effect	Boot SE	BootLLCI	BootULCI
SUM_SMF	-.0889	.0748	-.2499	.0501

Partially standardized indirect effect of X on Y

	Effect	Boot SE	BootLLCI	BootULCI
SUM_SMF	-.0069	.0059	-.0197	.0039

Completely standardized indirect effect of X on Y

	Effect	Boot SE	BootLLCI	BootULCI
SUM_SMF	-.0626	.0534	-.1800	.0338

Ratio of indirect to total effect of X on Y

	Effect	Boot SE	BootLLCI	BootULCI
SUM_SMF	.2410	.8822	-.1446	1.0438

Ratio of indirect to direct effect of X on Y

	Effect	Boot SE	BootLLCI	BootULCI
SUM_SMF	.3176	97.3824	-.1997	4.7761

R-squared mediation effect size (R-sq_med)

	Effect	Boot SE	BootLLCI	BootULCI
SUM_SMF	.0372	.0256	.0014	.1059

Preacher and Kelley (2011) Kappa-squared

	Effect	Boot SE	BootLLCI	BootULCI
SUM_SMF	.0571	.0416	.0032	.1580

***** ANALYSIS NOTES AND WARNINGS *****

Number of bootstrap samples for bias corrected bootstrap confidence

intervals:

10000

Level of confidence for all confidence intervals in output:

95.00

----- END MATRIX -----

Appendix G

Informed Consent



UAPZ 3013 Final Year Project
Department of Psychology and Counselling
Faculty of Arts and Social Science
Universiti Tunku Abdul Rahman

We are final year undergraduate students from Bachelor of Social Science (HONS) Psychology from Universiti Tunku Abdul Rahman (Kampar Campus) conducting our final year project.

Participant Information Sheet

Title of the study:

The association between social media use and psychological well-being among young adults in Malaysia: Social media fatigue as a mediator.

We would like to invite you to participate in this research study. However, before you decide to do so, it is essential for you to understand why the research is being done and what it will involve. Kindly take your time if anything you read is unclear or hope to clarify for more information. Do note that your decision to participate is voluntary and have the right to refuse.

What is the purpose of this study?

This research project aims to determine the mediating role of social media fatigue in the association of social media use and psychological wellbeing among young adults in Malaysia. Other than that, this research is being undertaken as part of our course structure to complete our degree requirement.

What will taking part involves?

You will be required to complete an online survey which will take approximately 20 minutes. By completing three sectors related to compulsive social media use, social media fatigue and psychological wellbeing.

Why have you been invited to take part?

You are invited to participate in this survey as you fulfill all the criteria: a) Malaysian b) 18-30 years old c) social media user (Facebook, Twitter or Instagram).

Do you have to take part?

Kindly take note that participation in this research is voluntary and participants have the right to withdraw at any time without giving any explanation.

What are the possible disadvantages and risks of taking part?

Participating in the research study will not put you at any risk, cause you any disadvantages or develop any feelings of discomfort.

How will information you provide be recorded, stored and protected?

All of the information we gather throughout the study will remain private and confidential. Any information you provide will be kept secure format secured by passwords and other relevant security procedures. Data gathered may be shared in an anonymize form with the research team and any third parties for reuse. This research will be conducted in accordance with the UTAR's Research Ethics and Code of Conduct. Researchers will seek ethical approval to conduct the study from the UTAR Scientific and Research Committee before distributing the survey.

What will happen to the results of the study?

Research results will be published. You will not be able to be identified in any sort of report or publication and your personal data will be untraceable. Kindly inform us to include you in our circulation list if you would like to have a copy of any reports arising from the study.

Who should you contact further for further information?

This research study is supervised by Mr. Tan Soon Aun. You may contact Mr Tan via tansa@utar.my if you would like to have any inquiries.

Please feel free to contact us if you have any inquiries:

Foong Chee Ee (jaydenfoong@utar.my)

Lau Yau Chee (yauchee@utar.my)

Sarvinna a/p Vasuthevan (sarvinna@utar.my)



Wholly owned by UTAR Education Foundation
(Co. No. 578227-M)
DU012(A)

Personal Data Protection Statement

In accordance with Personal Data Protection Act 2010 (“PDPA”) which came into force on 15 November 2013, Universiti Tunku Abdul Rahman (“UTAR”) is hereby bound to make notice and require consent in relation to collection, recording, storage, usage and retention of personal information.

