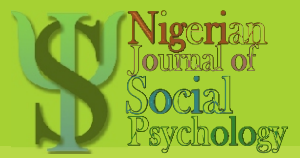


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Social Media, Job Type, and Socio-Economic Status as Predators Promoting Psychological Well-Being in a Depressed Economy Among EBSU Staff.

**Oginyi, Ronald C. N.
Ibiam, M. Agha.
Nwonyi Sampson K.
Eze, Ogonnia E.
Udechukwu, Dominic C.
Nwankwo Francisca. C.
Oselebe, Chisom**

Department of Psychology, Ebonyi State University, Abakaliki.

Abstract

The growth in social media users has given rise to concerns about the impact it may have on users on psychological wellbeing. The objective of this work is to shed light on the social media, job type, socio economic status and psychological well-being. Building on contributions from various fields, it provides a more comprehensive study of the phenomena by considering a set of predators, including social media in a depressed economy. This work includes a quantitative study of social media users from Ebonyi State University staff: (EBSU) using, descriptive statistics and correlation among the variables to test the proposed hypotheses. The work relieved notable theories as well as relevant cotemporary reviewed in the area of the current study. This work was anchored on media theory by way of theoretical framework. Results of the research study showed that job type, income and educational qualification where significant predictors of psychological well-being of Ebsu staff. This implies that job, type, income and social media, significantly related to psychological well-being of Ebsu staff. Salient recommendations were made in line with the results and findings of the study.

Keywords: Social Media, Job Type, Socio-Economic Status, Psychological Well-Being, Depressed Economy.

Introduction

The ultimate aim and objective of individual(s) or person(s) in the global world, society, community and village is to achieve maximum psychological well-being. To achieve this aim and objective, the individual(s) tend to engage in various work activities such as social media and different types of job in other to achieve stable social economic status and psychological well-being (such as self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life and personal growth).

Psychological well-being is considered in this context as the after-mart effect of social media for the fact that engagement of individuals in the social media can result to either positive or negative psychological well-being (Zhang et al.,2023). Well-being is described as the ability to perform and function, efficiently, effectively, and actively over the social, moral, intellectual, physical emotional, spiritual, and environmental aspects of health as the case may be (Bibire, 2020). Navarro-Carrillo et al. (2020) psychological well-being embedded two dimensions: hedonic and eudemonic well-being. Hedonic well-being in other words implies subjective well-being which addresses the maximization of subjective happiness, pleasure and life satisfaction, while eudemonic well-being implies psychological well-being which explains

the significance of living within one's values, accomplishing potential and experiences personal growth.

Social media is an important variable implicated in this research. In this digital world, the utilization of social media has become a massive and meaningful part of our everyday life and has grown substantially in recent years (Zhang et al.,2023; Adnan et al.,2020). Individuals of all ages, adults and adolescents, utilize a diverse array of social media platforms to engage in meaningful connections and psychological well-being, both in intimate settings with loved ones and in expansive networks encompassing friends, acquaintances, and professional peers (Bayer et al.,2020). It is worth emphasizing that the younger generation is dedicating an ever-growing portion of their time to engaging in online networking platforms, indulging in e-games, exchanging messages, and immersing themselves in various forms of social media (Barbosa et al., 2020; Bayer et al.,2020). Social media appears to be one of the physiological challenges from which no man or an organization can hardly be free from. This is because the competitive world or society is full of many challenges and problems with which man must cope. Many means of communication such as tik-tok, you-tube, instagram, whatsapp etc are important for example, need for success and socio-economic well-being condition which tend to trigger off states of apprehensive and feelings of the masses, especially when challenges or problems are not clearly understood and solution seems impossible (Zhang et al.,2023)

Through the introduction of different social media networking sites seem to have changed the internet landscape by allowing us to connect with people from all over the world, individual(s) can connect with someone in a completely different part of the world in a matter of a seconds. Also, social media has made the entire world available at our fingertips (Bayer et al.,2020). Devices and platforms such as social networking services (SNS) like facebook, instagram, and shap chat as well as blogs, chat rooms, games, online health education and other services, application social media (SM) have a deep and rich experience in involvement, engagement, and cooperation (Yimer,2023). Various social media networking sites, generate, like and share content on the web, as well as work with others in an interactive manner, making it simpler to obtain details and reach out to one another online. In general, social media may be divided into four categories. Internet networks and ecosystem, e.g. Facebook, linkelin, myspace and twitter Internet publishing e.g. you-tube (Chen et al.,2022; Adnan et al.,2020).

Government from numerous countries have also magnet social media online into e-governance, however, to make this integration safe and more efficient, framework, roles and guidelines have been developed to manage this integration.

Factors such as accessibility to internal and mobile Media (Adnan et al.,2020; Dobe 2012; Bennel, 2013;) socio economic status (Barbosa et al., 2020; Khan et al., 2016) as well as the purpose for which people use social media by these psychological factors pot are described in this study as the (CELS) psychological and social configuration, that tend to affect their disposition on learning. The use of social media is found to be a routine among different levels of learner's (Bossari et al., 2019) e.g continuing education learner's (CELS) spend an average of 2-3 hours daily on social media (Ochie et al., 2019). Othiman et al. (2016) revealed that the average time spend daily on online with social media network by undergraduates' learners was quite high up to 8 hours per day. an existing empirical evidence (Kex et al., 2018) suggest that social economic status might be associated with the active internet usage due to easy access of the facilities (Chou et al., 2018) also shows that low social economic status is associated with high levels of active internet usages.

