

# Exploring the Role of Social Media in Supporting Young Adults Facing Life Crises in Malaysia

Wan Nabilah Syafiqah Wan Abd Rahim, Noraini Saro, Nur Sa'adah Syaiful Anwar, Nurul Farhana Zainudin, Nur'Izzatty Muhiddin

Faculty of Education and Humanities (FEH), UNITAR International University Tierra Crest,  
Jalan SS 6/3, Ss 6, 47301 Petaling Jaya, Selangor  
Email: noraini.saro@unitar.my

DOI Link: <http://dx.doi.org/10.6007/IJARPED/v15-i2/28033>

*Published Online:* 28 April 2026

## Abstract

This study examines the influence of social media on young adults amid life crises, emphasising its effects on emotional well-being and coping strategies. A study with 303 participants was undertaken to evaluate their impressions of social media's efficacy in offering solutions, emotional support, and confidence during difficult periods. The primary variables investigated are performance expectancy, social influence, and hedonic motivation. The results indicate that a predominant portion of respondents (65.3%) were aged 18-22 years, with the majority (42.6%) dedicating over 5 hours everyday to social media, largely for pleasure and leisure purposes (41.9%). The results demonstrate moderate to high performance expectancy, as participants concurred that social media aids in problem-solving (mean = 3.39) and enhances their confidence in managing life transitions (mean = 3.49). Social influence significantly impacted mental well-being, with interactions from friends and family yielding a favourable contribution (mean = 4.13). Hedonic motivation emerged as the predominant factor influencing social media usage, with enjoyment and entertainment identified as the principal motivators (mean = 3.87). The results indicate that social media can serve as an effective instrument for navigating life crises when combined with tailored support networks and compelling content. Suggestions for mental health interventions involve integrating social media with therapeutic approaches.

**Keywords:** Social Media, Coping Mechanisms, Emotional Well-being, Social Influence, Hedonic Motivation

## Introduction

Social media comprises internet platforms that enable users to produce, share, and trade material with friends, family, and individuals with common interests. The dissemination of information and content can extend to virtual communities both domestically and internationally. The prominent social media networks include Facebook, TikTok, Twitter, Instagram, LinkedIn, Snapchat, YouTube, and Pinterest. Social media enhances connection and connectivity, allows for the swift sharing of information, and serves as a platform for

personal expression. Social media may cultivate community, shape public opinion, and enhance event awareness (Blanc-Brillon et al., 2025, p. 2; Taylor & Armes, 2024).

Social media is continually evolving and expanding. Videos, including stories and live broadcasts, have become increasingly significant, while ephemeral posts are becoming more prevalent. Social commerce is expanding, as an increasing number of enterprises utilise platforms for both direct and indirect sales. Influencer marketing is a widespread practice. Meltwater (2023) reports that as of January 2023, there were 26.8 million social media users, constituting 78.5% of Malaysia's population. Approximately 99.8% of Malaysian individuals aged 18 and above from Generation Z and Millennials are actively engaged in social media. The most engaged social media demographic comprises individuals aged 25-34, representing 31.5% of the population, almost 8.4 million users. These numbers indicate the potential market for social media platforms in Malaysia (Abu et al., 2025).

In early 2025, Malaysia had 43.3 million active cellular mobile connections, representing 121 percent of the total population. It is important to recognise that certain connections may solely encompass services like voice and SMS, while others may lack internet access. At the beginning of 2025, Malaysia had 34.9 million internet users, with an online penetration rate of 97.7 percent. In January 2025, Malaysia had 25.1 million social media user accounts, representing 70.2 percent of the total population (Hanxiang & Yie, 2025).

## **Literature Review**

### *The Impact of Social Media to Adolescents and Young Adults*

Digital and social media use offers both benefits and risks to the health of children and teenagers. A healthy family media use plan that is individualized for a specific child, teenager, or family can identify an appropriate balance between screen time/online time and other activities, set boundaries for accessing content, guide displays of personal information, encourage age-appropriate critical thinking and digital literacy, and support open family communication and implementation of consistent rules about media use.