Notice:

1. The purposes for which your personal data may be used are inclusive but not limited to:
 - For assessment of any application to UTAR
 - For processing any benefits and services
 - For communication purposes
 - For advertorial and news
 - For general administration and record purposes
 - For enhancing the value of education
 - For educational and related purposes consequential to UTAR
 - For the purpose of our corporate governance
 - For consideration as a guarantor for UTAR staff/ student applying for his/her scholarship/ study loan
2. Your personal data may be transferred and/or disclosed to third party and/or UTAR collaborative partners including but not limited to the respective and appointed outsourcing agents for purpose of fulfilling our obligations to you in respect of the purposes and all such other purposes that are related to the purposes and also in providing integrated services, maintaining and storing records. Your data may be shared when required by laws and when disclosure is necessary to comply with applicable laws.
3. Any personal information retained by UTAR shall be destroyed and/or deleted in accordance with our retention policy applicable for us in the event such information is no longer required.
4. UTAR is committed in ensuring the confidentiality, protection, security and accuracy of your personal information made available to us and it has been our ongoing strict policy to ensure that your personal information is accurate, complete, not misleading and updated. UTAR would also ensure that your personal data shall not be used for political and commercial purposes.

Consent Form for Research Participation and Personal Data Protection
 Title of Project: The association between social media use and psychological well-being among young adults in Malaysia: Social media fatigue as a mediator.
NOTE: This consent form will remain with the UTAR researchers for their records.
 I understand I have been asked to take part in the research project specified above by UTAR students for the purpose of their course assignment for UAPZ3013 Final Year Project I. I have had the project explained to me, and I have read the Explanatory Statement, which I keep for my records.

I understand that:

	Yes	No
I will be asked to complete a questionnaire about emotional regulation, problem solving ability and turnover intention among working adults.	<input type="radio"/>	<input type="radio"/>
My participation is voluntary, that I can choose not to participate in part or all of the project, and that I can withdraw at any stage of the project without being penalized or disadvantaged in any way	<input type="radio"/>	<input type="radio"/>
I may ask at any time for my data to be withdrawn from the project	<input type="radio"/>	<input type="radio"/>
No information I have provided that could lead to the identification of any other individual will be disclosed in any reports on the project, or to any other party	<input type="radio"/>	<input type="radio"/>
I will remain anonymous at all times in any reports or publications from the project	<input type="radio"/>	<input type="radio"/>
It is my sole responsibility to look after my own safety for the above project. In the event of any misfortune or accidental injury involving me, whether or not due solely to personal negligence or otherwise, I hereby declare that UTAR shall not be held responsible.	<input type="radio"/>	<input type="radio"/>

By submitting this form, I hereby authorise and consent to UTAR processing (including disclosing) my personal data and any updates of my information, for the purposes and/or for any other purposes related to the purpose. I acknowledge that if I do not consent or subsequently withdraw my consent to the processing and disclosure of my personal data, UTAR will not be able to fulfil their obligations or to contact me or to assist me in respect of the purposes and/or for any other purposes related to the purpose.

Acknowledgment of Personal Data Protection Notice

I have been notified by you and that I hereby understood, consented and agreed per UTAR above notice.

I disagree, my personal data will not be processed.

Appendix H

Demographic Information Questionnaire

Age

Gender

Male

Female

Nationality

Malaysian

Non-Malaysian

Ethnicity

Malay

Chinese

Indian

Others:

Relationship status

Single

In a relationship

Married

Others:

Working status

Student

Unemployed

Employed

Others

Types of social media use (You may choose more than one option)

Facebook

Twitter

Instagram

Others

Appendix I

Compulsive Social Media Use Questionnaire (CSMU)

Part A: Instruction: Below is a collection of statements about your everyday experiences on social media use. Using the scale provided please indicate how true each statement is about your general experiences. Please answer according to which really reflects your experiences rather than what you think your experiences should be. Please treat each item separately from every other item.

	Never	Seldom	Sometimes	Often	Very often
1. Do you find it difficult to stop using the social media when you are online?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Do you continue to use the social media despite your intention to stop?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Do others (e.g., partner, children, parents) say you should use the social media less?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Do you prefer to use the social media instead of spending time with others (e.g., partner, children, parents)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Are you short of sleep because of the social media?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Do you think about the social media, even when not online?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Do you look forward to your next social media session?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Do you think you should use the social media less often?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Have you unsuccessfully tried to spend less time on the social media?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Do you rush through your (home) work in order to go on the social media?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Do you neglect your daily obligations (work, school, or family life) because you prefer to go on the social media?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Do you go on the social media when you are feeling down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Do you use the social media to escape from your sorrows or get relief from negative feelings?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Do you feel restless, frustrated, or irritated when you cannot use the social media?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Appendix L

Approval to use Questionnaire



A/P VASUTHEVAN SARVINNA <sarvinna@1utar.my>

Re: Permission to Use Questionnaire

1 message

Landreth Grau, Stacy <s.grau@tcu.edu> Fri, Feb 4, 2022 at 11:24 PM
 To: A/P VASUTHEVAN SARVINNA <sarvinna@1utar.my>, "Kleiser, Susan" <s.kleiser@tcu.edu>, "l.bright@tcu.edu" <l.bright@tcu.edu>
 Cc: "sarvinnav@gmail.com" <sarvinnav@gmail.com>

Of course!

