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ROLE OF SOCIAL MEDIA USAGE ON SLEEP DISRUPTION AND MENTAL WELL-BEING OF STUDENTS

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ABSTRACT

The prevalent use of social media has become a fundamental aspect of students' everyday lives, significantly affecting their sleep habits and mental health. This research explores how social media engagement impacts sleep duration, sleep quality, and students' mental well-being. High levels of involvement with social networking sites, especially during late-night periods, are linked to delayed sleep initiation, shorter sleep duration, and frequent disruptions during sleep. Insufficient sleep, in turn, leads to heightened levels of stress, anxiety, depression, and diminished academic performance among students. The study underscores how elements such as screen time, emotional connections, and exposure to digital content can adversely affect psychological health. By reviewing existing literature and utilizing survey-based data, this research stresses the importance of moderate social media use and awareness.

INTRODUCTION

Social media has become a regular part of students' daily lives, providing easy access to communication, education, and entertainment. Although these platforms offer many advantages, excessive use, particularly during night-time, can negatively affect sleep patterns and overall mental well-being. Inadequate sleep may reduce concentration, academic performance, and emotional stability. Additionally, factors such as social comparison, constant notifications, and online pressure can increase stress and anxiety among students. Therefore, understanding the relationship between social media usage, sleep disruption, and mental wellbeing is important. This study aims to examine this relationship and emphasizes the importance of maintaining healthy and balanced social media habits.

SCOPE OF STUDY

The study focuses on students and their social media usage patterns, sleep behaviour, and mental well-being. It covers various aspects such as duration of social media use, night time usage, sleep disruption, stress, anxiety, and emotional well-being. The scope of the study is limited to selected students and is based on their responses.

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NEED FOR THE STUDY

The increasing dependence on social media among students has made it necessary to study its impact on sleep and mental health. Poor sleep quality and mental stress can negatively affect academic performance, physical health, and personal relationships. This study helps in creating awareness among students, parents, and educational institutions about the consequences of excessive social media usage and the importance of maintaining a healthy digital balance.

SIGNIFICANCE OF THE STUDY

• The study helps in understanding how social media usage affects students' sleep patterns.

• It highlights the connection between sleep disruption and mental well-being.

• The findings may help students adopt healthier digital habits.

• It provides useful insights for educators and parents to guide students effectively.

LIMITATIONS OF THE STUDY

• The study is limited to a specific group of students and may not represent all students.

• The data collected is based on self-reported responses, which may involve bias.

• Time constraints may limit the depth of analysis.

• The findings are applicable only to the current scenario and may change over time.

STATEMENT OF PROBLEM

In recent years, students have been spending a significant amount of time on social media, especially during night hours. Excessive usage has led to irregular sleep schedules, reduced sleep duration, and increased mental health issues such as stress, anxiety, depression, and mood swings. Despite awareness about healthy digital habits, many students struggle to control social media usage. The problem lies in understanding the extent to which social media disrupts sleep and affects mental well-being, and whether students are aware of its long-term consequences. Hence, this study focuses on examining the relationship between social media usage, sleep disruption, and mental well-being of students.

REVIEW OF LITERATURE

Roberts, Yaya & Manolis (2014) Identified that phone presence and notifications at night increase sleep interruptions and reduce total sleep time, even if users do not actively engage with content.

Woods & Scott (2016) Found that adolescent social-media use—especially night time use and emotional investment—was linked to poorer sleep quality, higher anxiety and depressive symptoms in a school sample.

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Jessica C. Levenson et al (2017) found that social media use in the 30 minutes before bed is linked to greater sleep disturbance in young adults, suggested future longitudinal and intervention studies, and reported that frequent bedtime use worsens sleep quality.

Ahmadi et al (2019) found that excessive social media use among adolescents is linked to poorer sleep quality and higher depression, recommending targeted programs to reduce device use.

Pirdehghan et al (2021) studied adolescents and reported that frequent social media use leads to late bedtimes, reduced sleep duration, and increased stress. They concluded that social media plays a significant role in adolescent sleep disturbance and related mental health issues.

Shannon et al (2022) found that problematic social media use among adolescents and young adults leads to irregular sleep patterns and psychosocial problems such as loneliness and anxiety. Their findings suggested a vicious cycle where poor sleep further worsens mental health.