Academic jobs used to be considered privileged roles associated with relatively low stress levels in a sense that they provide flexibility customary and job security after the norm was

achieved. However, this general assumption has been changing over the past decades with increasing productivity demands, not only in terms of research, but also in terms of teaching and administrative activities (Kinman, 2014). This relates to institutional reforms that Higher Education Institutions in many countries have been experiencing, where have led them to a more market-oriented perspective (Whitdey et al., 2014). The increase productivity demands have been associated with higher reported stress levels among academics (Catano et al., 2010, Coetzee et al., 2005; Kinman et al., 2006; Tytherleigh et al., 2005, Winefield et al., 2008). Kinman et al. (2016) showed that academics feels their stress level are increasing High levels of stress. In particular distress (Lefevre et al., 2003) are an important element within an individual's overall quality of working life quality of working life can be defined as the broadest context in which an employee evaluates their work experience (Van Laan et al., 2007) and comprises multiple factors.

When compared to non-academic, academics would have more demanding jobs because of the diversity of tasks and the number and quality of expected outputs of their work (Kinman, 2014) for this academics are likely to perceived a poorer quality of working life and in particular to report higher levels of control at work, lower levels of control at work (CAW) has a less favourable perception of their working conditions (WCS) has a poorer job and career satisfaction (JCS) have lower levels of commitment to the organization (ECO) and have lower levels of general well-being (GWB).

Social economic status (SES) is a complex and multidimensional construct, encompassing both independent objective characteristics e.g. income or education and subjective people's rating of their placement in the socioeconomic spectrum. During the last decade, the psychology of socioeconomic status (SES) on social class which is broadly characterized as a social stratification system derived from various resources of economic social (Moya et al., 2017) has experience a remarkable growth (Baumann et al., 2019) such increase interest has been fundamentally driven by the onset of the great recession which is connected to the broadening gap the "have and have not" (Pfefer et al., 2013) highlighted that living established objective metric of SES) such as income, educational level, and occupation, only show low to modest correlations with personal well-being indicators. 2010) social economic status is often measured as a combination of education, income and occupation, it is commonly conceptualized as the social status or class of an individual or group.

Higher social class is associated with privilege, power and control. There is clear evidence that lower socioeconomic status is associated with psychological distress, (Lorant et al. 2003). Dozens of studies and metaanalyses in different nations have revealed that socioeconomic status correlates with social well-being (SWB)), usually evaluated as satisfaction with life (Haring et al., 1984).

Increasing in income are also related to increase in subjective well-being in at least two studies with Lottery Winners, and a Panedl studies examining changes in incomes found positive of effect of increases in happiness at least mid-term (Diener et al., 2009). Globally, we can expect that high social status, defined as high income and belonging to the upper class, occupational status and high education should be related to PWB. High SES is related to HWB and PWB, primarily because it is obviously related to a better quality of life. This is consistent with a direct effect of social status (i.e. high occupations, income, education and belonging to the upper social class).

Some authors posit an asymptotic association between income and well being. Above a certain level of income survival and security, increase in earning do not likely reinforce well-being, however, a logarithmic transformation of income is linearly related to well-being, suggesting

that higher increase is needed to reinforce well-being when people receive higher salaries (Diener et al.,2009). These results suggest that differences in people's well-being (PWB) between the lower middle and upper classes are stronger than between the last class.

Barger et al. (2009) assessed social economic status (SES) based on education, income, employment status and wealth found that Social economic status (SES), and family cohesive are of social important to well-being in EBSU worker.

Research conducted suggested that there are several indicates that in measuring the economic level of percent includes the following: Educational level, Parental age and Economic condition Another opinion expressed is financial status of a family as a role connected with the family's salary, parents, instructive level, parent occupation and social level among the family and needs at the world-wide level. It can be seen that the indicators in the parent's social economic status variable that will be used will be divided into several parts such as income and parental worries is measured as social economic status (SES) is also a major determinant of health care access, and general wellbeing of individuals and family. It appears to be one of the psychological challenges form which no man or an organization can hardly be free from.

This is because the competitive world or society is full of many challenges and problems with which man must copy. Many means of communication such as tik-tok, you-tube, instagram, whatsapp etc need for success and socio-economic well-being condition which tends to trigger off states of apprehension and feelings of the masses, especially challenges or problems are not clearly understand and solutions seems impossible. According to (Bagger et al.,2009) who assessed socio- economic status (SES) based on education, income, employment status and wealth, found that social support, not social economic status has the strongest influence on life satisfaction, so social support and family cohesion are of social important to well-being. Socio-economic status that contribute more to the use of social media include; parental occupation, parental educational qualification etc. Social economic status (SES) has significantly relationship with the use of social media. According to (Goodman et al., 2017) found socio-economic status (SES) when based on income and education to play an important role in material psychological well-being. Social economic status that contribute more to the use of social media include parental occupation, parental educational qualification etc. Socio economic status has significant relationship with the use of social media.

Goodman et al. (2017) found socio- economic status (SES) when based on income and education to play an important role in material psychology well-being. This raised question to what extent workers well-being can be improved by a higher family. Social and psychological support respecting cultural and religious aspect could be helpful for EBSU teaching and non-teaching staff. SES is a living term influential factor on psychological well-being.