Good luck with your work,

Best,

Stacy Grau

Stacy Landreth Grau, Ph.D.

Pronouns: She, her, hers

Professor of Entrepreneurship & Innovation Practice; Neeley School of Business

Director, IdeaFactory; School of Interdisciplinary Studies

JV Roach Honors Faculty Partner

Texas Christian University

s.grau@tcu.edu; 817-257-6540; Rees Jones 343

From: A/P VASUTHEVAN SARVINNA <sarvinna@1utar.my>
Date: Friday, February 4, 2022 at 3:54 AM
To: "Kleiser, Susan" <s.kleiser@tcu.edu>, Stacy Grau <s.grau@tcu.edu>, Laura Bright <l.bright@tcu.edu>
Cc: "sarvinnav@gmail.com" <sarvinnav@gmail.com>
Subject: Permission to Use Questionnaire

[EXTERNAL EMAIL WARNING] DO NOT CLICK LINKS or open attachments unless you recognize the sender and know the content is safe.

Greetings Dr/ Ms/Mrs/Madam Bright ,Kleiser, Grau

Hope this message finds you well. My name is Sarvinna and I am a final year student at University Tunku Abdul Rahman Malaysia. I am writing this to you in request for the rights to use the **Social Media Fatigue Scale (SMFS)** in my final year project hence your consent and permission to implement the questionnaire in our study will be highly appreciated. Hope to hear from you soon .

Thank you for your forthcoming responses.

<https://mail.google.com/mail/u/0/?ik=dde8840c0d&view=pt&search=all&permthid=thread-a%3Ar-8474011721000409729&simpl=msg-f%3A17238466705089...> 1/2

30/03/2022, 18:44

Universiti Tunku Abdul Rahman Mail - Permission to Use Questionnaire



Wholly owned by UTAR Educational Foundation

A/P VASUTHEVAN SARVINNA <sarvinna@utar.my>

Permission to Use Questionnaire

3 messages

A/P VASUTHEVAN SARVINNA <sarvinna@utar.my>

Fri, Feb 4, 2022 at 6:26 PM

To: cryff@wisc.edu

Cc: sarvinnav@gmail.com

Greetings Professor Ryff

Hope this message finds you well. My name is Sarvinna and I am a final year student at University Tunku Abdul Rahman Malaysia. I am writing this to you in request for the rights to use the **Psychological Well-being (PWB)** by Ryff and Keyes (1995) in my final year project hence your consent and permission to implement the questionnaire in our study will be highly appreciated. Hope to hear from you soon .

Thank you for your forthcoming responses.

Best Regards

Sarvinna

sarvinnav@gmail.com

THERESA M BERRIE <berrie@wisc.edu>

Tue, Feb 8, 2022 at 10:04 PM

To: "sarvinna@utar.my" <sarvinna@utar.my>

Greetings,

Thanks for your interest in the well-being scales.

I am responding to your request on behalf of Carol Ryff.

She has asked me to send you the following:

You have her permission to use the scales for research or other non-commercial purposes.

They are attached in the following files:

"Ryff PWB Scales" includes:

- psychometric properties
 - scoring instructions
 - how to use different lengths of the scales
- (see note about the 18-item scale, which is not recommended)

"Ryff PWB Reference Lists" includes:

- a list of the main publications about the scales
- a list of published studies using the scales

30/03/2022, 18:44

Universiti Tunku Abdul Rahman Mail - Permission to Use Questionnaire

There is no charge to use the scales and no need to send us the results of your study.

We do ask that you please send us copies

of any journal articles you may publish using the scales to:

berrie@wisc.edu and cryff@wisc.edu.