Online friends can be an important source of social support, but in-person social support appears to be more protective against victimization. Online social support did not reduce the odds of any type of victimization assessed (Huang & Chui, 2024, p. 1692) The pervasive integration of digital and social media into the daily lives of adolescents and young adults necessitates a comprehensive understanding of its multifaceted impact on their health and development (Jamaludin et al., 2023). While these platforms offer significant opportunities for social connection, identity formation, and access to health information, they also present considerable risks, including potential negative effects on mental well-being and social interaction skills (Jamaludin et al., 2023; Nagata et al., 2025). Consequently, a tailored family media use plan becomes crucial for navigating this complex digital landscape, enabling an optimal balance between online engagement and other developmental activities while fostering critical thinking and digital literacy (Ayankeye et al., 2022). This individualized approach helps families establish clear boundaries for content access, guide the responsible display of personal information, and encourage open communication regarding media use, thereby creating a supportive framework for healthy digital engagement. Online social platforms provide avenues for young people to establish connections globally, exchange knowledge, and cultivate stronger identities; however, excessive use can sometimes lead to

a decline in individual trust and self-development, particularly concerning long-term interpersonal relationships (Zainuddin et al., 2022). Despite the potential for social support through online connections, research indicates that face-to-face social interactions offer greater protection against victimization, with online social support failing to mitigate the risk of various forms of harm. This suggests a critical distinction between the perceived benefits of digital connectivity and the substantive protective factors inherent in real-world social engagement (Nagata et al., 2025). This distinction underscores the necessity of fostering robust offline social skills and activities to complement online interactions, particularly given that the digital environment often presents fragmented and less clinically relevant insights into the long-term associations between social media use and psychological distress (Tullett-Prado et al., 2023). Indeed, increased engagement with social networking sites has been associated with diminished self-esteem and hindered personal growth, often culminating in heightened social anxiety, depression, and, in severe instances, suicidal ideation (Zainuddin et al., 2022). These negative mental health outcomes are often exacerbated by the constant social comparison inherent in online platforms, which can lead to heightened feelings of loneliness, body dysmorphia, and eating disorders (Blanc-Brillon et al., 2025; Dadi et al., 2024). Such upward social comparisons, particularly those perceived as extreme, have been identified as key mechanisms linking social media use to negative impacts on self-esteem and depressive symptoms (Blanc-Brillon et al., 2025).

Conversely, social media can also serve as a vital source of support and connection, especially for marginalized youth, though this positive aspect is often overshadowed by its potential to exacerbate issues like anxiety, depression, and sleep disturbances (Maltby et al., 2024). Moreover, the incessant connectivity and curated portrayals of life on social media platforms can foster a constant pressure to conform to societal standards and trends, compelling adolescents to seek validation from peers, which significantly impacts their emotional well-being and self-esteem (Jamaludin et al., 2023). However, while some studies indicate a negative correlation between social media use and well-being, others present mixed results or no clear link, highlighting the complex and often conflicting nature of current research in this area (Shensa et al., 2019). For example, while some research points to potential harms like unhealthy social comparisons and displacement of healthy activities, other findings highlight benefits such as the ability to connect with friends and family, find support, and acquire new skills (Jaycox et al., 2024; Tiwari, 2023). This ongoing debate underscores the need for a more nuanced understanding of the precise mechanisms through which social media influences adolescent psychological well-being, moving beyond simplistic cause-and-effect models (Dharejo et al., 2023).

### **Methodology**

This study adopts a quantitative approach to explore the role of social media in supporting young adults facing life crises in Malaysia. The research aims to assess how social media influences mental well-being, emotional support, and coping mechanisms during life crises. A structured questionnaire was designed, consisting of demographic questions and sections addressing the main variables of the study, which include performance expectancy, social influence, and hedonic motivation. The survey was distributed to 303 participants, who were selected based on their active usage of social media platforms. The demographic section captured participants' age, gender, daily social media usage, and the primary purpose of social media use. The frequency and percentage distribution of these variables were analyzed to

provide an overview of the sample. Additionally, the main constructs were measured using Likert scale items, assessing perceptions of social media's role in providing solutions during life crises, emotional support, and the encouragement derived from peers and influencers on social media. Descriptive statistics, including means and standard deviations, were calculated for each item to determine overall perceptions and trends in social media usage among the respondents. The analysis focuses on examining the relationships between demographic variables and the key constructs, providing insights into the factors that contribute to social media's effectiveness as a coping tool for young adults in Malaysia. Data were analyzed using descriptive statistics to highlight general trends and to assess the performance expectancy, social influence, and hedonic motivation that shape adolescents' engagement with social media during life challenges.

