

Childhood Social Media Exposure and the Psychological Well-being Among African American College Students

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Introduction

Abstract

This research investigates the relationship between social media addiction (SMA) and psychological well-being in African American college students, a population underrepresented in existing literature. We hypothesize that higher SMA is associated with lower psychological well-being, controlling for SES and technology access. Data will be collected from 174 participants using the BSMAS, RSES, GAD-7, and PHQ-9, and analyzed via multiple linear regression to inform culturally relevant interventions. A limitation is the use of self-reported data.

Method

Research Questions

RQ1: Does socioeconomic status or technology access moderate the relationship between childhood SMA exposure and these outcomes?

RQ2: Is earlier childhood exposure to SMA associated with poorer psychological well-being in African American college students?

H1: There will be a significant positive correlation between childhood SMA and psychological well-being.

H2: The positive correlation between childhood SMA exposure and outcomes will be stronger for individuals with lower socioeconomic status and/or less access to technology.

Results

Conclusion

Childhood social media access (SMA) was investigated for its association with psychological well-being (depression, anxiety, resilience) in African American college students. Results showed a statistically significant positive correlation between SMA and both PHQ ($r = .298, p < .001$) and GAD ($r = .310, p < .001$), and that SMA significantly predicts PHQ ($B = .400, p < .001$) and GAD ($B = .394, p < .001$) suggesting higher SMA exposure is linked to worse psychological well-being. The correlation between SMA and RSE was non-significant ($r = .099, p = .188$). The inclusion of "onset age of social media usage" in some regression models did not allow for testing of moderation by SES/technology access as no data on SES was included, and no interaction terms were calculated.

Discussion

While this study suggests a link between early social media access (SMA) and increased depression/anxiety in African American college students, it cannot determine if socioeconomic status or technology access play a moderating role. The study's strengths include validated scales and representative sampling, but social desirability bias in self-reporting could limit validity. Future research should use longitudinal data and qualitative methods to better understand the cultural context of SMA's impact. The lack of SES data and absence of interaction terms (e.g., SMA x SES) prevent conclusions about moderating effects. The correlational design limits causal inferences. Future research should include SES/technology access measures, employ longitudinal designs, and test for interaction effects to determine if these factors moderate the SMA-psychological well-being relationship.

Key References

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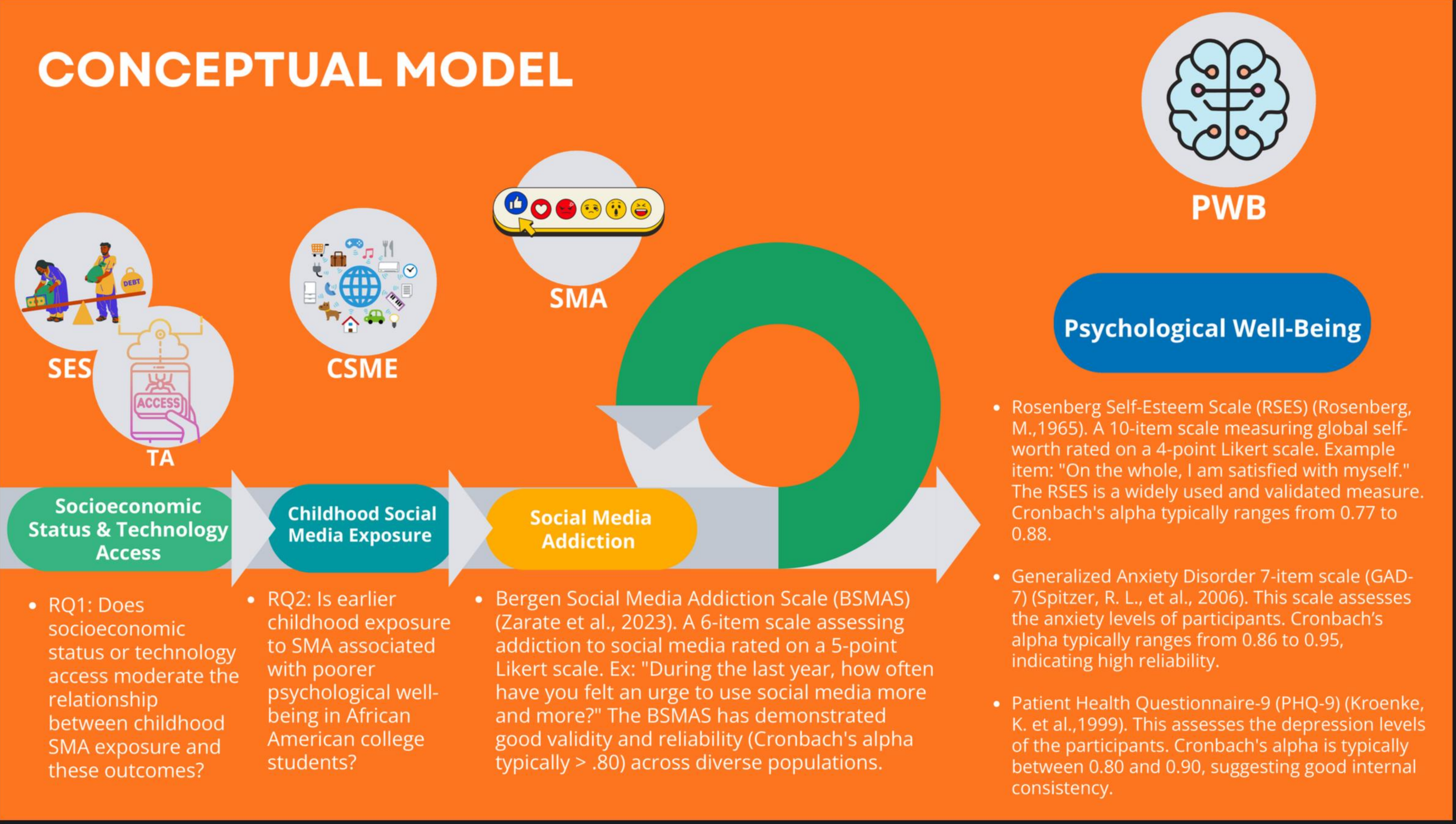
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Research Design

Design: Quantitative, Cross-sectional Survey

CONCEPTUAL MODEL



Participants

A representative sample of $n=175$ are African American college students (18-25yrs) attending FAMU, FSU, TFLA, and BAIC. Stratified random sampling will be used to ensure representation across different socioeconomic backgrounds and college types. This range allows for meaningful patterns to emerge while remaining manageable for data collection and analysis. It also provides enough variability to explore key trends without requiring complex statistical procedures.

The research reported here was supported by the Institute of Education Sciences, U.S. Department of Education, through Grant R305B210014 to Florida State University. The opinions expressed are those of the authors and do not represent views of the Institute or the U.S. Department of Education.

PURPOSE
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The Relationship Between Childhood SMA Exposure and the Psychological Well-being Among African American College Aged Students