Best wishes for your research,

--

Theresa Berrie


UW-Madison Institute on Aging


berrie@wisc.edu

Hours: Tues-Thurs, 7:30am-4:30pm

[Quoted text hidden]

2 attachments

 **1- Ryff PWB Scales.docx**
92K

 **2- Ryff PWB Reference Lists.docx**
180K


A/P VASUTHEVAN SARVINNA <sarvinna@1utar.my>


Wed, Feb 9, 2022 at 10:14 AM

To: CHEE EE FOONG <jaydenfoong@1utar.my>, YAU CHEE LAU <yauchee@1utar.my>

[Quoted text hidden]

2 attachments

 **1- Ryff PWB Scales.docx**
92K

 **2- Ryff PWB Reference Lists.docx**
180K

30/03/2022, 18:43

Universiti Tunku Abdul Rahman Mail - Permission to Use Questionnaire



A/P VASUTHEVAN SARVINNA <sarvinna@utar.my>

Permission to Use Questionnaire

3 messages

A/P VASUTHEVAN SARVINNA <sarvinna@utar.my>
To: g.meerkerk@uu.nl

Tue, Feb 8, 2022 at 2:30 AM

Greetings Dr Meerkerk ,

Hope this message finds you well. My name is Sarvinna and I am a final year student at University Tunku Abdul Rahman Malaysia. I am writing this to you in request to use your questionnaire (**compulsive Internet Use Scale (CIUS)**) in my final year project hence your consent and permission to implement the questionnaire in our study will be highly appreciated. Hope to hear from you soon .

Thank you for your forthcoming responses.

Best Regards
Sarvinna
sarvinnav@gmail.com

Meerkerk, G. (Gert-Jan) <g.meerkerk@uu.nl>
To: A/P VASUTHEVAN SARVINNA <sarvinna@utar.my>

Thu, Feb 17, 2022 at 11:38 PM

Dear Sarvinna,

Sorry for my late response; your email went to my spam folder, and I only just saw it. As I get a lot of requests like yours, I wrote a standard reply which you can find below. If you have any questions, please don't hesitate to contact me. All the best with your thesis!

Best wishes,

Gert-Jan

Dear ...,

You can use the CIUS as long as there's no commercial interest and you provide the correct reference (Meerkerk, G.-J., Van Den Eijnden, R. J. J. M., Vermulst, A. A., & Garretsen, H. F. L. (2009). The Compulsive Internet Use Scale (CIUS): some psychometric properties. *Cyberpsychology & Behavior*, 12(1), 1-6.).

Furthermore, I would like to add some remarks. First, I don't feel comfortable anymore with the term compulsive internet use, I would rather refer to it as an impulse-control disorder or Addictive Disorder, however, this is just a matter of nomenclature. Second, the items of the CIUS are largely based on the DSM-IV criteria for Addictive Disorders. This means that an item for craving, which was included in the DSM-V, is not included in the current scale. Finally, and most importantly, the CIUS was designed to measure general compulsive internet use, which is comparable to what other researchers refer to as internet addiction, or problematic or pathological internet use etc. However, I currently think it makes more sense to address the specific (problematic) online behavior more directly, e.g., online gaming (1), online pornography (2) or social media (3), to mention the probably most important areas of problematic internet use (maybe you should include online gambling as well). Therefore, you may consider not to use

<https://mail.google.com/mail/u/0/?ik=de8840c0d&view=pt&search=all&permthid=thread-a%3Ar369457786543811537&simpl=msg-a%3Ar58785357475578...> 1/3

30/03/2022, 18:43

Universiti Tunku Abdul Rahman Mail - Permission to Use Questionnaire

a general measure of problematic internet use like the CIUS, but instead focus on a particular online behavior and use a specialized measure.

1. Van Rooij, A. J., Schoenmakers, T. M., van den Eijnden, R. J. J. M., Vermulst, A. A., & van de Mheen, D. (2012). Video game addiction test: validity and psychometric characteristics. *Cyberpsychology, Behavior and Social Networking*, 15(9), 507-11. doi:10.1089/cyber.2012.0007
2. Downing, M. J., Antebi, N., & Schrimshaw, E. W. (2014). Compulsive Use of Internet-based Sexually Explicit Media: Adaptation and Validation of the Compulsive Internet Use Scale (CIUS). *Addictive Behaviors*. doi:10.1016/j.addbeh.2014.03.007
3. De Cock, R., Vangeel, J., Klein, A., Minotte, P., Rosas, O., & Meerkerk, G.-J. (2014). Compulsive use of social networking sites in Belgium: prevalence, profile, and the role of attitude toward work and school. *Cyberpsychology, Behavior and Social Networking*, 17(3), 166-71. doi:10.1089/cyber.2013.0029

For your convenience I've included the 'official' items of the CIUS. Scoring and interpretation is easy: scoring is just adding up all answers and interpretation is the higher the score the more serious the problem. One problem you will encounter is the lack of a validated cut-off point. The CIUS was developed to be used for correlational analyses in social epidemiological studies, and we did not define a cut-off point to differentiate between 'addictive' and 'non-addictive' use. However, you can have a look at how other authors dealt with this: e.g., Rumpf, H.-J., Vermulst, A. A., Bischof, A., Kastirke, N., Gürtler, D., Bischof, G., ... Meyer, C. (2013). Occurrence of Internet Addiction in a General Population Sample: A Latent Class Analysis. *European Addiction Research*, 20(4), 159-166. doi:10.1159/000354321. If you want a simpler solution, you could use an average score higher than 2 (with items scoring from 0 to 4) as an indication for problems related to the use of the internet.