## Result

### Demography

Table 1

### Demography

Variable	Category	Frequency (n)	Percentage (%)
<b>Age</b>	18–22 years	198	65.3
	23–27 years	65	21.5
	28–32 years	23	7.6
	33–40 years	17	5.6
<b>Gender</b>	Male	99	32.7
	Female	204	67.3
<b>Daily Social Media Usage</b>	< 1 hour	11	3.6
	1–2 hours	44	14.5
	3–4 hours	119	39.3
	> 5 hours	129	42.6
<b>Primary Purpose of Social Media Use</b>	Entertainment & leisure	127	41.9
	Stay connected with family/friends	75	24.8
	Follow news/current events	38	12.5
	Personal/professional networking	36	11.9
	Inspirational content	20	6.6
	Emotional support/advice	3	1.0

The data provides insights into the demographics and social media usage patterns of the respondents. A significant portion (65.3%) of the participants are in the 18–22 years age group, while the remaining respondents are fairly distributed across older age ranges, with 21.5% in the 23–27 years group. Gender-wise, the majority of the respondents are female (67.3%), compared to 32.7% male participants. When it comes to daily social media usage, a majority (42.6%) spend over 5 hours per day, followed by 39.3% who use it for 3–4 hours, indicating a high level of engagement. The primary reason for social media use is entertainment and leisure, reported by 41.9% of the participants, while staying connected with family/friends follows at 24.8%. Other purposes include staying updated with news (12.5%) and personal/professional networking (11.9%), with a smaller proportion engaging in activities such as seeking inspiration (6.6%) and emotional support/advice (1.0%).

**Analysis Descriptive**

Table 2

*Descriptive Statistics B Performance Expectancy (PE)*

Item	N	Mean	Std. Deviation
I believe social media helps me find solutions to my problems during life crises.	303	3.39	.932
Social media offers valuable support when I need help managing life challenges.	303	3.29	1.000
Using social media makes me feel more confident in dealing with life changes.	303	3.49	.979
Social media provides useful resources for emotional support during difficult times.	303	3.42	1.051
I find social media to be a helpful tool for coping with stress and anxiety.	303	3.14	1.006
<b>Total</b>	<b>303</b>	<b>3.34</b>	

Table 2 shows the analysis of descriptive results, indicating a reasonable degree of performance expectancy about the utilisation of social media during life crises, with an overall mean of 3.34. The descriptive statistics for performance expectancy (PE) indicate that respondents typically regard social media as a reasonably effective instrument for navigating life crises, with an overall mean score of 3.34. This indicates that although social media is acknowledged for offering solutions and support, it is not predominantly viewed as a key or decisive option for coping. The highest mean was seen for the statement "Using social media makes me feel more confident in dealing with life changes" (mean = 3.49), suggesting that participants saw social media as a means to bolster their confidence in challenging situations. This aligns with the notion that social media provides resources that might enhance an individual's self-efficacy and resilience, essential elements in stress management and coping methods (Choi et al., 2021). (Asghar et al., 2021; Vaingankar et al., 2021, p. 7) Notable diversity in responses is apparent, as seen by items such as "I find social media to be a helpful tool for coping with stress and anxiety" (mean = 3.14) and "Social media offers valuable support when I need help managing life challenges" (mean = 3.29), which received lower scores. The moderate standard deviations (ranging from .932 to 1.051) indicate that although numerous individuals perceive social media as beneficial, the degree to which it offers concrete solutions or assistance in navigating life crises differs. This diversity may indicate disparities in individual social media usage; some may perceive it as more advantageous for emotional support, whereas others would utilise it mostly for knowledge or fun. This nuanced perspective underscores the significance of comprehending the various methods by which social media can be employed to improve coping mechanisms, indicating that its efficacy in stress management may not be fully realized for all individuals.

