

How Social Media and Smartphones Shape Students' Happiness

Mayur S. Shimpi

mayurshimpi2006@gmail.com

R.C.Patel IMRD ,Shirpur

ABSTRACT :

With the ever-advancing technology of smartphones and social media, the impact of these technologies on the emotional experiences of students has become more intricate than ever before. This study examines the effects of the latest digital behaviors on the happiness of students, taking into consideration emotional bonding, expression, support, and psychological pressure. Based on the latest observations of human behavior, the latest psychological theories, and the practical experiences of students, this study offers a well-rounded perspective on the creation, maintenance, and sometimes disruption of happiness in digital environments. The results of this study indicate that the happiness of students is not affected by technology but by the way it is employed.

KEYWORDS:

Smartphone usage, social media engagement, student well-being, digital behavior, emotional health, psychological pressure, academic performance, digital habits, youth happiness, mental well-being

INTRODUCTION:

In recent years, smartphones and social media have become an integral part of students' lives, influencing their communication, learning, and emotional experiences. From waking up to smartphone alarms to winding down with late-night talks, smartphones and digital devices have become constant companions. Students use smartphones not only to stay in touch with friends and family but also to handle their educational commitments, entertain themselves, and deal with emotional issues. With instant messaging, calls, and social media, students feel a sense of belonging that can combat loneliness and improve emotional support networks.

Social media platforms also offer opportunities for self-expression, creativity, and identity formation. Students share their success, views, and personal experiences, and in the process, they feel confident and validated through positive interactions. Smartphones also improve learning experiences by providing instant access to educational resources, online classes, and collaborative learning environments. But overuse can result in psychological pressure, tiredness, and emotional dependence. Comparison, exposure to unrealistic depictions of success, and negative comments can impact self-esteem and overall happiness. Hence, it is important to have a balanced view of the impact of digital habits on the happiness of students.

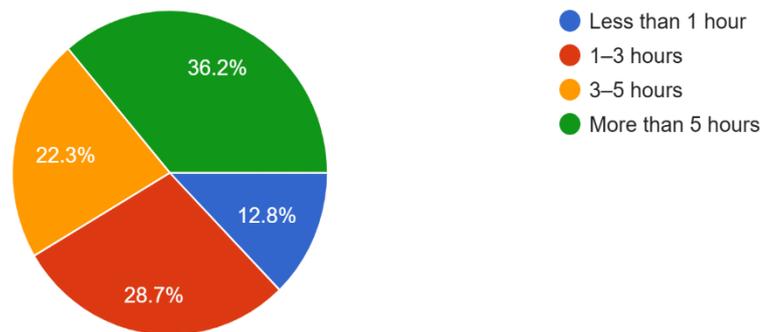
OBJECTIVES OF THE STUDY

1. To examine the relationship between smartphone and social media usage and students' overall happiness.
2. To analyze how digital communication influences emotional connection and social belonging among students.
3. To explore the role of smartphones in supporting academic performance and learning experiences.
4. To identify the psychological pressures associated with excessive smartphone and social media use.
5. To suggest mindful digital practices that promote students' digital well-being and mental health.

RESEARCH METHODOLOGY

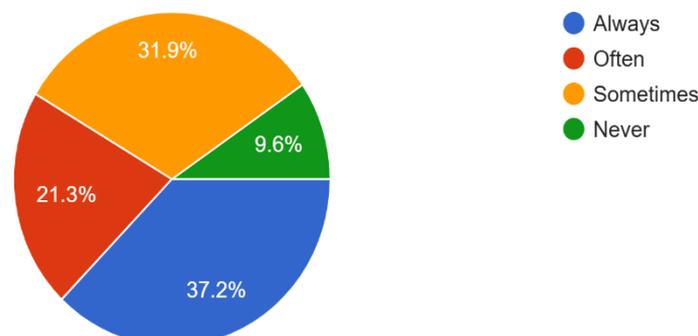
How many hours do you spend daily on social media using your mobile phone?

94 responses



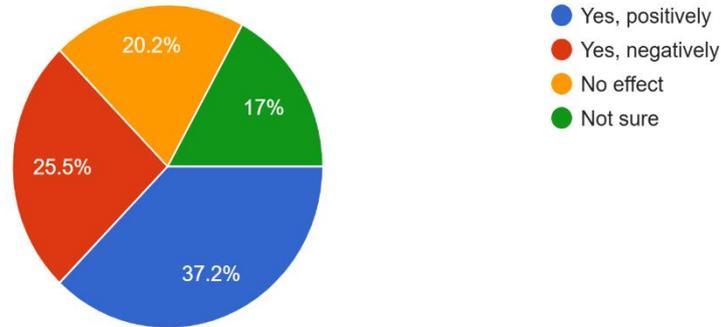
Do you feel happy when you receive likes, comments, or replies on your posts?