A shortened version of the CIUS was developed by colleagues in Germany, maybe this is interesting for you as well: Besser, B., Rumpf, H.-J., Bischof, A., Meerkerk, G.-J., Higuchi, S., & Bischof, G. (2017). Internet-Related Disorders: Development of the Short Compulsive Internet Use Scale. *Cyberpsychology, Behavior, and Social Networking*, 20(11), 709-717. <https://doi.org/10.1089/cyber.2017.0260>. Also, a cross-cultural validation study was published which may be interesting for you: Lopez-Fernandez, O., Griffiths, M. D., Kuss, D. J., Dawes, C., Pontes, H. M., Justice, L., ... Billieux, J. (2019). Cross-Cultural Validation of the Compulsive Internet Use Scale in Four Forms and Eight Languages. *Cyberpsychology, Behavior, and Social Networking*, 22(7), 451-464. <https://doi.org/10.1089/cyber.2018.0731>.

Good luck with your work!

Best wishes,

Gert-Jan Meerkerk

—

Dr. Gert-Jan Meerkerk

Lecturer

Education and Pedagogy - Clinical Child and Family Studies - Utrecht University

Heidelberglaan 1 - 3584 CS Utrecht - The Netherlands

Tel. +31 6 293 893 41

[Quoted text hidden]

 **Compulsive Internet Use Scale_Eng.pdf**
63K

A/P VASUTHEVAN SARVINNA <sarvinna@1utar.my>

Fri, Feb 18, 2022 at 12:00 AM

To: CHEE EE FOONG <jaydenfoong@1utar.my>, YAU CHEE LAU <yauchee@1utar.my>

<https://mail.google.com/mail/u/0/?ik=dde8840c0d&view=pt&search=all&permthid=thread-a%3Ac369457786543811537&simpl=msg-a%3Ar-5878535475578...> 2/3

Re: U/SERC/282/2021

8 December 2021

Dr Pung Pit Wan
 Head, Department of Psychology and Counselling
 Faculty of Arts and Social Science
 Universiti Tunku Abdul Rahman
 Jalan Universiti, Bandar Baru Barat
 31900 Kampar, Perak.

Dear Dr Pung,

Ethical Approval For Research Project/Protocol

We refer to the application for ethical approval for your students' research projects from Bachelor of Social Science (Hons) Psychology programme enrolled in course UAPZ3013/UAPZ3023. We are pleased to inform you that the application has been approved under Expedited Review.

The details of the research projects are as follows:

No	Research Title	Student's Name	Supervisor's Name	Approval Validity
1.	Perceived Stress, Self-control, and Subjective Well-being as Predictors in Predicting Social Media Addiction Among Young Adults During the Covid-19 Pandemic in Malaysia	1. Chiam Kok Yi 2. Chow Jing Keat 3. Lee Jiao Hao	Dr Pung Pit Wan	8 December 2021 - 7 December 2022
2.	Predicting Roles of Perceived Social Support and Perceived Academic Stress on Internet Addiction Among Undergraduate Students in Malaysia	1. Chan Yieng Ming 2. Ooi Kyxin 3. Loi Ting Sian		
3.	Attitudes toward Singlehood, Negative Stereotyping of Single Persons, and Perceived Control as Determinants of the Intention to be Single Among Young Adults in Malaysia	1. Joanne Chong Hui Qi 2. Leong Wen Sam 3. Leow Rou yi	Dr Tan Chee Seng	
4.	The Effect of Career Self-Efficacy, Career Outcome Expectations, And Future Career Anxiety on Final Undergraduate Year Last Semester Students' Career Choice	1. Tan Za Sen 2. Lee Quan Xuan 3. Viven Anak Thomas		
5.	The Relationship Between Sense of Coherence, Coping Strategies and Suicidal Ideation Among Youths in Malaysia	1. Nur Imanina Amani Binti Mustakim 2. Reshmika a/p Elangovan 3. Shobhanah a/p Ramesh	Dr Siah Poh Chua	
6.	Non-Attachment and Sense of Coherence: Their Relationships with Happiness	1. Gan Wei Xuan 2. Kashvini Muthu Kumar 3. Stephanie Wong Zi Shan		
7.	Grit, Social Relationship and Academic Performance: Their Relationships Among Undergraduates in Malaysia	1. Firozepall Singh 2. Arjan Singh a/l Ranjit Singh		
8.	Flow Experience, Stress, and Mindfulness as Predictors of Internet Addiction Among University Students in Malaysia	1. Avinaash a/l Thiruselvam 2. Lim Shu Jing	Ms T'ng Soo Ting	
9.	The Mediating Role of Emotion Regulation in the Relationship Between Negative Emotion, Positive Emotion, and Emotional Eating Among Young Adults in Malaysia	1. Chong Xuan Ni 2. Heng Wee Keat 3. Ruan, Yu		

