



Social media mindsets: a new approach to understanding social media use and psychological well-being

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Abstract

Social media mindsets are the core beliefs that orient individuals' expectations, behaviors, attributions, and goals about social media's role in their lives. In four survey studies ($N = 2,178$), we show people hold distinct mindsets about the amount of agency they have over their social media use ("in control" vs. "out of control") and the valence of its effects ("enhancing" vs. "harmful") that are meaningfully related to psychological well-being. We develop and apply the Social Media Mindsets scale, revealing that agentic, positive mindsets are associated with better well-being and low-agency, and negative mindsets are associated with worse well-being (Studies 1, 2a, and 2b). Notably, these mindsets explained more variance in relational well-being and psychological distress than other measures (Study 3) and were related to differences in how people used social media and interpreted the time they spent on it (Studies 3 and 4). Our findings introduce a novel potential explanation for heterogeneous social media effects on well-being.

Lay Summary

People hold strong, core assumptions about the role of social media in their lives. These mindsets organize how people think about the amount of agency they have over their social media use ("Am I in control of my social media use, or is it controlling me?") and the valence of its effects in their lives ("Is using social media beneficial or harmful for me?"). Our studies indicate that these mindsets are associated with psychological well-being. While people who viewed social media as a tool they could leverage to pursue personally meaningful activities (i.e., a high-agency, positive mindset) had stronger social relationships and less psychological distress, people who saw social media as a harmful dependency (i.e., a low-agency, negative mindset) experienced more depression, stress, and anxiety. In addition, social media mindsets were associated with the ways that people interpreted the time they spent on social media and how they used it. Our findings indicate that future research on social media and psychological well-being may benefit from complementing measures of the amount, frequency, and type of social media use with assessments of individuals' mindsets about their social media use.

Keywords: social media, mindsets, psychological well-being, technology, agency, self-control.

"The technologies we use have turned into compulsions, if not full-fledged addictions."

—Nir Eyal

"Social media is a tool. At the end of the day, tools don't control us. We control them."

—Barack Obama

Since social media has become a mainstay of modern communication, people have struggled to understand what to make of its role in their lives. While some believe social media can be leveraged as a tool to improve connection at scale, others fear that our recurrent use has become a dependency that undermines our autonomy. Indeed, one of the most dominant concerns about technology revolves around how social media affects psychological well-being. Scholars, technologists, and policymakers alike have raised concerns about the potential for social media to exacerbate depression (Twenge et al., 2018), increase anxiety (Wells et al., 2021), and cause addiction to devices (Brailovskaia et al., 2021; Klobuchar & Lummings, 2022). For example, teen depression and suicidality track with increases in social media use, suggesting that social media may be harming young people on a massive scale

(Haide, 2022). In the policy sphere, congressional hearings have been convened to investigate the effects of social media on mental health (Kang, 2021), catalyzed by the release of internal Facebook documents that indicated the platform worsened youth mental illness (Wells et al., 2021). These fears also permeate families: The majority of American parents today feel worried about the psychological consequences of their children spending too much time on their devices (Auxier & Anderson, 2021; Woolford et al., 2023).

Findings from the academic literature on the effects of social media on psychological well-being, however, are decidedly more mixed. First, drawing on Houben et al. (2015), we operationalize psychological well-being as a broad construct that encompasses positive indicators like eudaimonic well-being (e.g., life satisfaction; Diener et al., 2002) and social well-being (e.g., perceived social support, Keyes, 2002), as well as negative indicators of psychological distress (e.g., symptoms of anxiety, stress, and depression). Some studies appear to corroborate the fears people have, finding that individuals who use social media tend to feel more depressed (for a review, see Cunningham et al., 2021) and psychologically distressed overall (for a review, see Keles et al., 2020). These negative experiences appear to be particularly pronounced among people who feel their use is out of their control (for a

Understanding Social Media

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an aid to understanding key concepts in each chapter are illustrated by case studies to give real world examples of theory in action Cutting across the many dimensions of social media from the political economic and visual this book explores the industries ideologies and cultural practices that are increasingly becoming part of global popular culture Understanding Social Networks Charles Kadushin,2012-01-04 Understanding Social Networks explains the big ideas that underlie social networks covering fundamental concepts then discussing networks and their core themes in increasing order of complexity

Understanding Social Research Networking Sites Jens-Henrik Soeldner,2020-08-31 Research collaboration is a critical enabler for scientific knowledge production and innovation but poses significant challenges particularly if it is carried out in a distributed and geographically dispersed fashion Jens Henrik Soeldner investigates how social research networking sites can help make scientific collaboration in management research more productive and successful The author builds on a comprehensive literature review and two empirical studies to elucidate how social research networking sites can be leveraged for various research related tasks **Understanding Social Media** Robert K. Logan,Mira Rawady,2021 The purpose of this book is to understand the nature of social media and its impact on almost all aspects of modern day existence We reveal the effects of social media on users and the changing nature of our social interactions Our approach is based on Marshall McLuhan s methodology of media ecology **Media-State Relations and Social Media** Tyler W.