Bezerra et al (2023) reported that excessive social media use among students reduces sleep quality and increases psychological stress. Participants experienced headaches, low energy, and reduced focus, highlighting the negative impact on daily functioning and well-being.

Shabahang et al (2024) demonstrated that heavy social media exposure is associated with poor sleep quality and a higher frequency of nightmares. Their study showed that disturbed sleep due to social media use lowers affective well-being and emotional stability, recommending awareness about limiting excessive use.

Ahmed et al (2024) conducted a systematic review and meta-analysis and found a strong link between excessive social media use, sleep disruption, and mental health problems such as anxiety and depression. They emphasized that poor sleep acts as a key pathway connecting social media use to declining mental health

Collamar (2024) reviewed literature on students' mental health and found that social media pressure, comparison, and fear of missing out (FOMO) contribute to emotional exhaustion and sleep disturbances. The study suggested mindful and balanced social media use to protect mental health.

Yesim Sirakaya (2025) found social and digital pressures disrupt sleep, harming mental health and productivity, and suggested policies and awareness programs to improve sleep and wellbeing.

Amy Dawel (Nov 2025) showed that insomnia and poor sleep increase problematic social media use through coping and escapism motives. She suggested improving sleep to reduce social media dependence and its negative effects.

RESEARCH GAP

Although previous studies have established that excessive and night time social media use is associated with poor sleep quality and mental health problems, limited attention has been given to examining social media usage, sleep disruption, mental well-being, and awareness together among a specific student population. Further, factors such as bedtime usage, notification checking, social comparison, and mode of education require greater attention. Hence, the

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present study attempts to address this gap by analysing the relationship between social media usage, sleep disruption, and mental well-being among students.

OBJECTIVES OF THE STUDY

1. To examine the pattern and duration of social media usage, especially before bedtime.
2. To analyse the relationship between excessive social media use and sleep disruption
3. To assess the impact of social media exposure on mental well-being,
4. To evaluate the level of awareness among users regarding the effects of social media on sleep and mental health.
5. To suggest measures for healthier social media habits to improve sleep quality and mental well-being.

RESEARCH METHODOLOGY

The present study adopts a descriptive research design to analyse the role of social media usage on sleep disruption and mental well-being of students. The study is based on primary data collected from students using a structured questionnaire. Simple random sampling technique was used to select the respondents. The questionnaire was designed to gather information related to social media usage patterns, sleep behaviour, and mental well-being. Secondary data were collected from books, journals, research articles, and websites to support the study. The collected data were classified, tabulated, and analysed using percentage analysis and simple statistical tools to draw meaningful conclusions.

CONCEPUTAL FRAMEWORK

Sleep disturbance among students is associated with a common problem of excessive social media use. A lot of students spend a lot of hours on social networking sites especially at night. It can also impact mental health through increased stress and anxiety. Students that are suffering from sleep disturbances may find it harder to maintain their focus during classes.

Importance of Studying Sleep Disorders in Students

- Enhances Physical Health

  The body needs sufficient sleep to grow, to restore its energy and to maintain a healthy immune system. Studying sleep disturbances helps researchers to identify the factors that affect students' physical well-being and health in general.

- Improves Academic Performance

  Well sleep improves concentration and memory and learning. Sleep disturbances are better understood so that students develop better sleep habits leading to improved academic achievement.

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Key points of sleep disturbance among students

• Students who don't get enough sleep may be at higher risk for stress, anxiety, irritability, and depression.

• Getting poor quality sleep can lead to a lack of energy during the day, headaches, feeling tired and a weak immune system

• Using social media and smartphones before sleeping can delay sleep, affect quality sleep and make it more difficult to fall asleep.

Types of Sleep Disruption

- Insomnia

  Difficulty falling asleep, staying asleep, or waking up too early and being unable to return to sleep.

- Sleep Deprivation

  It is not getting enough sleep due to studying, social media use, stress, or other activities.

- Interrupted Sleep

  Frequent awakenings during the night caused by notifications, noise, stress, or other disturbances.