No	Research Title	Student's Name	Supervisor's Name	Approval Validity
10.	Determinants of Sexting Behavior Among Emerging Adults in Malaysia	1. Lee Li Teng 2. Ong Pei Ling 3. Wong Yoke Ting	Mr Tan Soon Aun	8 December 2021 - 7 December 2022
11.	The Association Between Compulsive Social Media Use and Psychological Well-being Among Young Adults in Malaysia: Social Media Fatigue as a Mediator	1. Foong Chee Ee 2. Lau Yau Chee 3. Sarvinna a/p Vasuthevan		

The conduct of this research is subject to the following:

- (1) The participants' informed consent be obtained prior to the commencement of the research;
- (2) Confidentiality of participants' personal data must be maintained; and
- (3) Compliance with procedures set out in related policies of UTAR such as the UTAR Research Ethics and Code of Conduct, Code of Practice for Research Involving Humans and other related policies/guidelines.
- (4) Written consent be obtained from the institution(s)/company(ies) in which the physical or/and online survey will be carried out, prior to the commencement of the research.

Should the students collect personal data of participants in their studies, please have the participants sign the attached Personal Data Protection Statement for records.

Thank you.

Yours sincerely,



Professor Ts Dr Faiz bin Abd Rahman

Chairman

UTAR Scientific and Ethical Review Committee

c.c Dean, Faculty of Arts and Social Science
Director, Institute of Postgraduate Studies and Research

**UNIVERSITI TUNKU ABDUL RAHMAN
FACULTY OF ARTS AND SOCIAL SCIENCE
DEPARTMENT OF PSYCHOLOGY AND COUNSELLING**

UAPZ 3023 Final Year Project II

Quantitative Research Project Evaluation Form

TURNITIN: *'In assessing this work you are agreeing that it has been submitted to the University-recognised originality checking service which is Turnitin. The report generated by Turnitin is used as evidence to show that the students' final report contains the similarity level below 20%.'*

Project Title: The association between compulsive social media use and psychological well-being among young adults in Malaysia: Social media fatigue as a mediator	
Supervisor: Mr Tan Soon Aun	
Student's Name:	Student's ID
1. Foong Chee Ee	1. 18AAB04501
2. Lau Yau Chee	2. 18AAB04605
3. Sarvinna a/p Vasuthevan	3. 18AAB05688

<p>INSTRUCTIONS: Please score each descriptor based on the scale provided below:</p> <ol style="list-style-type: none"> 1. Please award 0 mark for no attempt. 2. For criteria 7: Please retrieve the marks from "Oral Presentation Evaluation Form".

1. ABSTRACT (5%)	Max Score	Score
a. State the main hypotheses/research objectives.	5%	
b. Describe the methodology: <ul style="list-style-type: none"> • Research design • Sampling method • Sample size • Location of study • Instruments/apparatus/outcome measures • Data gathering procedures 	5%	
c. Describe the characteristics of participants.	5%	
d. Highlight the outcomes of the study.	5%	
e. Conclusions, implications, and applications.	5%	
Sum	25%	/25%
Subtotal (Sum/5)	5%	/5%
Remark:		
2. METHODOLOGY (25%)	Max Score	Score
a. Research design/framework: <ul style="list-style-type: none"> • For experiment, report experimental manipulation, participant flow, treatment fidelity, baseline data, adverse events and side effects, assignment method and implementation, masking. (*if applicable with the study design) • For non-experiment, describe the design of the study and data used. 	5%	
b. Sampling procedures: <ul style="list-style-type: none"> • Justification of sampling method/technique used. • Description of location of study. • Procedures of ethical clearance approval. (Provide reference number of approval letter) 	5%	
c. Sample size, power, and precision: <ul style="list-style-type: none"> • Justification of sample size. • Achieved actual sample size and response rate. • Power analysis or other methods (if applicable). 	5%	
d. Clear explanation of data collection procedures: <ul style="list-style-type: none"> • Inclusion and exclusion criteria • Procedures of obtaining consent • Description of data collection procedures • Provide dates/duration of recruitment repeated measures or follow-up. • Agreement and payment (if any) 	5%	
e. Explanation of instruments/questionnaire used: <ul style="list-style-type: none"> • Description of instruments 	5%	