Statement of the Problem

Previous empirical researches on social media, socio- economic status and psychological well-being have largely focused on students (Chen et al., 2022; Yimer, 2023; Bibire, 2020). There have been comparably fewer studies on the predictive roles of social media, job types and socio- economic status on psychological well-being among adults, like university Staff (EBSU), especially in Ebonyi State Abakaliki. In addition, social media and social economic status may have a differential impact on adults vs. students. This is particularly true for psychological well-being on social media and social economic status, as there are differences in the amount of time spent on social media and the specific platforms used by and adults and

adults (Zhang et al., 2023). Against the above background and empirical evidences, the researcher formulated social media, job type and social economic status as predictors of psychological well-being among workers in EBSU

Research Questions

The following research questions were formulated to guide the study:

1. Would social media significantly predict psychological well-being among workers in Ebsu?
2. Would job type significantly predict psychological well-being among workers in Ebsu?
3. Would socio-economic status significantly predict psychological well-being among workers in Ebsu?

Objectives of the Study

The study has the following general objective; social media, job type and socio- economic status as a predictor of psychological well-being among workers in EBSU

Specifically, the study aims to find out whether:

1. Social media would significantly predict psychological wellbeing among EBSU Workers
2. Job type would significantly predict psychological well-being among (EBSU) Workers.
3. Socio- economic status will significantly predict psychological well -being among Ebsu workers.

Hypotheses

The following hypotheses were formulated and tested to guide the study:

1. Would social media significantly predict psychological well-being among EBSU workers
2. Would Job type significantly predict psychological well- being among Ebsu Workers
3. Would socio- economic status significantly predict psychological well-being among Ebsu workers.

Review of Related Literature

Self Determination Theory (SDT; Ryan et al.,2000)

Ryan et al. (2000) defined basic psychological needs as nutrients that are essential for psychological growth, personality growth and integration, social development and mental health, effective functioning and wellness. The theory defined self-determination as acting with a sense of volition, choice and commitment. (Deci et al.,2010). The theory identifies three specific needs that all human requires for optimal functioning. The need for autonomy, competence and relatedness.

Autonomy: This is the ability to feel independent and able to act on the world in a way that matches one's desires. If the individual (retiree) lacks autonomy, they feel controlled by forces that are not in line with who they are. More self-determined and less controlled are associated with a stronger sense of personnel commitment, greater persistence, more feelings higher quality performance and better mental health (Deci et al., 2000).

Competence: Is the ability to feel effective in what one does. When an individual feels competent they feel confident in their capabilities. Competence is increased when an individual is given opportunities to exercise their skills in challenges that are optimally matched to their abilities, if task is too hard or too easy, feeling of competence will decrease. It may seem difficult for individuals to change their sense of competence or effectiveness over certain behaviors. Periodically considering one's achievement or what one has done well in the past

increase sense of competence. Competence also entails feeling capable of achieving one's goals.

Relatedness: Is the ability to feel connected with others and a sense of belonging, based on the theory; people need to feel connected to others to flourish. In other to have one's relatedness needs met, they must feel important to the other people in their orbit. This may be achieved through one person exhibiting care for another. According to SDT all these needs must be met for optimal psychological functioning. So, if one's environment meets some needs but not others, wellbeing will still be negatively impacted, furthermore these needs affects wellbeing even if people are not aware of them or their culture does not value them one way or another, if these needs are not met, psychological health will suffer. On the other hand, if the individual is able to meet these three needs, they are considered to be self-determined and will be mentally healthy.

Increasing in autonomy is the basis for self-determination, and being more self-determined may, in turn improve an individual's productivity, mood, and overall wellbeing. The theory emphasizes the benefits of acting out of internal drives. It assumes that individual is able to take action based on personal goals. A study on the wellbeing of ageing population also supports the self-determination theory's proposition that autonomy is a universal psychological need (Vanhove et al., 2017).

The assumption of SDT theory posit that individual (retirees) possess autonomy, with an innate determination towards psychological growth and development, and strive to be competent in facing ongoing challenges and in integrating their experiences into a coherent sense of self. When retirees have the opportunity to act on their autonomous and self-determined intentions, it is likely that their feeling of competence will increase which will also motivate their hope as well as positive outcomes towards their psychological wellbeing.

Self-determination theory (SDT) in its strength has revealed that individual is in control of their own life and choices, which motivate and helps them meet their potential. In other words retirees should take steps to ensure their needs are met, strive to expand and understand themselves by integrating new experiences, cultivating their needs, desires, interest, and by connecting with others and the outside world to improve their psychological well-being. However, the theory failed to state that supporting individuals to explore and try new ways could lead them off track from their intended goals.

Perma Model of Psychological Wellbeing Theory (Seligman, 2011)

The PERMA Model takes five simple elements which Seligman (2011) believes are the fundamental pillars of human wellbeing and highlights how a focus on ensuring these elements are given time, attention and focus can lead to a happier, more engaged and fulfilling life. The elements are Positive Emotion, Engagement, Relationships, Meaning, and Achievement. (PERMA).

