Social media fatigue and its psychological consequences on Egyptian youth.

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Abstract:

The number of social media users has been drawn to and increased by the ongoing development of online social media features and related services. However, social media fatigue has also caused many users to temporarily or permanently stop using social media after it passively affects their psychological wellness.

The symptoms of depression, stress, and anxiety have been linked to excessive social media use (SMU), which includes activities like skimming through social media news feeds, watching videos, reading posts, leaving comments, and chatting. Nevertheless, it is unclear whether excessive SMU brings on these symptoms.

In this study, 400 Egyptian college students participated in a survey, and three focus groups were held with ten students in each to investigate the relationship between SMF and stress, anxiety, and depression.

The findings indicated a positive association between SMF and stress, anxiety, and depression.

Keywords: Social Media Fatigue, Depression, Stress, Anxiety, Social media intensity.

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الإرهاق من وسائل التواصل الاجتماعي وعواقبه النفسية على الشباب المصري

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الملخص:

لقد تم جذب عدد مستخدمي وسائل التواصل الاجتماعي وزيادة عددهم من خلال التطوير المستمر لميزات الوسائط الاجتماعية عبر الإنترنت والخدمات ذات الصلة. ومع ذلك، فقد تسبب الإرهاق الناتج عن وسائل التواصل الاجتماعي أيضًا في توقف العديد من المستخدمين بشكل مؤقت أو دائم عن استخدام وسائل التواصل الاجتماعي بعد أن أثرت بشكل سلبي على صحتهم النفسية.

تم ربط أعراض الاكتئاب والتوتر والقلق بالاستخدام المفرط لوسائل التواصل الاجتماعي (SMU)، والذي يتضمن أنشطة مثل تصفح موجز أخبار وسائل التواصل الاجتماعي ومشاهدة مقاطع الفيديو وقراءة المنشورات وترك التعليقات والدردشة. ومع ذلك، فمن غير الواضح ما إذا كان SMU المفرط يسبب هذه الأعراض.

في هذه الدراسة، شارك 400 طالب جامعي مصري في استطلاع، وتم عقد ثلاث مجموعات تركيز تضم كل منها عشرة طلاب لدراسة العلاقة بين SMF والتوتر والقلق والاكتئاب.

أشارت النتائج إلى وجود علاقة إيجابية بين SMF والتوتر والقلق والاكتئاب.

الكلمات الدالة: الإرهاق الناتج عن وسائل التواصل الاجتماعي، الاكتئاب، التوتر، القلق، كثافة وسائل التواصل الاجتماعي

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Introduction:

Youth increasingly use social networking sites, with rising usage rates, interaction, emotional connections, and personal attitudes (Jenkins-Guarnieri et al., 2013). However, excessive SNS use can lead to compulsive checking behaviors and detrimental psychological effects (Kuss & Griffiths, 2011). While social media can positively impact identity development and social connectedness, it also presents risks such as addiction and psychological stressors (O'Keeffe et al., 2011; Valkenburg & Peter, 2009; Brooks, 2015; Fox & Moreland, 2015; Sampasa-Kanyinga & Lewis, 2015).

Some studies suggest adverse effects of social networking, including internalizing issues and low self-esteem (Tsitsika et al., 2014), while others highlight benefits such as reduced loneliness and increased exposure to current events (Deters & Mehl, 2013). However, concerns about social media's impact are growing, with reports of adverse effects on peers and mental health (American Academy of Pediatrics, 2016).

Adolescents' intensive social media use is associated with lower life satisfaction and increased stress and depressive symptoms (Kelly et al., 2018; Twenge et al., 2018a; Twenge et al., 2018b). High levels of social media use are linked to internalizing difficulties and increased rates of depression among adolescents (Zink et al., 2019; Toseeb & Inkster, 2015; Twenge et al., 2019). Additionally, there has been a concerning rise in teenage suicide rates, potentially related to increased social media use (Hedegaard et al., 2018; Burstein et al., 2019).