The findings indicate that although social media is perceived as a beneficial tool for managing life crises, its efficacy could be enhanced by customizing digital interventions to meet individual requirements. Mental health initiatives utilizing social media should prioritize the

development of platforms that provide pragmatic answers, emotional assistance, and confidence-enhancing material. Furthermore, due to the diversity of reactions, therapies must be flexible, enabling users to customize their interaction with social media to more effectively tackle their individual difficulties. Future research may investigate the determinants that lead certain users to perceive social media as more beneficial than others, offering insights into how these platforms might be optimized for enhanced therapeutic efficacy (Blanc-Brillon et al., 2025, ; Opoku et al., 2025). From a cognitive behavioral standpoint, these findings indicate that teenagers view social media as a mechanism that facilitates problem-focused coping and cognitive reappraisal, both of which are fundamental to CBT-based therapies. Individuals are more inclined to engage proactively with a platform when they perceive it as enhancing their capacity to manage stress or emergencies. Consequently, performance expectancy significantly influences adolescents' inclination to utilise digital platforms for emotional regulation and crisis management (Fetene, 2024).

Table 3  
*Descriptive Statistics Social Influence (SI)*

Item	N	Mean	Std. Deviation
I feel encouraged to use social media for support because of the people around me	303	3.23	1.199
I follow influencers who discuss mental health and life challenges on social media.	303	2.60	1.230
My friends and family often recommend social media resources for managing stress.	303	3.12	1.022
The advice I get from my social media networks is an important factor in how I cope with life crises.	303	3.21	1.076
Social media has a positive impact on my mental well-being because of the people I interact with online.	303	4.13	.884
Valid N (listwise)	303	3.25	

Table 3 shows the descriptive statistics for social influence (SI). The descriptive statistics for social influence (SI) indicate that social media networks have a moderate to high impact on young adults' coping mechanisms amid life crises. The average score of 3.25 suggests that respondents generally see a moderate influence from their social media networks in coping with stress and life issues. The statement "Social media has a positive impact on my mental well-being because of the people I interact with online" received the highest score (mean = 4.13), indicating a robust conviction that online interactions with peers and communities enhance mental well-being. This indicates that social relationships, whether with friends, family, or online communities, are crucial in shaping consumers' perceptions of the mental health advantages of social media. This discovery corresponds with cognitive-behavioral theories that underscore the significance of social support in coping and emotional regulation (Buchanan et al., 2022).

According to Evangelou et al. (2024) nonetheless, there exists a significant disparity in responses to other items, including "I feel encouraged to use social media for support because of the people around me" (mean = 3.23, SD = 1.199) and "I follow influencers who discuss mental health and life challenges on social media" (mean = 2.60, SD = 1.230). The diminished scores and elevated standard deviations for these items suggest that, although certain participants are motivated by their social circles to utilise social media for support, others do not experience the same level of influence. This fluctuation may indicate the selective nature of social media involvement, wherein individuals tend to believe advice from close peers or family members over influencers, who may be regarded as less approachable or credible by comparison. The elevated standard deviation for the statement "I feel encouraged to use social media for support because of the people around me" indicates significant variability in the influence of personal networks on social media usage, highlighting diverse social contexts or individual preferences (Taylor & Armes, 2024). The investigation indicates that social influence significantly affects social media usage for mental health, however its impact varies among individuals. Mental health initiatives should utilise peer-based and family-driven support networks on social media instead of depending exclusively on influencers to improve engagement and build trust. Integrating these reputable social networks into digital interventions may enhance coping techniques and augment the overall efficacy of these platforms in promoting mental well-being. Furthermore, further investigation is required to examine the impact of various forms of social media material (peer support versus influencer-driven content) on adolescents' coping mechanisms and emotional regulation (Jamaludin et al., 2023, p. 179; Rahayu et al., 2023, p. 244).