Positive Emotion: This route of wellbeing indicates how people can increase their positive emotion about the past and the future through cultivating gratitude, building optimism and hope, joy, love, inspiration, amusement, compassion etc. During transition to retirement, retirees that have friends, reflecting on things well in life, doing activities that they enjoy ie your hobbies. These are the ways to improve positive emotion which helps individual to build physical, instinctual and social resources that leads to both psychological and overall wellbeing (Seligman, 2011; Webster 2014) reveals that positive emotion is the most essential elements contributing to wellbeing conditions.

When retirees explore, savour and integrate positive emotion into daily life and visualizations of future life, it improves habitual thinking and acting. Positive emotions can undo the harmful effects of negative emotions and promotes hopeful situations and as well enhance psychological wellbeing. It is a known fact that life is not always easy, things change and emotions are not always positive but when a retiree accepts that something negative may have happened to people in the past or may well be going now such as retirement, then it is important to equip one with the abilities to be constructive and hopeful when moving forward with whatever the present and future may hold.

Engagement: The second element in the PERMA model is Engagement, which refers to something that an individual can get engrossed with or absorbed in. Doing something that engages an individual also brings happiness even if it has nothing to do with one's work or if it deemed by others as silly, when one is actively engaged in doing something that they enjoy, they become actively flooded with endorphins and hormones that elevate their sense of wellbeing. Engaging in social activities, which conceptualize as social engagement may lead to satisfaction in retirees (Wang et al., 2014).

Relationship: From an evolutionary perspective, humans are social beings because the drive to connect with and serve others promotes our survival. Relationships are fundamental to wellbeing. The experiences that contribute to wellbeing are often amplified through our relationships, for example, great joy, meaning, laughter, a feeling of belonging, and pride in accomplishment. Connection to others can give life purpose and meaning. Support from and connection with others is one of the best antidotes to the downs of life and a realizable way to feel up. Most times people will find themselves in a situation where a relationship of some kind, be it familiar, romantic, professional or otherwise has made them feel drained, damaged and led to feelings of loneliness or sadness. It is vital then that retirees seek out relationship that builds them up instead of breaking them down, by making friends they are conscious of, they can actively know that the relationship they form with others around them are vital such as relationship with families, friends, lovers and others will provide nourishment, support and sense of meaning which will help positive energy and their cognitive function. If a retiree is capable of maintaining a support network it may help in overcoming loneliness.

Meaning: A sense of meaning has been defined in terms of having direction in life, connecting to something larger than oneself, feeling that one's life is valuable and worthwhile, and there is a purpose to what one does (Stege, 2012). For people to feel that their actions are worthwhile and valuable means that people feel their lives have meaning. Seligman (2012) discussed meaning as belonging and/or serving something greater than ourselves. Having a meaning in life is different for everyone; it may be pursued through profession, a social cause, a creative endeavor or a religious belief. It may also be found in career or through extracurricular; or community activities. For a retiree to build meaning, getting in organization that matters, trying new creative activities, spending quality time with other people they care about will help to alleviate distress which in turn improves their hopeful situations and psychological wellbeing.

Accomplishment/Achievements: A sense of accomplishment/achievement is a result of working toward and reaching goals, mastering an endeavour and having self-motivation to finish what you set out to do. This contributes to wellbeing because individuals can look at their lives with a sense of pride (Seligman, 2012). Abbas et al. (2018). wellbeing come when achievement is tied to striving toward things just for the sake of the pursuit and improvement. When we achieve our goals in life, we are rewarded with feelings of joy, pride and accomplishment. In addition, by setting ourselves goals and achieving them, we improve our sense of effectiveness and wellness, which can then motivate us, lead us to set further goals for ourselves, giving us purpose in life and sense of moving forward. The proactively working on

the component of PERMA not only increases aspect of wellbeing but also decreases psychological distress. Retirees should consider and make effort to think about the aspects of the PERMA model and how they fit into their lives, it will go a long way in helping them keep a positive mental state of well-being. Recognizing the things that makes them feel joy, gratitude, hope, provide, inspiration, love etc, seek out and take activities and interest that will keep them busy which will take them to a state of engagement like taking a walk, exercise that can help reduce stress and also check in or those around them i.e staying connected with people they care about like family and friends. All these give them (retiree) a sense of routine and how to reframe a positive state of mind to tackle challenges and improve their psychological wellbeing as well.

However, PERMA Model strengthens and makes strong point that wellbeing is more than just feeling good but it is a combination of feeling good as well as actually having meaning, good relations and accomplishment in one's life, meanwhile the theory fails to recognize some other elements that helps an individual to improve wellbeing. For example, individual's desire to have control over their lives (autonomy) is integral to psychological wellbeing in adult and also existential suffering which can undermine an individual best effort to achieve flourishing. Individuals' physical health (such as having quality sleep, healthy eating, physical activity) which helps mental wellbeing and makes it more resilience.