With the rise of the features and platforms, Teenagers became vast users of social media platforms like Instagram and Snapchat (Vannucci & McCauley Ohannessian, 2019). Then, seemingly out of nowhere, TikTok became one of the most popular social networks in a relatively short period. In the third quarter of 2020, TikTok had a far higher download rate than any Facebook family app. It also became the top-earning non-gaming app internationally in the same quarter. (Dazeinfo, 2020). Leading to the prevalence of the withdrawal attitude.

Young individuals extensively use social media, unintentionally spending most of their time there, causing enlightenment and immersion, growing weary of social media. Many users have started to exhibit resistance and weariness, and each social network is increasingly facing an urgent crisis due to user loss. Young people are becoming increasingly overwhelmed by socializing online, and social media fatigue (SMF) became a common syndrome that is rapidly becoming more widespread. (Liu & He, 2021)

According to Kim et al. (2023), social media fatigue is caused by excessive use of social networks. In a different study, the cognitive, behavioral, and affective aspects of SMF were found to be positively correlated with SM addiction. (Świątek et al.,2021). Social media fatigue refers to a subjective and self-assessed experience of exhaustion resulting from social media use (Lee et al., 2016). The idea of "media tiredness" is not new, even though "social media fatigue" is primarily related to the extensive use of social media.

Academics and practitioners are concerned about the drop in SNS use due to social networking fatigue since it will exhibit harmful social behaviors like despair and anxiety on the one hand and reduced profitability and dissatisfied consumers on the other (Dhir et al., 2018). Zhang et al. (2016) added that the term SMF encompasses a range of negative emotional responses, such as fatigue, ennui, occupational exhaustion, apathy, and decreased motivation

According to Light (2014), disconnection of social media is more than just a lack of use of social media; it also includes the intentional ways users make social media work to satisfy their needs. The most apparent incentives for disconnection are privacy, information overload, and a desire for anonymity may be variables in dysconnectivity techniques. Furthermore, disconnection may allow the users to live with the perceived limits of specific social media platforms without altogether abandoning all social media platforms. Individuals may, for example, limit their social media connectivity to manage huge audiences or preserve a specific online representation of themselves; these disconnection methods provide value and individuality meaning to online experiences (Light & Cassidy, 2014).

The findings of Świątek et al. (2023) suggest notable associations exist between problematic mobile phone use, self-control, and social media fatigue (SMF). Self-control is a mediating factor in the relationship between problematic smartphone use and SMF.

In addition, Chen et al. (2023) indicated a significant positive correlation between SMF with both discontinuous use and problematic usage. However, there was only a negligible correlation between SMF and general use. Findings from the moderator analysis indicated that the age of the participants, the mode of evaluation, and the specific type of social media platform played a moderating role between (SMF) and the extent of social media usage. This study's results indicate a prevalent "SMF paradox" among individuals who engage with social media platforms. Despite harboring a negative perception of social media, these individuals continue to depend heavily on it and exhibit a minimal reduction in their usage patterns. On the other, individuals may have a propensity for passive utilization.

Materials and Methods

Research Hypotheses:

H1: Social media fatigue is positively correlated to higher depression.

H2: Social media fatigue is positively correlated to higher stress.

H3: Social media fatigue is positively correlated to higher anxiety.

H4: Demographic variables affect the relationship between social media fatigue and its outcomes.

Measuring the Study Variables:

SMF Scale:

An initial version of the social media fatigue scale (SMFS) with 24 items was generated. Then, exploratory and confirmatory factor analysis and reliability and validity analysis were conducted, and a 15-item SMFS was finally developed. This scale covers three aspects: Cognitive Experiences, Behavioral Experiences, and Emotional Experiences. Finally, each item was ranked on a seven-point scale (1= totally disagree, 7 = totally agree) (Zhang et al., 2021).

This scale includes statements like I feel angry when I realize that social media has taken up too much of my time, I always have no idea what I am going to post on social media, and It is hard for me to come up with good ideas for updating status on social media sites.

Moreover, other statements borrowed from (Xiao & Mou, 2019), like SMF1; I have lost interest in using social media and feel more stressed and pressured when using social media.