94 responses



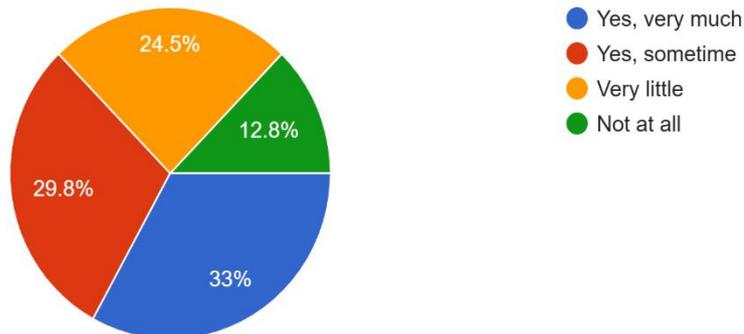
Do you think excessive mobile and social media use affects your real-life happiness?

94 responses



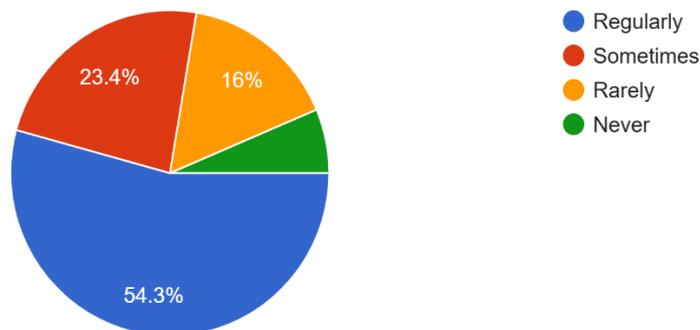
Does watching reels, memes, or videos improve your mood instantly?

94 responses



Do you use your mobile phone for academic purposes (study materials, videos, group study)?

94 responses



HYPOTHESIS

H1: Do you think excessive mobile and social media use affects your real-life happiness?

Thus, Applying The Formula $X^2 = \sum (O_i - E_i)^2 / E_i$

Here, **O_i**= Observed Frequency (Response Collected From Survey),

E_i= Expected Frequency (Expected Response)

Sr. No.	Options	O _i	E _i	O _i -E _i	(O _i -E _i) ²	(O _i -E _i) ² /E _i
1	Yes, positively	35	23.5	11.5	132.25	5.62
2	Yes, negatively	24	23.5	1.5	2.25	0.095
3	No effect	19	23.5	-4.5	20.25	0.86
4	Not sure	16	23.5	-7.5	56.25	2.39
Total		94				8.965

$\sum (O_i - E_i)^2 / E_i = 8.965$

Degree Of Freedom (D.F.) Is 3

Therefore, Tabulated Value Of X² as 3 Degree of Freedom Is 7.815*

$X^2 = 8.965 > 7.815^*$

H2: Does watching reels, memes, or videos improve your mood instantly?

Thus, Applying The Formula $X^2 = \sum (O_i - E_i)^2 / E_i$

Here, **O_i**= Observed Frequency (Response Collected From Survey),

E_i= Expected Frequency (Expected Response)

Sr. No.	Options	O _i	E _i	O _i -E _i	(O _i -E _i) ²	(O _i -E _i) ² /E _i
1	Yes, very much	31	23.5	7.5	56.25	2.39
2	Yes, sometime	28	23.5	4.5	20.25	0.86
3	Very little	23	23.5	-0.5	0.25	0.01
4	Not at all	12	23.5	-11.5	132.25	5.62
Total		94				8.88

$\sum (O_i - E_i)^2 / E_i = 8.88$

Degree Of Freedom (D.F.) Is 3

Therefore, Tabulated Value Of X² as 3 Degree of Freedom Is 7.815*

$X^2 = 8.88 > 7.815^*$

CONCLUSION:

The results of this study indicate that the use of smartphones and social media has a two-fold effect on students' happiness. On the one hand, they enhance emotional bonding, expression, and learning. Digital communication technology allows students to stay connected with others, overcome feelings of loneliness, and create a support network that positively impacts their emotional well-being.

On the other hand, overuse or mindless use of smartphones and social media can result in psychological issues such as stress, comparison anxiety, low self-esteem, and emotional dependence. Students' constant connectivity and the need to project a perfect online persona can disturb their calm and happiness with life. Thus, students' happiness is not affected by technology but by the way it is used. It is important to focus on digital balance and emotional awareness to ensure that technology positively impacts students' emotional well-being.

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