<ul style="list-style-type: none"> • Scoring system • Meaning of scores • Reliability and validity 		
Subtotal	25%	/25%
Remark:		
3. RESULTS (20%)	Max Score	Score
a. Descriptive statistics: <ul style="list-style-type: none"> • Demographic characteristics • Topic-specific characteristics 	5%	
b. Data diagnostic and missing data: <ul style="list-style-type: none"> • Frequency and percentages of missing data. (if applicable) • Methods employed for addressing missing data. (if applicable) • Criteria for post data-collection exclusion of participants. • Criteria for imputation of missing data. • Defining and processing of statistical outliers. • Analyses of data distributions. • Data transformation (if applicable). 	5%	
c. Appropriate data analysis for each hypothesis or research objective.	5%	
d. Accurate interpretation of statistical analyses: <ul style="list-style-type: none"> • Accurate report and interpretation of confidence intervals or statistical significance. • Report of p values and minimally sufficient sets of statistics (e.g., dfs, MS, MS error). • Accurate report and interpretation of effect sizes. • Report any problems with statistical assumptions. 	5%	
Subtotal	20%	/20%
Remark:		
4. DISCUSSION AND CONCLUSION (20%)	Max Score	Score
a. Constructive discussion of findings: <ul style="list-style-type: none"> • Provide statement of support or nonsupport for all hypotheses. • Analyze similar and/or dissimilar results. • Rational justifications for statistical results. 	8%	

b. Implication of the study: • Theoretical implication for future research. • Practical implication for programs and policies.	4%		
c. Relevant limitations of the study.	4%		
d. Recommendations for future research.	4%		
Subtotal	20%		/20%
Remark:			
5. LANGUAGE AND ORGANIZATION (5%)	Max Score	Score	
a. Language proficiency	3%		
b. Content organization	1%		
c. Complete documentation (e.g., action plan, originality report)	1%		
Subtotal	5%		/5%
Remark:			
6. APA STYLE AND REFERENCING (5%)	Max Score	Score	
a. 7 th Edition APA Style	5%		/5%
Remark:			
*ORAL PRESENTATION (20%)	Score		
	Student 1	Student 2	Student 3
Subtotal	/20%	/20%	/20%
Remark:			
PENALTY	Max Score	Score	
Maximum of 10 marks for LATE SUBMISSION (within 24hours), or POOR CONSULTATION ATTENDANCE with supervisor. *Late submission after 24hours will not be graded	10%		
	Student 1	Student 2	Student 3
**FINAL MARK/TOTAL	/100%	/100%	/100%

*****Overall Comments:**

Signature: _____

Date: _____

Notes:

1. **Subtotal:** The sum of scores for each assessment criterion
2. **FINAL MARK/TOTAL:** The summation of all subtotal score
3. Plagiarism is **NOT ACCEPTABLE**. Parameters of originality required and limits approved by UTAR are as follows:
 - (i) **Overall similarity index is 20% or below**, and
 - (ii) **Matching of individual sources listed must be less than 3%** each, and
 - (iii) Matching texts in continuous block must **not exceed 8 words**

Note: Parameters (i) – (ii) shall exclude quotes, references and text matches which are less than 8 words.

Any works violate the above originality requirements will NOT be accepted. Students have to redo the report and meet the requirements in **SEVEN (7)** days.

*The marks of “Oral Presentation” are to be retrieved from “**Oral Presentation Evaluation Form**”.

**It is compulsory for the supervisor/examiner to give the overall comments for the research projects with A- and above or F grading.