The Depression Anxiety Stress Scales (DASS) (Lovibond & Lovibond,1995):

The Depression Anxiety Stress Scales (DASS) consists of 42 negative emotional symptoms to rate how they have experienced each symptom over the past week on a 4-point severity/frequency scale. Scores for the Depression, Anxiety, and Stress scales are determined by summing the scores for the relevant 14 items (Lovibond & Lovibond, 1996). depression includes six factors (Dysphoria, Hopelessness, Devaluation of life, Self-deprecation, Anhedonia, Inertia)

and for anxiety, includes four factors (Autonomic arousal, Skeletal musculature effects, Situational anxiety, and Subjective experience of anxious affect)

Moreover last but not least the stress, which includes five factors (Difficulty relaxing, Nervous arousal, easily upset/agitated, irritable/over-reactive, and Impatient). Examples of the statements are like, I felt scared without any good reason, I found myself getting upset relatively quickly, I was intolerant of anything that kept me from getting on with what I was doing, I could not seem to get any enjoyment out of the things I did, and I felt that life was meaningless.

Social Media Use Intensity Scale (Ellison et al., 2007):

The Social Media Use Intensity Scale asks participants if they use social media regularly. Because social media usage is now nearly required in class, family interactions, workplace communication, and social life.

The scale's questions used to measure Facebook Use Intensity were altered to measure social media use intensity (Ellison et al., 2007).

(e.g., "How many total Facebook friends do you have?"). The items are scored on a five-point Likert scale, with responses ranging from "Strongly disagree (1)" to "Strongly agree (5).

The four statements used for that scale are: SMUI1: In the past week, on average, approximately how many minutes per day have you spent on social media? 1 = less than 10, 2 = 10–30, 3 = 31–60, 4 = 1–2 hours, 5 = 2–3 hours, 6 = more than 3 hours**, SMUI2**: social media is part of my everyday activity**, SMUI3**: I feel out of touch when I have not logged into social media for a while and SMUI4: I would be frustrated if I could not access social media.

Data Collection tool:

Mixed-method research of complementary quantitative and qualitative studies will be conducted.

Quantitatively, the researcher will conduct a survey study using a questionnaire to collect the data from the study sample. It depended on the quote non-probability sample, as it was hard to get a list of the whole population and to be able to apply it to different social media users with different educational levels and types of usage to compare between them. Therefore, the Survey will be conducted on 400 units aged 15 to 24 using the available sampling. The researcher conducted the study on the general users between 15 and 24 as, according to studies, it is the most consuming age for social media; they use it obligatory in studying besides being a primary entertaining method.

Three focus groups will be held on the available non-probability sample, as it took much work to get a list of the whole population, each out of 10 participants. However, it satisfies the need to get perceptions and insights regarding the psychological consequences of social media users.

The researcher tried to represent diversity in the demographic characteristics of the qualitative study's sample.

Results:

Nearly 90% of respondents were between the ages of 18 and 22, which represents the majority. Regarding gender, men were represented in the survey at a rate two points greater than women.

Teenage girls typically engage in excessive social media usage more than boys, as reported by Castrén, Mustonen, Hylkilä, K., Männikkö, Kääriäinen, & Raitasalo (2022). According to Kuyucu's (2016) research, men log on to social media more frequently than women.

The focus group results revealed that everyone was interested in the subject and willing to engage in conversation, argue, and make fun of one another's remarks, notably when they provided contradictory responses.

28 of the 32 respondents who participated in the focus group discussions admitted feeling or showing signs of fatigue.

For the marital status, it is self-evident that almost all the sample were single, 98.2% and only 1.8% were married; as most of the sample is under 25 years old, it makes sense that 87% of them are still in college and are not working, 66.7%. Even those who do work are split between freelancers, part-timers, homemakers, and full-timers, with self-employers occupying the most significant percentage, 32.4%, as they are the ones who choose the best times to study and take breaks when having exams.

In the focus group, 80% were single, 20% were engaged, and only 30% had a part-time job.

The social and economic level results showed that 62.7% are high and 32.8% are moderate, consistent with the highest two percentages for the family head educational level, 40.7% and 27.5%, respectively. These percentages correspond to the graduate or postgraduate and professions or honors as education. It makes sense, given that the sample was already drawn from a more significant proportion of private universities than local ones. The same is true for the focus group: two groups from private universities and only one from local universities.