Empirical Review

Sahoo et al. (2024) investigated social media impact on psychological well-being: A cross-sectional study among the adolescents of Odisha using 120 undergraduate students studying in different colleges of Bhubaneswar, Odisha. The study is a 2 (social media use) × 2 (gender) factorial design with independent variables being the social media use (high use and low use) and gender (boys and girls) of the undergraduate students. Results revealed that high social media use had higher psychological well-being than their low social media use among the counterparts. Psychological wellbeing scores of the boys was found to be higher than girls, indicating that boys were psychologically healthier than their girl counterparts. Conclusion: The finding of this study revealed that higher social media users had better perceived social support than lower social media users. Comparison of mean scores disclosed that boys and higher social media users had better psychological well-being than girls and lower social media users respectively. Social media is linked to social support and psychological wellbeing among the college students. This information will provide information to psychologists and public health specialist guiding their work with college students

Ostic et al. (2021) shed light on the effect of social media use on psychological well-being. Building on contributions from various fields in the literature, it provides a more comprehensive study of the phenomenon by considering a set of mediators, including social capital types (i.e., bonding social capital and bridging social capital), social isolation, and smartphone addiction. The paper includes a quantitative study of 940 social media users from Mexico, using structural equation modeling (SEM) to test the proposed hypotheses. The findings point to an overall positive indirect impact of social media usage on psychological well-being, mainly due to the positive effect of bonding and bridging social capital. The empirical model's explanatory power is 45.1%. The paper provides empirical evidence and robust statistical analysis that demonstrates both positive and negative effects coexist, helping to reconcile the inconsistencies found so far in the literature.

Zsila et al. (2023) maintained that the use of social media significantly impacts mental health. It can enhance connection, increase self-esteem, and improve a sense of belonging. But it can also lead to tremendous stress, pressure to compare oneself to others, and increased sadness and isolation. Mindful use is essential to social media consumption.

Zhang et al., (2023) demonstrates that social media usage has witnessed a rapid increase in the society and is almost ubiquitous couples too. The underlying mechanisms as to how social media usage by couples affects their well-being are unclear. Moreover, current research has produced conflicting evidence concerning the potential effects of social media on individuals' overall well-being with some reporting negative outcomes while others revealing beneficial results.

Kundi et al. (2021) investigated the mediating role of affective commitment between psychological well-being and job performance while considering the moderating role of job insecurity on psychological well-being and affective commitment relationship. The data were gathered from employees working in cellular companies of Pakistan using paper-and-pencil surveys. A total of 280 responses were received. Hypotheses were tested using structural equation modeling technique and Hayes's Model 1. Findings suggest that affective commitment mediates the association between psychological well-being (hedonic and eudaimonic) and employee job performance. In addition, perceived job insecurity buffers the association of psychological well-being (hedonic and eudaimonic) and affective commitment. The study results suggest that fostering employee psychological well-being may be advantageous for the organization. However, if interventions aimed at ensuring job security are not made, it may result in adverse employee work-related attitudes and behaviours. The study extends the current literature on employee well-being in two ways. First, by examining psychological well-being in terms of hedonic and eudaimonic well-being with employee work-related attitude and behavior. Second, by highlighting the prominent role played by perceived job insecurity in explaining some of these relationships.

Clausen et al. (2021) investigates whether increasing levels of job autonomy are linearly associated with improved psychological well-being, or whether the association is non-linear with higher levels of job autonomy being negatively associated with psychological well-being. The study is based on a survey in 4,340 individuals. After six months a follow-up survey was conducted. Associations were analysed using spline models in cross-sectional and prospective analyses of the full study population. We stratified the study population in four types of work for further cross-sectional analyses. The cross-sectional analysis of the full study population indicated a non-linear relationship as the association attenuated but remained positive at all levels of job autonomy. The prospective analysis indicated a positive linear association. The stratified cross-sectional analyses indicated a linear association in three of the four types of work and a non-linear but positive association among respondents in client-related work. Findings are supported in sensitivity analyses using alternative outcomes: vigor, job satisfaction and work stress. We conclude that job autonomy is positively associated with psychological well-being. Findings have relevance for job redesign by indicating that higher levels of job autonomy are beneficial for the psychological well-being of workers – especially among workers with low levels of job autonomy.

Kamalulil et al. (2020) examined the effect of socioeconomic status on well-being: a systematic literature review using 15 articles were included in the review. The result showed that there is significant influence between socioeconomic status and well-being among low-income group. Also, the result revealed that future study from various scholars should aim to focus on a broader context of socioeconomic status and well-being in order to fill the research gap found in the reviewed literature.

Anyaeqbunam et al. (2022) investigated loneliness, happiness, and interpersonal dependency as correlates of problematic use of social networking sites using 356 undergraduates, 184 =males and 172 = females from a university in southeast Nigeria participated in this study. Their ages ranged from 15 to 32 years (mean age of 20). Four questionnaires that measured

each variable were used to collect data, and a correlation design was adopted for the study. Three hypotheses were tested and findings revealed that study variables significantly correlated with problematic use of social networking sites: Loneliness $r = .18$, $p < .01$, Happiness $r = -.14$, $p < .01$; Interpersonal Dependency $r = .32$, $p < .01$ and dimensions of Interpersonal dependency (Emotional reliance $r = .31$, $p < .01$; Lack of self-confidence $r = .32$, $p < .01$; and Assertion of autonomy $r = .11$, $p < .05$). The discussion focused on the fact that social networking has the potentials of decreasing mental wellbeing and increasing the mental health challenges.

Keywords

Onyemaechi et al. (2022) examined internet addiction and its psychological wellbeing correlate among undergraduates. A total of two hundred and thirty-two (232) students were selected using convenient sampling techniques. They consist of eighty-five (85) males, and one hundred and forty-seven (147) females. Their age ranged from 17 to 30 years and their mean age was 22.67 with standard deviation of 4.04. Two instruments were used for the study and they were: Psychological Well-Being (RPWS) Scale developed by Ryff's (1989) and Short Version of Internet Addiction Test constructed by Young (1998). The study adopted a correlational design and Pearson Product Moment statistics was used to analyze the data. The result revealed that internet addiction had significant relationship with psychological wellbeing. The implications of the study were highlighted and recommendations made.