Table 4

*Descriptive Statistics Hedonic Motivation*

<b>Item</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>
I find using social media enjoyable and entertaining.	303	4.08	.904
Social media provides me with a sense of fun and excitement.	303	3.52	1.082
I feel pleasure when interacting with others on social media.	303	3.78	.908
Using social media makes me feel happy and satisfied.	303	3.97	.868
I use social media because it offers enjoyable experiences and entertainment.	303	4.03	1.091
Valid N (listwise)	303	3.87	

Table 4 shows the descriptive analysis of hedonic motivation. The reported overall mean of 3.87 indicates that enjoyment, pleasure, and entertainment significantly influence adolescents' interaction with social media. The descriptive data for hedonic motivation indicate that young individuals experience considerable happiness and pleasure from utilising social media. The average score of 3.87 indicates that respondents generally perceive social media as a joyful and emotionally fulfilling activity. Statements such as "I find using social media enjoyable and entertaining" (mean = 4.08) and "I use social media because it offers enjoyable experiences and entertainment" (mean = 4.03) received the highest scores,

demonstrating that the predominant motivation for social media usage among respondents is the enjoyment and entertainment it affords. These findings correspond with studies that emphasise the emotional gratification and enjoyment that young adults frequently pursue through digital platforms (Choi et al., 2021). (Al-Menayes, 2015, p. 5; Blanc-Brillon et al., 2025). The range in standard deviations indicates individual variability in the perception of social media enjoyment. The statement "Social media provides me with a sense of fun and excitement" exhibited a comparatively greater standard deviation (1.082), signifying a broader spectrum of answers. Although the majority of respondents appreciate social media, the level of exhilaration it elicits differs among individuals. This variety may indicate individual preferences, since some users engage just for entertainment, whereas others may possess distinct expectations or experiences with the platforms. The average scores for statements such as "I experience pleasure when engaging with others on social media" (mean = 3.78) and "Utilising social media induces feelings of happiness and satisfaction" (mean = 3.97) elucidate the intricate role of social media in emotional well-being, indicating that although it serves as a source of enjoyment for many, its emotional effects are not uniformly experienced.

These findings underscore the significant impact of hedonic motivation on social media involvement among young individuals. The pleasure and amusement obtained from social media may be a crucial element in maintaining user engagement with these sites. From a therapeutic perspective, including hedonic incentive into digital therapies, such as gamified mental health applications or interactive social media support groups, may augment engagement and render coping mechanisms more attractive to teenagers. Nonetheless, it is crucial to equilibrate this pleasure with the possible dangers of excessive dependence on social media for emotional gratification, which may encourage avoidance-oriented coping mechanisms. Future interventions should seek to integrate enjoyment with therapeutic objectives to guarantee that social media usage is both captivating and advantageous for mental health. (Carlsson, 2024, p. 121; Skeggs & Orben, 2025).

### **Discussion & Recommendation**

The descriptive study indicates that social media substantially assists young adults in navigating life crises, with the majority of respondents indicating moderate to high performance expectancy. Participants asserted that social media facilitated problem-solving and provided significant emotional support, corroborating previous research that highlights the beneficial function of social media in managing life obstacles (Jiang & Zhang, 2023). This discovery reinforces the idea that digital platforms are essential for stress management and emotional regulation, aligning with cognitive-behavioral theories that propose social media as a means for adaptive coping methods (Choi et al., 2021). Consequently, it is advisable for mental health interventions to integrate social media into coping tactics, utilising its capacity to provide rapid access to solutions and emotional support. (Zainuddin et al., 2022, p. 1038)

The examination of social influence underscores the crucial impact that peers, relatives, and digital networks have on teenagers' social media engagement. Participants said that engagement with these reliable social networks enhanced their mental health and assisted them in managing life difficulties. This aligns with previous research findings that emphasise the significance of peer and familial support in the digital management of mental health (Buchanan et al., 2022). The diminished involvement with mental health influencers indicates a preference for more personal, peer-oriented help. Mental health programs may achieve greater efficacy by integrating peer-to-peer support and family-based interventions into

digital platforms, hence enhancing engagement and bolstering coping strategies among teenagers (Kucker & Schneider, 2024; Ribanszki et al., 2021).