According to the distribution of family income (6000–10,000, 20,000–41,00, and 15,000–20,000), 21.2%, 15.7%, and 13.8%, respectively. 56.2% and 32.5% believed they belonged to the upper and lower middle classes.

Bolton et al. (2013) found that a nation's economic situation can affect how people utilize social media due to its effects on disposable money, employment prospects, consumer confidence, and other factors. Consumer spending will decline during a recession, particularly on hardware that allows access to social media. Evidence from China (Chu & Choi, 2011) suggests that disparities in Gen Y social media use correlate with corresponding differences in disposable income.

The "digital gap" is evident in many nations and generally reflects disparities based on education, income, occupation, social class, and neighborhood. Moreover, according to Andrés, Cuberes et al. (2010) and Hargittai & Hinnant (2008), internet connectivity differs significantly across low- and high-income economies and between urban and rural locations (Hargittai & Hinnant, 2008). In conclusion, expense plays a significant role in predicting the adoption of social media since it measures consumers' capacity to pay for products and services across markets and nations.

Hypotheses test:

H_1: Social media fatigue is positively correlated to higher depression.

As there are two interval variables, we used the Pearson coefficient to test H1; the result indicates a significant correlation between social media fatigue and depression among SNS users, as r = 593, which is significant at 0.01. The positive and moderate correlation indicates that social media fatigue may increase depression.

In recent years, academics have become more interested in the link between social media use and psychological suffering and well-being. Even though some authors (Andreassen & Pallesen, 2014) believed that unreliable Facebook use could increase the risk of psychological distress and poor well-being. Other researchers (Satici et al., 2014) contend that problematic Facebook use is more often a byproduct of other psychological ill health, such as depression, loneliness, or poor psycho-. -social health.

Thomee et al. (2011), for example, found a link between high ICT usage and a variety of mental symptoms in a study of young Swedish

adults (aged 20 to 28), including frustration, role conflicts, time pressure, mental overload, neglect of personal needs and other activities, social isolation, and guilt feelings. Another study with persons aged 18 to 65 found various clinical symptoms among heavy Facebook users, including severe depression and schizoid disorders (Rosen et al.,2013a, b).

A study by Davila et al. (2012) looked at the social networking habits of 334 college students. More pessimistic and fewer good online interactions were linked to higher depression symptoms. A Croatian study (Pantic et al., 2012) discovered that high school students' Facebook usage was positively correlated with depression. Lou, Yan, Nickerson, and McMorris (2012) found that increased Facebook use among American university students predicted increased loneliness. Thomee et al. (2011) found that increased mobile phone use among Swedish young adults predicted increased depressive symptoms a year later.

The participants in the focus group revealed suffering from depression, saying, "I enter for a quick check, finding my day ended. How couldn't I feel angry and depressed…."

Besides their feelings of social isolation (Primack & Escobar-Viera, 2017), one commented, "I once spent three months suffering from depression and loneliness, not being able to leave my room."

It makes them more likely to compare their life to others and wonder when it will be on par with theirs. Furthermore, one said," When I consider the time wasted, I realize how much it impacts my health—finding that I stopped helping my mother at home or seeing my friends, making me lazier. My body also became weaker, and I lost weight due to the hours spent on it.

Besides, when people read a post about someone else's experience that, by chance, is like the one they are passing by, their depression and anxiety worsen because it makes them remember their own experience and makes the experience more painful.

Besides, one of them, saying, " I booked a therapist session online as I could not bear my depressed state."

H$_2$: Social media fatigue is positively correlated to higher stress.

As there are two interval variables, we used the Pearson coefficient to test H2; the result indicates a significant correlation between social media fatigue and stress among SNS users, as r = 577, which is significant at 0.01. The positive and moderate correlation indicates that social media fatigue may increase stress.

Social media tiredness creates psychological and physical stress or depletion, leading to undesirable behaviors. (Choi & Lim, 2016; Han, 2018).

According to (Malik et al., 2020). From a platform perspective, most studies have focused on various aspects of weariness and stress generated by the most prominent online social media platforms. For example, Facebook users with high degrees of FOMO had more significant stress (Beyens et al., 2016).