Fassbender et al. (2018) analyses the relation of socio-economic status and psychological well-being in a sample of 327 Turkish immigrant mothers in Germany. We assessed maternal psychological well-being with the CES-D-10, the Satisfaction with Life Scale, and selected items of the Hassles Scale referring to daily hassles. Mothers' SES was assessed by means of household income and maternal education. The sample has a predominantly low to very low household income. A cluster analysis on maternal education and household income identified three SES-groups: A low-income cluster, a low-education cluster, and a third cluster of mothers who were slightly more advantaged in terms of household income and education. When applying the 10-point criterion of the CES-D-10, the three clusters differed regarding depression. About 40% of the mothers with lowest income and lowest education were depressed, compared to 28% of the more-advantaged cluster. The clusters further differed with respect to daily hassles and life-satisfaction. A higher SES was associated with less daily hassles, a higher life satisfaction, and less depression. This replicates findings of other studies regarding the relation of SES and psychological well-being. A follow-up assessment for about 60% of the mothers after 1 year revealed no changes in the well-being scales for each SES cluster, and a significant multivariate effect of the SES clusters. This suggests that SES is a long-term influential factor on psychological well-being. We discuss our findings in terms of the importance to integrate Turkish immigrant mother into the Germany society and in terms of the importance of maternal psychological well-being for children's positive development.

Navarro-Carrillo et al. (2020) Socio-economic status (SES) is a complex and multidimensional construct, encompassing both independent objective characteristics (e.g., income or education)

and subjective people's ratings of their placement in the social- economic spectrum. Within the growing literature on subjective SES belongingness and psychological wellbeing, subjective indices of SES have tended to center on the use of pictorial rank-related social ladders where individuals place themselves relative to others by simultaneously considering their income, educational level, and occupation. This approach, albeit consistent with the idea of these social ladders as summative or cognitive SES markers, might potentially constrain individuals' conceptions of their SES. This research ($N = 368$; $Mage = 39.67$, $SD = 13.40$) is intended to expand prior investigations on SES and psychological well-being by revisiting the role of subjective SES. In particular, it (a) proposes an innovative adaptation of the traditional

MacArthur Scale of subjective SES to income, education, and occupation, thus resulting in three separate social ladders; and (b) tests the empirical contribution of such three social ladders to psychological well-being. Overall, our findings showed that the novel education and occupation ladders (excluding the income ladder) are predictive of significant part of the variance levels of psychological well-being that is not due to canonical objective metrics of SES (i.e., income, education, and occupation), or to the conventional MacArthur Scale of subjective SES. Although preliminary, these results underscore the need to further reconsider (subjective) SES-related conceptualization a measurement strategy to gather a more comprehensive understanding of the SES-psychological well-being link.

Method

Participants:

One hundred and twenty-nine (129) academic and non-academic staff of Ebonyi State University (EBSU) Abakaliki Ebonyi State participated in the study. The participants comprised of fifty-nine (59) males and seventy (70) females with age ranged from 30 to 65 years with mean age of 38.66years and standard deviation of 11.35years. Participants were drawn from different faculties and departments. The faculties and departments sampled are: Law faculty; Dean's office = 5; Public and private law (PPL) 5; Criminal and investigation law (CIL) 5; Jurisprudence and int'l law (JIL) 5; Post graduates office (law) 5; Law library 5; Agric faculty/Departments;

Crop and land scapping management (CLM) 10; Soil and environmental management (SEM)10; Food science and technology (FST) 10; Agric econs management (AEM) 10; Works Department 5; Consultancy Unit 7; GST 5; Pol. Science 7; Wasp 5; Registrar; s office 10; Junior staff establishment (JSE) 10; Senior staff establishment (SSE) 10.

Instruments

Ryff's Psychological Well-Being Scales (PWBS; Díaz et al., 2006) was used. It consists of 29 items rated on a 6-point Likert scale ranging from 1 (strongly disagree) to 6 (strongly agree) that covered six subscales: self-acceptance (e.g., "When I review the story of my life I am happy with how things have turned out"; $\alpha = 0.80$), positive relationships with others (e.g., "I feel that my friends bring me many things"; $\alpha = 0.68$), autonomy (e.g., "I have confidence in my opinions even if they are contrary to the general consensus"; $\alpha = 0.62$), environmental mastery (e.g., "In general, I feel that I am responsible for the situation in which I live"; $\alpha = 0.63$), purpose in life (e.g., "I have clear the direction and purpose of my life"; $\alpha = 0.81$), and personal growth (e.g., "I have the feeling that over time I have grown as a person"; $\alpha = 0.77$). High scores indicated high levels of psychological well-being. The PWBS has six subscales grouped into a second-order factor called global psychological well-being (Ryff and Keyes, 1995). Because the proposed six-dimensional structure with a second order general factor has been confirmed with Spanish samples (Díaz et al., 2006; Van Dierendonck et al., 2008), we also computed the items' average as a global indicator of psychological well-being ($\alpha = 0.88$).