Ultimately, hedonic motivation surfaced as a significant driver for social media engagement, with participants indicating elevated levels of pleasure and emotional satisfaction. Although these findings highlight the beneficial effects of social media in alleviating stress and enhancing happiness, it is crucial to recognise the possible disadvantages of overdependence on pleasure-oriented usage, which may result in avoidance-based coping (Jiang & Zhang, 2023). Consequently, treatments must balance the pleasant elements of social media with its therapeutic potential. Gamified features, interactive components, and positive emotional involvement may sustain teenagers' motivation while harmonising with therapeutic objectives. Future mental health efforts must include these elements to guarantee that social media usage is both captivating and advantageous for emotional well-being (Hamilton et al., 2022, O'Sullivan et al., 2023).

The findings suggest that mental health interventions for young adults should utilise social media platforms as a resource for emotional support and coping amid crises. Social media functions as an accessible and engaging resource, offering solutions and emotional affirmation via peer networks and reputable influencers. To optimize effectiveness, treatments should concentrate on augmenting the importance of family and friends in digital support networks, as these social influences exert a more significant impact on coping mechanisms than influencers. Future interventions should integrate gamified features or interactive elements to harness hedonic motivation for enhanced engagement, while also fostering healthy coping strategies and reducing the risk of avoidance-based behaviors linked to excessive pleasure-driven usage.

Subsequent research should investigate how various social media platforms (e.g., Facebook, Instagram, TikTok) may be customised for mental health interventions to more effectively correspond with teenagers' preferences and coping requirements. Incorporating these findings into mental health programs can enhance engagement, bolster resilience, and promote a more effective utilisation of digital tools to assist emotional well-being.

### **Conclusion**

This study concludes by highlighting the important role that social media plays in helping young adults deal with life's challenges by providing a useful tool for coping, problem-solving, and emotional support. The results show that social media satisfies the demand for pleasure and emotional fulfilment in addition to offering a platform for peer and family-based support, which encourages continuous use. However, by utilising interesting, interactive elements and adding additional peer-driven, family-oriented solutions, social media's efficacy in handling life crises can be further increased. Young adults can more effectively navigate obstacles and develop resilience and adaptive coping mechanisms by strategically incorporating social media into mental health interventions.

### **Acknowledgement**

The author gratefully acknowledges the financial support provided by UNITAR International University through the Internal Grant Scheme (IG2025/FEH/03) for the research project titled "A Holistic Intervention for Young Adults Facing Life Crises: Integrating Social Media

Awareness and Spiritual Well-Being.” The author also extends sincere appreciation to the Faculty of Education and Humanities for their continuous encouragement and assistance throughout the completion of this study.

## References

- Abu, R., Setiawati, L., Agustina, S., Ramadhan, S. Y., & Khoerunnisa, L. (2025). Exploring the Impact of Social Media Usage towards Mental Health among University Student in Malaysia. *International Journal of Research and Innovation in Social Science*, 6354. <https://doi.org/10.47772/ijriss.2024.803479s>
- Al-Menayes, J. J. (2015). Motivations for Using Social Media: An Exploratory Factor Analysis. *International Journal of Psychological Studies*, 7(1). <https://doi.org/10.5539/ijps.v7n1p43>
- Asghar, M. Z., Arif, S., Barberà, E., Seitamaa-Hakkarainen, P., & Kocayörük, E. (2021). Support through Social Media and Online Class Participation to Enhance Psychological Resilience. *International Journal of Environmental Research and Public Health*, 18(22), 11962. <https://doi.org/10.3390/ijerph182211962>
- Aziz, S. Q., Taha, N. M., Sandramogan, Y., Kasim, N. M., & Harun, S. A. (2025). Financial Issues and Students' Stress Among Private University Students in Selangor, Malaysia. *International Journal of Research and Innovation in Social Science*, 6982. <https://doi.org/10.47772/ijriss.2025.90400514>
- Ayankeye, S. O., Igboin, B. O., Slater, S., Adeyinka, E., Amuda, O. O., Ayinde, A. H., Oladapo, J. A., Idialu, P. O., Idialu, R. A., Odesola, F. O., Sylvester, O., Oluwajuwonlo, O. M., & Andrew F., I. O. (2022). *International Journal of Family Life and Societal Development (IJOFALSOD)*.
- Blanc-Brillon, J. L., Fortin, J.-S., Lafrance, L., & Héту, S. (2025). The associations between social comparison on social media and young adults' mental health. *Frontiers in Psychology*, 16. <https://doi.org/10.3389/fpsyg.2025.1597241>
- Carlsson, L. (2024). Technology Acceptance of Virtual Reality for Aircraft Maintenance Training.
- Dadi, A. F., Dachew, B. A., & Tessema, G. A. (2024). Problematic internet use: A growing concern for adolescent health and well-being in a digital era. *Journal of Global Health*, 14. <https://doi.org/10.7189/jogh.14.03034>
- Dharejo, N., Alivi, M. A., Rahamad, M. S., Xu, J., & Brony, M. (2023). Effects of Social Media Use on Adolescent Psychological Well-Being: A Systematic Literature Review. *International Journal of Interactive Mobile Technologies (IJIM)*, 17(20), 171. <https://doi.org/10.3991/ijim.v17i20.44663>
- Evangelou, S. M., Michanetzi, E. L., & Xenos, M. (2024). Exploring the impact of negative online feedback on well-being: A comprehensive analysis incorporating Big-Five personality traits and physiological responses. *Computers in Human Behavior Reports*, 15, 100457. <https://doi.org/10.1016/j.chbr.2024.100457>
- Fetene, muluneh. (2024). Exploring the Impact of Emotional Intelligence and Self-Efficacy on Academic Achievement among Adolescents in Injibara Sub-City, Northwest Ethiopia . *Research Square (Research Square)*. <https://doi.org/10.21203/rs.3.rs-5354347/v1>
- Hamilton, J. L., Siegel, D. M., & Carper, M. M. (2022). Digital Media Interventions for Adolescent Mental Health. In *Cambridge University Press eBooks* (p. 389). Cambridge University Press. <https://doi.org/10.1017/9781108976237.021>