Mental concern with these platforms during academic tasks will increase psychological stress, which might finally decrease actual performance (Ayyagar et al., 2011).

In addition, substantial evidence is that adolescents' unrestricted use of modern technology may have harmful psychological and physiological consequences, such as depression, anxiety, and stress (O'Keeffe & Clarke-Pearson, 2011; Pontes, 2017; Dhir et al., 2018).

SM was often utilized as a COVID-19 information source by nearly half of the German sample and about 60% of the Italian population. According to cross-sectional research, SMU is positively associated with stress symptoms and experienced burden in both nations. Furthermore, the connection between SMU and burden was mediated by stress symptoms. (Brailovskaia et.al,2020).

Participants in the focus group admitted their great stress because of the social media sites." My family and friends have started to notice that I have become more anxious and that my anxiety worsens when I spend too much time on social media, especially during exams."

Sometimes, the responses included a sense of regret over the time they had wasted. Still, other times, people responded, "We are already free and do not have any commitments, so why should we regret it," "I do

not regret it at all, and I am thrilled and satisfied." to which someone responded, "Perhaps there are much more useful activities that could be done at that time, especially given that most of the time we end up with a severe headache."

"Even when I escaped the depression of reality by running into social media, it turned to increase the depression instead of healing it, increasing my inability to communicate with others."

"Facebook is full of psychological feelings, times that I am not psychologically stable, I deactivate my Facebook account to protect myself, but I may normally enter for WhatsApp and Instagram because they are much lighter with less dramatic problems."

"If I enter when I am down, I turn into a time bomb that will explode after a few minutes."

After deactivating their accounts, they all said they knew they would return to them soon. However, instead, it was just a break or rest from stress to organize their thoughts and make life plans to improve. They used that time to spend time with their families and friends, go to the gym, play sports, or relax with Netflix while taking a vacation from the stress and anxiety of their lives.

 Some studies mentioned that envy could be developed from the extensive use of social media (Krasnova et al., 2013; Lin & Utz, 2015), "The stress is exceeded when I find someone whom I know from my college, reaching the goal I seek too before me, I start to feel why didn't I reach it so far, am I slow or inapplicable or what."

H$_3$: Social media fatigue is positively correlated to higher anxiety.

There are two interval variables. The Pearson coefficient was employed to assess H3. The result reveals a substantial connection between social media tiredness and anxiety among SNS users, with r = 577, which is significant at the 0.01 level. The positive and modest correlation suggests that social media weariness may contribute to increased anxiety.

Several recent studies have identified various antecedents and outcomes of anxiety, including psychiatric and physiological disorders, substance abuse, emotional dysfunctions, exhaustion,

distress, and even suicidal ideation (Baldwin et al., 2014; Fernández et al., 2016; Foster & Neufeld, 2013; Kuss & Griffiths, 2011).

Recently, researchers have been examining the incidence of anxiety among social media users. Excessive social media use is associated with mental weariness (George et al., 2013; Ha et al., 2015; Seidman, 2013) and attention deficit (Sriwilai & Charoensukmongkol, 2016). In addition, Lepp, Barkley, and Karpinski (2013) discovered that obsessive mobile device users are more likely to experience anxiety than non compulsive users.

Primack & Escobar-Viera (2017) found that nervous users are likelier to utilize various social media sites to alleviate negative feelings. In other words, nervous users are inclined to engage in extensive social media use. Similarly, Vannucci, Flannery, and Ohannessian (2017) discovered that anxious users are more likely to use social media to alleviate their anxiety by seeking attention, support, or a sense of belonging.

According to scholars, weariness impairs users' cognitive abilities, making them more likely to manage and control their mood and focus improperly (Becker et al., 2013; Chen & Yan, 2016; Richards, Caldwell, & Go). Similarly, academics assert that stressed users are likelier to experience adverse effects such as weariness and exhaustion (Boksem et al., 2005; Chaouali, 2016; Lorist, 2008).

Hence, social media users who experience exhaustion and fatigue likely experience worry.