ROLE OF SOCIAL MEDIA OF SOCIAL MEDIA USAGEMENTAL WELBEING IN STUDENTS

Social media gives students a way to stay connected with friends, family, and peers who share similar interests. For students away from home or in new schools, platforms can reduce feelings of isolation by providing community groups, study forums, and mental health support pages. When used intentionally, this sense of belonging can boost mood, self-esteem, and resilience. The downside is that feeds are full of curated highlights - perfect grades, vacations, body images, and achievements. Students often compare their everyday reality to others' "best moments." This upward social comparison can trigger low self-esteem, body dissatisfaction, and feelings of inadequacy. Over time, constant comparison is linked to higher rates of anxiety and depressive symptoms. Notifications, likes, comments, and constant updates create pressure to stay "always on." Fear of missing out, or FOMO, makes students check platforms late at night and during class. That pressure to respond quickly and maintain an online image increases baseline stress and anxiety.

For students already prone to worry, this can amplify rumination and make it harder to relax. Unlike face-to-face bullying, online harassment can happen 24/7 and reach a wide audience. Cyberbullying, exclusion from group chats, and negative comments can be deeply traumatic for students. Because it's persistent and public, it's strongly

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associated with increased depression, anxiety, self-harm ideation, and lower academic engagement. Many platforms use algorithms designed to keep users scrolling. For some students, social media becomes a coping mechanism for boredom, stress, or sadness. That can slide into compulsive use. When students rely on scrolling to regulate emotions, they often avoid facing real problems, which reduces emotional resilience and can worsen mood over time.

The impact isn't all negative - it depends on how students use it. Active use like messaging friends, joining support groups, or creating content is generally better for mental health than passive scrolling. Setting boundaries helps: no phones 1 hour before bed, turning off non-essential notifications, and balancing online time with offline activities, exercise, and in-person connection. Teaching digital literacy and selfawareness lets students get the benefits of connection while protecting their mental well-being. Sleep is essential for the physical, mental, and emotional development of students. Sleep disruption refers to difficulties in falling asleep, staying asleep, or getting enough quality sleep. Among students, sleep disruption has become increasingly common due to academic pressure, social media use, stress, and irregular daily routines.

DATA ANALYSIS AND INTERPRETATION

PERCENTAGE ANALYSIS

Features	Factors	Frequency	Percentage
Age	Less than 15	7	7.1
	15-30	92	92.9
Gender	Male	28	28.3
	Female	71	71.7
Course studying	School	19	19.2
	UG	37	37.4
	PG	28	28.3
	Professional	15	15.2
Mode of education	Regular	95	96.0
	Distance Education	4	4.0
How many hours do you sleep per night	Less than 5 hours	16	16.2
	5-6 hours	25	25.3
	More than 7 hours	21	21.2
How long in a day do you use social media	Less than one hours	17	17.2
	1 to 3 hours	57	57.6
	3 to 6 hours	20	20.2
	More than 6 hours	5	5.1
Are u active on social media	Yes	71	71.7

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	No	8	8.1
	Sometimes	12	12.1
	Rarely	3	3.0
	Always	5	5.1
How often do you feel your sleep is disturbed	Never	17	17.2
	Rarely	36	36.4
	Often	17	17.2
	Sometimes	24	24.2
	Always	5	5.1
Do you have difficulty falling asleep at night	Never	24	24.2
	Rarely	41	41.4
	Often	8	8.1
	Sometimes	22	22.2
	Always	4	4.0

Source: Primary data

INFERENCE

From the above table, it is inferred that the majority of the respondents belonged to the 15–30 years age group and were predominantly female, UG, and Regular. Most of them were spent 5–6 hours daily on sleep. They spent time in social media mostly 1-3 hours. Yes there are active in social media and the most frequently used rarely sleep disturbed and difficulty falling asleep at night.

DESCRIPTIVE ANALYSIS

Factors	Statements	Mean	Std. Deviation	Rank
Social media usage	I spend a significant amount of time on social media every day	2.94	1.413	I
	I often use social media late at night before going to sleep	2.93	1.296	II
	I feel the urge to check social media notifications even at bedtime	2.79	1.342	III
Mental WellBeing	Excessive social media use makes me feel mentally exhausted	2.72	1.333	I
	I feel anxious or stressed after spending too much time on social media	2.58	1.341	V

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	Comparing myself with others on social media affects my self-esteem	2.67	1.385	II
	Social media negatively affects my mood	2.64	1.305	IV
	I find it hard to relax mentally after prolonged social media use	2.65	1.264	III

Source: Computed data

INFERENCE

From the above table, it is inferred that respondents showed a level of members are spending a lot of time on social media, even late into the night, and feel the need to keep checking it. That habit is taking a real and has biggest impact is feeling mentally drained and exhausted. Many also notice it affects their mood, makes it hard to relax, and chips away at self-esteem through comparison. While anxiety and stress rank lower, the overall picture is clear — heavy social media use is leaving people tired and emotionally weighed down.