- Hanxiang, G., & Yie, L. W. (2025). Kuala Lumpur smart mobility: A case study of Malaysia city brain and ITS deployment. In *INTI JOURNAL* / (Vol. 2025, Issue 2, p. 2600). INTI International University. <https://doi.org/10.61453/intij.202526>
- Huang, Y., & Chui, H. (2024). Bullying Victims' Perceived Social Support and Psychological Health and Prosocial Behavior: A Latent Profile Analysis. *Journal of Youth and Adolescence*, 53(7), 1683. <https://doi.org/10.1007/s10964-024-01954-3>
- Jamaludin, N. L., Sani, N. Z. A. A., Hariri, M. S. C. M., & Omar, S. A. S. (2023). The Influence of Social Media on Self-Esteem among International Business Students in One of the Public Universities. *Information Management and Business Review*, 15, 179. [https://doi.org/10.22610/imbr.v15i3\(si\).3476](https://doi.org/10.22610/imbr.v15i3(si).3476)
- Jaycox, L. H., Murphy, E. R., Zehr, J. L., Pearson, J. L., & Avenevoli, S. (2024). Social Media and Suicide Risk in Youth [Review of Social Media and Suicide Risk in Youth]. *JAMA Network Open*, 7(10). American Medical Association. <https://doi.org/10.1001/jamanetworkopen.2024.41499>
- Karim, N. A., Taha, N. M., & Muhiddin, N. 'Izzatty. (2025). The Role of Reflective Practices in Developing Emotional and Social Intelligence. *International Journal of Academic Research in Progressive Education and Development*, 14(3). <https://doi.org/10.6007/ijarped/v14-i3/25752>
- Khalaf, A. M., Alubied, A. A., Khalaf, A. M., & Rifaey, A. A. (2023). The Impact of Social Media on the Mental Health of Adolescents and Young Adults: A Systematic Review. *Cureus*, 15(8), e42990. <https://doi.org/10.7759/cureus.42990>
- Kucker, S. C., & Schneider, J. M. (2024). Social interactions offset the detrimental effects of digital media use on children's vocabulary. *Frontiers in Developmental Psychology*, 2. <https://doi.org/10.3389/fdpys.2024.1401736>
- Maltby, J., Rayes, T., Nage, A., Sharif, S., Omar, M., & Nichani, S. (2024). Synthesizing perspectives: Crafting an Interdisciplinary view of social media's impact on young people's mental health. *PLoS ONE*, 19(7). <https://doi.org/10.1371/journal.pone.0307164>
- Meltwater. (2023). Social Media Statistics for Malaysia. Retrieved January 11, 2024, from <https://www.meltwater.com>
- Nagata, J. M., Huang, O., Hur, J. O., Li, E. J., Helmer, C. K., Weinstein, E., & Moreno, M. A. (2025). Health Benefits of Social Media Use in Adolescents and Young Adults [Review of Health Benefits of Social Media Use in Adolescents and Young Adults]. *Current Pediatrics Reports*, 13(1). Springer Science+Business Media. <https://doi.org/10.1007/s40124-025-00357-7>
- Opoku, D., Donkor, C., Yeboah, J. N. O., & Quagraine, L. (2025). Navigating the relationship between social media use and mental health in the digital age. *Discover Mental Health*, 5(1). <https://doi.org/10.1007/s44192-025-00285-4>
- O'Sullivan, S., Berkel, N. van, Kostakos, V., Schmaal, L., D'Alfonso, S., Valentine, L., Bendall, S., Nelson, B., Gleeson, J., & Álvarez-Jiménez, M. (2023). Understanding What Drives Long-term Engagement in Digital Mental Health Interventions: Secondary Causal Analysis of the Relationship Between Social Networking and Therapy Engagement. *JMIR Mental Health*, 10. <https://doi.org/10.2196/44812>
- Rahayu, I., Falimu, Rumondor, P., Kurniawati, H., & Aziz, A. M. (2023). Promoting Mental Health in The Digital Age: Exploring the Effects of Social Media use on Psychological Well-Being. *West Science Interdisciplinary Studies*, 1(6), 239. <https://doi.org/10.58812/wsis.v1i6.95>