Social media's negative side seems to be extensive from the participants' discussion; they claim that there is too much useless information and News that may seem exciting, making it simple to get sucked into watching a movie or streaming videos or reels while tracking numerous tales that are primarily made up. It could occasionally make them suffer from depression or anxiety and lock their doors behind them.

"I suffer from severe headaches because of the news I read or watch."

"My sleeping hours are always affected by me chatting or tracing some news."

"I feel my soul is getting tired; sometimes seeing others achieving their goals or visiting a place I wish to go to makes me nervous and mad."

"I am irritated by people on TikTok making unethical videos, having no restrictions on their clothes or what they say, and finding no one stopping them."

"withdrawing myself from my social accounts is like withdrawing drugs from blood; I feel anxious about what I could have missed."

Although they agreed to return to it even if they tried to withdraw, the length of their absences varied. For example, for two of them, it was because they were attending a camp where it was forbidden to bring their phones, and for another, it was because of his mother's severe health condition. Moreover, two others said it was because of the exams in high school.

The rest falls from a few weeks to a month, and it was merely a break from the stress and melancholy.

H$_4$: The intervening variables affect the relationship between social media fatigue and its outcomes.

Tab No (1) Correlation between SMF and its outcomes according to age

Outcomes		Age							
		18	19	20	21	22	23	24	25
Depression	p	0.401**	0.561**	0.631**	0.742**	0.567**	0.800**	0.523	-0.669
	Sig	0	0	0	0	0	0	0.067	0.534
Anxiety	p	0.440**	0.647**	0.560**	0.589**	0.568**	0.764**	0.617*	0.345
	Sig	0	0	0	0	0	0	0.025	0.776
Stress	p	0.454**	0.720**	0.681**	0.488**	0.608**	0.744**	0.559*	-0.56
	Sig	0	0	0	0	0	0	0.047	0.621
** Correlation is significant at the 0 01 level									
* Correlation is significant at the 0 05 level									

Age is a mediator between two interval variables used to test hypothesis H4. Hence, the Pearson coefficient was used to examine this relationship; the result demonstrates that the relationship between social media fatigue and DASS is affected by age. The stronger the

relationship between social media fatigue and its outcomes, the older the participants are.

Table (1) demonstrates that the correlation between social media fatigue and depression from ages 18 to 23 is statistically significant at the 0.01 level, with the r value increasing with age. From 0.401 to 0.8 for depression.

The correlation between social media fatigue and stress anxiety from ages 18 to 23 is statistically significant at the 0.01 level. However, the r-value fluctuates from 18 to 23, with the lowest r-value for anxiety at age 18 being r=0.440, while r=0.454 for stress, and the highest at age 23 being r=0.764 for anxiety and r=0.744 for stress.

However, the correlation between social media fatigue and anxiety and stress at age 24 is significant at the 0.05 level, with r=0.617 for anxiety and r=0.559 for stress.

Most earlier research was conducted with 11- to 15-year-olds, as opposed to 13- to 18-year-old social media users, considering them more active (Dhir et al., 2019).

Prior researchers have observed that age strongly moderates online self-efficacy, with older persons exhibiting lower self-efficacy than young ones (Tarhini et al., 2014). This discovery is because elderly individuals lack self-confidence (Turner et al., 2007).

Based on the focus group discussion, this is the case, as participants appear to share or post infrequently and are reluctant about what to post and write, consulting trusted others before sharing or posting.

In Adhikari & Panda (2020) study, there were four distinct age categories among the respondents: 18–27 years (n = 128), 28–37 years (n = 92), 38–47 years (n = 64), and over 47 years (n =2). Moreover, 6.86% (21) of users had been actively involved in social networking for one year, whereas 23.86% (73), 31.04% (95), and 38.23% (117) of users had been actively involved in social networking for the last 1–3 years, 3–5 years, and > five years, respectively.

Considering age-related effects, the results reveal that group differences (among four age groups, namely Groups A, B, C, and D) are statistically significant regarding the relationship between social

networking use and SMF. In this context, group A (18–27 years) has the most significant impact, followed by groups B, C, and D in that order, which is consistent with the result of this study.