INFERENTIAL ANALYSIS

CHI - SQUARE TEST HYPOTHESIS

H01: There is no significant relationship between age and mental well-being.

H02: There is no significant relationship between gender and mental well-being.

H03: There is no significant relationship between course studying and mental well-being.

H04: There is a significant relationship between mode of education and mental well-being.

FACTORS VS MENTAL WELL BEING				
	Factors	**Responses**	**Chi sqaure**	**P- Value**
Age	Less than 15	7	16.117	0.709
	15-30	92		
Gender	Male	28	20.804	0.409
	Female	71		

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Course studying	School UG PG Professional	19 37 28 15	74.695	0.096
Mode of education	Regular	95	34.354	0.024
	Distance Education	4		

Source: Computed data

INFERENCE

From the above table, it is inferred that H01, H02, and H03 are accepted, indicating no significant relationship between age, gender, and course studying and mental well-being, as their p-values are greater than 0.05. However, H04 is accepted, indicating a significant relationship between mode of education and mental well-being, as its p-value (0.024) is less than 0.05. Therefore, mode of education has a significant association with the mental wellbeing of the respondents.

FINDINGS

1. The study reveals that the majority of the respondents belong to the 15-30 years age group (92.9%), with females constituting (71.7%) of the respondents. A larger proportion of the respondents are undergraduate students (37.4%) and pursue education through the regular mode (96%).
2. The findings indicate that most respondents (57.6%) spend 1-3 hours daily on social media, while (71.7%) reported being active users of social media. This indicated a considerable level of regular social media engagement among the respondents.
3. The study found that sleep-related difficulties were experienced by a notable proportion of respondents, with (36.4%) rarely experiencing sleep disturbance and (41.4%) rarely facing difficulty in falling asleep. Mobile phone or social media usage was reported as the most common reason for sleep disturbance (23.2%).
4. The findings show that (74.7%) of respondents use mobile phones or electronic devices before going to sleep. Among these respondents, (40.4%) spend less than 30 minutes using such devices before bedtime, indicating that pre-sleep screen exposure is common among the study participants.
5. The study reveals that insufficient sleep is associated with several charges in students' wellbeing. (57.6%) reported experiencing mood changes, (31.3%) experienced low or depressed feelings, (41.4%) noticed a slight reduction in energy levels, and (38.4%) reported a slight reduction in energy levels, and (38.4%) reported a slight reduction in productivity due to inadequate sleep.
6. The chi-square analysis indicated that age, gender, and course studying do not have a significant association with mental well-being, whereas mode of education shows a significant relationship with mental well-being at the 5% level. Further, the demographic variables considered in the study do not show a significant relationship with the overall impact of social media usage on sleep disruption and mental wellbeing.

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SUGGESTIONS

- Students should limit their social media usage, especially during late-night hours, to improve sleep quality.
- Students should avoid using mobile phones and electronic devices at least 30–60 minutes before bedtime.
- Educational institutions should organize awareness programmes on healthy sleep habits and responsible social media usage.
- Parents should encourage students to maintain a balanced daily routine with adequate sleep

CONCLUSION

The present study titled "Role of Social Media Usage on Sleep Disruption and Mental Wellbeing of Students" examined the influence of social media usage on students' sleep patterns and mental well-being. The findings indicate that social media has become an integral part of students' daily lives, particularly during the evening and before bedtime. Excessive use of social media contributes to delayed sleep, reduced sleep quality, emotional changes, mental exhaustion, and decreased productivity among students.

The statistical analysis also revealed that while most demographic variables showed no significant relationship with mental well-being and the overall impact, the mode of education had a significant association with students' mental well-being. The study concludes that maintaining balanced social media habits, improving sleep hygiene, and creating awareness about responsible digital behaviour are essential for promoting students' physical, emotional, and psychological well-being

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