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Social Media Detoxing and its Effect on Self Esteem

CONFERENCE ABSTRACT

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Abstract

A person's well being can easily be affected by social media. Lui et al. (2025) explains how social media leads to information overload, social comparison, and digital fatigue. It was predicted that most people are highly affected by social media and allow other people's content to affect how they feel about themselves, subconsciously changing their everyday habits because they were influenced to do so. Participants in this study were mostly freshmen. After conducting a t-test, correlation, and ANOVA, results showed that women ($M = 16$, $SD = 4.02$) and men ($M = 15$, $SD = 4.84$) had no significant differences in Social Media Addiction (*SMA*). When measuring the correlation between gender and social media with the Rosenberg Self-esteem Scale (*RSS*), results indicated a significance for female participants. For women, there was a moderate negative correlation between *RSS* total and *SMA* total, $r(21) = -.42$, $p < .05$. For men, the correlation between *RSS* total and *SMA* total was not statistically significant, $r(11) = -.30$, $p = .325$. These results indicated that women's self esteem was more negatively related to social media than men's. Because of this, a social media detox for both genders would improve self esteem and well being overall.

Keywords: well-being, social media, social comparison, digital fatigue.

Reference

Liu, Yuyang; Mohamad, Emma M. W.; Azlan, Arina A.; & Tan, Yunpeng. (2025). Am I happier without you? Social media detox and well-being: A meta-analysis of randomized controlled trials. *Behavioral Sciences*, 15(3).doi.org/ 10.3390/bs15030290