Tab No (2) Correlation between SMF and its outcomes according to Gender

Gender		Male	Female
Outcomes		**Male**	**Female**
Depression	p	0.591**	0.589**
	Sig	0	0
Anxiety	p	0.632**	0.502**
	Sig	0	0
Stress	p	0.654**	0.533**
	Sig	0	0
** Correlation is significant at the 0 01 level			

Gender mediates the relationship between the two interval variables used to test hypothesis H4.

So, the Pearson coefficient was employed to evaluate this relationship; the result indicates that gender influences the relationship between social media fatigue and DASS. Males are more prone to experience depression, anxiety, and stress than females, but not with a great value, as r differentiates between males and females with a maximum value of 0.1. This correlation is significant at a level of 0.01.

A variety of background factors influence social participation and associated consequences. For example, social anxiety is more common in female teens. (Inderbitzen-Nolan & Walters, 2000).

According to Cudo, Torój, Misiuro, and Griffiths' (2020) study, females engaged in higher levels of problematic video gaming than males. Similarly, females had high levels of problematic Facebook use. Ophir (2017) found that gender did not influence how people shared their distress.

Female students showed more despair and anxiety than male students in Al-Dwaikat,, Aldalaykeh & Rababa's (2020) study.

In addition, Adhikari and Panda (2020) discovered evidence that gender roles affect computer self-efficacy. In this aspect, women tend to demonstrate lower computer self-efficacy than males, indicating that males' effects are considerable and more significant in the relationship between self-efficacy and SMF.

Tab No (3) Correlation between SMF and its outcomes according to Educational Background

Educational Background			
Outcomes		**Undergraduate**	**Graduate**
Depression	p	0.492**	0.612**
	Sig	0	0
Anxiety	p	0.575**	0.793**
	Sig	0	0
Stress	p	0.621**	0.735**
	Sig	0	0
** Correlation is significant at the 0 01 level			

The correlation between the two interval variables used to test hypothesis H8 is mediated by educational background.

So, the Pearson correlation coefficient was used to evaluate this relationship; the result reveals that educational background influences the relationship between social media fatigue and DASS. Where graduates are more likely than undergraduates to experience depression, anxiety, and stress, this correlation is significant at 0.01.

As a result of excessive social media demands, employees may experience diminishing resources and stress that contributes to emotional weariness. They will thus have lower work performance, as Eliyana et al. (2020) found that social media fatigue impacts work performance adversely and severely.

Other studies indicate that college students and young adults are the most susceptible to social media fatigue, as Lin et al. (2016) discovered that among 1787 US adults, social media use was substantially related to depression. The study indicates that depressed people were likelier to communicate closely with social media. Hoare,

Milton, Foster, and Allender (2017) demonstrated that among 2,967 Australian adolescents with heavy Internet use, depression symptoms were more common. Scherr and Brunet (2017) showed that depressed users are more inclined to spend more time on Facebook to alleviate their stress symptoms. In a study of 413 young adults, Ophir (2017) discovered that those who experience stressful sensations due to social pressure, high expectations, and problems are more likely to utilize social media to alleviate these negative emotions. Varghese and Pistole (2017) found that among 338 US college students, cyberbullying victims acquired bad mental sentiments and poorer self-confidence.

On the other side, researchers have revealed that students with lower GPAs are more likely to use social media (Junco, 2015) actively. Similarly, social media use resulted in worse self-performance in educational tasks (Leyrer-Jackson & Wilson, 2018). Intensive social media users will likely develop social media fatigue (Bright et al., 2015). Social media weariness results from using limited cognitive capacity; yet, when cognitive capacity is depleted, it impairs students' academic performance (e.g., Junco, 2015). Researchers claim that, on reaching a threshold limit for restricted cognitive space (i.e., condition of weariness), persons experience a drop in performance (Boksem & Tops, 2008; Boksem et al., 2005; Lorist, 2008). Egan and Moreno (2011) discovered that to escape the stress and strain of academic issues, students prefer to excessively use social media as an escape technique, which later leads to lower academic performance.