The scales that were used for this study were developed in a Likert format by (Rensis in 1932) example each item being attached with option strongly disagree, disagree, undecided, agree and strongly agree, and psychological well-being developed by (Ryft et al., 1989). It also developed into demographic variable which addressed the issues of age, occupation, income per month, number of children.

Social Media Usage Scale: In order to assess individuals' engagement on online social platforms, the researchers chose the 9-item general social media usage subscale from the Media and Technology Usage and Attitude Scale (MTUAS). The original MTUAS scale was designed

to assess technology and media usage as well as attitudes toward technology. It consists of 60 questions, each of which measures 1 of 11 usage subscales of the questionnaire, and the subscales can be applied collectively or separately. Participants were requested to provide information regarding how often they engage in various activities on social media platforms (e.g., “Read postings; Comment on postings, status updates, photos, etc.”). Each participant assessed the accuracy of the statements using a frequency scale that ranged from 1 (never) to 10 (all the time) with higher scores indicating more social media usage. According to Rosen et al., the general social media usage scale demonstrated good reliability and validity with the alpha coefficient calculated at 0.97 and 0.90, respectively. In the current study, the measure showed good reliability (Cronbach’s $\alpha = 0.906$)

Procedure

The researcher introduced herself to the various Deans of the Faculties and Heads of the Department under focus, for permission to carry out the study in those Faculties and Department Ebonyi State University, Abakaliki Nigeria through a letter of introduction from the Head of Department of Psychology and Sociological Studies, Ebonyi State University Abakaliki, Ebonyi State. Upon obtaining the permission, the researcher issued inform consent form to the participants and staple it together with the 136 copies of questionnaire were distributed according to faculties and department Law faculty; Dean’s office = 5; Public and private law (PPL) 5; Criminal and investigation law (CIL) 5; Jurisprudence and int’l law (JIL) 5; Post graduates office (law) 5; Law library 5; Agric faculty/Departments; Crop and landscaping management (CLM) 10; Soil and environmental management (SEM)10; Food science and technology (FST) 10; Agric econs management (AEM) 10; Works Department 5; Consultancy Unit 7; GST 5; Pol. Science 7; Wasp 5; Registrar;s office 10; Junior staff establishment (JSE) 10; Senior staff establishment (SSE) 10. The instrument was distributed with the aid of research assistant, who were trained on the research subject matter, the administration and collection of questionnaires took 3 weeks. Out of 136 copies of the questionnaire distributed 129 was valid and 7 was invalid due to incomplete filling of the questionnaire. The valid one was used for statistical analysis.

Design/Statistics

Cross sectional survey research design was used for data collection. Hierarchical Multiple Regression conducted was used for data analysis. It is a suitable method of analyzing data of this kind of statistical package for the social sciences (SPSS)version 25was employed for the data analysis.

Results

Table 1: Correlations of demographic variables (gender, age, ethnic group, marital status and educational qualification), job type, family income, social media and psychological wellbeing.

Variables	M	SD	1	2	3	4	5	6	7	8
1 Gender	1.45	.51	-							
2 Age	38.66	11.35	-.457**	-						
3 Ethnic Group	1.59	1.18	.082	-.080	-					
4 Highest education qualification	1.6897	.47082	-.295	.608***	-.239	-				
5 Job type	1.8276	.38443	-.139	.387**	.231	.286	-			
6 Family Income	25.69	58.42	-.237	.565***	-.063	.233	.159	-		

7	Social Media	3.4828	1.54967	-.149	.241	-.141	.066	.504**	.242	-
8	Psychological wellbeing	137.551	16.77	-.156	.180	.007	.131	-.051**	-.008*	.080**

***p < .001; **p < .01, *p < .05

Result of table one above showed that the demographic variables gender ($r = -.156$), age ($r = .180$), ethnic group ($r = .007$) and education qualification ($r = .131$) were not significantly related to psychological wellbeing. Job type ($r = -.051$, $p < .01$) was significantly related to psychological wellbeing of Ebsu staff. Family income has significant relationship with psychological wellbeing of Ebsu staff ($r = -.008$, $p < .05$). Social media equally have significant relationship with psychological wellbeing of Ebsu staff ($r = .080$, $p < .01$). Gender was significantly related to age ($r = -.457$, $p < .01$). Age was significantly related to education qualification ($r = .608$, $p < .001$), job type ($r = .387$, $p < .001$) and family income ($r = .565$, $p < .05$).

Table 2: Hierarchical multiple regression predicting psychological wellbeing from job type, family income and social media.

Variables	Model 1	Model 2	Model 3	Model 4
Gender	-.095	-.089	-.084	-.069
Age	.114	.169	.285	.284
Ethnic Group	.033	.083	.076	.148
Highest education qualification	.042	.070	.040	.095
Job Type		-.168**	-.176	-.312
Family Income			-.166*	-.202
Social Media				.222**
R	.20	.25**	.28*	.33**
R ²	.04	.06**	.08*	.11**
R ² change	.04	.02**	.02*	.03**
F value	F(4,124)=.26	F(5, 123) =.31	F(6, 122)=.32	F(7, 121)=.38

