

Chapter 1

Introduction

Background of the study

In the 21st century, there are numerous advancement and invention in technology that change the way we lived and of of those is the social media. Social media revolutionized the way we connect and interact with our peers. It is one of the most powerful tool today that enables us to connect to almost anyone, create a community, and enables us to share our thoughts and opinions freely. In the Philippines, there are around 80 million active social media user out of 110 million of the total population. On the other hand, at the same time social media users grow and their average time spent daily extend, the rate of mental health issues such as depression, anxiety, and stress, are significantly increasing. Therefore this study seeks to answer how social media use affects people mental health, especially students, and to confirm whether or not social media use and mental health issues among students are correlated.

Statement of the Problem

Social media such as Facebook and Twitter has revolutionized the way people connect and interact with each other. However, over the past decades the rate of mental health issues such as clinical despression, anxiety, and suicidal rate has increased at the same time in the growth of social media platforms. Mental health issues can affect a student's energy level, ability to focus, and hinders students'ability to learn . Research indicates that depression is linked to lower general average and test scores compare to the ones who have healthier mental health. It seems that the way people use social media and mental health issues are correlated. The purpose of this study is to confirm whether social media use is related to increased rate in mental health problems in students of General Mariano Alvarez Technical High School. Specifically, it aims to seek the following questions:

1. What is the average time spent using social of student of GMATHS?
2. How many grade 12 HUMSS students use social media such as Facebook and Twitter?
3. What is the most used social media among grade 12 HUMSS student of GMATHS?
4. What are the factors responsible on why students use social media?

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