There was a correlation between SNS tiredness and the likelihood of experiencing academic decline due to social media use. (Dhir et al.,2019)

Tab No (4) Correlation between SMF and its outcomes according to Socioeconomic class

Socioeconomic class				
Outcomes		**Low**	**Moderate**	**High**
Depression	p	0.504*	0.616**	0.574**
	Sig	0.05	0	0
Anxiety	p	0.328	0.601**	0.620**
	Sig	0.184	0	0
Stress	p	0.432*	0.627**	0.559**
	Sig	0.035	0	0
** Correlation is significant at the 0 01 level				

Socioeconomic class mediates the association between the two interval variables used to test hypothesis H4. So, the Pearson correlation coefficient was used to assess this link; the result indicates that socioeconomic status affects the relationship between social media fatigue and DASS. First, people of intermediate socioeconomic class are more likely to experience depression than those of low and high socioeconomic status (r=0.616). When those of high socioeconomic class are more likely to experience anxiety than those of low and intermediate socioeconomic class, as r=0.620, and lastly, As r=0.616 indicates, persons in the middle socioeconomic class are more likely to experience stress than those in the low and high socioeconomic classes. Observing that the differences in r-scores across the consequences of social media exhaustion are incredibly close to 0.1.

Family socioeconomic status (SES) is a multidimensional concept typically represented by income, education, and occupation-related criteria (Li et al., 2011). SES strongly correlates with psychosocial development (Letourneau et al., 2013) and academic achievement (Sirin, 2016).

In contrast to this study, other research found that families with low SES typically have low income and parental education. As a result, children from low-SES families are at increased risk for developmental problems such as internalizing behavior problems (e.g.,

depression and anxiety) and externalizing behavior problems (e.g., aggression and substance use (Letourneau et al., 2013; Petruzelka et al., 2020).

The low socioeconomic level is a substantial risk factor for internet-related problem behaviors in the contemporary information age (Faltýnkov et al., 2020). For instance, a study of 10,719 participants aged 11 to 15 found that those with a lower socioeconomic level were more likely to be addicted to the Internet (Faltýnkov et al., 2020). SNS addiction is a subtype of internet addiction (Kuss & Griffiths, 2011), and its underlying causes may be comparable to those of internet addiction (Ndasauka et al., 2016). Research on the effect of SES on internet addiction (Faltýnkov et al., 2020) discovered that children and adolescents with a high SES had a decreased risk of SNS addiction. This finding is surprising; with increased access to online gadgets, children from high-SES homes may be at a higher risk of developing SNS addiction simply by spending more time online (Harris et al., 2017).

Low-SES youth may spend less time on the internet and hence are less likely to satisfy their psychological needs in this manner (presumably leading to a higher risk of SNS use as a way to compensate for unmet needs). Hence, more attention should be directed to children and adolescents from low socioeconomic backgrounds.

Similarly, Sun, Duan, Yao, Zhang, Chinyani, and Niu (2021) found that SES was inversely related to SNS addiction.

The difference in the results between this study and other studies may be because while the majority of previously referenced research concentrated on younger age groups, most of this study's sample were college students, Given that a more significant portion of the sample came from private colleges. So, it is possible that the high and moderate SES groups were the most affected by DASS due to social media fatigue resulting from intensive social media use.

Conclusion:

This research explored the psychological impact of social media fatigue among a sample of 400. It used scales to measure social media

intensity and social media fatigue and its psychological impact (depression, anxiety, and stress).

The findings revealed that nearly 87% use social media for an extended period, losing control over how much time they spend on their accounts, surfing from app to app, trying to stay updated and not miss anything, admitting that there is a massive amount of information to follow and that it is an unending cycle of getting information (primarily news and studying content) alongside the other side of fake news and trivial content.

Almost all of the participants in the focus group discussion shared a personal experience of quitting social media, and some of the stories were terrible, ending with melancholy, anxiety, tension, and isolation, as well as aggressive behavior, such as breaking glasses. In addition, some mentioned seeing a therapist. The hypothesis showed that when users suffer from SMF, it is associated with negative psychological impacts (depression, stress, and anxiety), where some intervening demographics had of significant impact on the relationship between SMF and its psychological consequences.

These findings will aid future academic study in social science and psychology. Furthermore, social media managers could gain some insights about what the users need to help them control their usage and avoid overload, as well as develop personalized strategies to meet the specific needs of SM users.

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