Note: *= $p < .05$

The results of the Hierarchical Multiple Regression in table 2 above indicated that the demographics, gender ($\beta = -.095$, $p > .05$), age ($\beta = .114$, $p > .05$), ethnic group ($\beta = .033$, $p > .05$) and education qualification ($\beta = .042$, $p > .05$) were not significant predictors of psychological wellbeing among Ebsu staff. The demographic variables accounted for none significant 4% impact as predictors of psychological wellbeing ($R^2 = .04$). Job type ($\beta = -.168$, $p < .01$) entered in model 2 of the equation was a significant predictor of psychological wellbeing. It accounted for significant 2% variance in predicting psychological wellbeing among Ebsu staff ($\Delta R^2 = .02$, $p < .01$). Family income ($\beta = -.166$, $p < .05$) entered in model 3 significantly predicted psychological wellbeing among Ebsu staff. It accounted for significant 2% variance in predicting psychological wellbeing among Ebsu staff ($\Delta R^2 = .02$, $p < .05$). Social media ($\beta = .222$, $p < .01$) entered in model 4 significantly predicted psychological wellbeing among Ebsu staff. It accounted for significant 3% variance in predicting psychological wellbeing among Ebsu staff ($\Delta R^2 = .03$, $p < .01$). Therefore, decrease in job type and family income decreases psychological wellbeing among Ebsu staff. But increase in social media increases psychological wellbeing among Ebsu staff.

Discussions

This study investigated social media, job type and socio-economic status as predictors off psychological well-being among workers in EBSU. The result is consistence with the

hypothesis which stated that social media significantly predict psychological well-being among EBSU workers and supported by Chen et al. (2022) in their research on international students' psychosocial well-being and social media use at the onset of the COVID19 pandemic: a latent profile analysis and found that social media significantly predict psychological well-being.

Secondly, The results also indicated that job type significantly predict psychological wellbeing of Ebsu staff which supported the second hypothesis which stated that job type significantly predict psychological wellbeing and consistence with the foundings of Clausen et al. (2021) investigates whether increasing levels of job autonomy are linearly associated with improved psychological well-being, or whether the association is non-linear with higher levels of job autonomy being negatively associated with psychological well-being. The study is based on a survey in 4,340 individuals. After six months a follow-up survey was conducted. Associations were analysed using spline models in cross-sectional and prospective analyses of the full study population. We stratified the study population in four types of work for further cross-sectional analyses. The cross-sectional analysis of the full study population indicated a non-linear relationship as the association attenuated but remained positive at all levels of job autonomy. The prospective analysis indicated a positive linear association. The stratified cross-sectional analyses indicated a linear association in three of the four types of work and a non-linear but positive association among respondents in client-related work. Findings are supported in sensitivity analyses using alternative outcomes: vigour, job satisfaction and work stress. We conclude that job autonomy is positively associated with psychological well-being. Findings have relevance for job redesign by indicating that higher levels of job autonomy are beneficial for the psychological well-being of workers – especially among workers with low levels of job autonomy.

Thirdly, the result indicated the socio-economic status significantly predicts psychological well-being among EBSU workers and supported by the third hypothesis which stated that socio-economic status significantly predicts psychological well-being among EBSU workers and conformed by Fassbender et al. (2018) analyses the relation of socio-economic status and psychological well-being in a sample of 327 Turkish immigrant mothers in Germany. We assessed maternal psychological well-being with the CES-D-10, the Satisfaction with Life Scale, and selected items of the Hassles Scale referring to daily hassles. Mothers' SES was assessed by means of household income and maternal education. The sample has a predominantly low to very low household income. A cluster analysis on maternal education and household income identified three SES-groups: A low-income cluster, a low-education cluster, and a third cluster of mothers who were slightly more advantaged in terms of household income and education. When applying the 10-point criterion of the CES-D-10, the three clusters differed regarding depression. About 40% of the mothers with lowest income and lowest education were depressed, compared to 28% of the more-advantaged cluster. The clusters further differed with respect to daily hassles and life-satisfaction. A higher SES was associated with less daily hassles, a higher life satisfaction, and less depression. This replicates findings of other studies regarding the relation of SES and psychological well-being. A follow-up assessment for about 60% of the mothers after 1 year revealed no changes in the well-being scales for each SES cluster, and a significant multivariate effect of the SES clusters. This suggests that SES is a long-term influential factor on psychological well-being. We discuss our findings in terms of the importance to integrate Turkish immigrant mother into the Germany society and in terms of the importance of maternal psychological well-being for children's positive development.

Recommendations

This recommendation brings about a balance between the social, personal and professional aspects of individuals. For business and government. Social media has become an important part of people's life today, all over the world. According to researchers, the number of social media users will exceed 3.02 billion by 2019. Such a number of active social media users, has a strong influence on various economic area aspects of individuals. For businesses and government, they yield a better connectivity with the citizens /customers. A combination of both these output results in positive influence on economic factors through social media studies, it shows that around the global, social media campaign have developed for sales, marketing, branding, political gain, social souses etc. Business as well as researchers, take to social media to seek out an understanding of their reactions, opinions or attitude of people towards new products, technologies, policies or any changes that might be forth coming.

Conclusion

According to Journal of Concurrent Disorders, 2022, it stated that although in many academic institutions, their well-being may be underestimated or may be under-emphasized, as a psychological well-being promoter, we should give an opportunity to explicitly focus on our well-being, and there should be regular meetings, regular appraisals should be encouraged for the staff's promotion, positive perceptive can help to inform good interventions to offer lived experience.

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