- Ribanszki, R., Fonseca, J. A. S., Barnby, J. M., Jano, K., Osmani, F., Almasi, S., & Tsakanikos, E. (2021). Preferences for Digital Smartphone Mental Health Apps Among Adolescents: Qualitative Interview Study. *JMIR Formative Research*, 5(8). <https://doi.org/10.2196/14004>
- Shensa, A., Sidani, J. E., Escobar-Viera, C. G., Switzer, G. E., Primack, B. A., & Choukas-Bradley, S. (2019). Emotional support from social media and face-to-face relationships: Associations with depression risk among young adults. *Journal of Affective Disorders*, 260, 38. <https://doi.org/10.1016/j.jad.2019.08.092>
- Skeggs, A., & Orben, A. (2025). Social media interventions to improve well-being [Review of *Social media interventions to improve well-being*]. *Nature Human Behaviour*, 9(6), 1079. Nature Portfolio. <https://doi.org/10.1038/s41562-025-02167-9>
- Taylor, J., & Armes, G. (2024). Social comparison on Instagram, and its relationship with self-esteem and body-esteem. *Discover Psychology*, 4(1). <https://doi.org/10.1007/s44202-024-00241-3>
- Tiwari, R. (2023). Mental Health Effects of Social Media on Adolescents. *International Journal for Research in Applied Science and Engineering Technology*, 11(12), 1490. <https://doi.org/10.22214/ijraset.2023.57651>
- Tullett-Prado, D., Doley, J. R., Zarate, D., Gomez, R., & Stavropoulos, V. (2023). Conceptualising social media addiction: a longitudinal network analysis of social media addiction symptoms and their relationships with psychological distress in a community sample of adults. *BMC Psychiatry*, 23(1). <https://doi.org/10.1186/s12888-023-04985-5>
- Vaingankar, J. A., Dam, R. M. van, Samari, E., Chang, S., Seow, E., Chua, Y. C., Luo, N., Verma, S., & Subramaniam, M. (2021). Social Media–Driven Routes to Positive Mental Health Among Youth: Qualitative Enquiry and Concept Mapping Study. *JMIR Pediatrics and Parenting*, 5(1). <https://doi.org/10.2196/32758>
- Zainuddin, N. A., Ravichandran, V., Rahman, R. A., & Yusof, Z. M. (2022). The Influence of Social Media on University Students' Self-Esteem. *Pertanika Journal of Social Science & Humanities*, 30(3), 1037. <https://doi.org/10.47836/pjssh.30.3.06>