Action Plan of UAPZ 3023 (group-based) Final Year Project II for Jan trimester						
Supervisee's Name: 1. . Foong Chee Ee 2. Lau Yau Chee 3.Sarvinna a/p Vasuthevan						
Supervisor's Name: Mr. Tan Soon Aun						
Task Description	Duration	Date/Time	Supervisee's Signature	Supervisor's Signature	Supervisor's Remarks	Next Appointment Date/Time
Methodology, Data Collection & Data Analysis	W1-W2		<i>Jaylan</i>			
Data Collection	W1	12 Jan 2022 - 28 Jan 2022	<i>Lau Yau Chee</i>	<i>TSA</i>		
Data Analysis	W2	29 Jan 2022 (8pm - 12am)	<i>Sarvinna</i>			Communication and progress update via chat
Methodology	W2	30 Jan (10am - 2pm)				
Finding & Analysis	W3-W6		<i>Jaylan</i>			
Discuss Findings & Analysis with Supervisor	W3-W5	4 Feb 2022 - 16 Feb 2022	<i>Lau Yau Chee</i>	<i>TSA</i>		Double checking the analysis with supervisor before proceeding with the write up (8 Feb 2022)
Amending Findings & Analysis	W5 & 6	18 Feb 2022 - 23 Feb 2022 8pm - 11pm	<i>Sarvinna</i>			Supervisor double checks the final outcome 24/2 submission 26/2 Feedback received
Discussion & Conclusion	W7-W9		<i>Jaylan</i>			
Discuss Discussion & Conclusion with Supervisor	W7	10 Mar 2022 10:30am - 11:30am	<i>Lau Yau Chee</i>	<i>TSA</i>		Feedback was received after checking and discussion by 12 Mar 2022 8pm
Amending Discussion & Conclusion	W8	14 - 16 Mar 2022 8pm-11pm	<i>Sarvinna</i>			23 / 3/ 2022 Meeting to improve further
Final checking of all the parts	W9	24 - 25 Mar 2022				
Submission of first draft*	Monday of Week 10				submit the first draft to Turnitin.com to check similarity rate	
Amendment	W10					
Submission of final FYP (FYP I + FYP II)*	Monday of W11				final submission to supervisor	
Oral Presentation	Friday of W12 (15/4/2022)				Oral Presentation Schedule will be released and your supervisor will inform you	

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Date: 4 / 4 / 2022

SUBMISSION OF FINAL YEAR PROJECT /DISSERTATION/THESIS

It is hereby certified that Foong Chee Ee (ID No: 18AAB04501) has completed this final year project/ dissertation/ thesis* entitled “The association between compulsive social media use and psychological well-being among young adults in Malaysia: Social media fatigue as a mediator” under the supervision of Mr Tan Soon Aun (Supervisor) from the Department of Psychology and Counseling Faculty/Institute* of Arts and Social Science

I understand that University will upload softcopy of my final year project / dissertation/ thesis* in pdf format into UTAR Institutional Repository, which may be made accessible to UTAR community and public.

Yours truly,



Name: Foong Chee Ee

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Form Title : Sample of Submission Sheet for FYP/Dissertation/Thesis			
Form Number : FM-IAD-004	Rev No: 0	Effective Date: 21 June 2011	Page No: 1 of 1

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It is hereby certified that Lau Yau Chee (ID No: 18AAB04605) has completed this final year project/ dissertation/ thesis* entitled “The association between compulsive social media use and psychological well-being among young adults in Malaysia: Social media fatigue as a mediator” under the supervision of Mr Tan Soon Aun (Supervisor) from the Department of Psychology and Counseling Faculty/Institute* of Arts and Social Science

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It is hereby certified that Sarvinna a/p Vasuthevan (ID No: 18AAB05688) has completed this final year project/ dissertation/ thesis* entitled “The association between compulsive social media use and psychological well-being among young adults in Malaysia: Social media fatigue as a mediator” under the supervision of Mr Tan Soon Aun (Supervisor) from the Department of Psychology and Counseling Faculty/Institute* of Arts and Social Science

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Name: Sarvinna a/p Vasuthevan

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Form Title : Supervisor's Comments on Originality Report Generated by Turnitin for Submission of Final Year Project Report (for Undergraduate Programmes)			
Form Number: FM-IAD-005	Rev No.: 0	Effective Date: 01/10/2013	Page No.: 1 of 1



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Full Name(s) of Candidate(s)	1. Foong Chee Ee 2. Lau Yau Chee 3. Sarvinna a/p Vasuthevan
ID Number(s)	1. 18AAB04501 2. 18AAB04605 3. 18AAB05688
Programme / Course	Bachelor of Social Science (HONS) Psychology
Title of Final Year Project	The association between compulsive social media use and psychological well-being among young adults in Malaysia: Social media fatigue as a mediator

Similarity	Supervisor's Comments (Compulsory if parameters of originality exceeds the limits approved by UTAR)
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Note Supervisor/Candidate(s) is/are required to provide softcopy of full set of the originality report to Faculty/Institute

Based on the above results, I hereby declare that I am satisfied with the originality of the Final Year Project Report submitted by my student(s) as named above.



Signature of Supervisor

Name: Tan Soon Aun

Date: 30 March 2022

Signature of Co-Supervisor

Name: _____

Date: _____

Final Year Project 2

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