Wilson,2024-11-15 This book updates scholarship related to media state relations for the social media age It presents a timely account of how states have engaged with the platforms that have spread around the world and the challenges that this presents Further it is positioned at a novel intersection between the Communications and International Relations disciplines so scholars and students of both fields will find value within it In particular the book explores the Four Theories of the Press s role as a seminal text within media state relations scholarship It reimagines the original models through a Neo Gramscian lens The four models contained within the book deepen the analytic power of the original and align these ideas with the complexity of social media Importantly this book presents original research findings on measuring and quantifying the social media state relationship as theorised by establishing and validating the new Order Index Scholars and students of the fields discussed within will find value in the theoretical models and the quantitative instrument developed to measure these models Of note is that the book contains the basis for using the Order Index in future research and highlights a new research future within this space Understanding Media, Mass Comm & Journalism Mr. Rohit Manglik,2023-11-23 Concepts functions and impact of mass communication and journalism

Human Behavior Analysis: Sensing and Understanding Zhiwen Yu,Zhu Wang,2020-02-29 Over the last decade there has been a growing interest in human behavior analysis motivated by societal needs such as security natural interfaces affective computing and assisted living However the accurate and non invasive detection and recognition of human behavior remain major challenges and the focus of many research efforts Traditionally in order to identify human behavior it is first necessary to continuously collect the readings of physical sensing devices e g

camera GPS and RFID which can be worn on human bodies attached to objects or deployed in the environment Afterwards using recognition algorithms or classification models the behavior types can be identified so as to facilitate advanced applications Although such traditional approaches deliver satisfactory performance and are still widely used most of them are intrusive and require specific sensing devices raising issues such as privacy and deployment costs In this book we will present our latest findings on non invasive sensing and understanding of human behavior Specifically this book differs from existing literature in the following senses Firstly we focus on approaches that are based on non invasive sensing technologies including both sensor based and device free variants Secondly while most existing studies examine individual behaviors we will systematically elaborate on how to understand human behaviors of various granularities including not only individual level but also group level and community level behaviors Lastly we will discuss the most important scientific problems and open issues involved in human behavior analysis

Proceedings of International Conference on Artificial Intelligence and Networks Bal Virdee,Sérgio Duarte Correia,Punam Bedi,Abhishek Swaroop,2025-09-30 This book presents selected papers from International Conference on Artificial Intelligence and Networks ICAIN 2024 held on 24 25 September 2024 in Guru Tegh Bahadur Institute of Technology GTBIT GGSIPU Delhi India The topics covered in the book are deep learning machine learning natural language processing data science and analytics cybersecurity and privacy cloud computing and wireless and mobile networks

Social Media, Social Genres Stine Lomborg,2013-10-23 Internet based applications such as blogs social network sites online chat forums text messages microblogs and location based communication services used from computers and smart phones represent central resources for organizing daily life and making sense of ourselves and the social worlds we inhabit This interdisciplinary book explores the meanings of social media as a communicative condition for users in their daily lives first through a theoretical framework approaching social media as communicative genres and second through empirical case studies of personal blogs Twitter and Facebook as key instances of the category of social media which is still taking shape Lomborg combines micro analyses of the communicative functionalities of social media and their place in ordinary people s wider patterns of media usage and everyday practices

Bridging Generations: Understanding Today's Youth Bogdan Negoita,2024-12-16 Bridging Generations Understanding Today s Youth Are you struggling to connect with your child in a world dominated by social media gaming and rapid cultural shifts Do you feel like the gap between you and your kids is wider than ever You re not alone and Bridging Generations is here to help This book is your essential guide to understanding communicating and thriving alongside today s youth Packed with real life examples practical strategies and fresh insights Bridging Generations will help you turn generational differences into opportunities for connection What You ll Discover Why the Generation Gap Feels So Wide Explore the cultural economic and technological forces that have shaped Millennials and Gen Z and understand why their world feels so different from yours The Digital Revolution Demystified Learn how technology impacts your child s life and how to guide them in using it responsibly without

feeling overwhelmed New Values New Priorities Dive into the mindsets of today's youth from their passion for inclusivity to their quest for meaningful work and discover how to respect their choices without compromising your values Practical Tools for Connection Gain actionable strategies for better communication resolving conflicts and building trust even when your perspectives seem worlds apart Who This Book Is For This book is perfect for parents grandparents teachers or anyone looking to bridge the gap with younger generations Whether you're navigating the teen years preparing for adulthood or simply trying to understand your kids world Bridging Generations offers the insights and tools you need to create lasting bonds A Promise to You Parenting in today's fast paced world isn't about perfection it's about progress With Bridging Generations you'll gain the confidence to step into your child's world communicate with empathy and build a relationship rooted in trust and mutual understanding Don't let the generation gap divide you Take the first step toward connection growth and thriving together Click Buy Now to start building a bridge to better relationships today

Multivariate Network Visualization Andreas Kerren, Helen Purchase, Matthew O. Ward, 2014-04-15 This book is the outcome of the Dagstuhl Seminar 13201 on Information Visualization Towards Multivariate Network Visualization held in Dagstuhl Castle Germany in May 2013 The goal of this Dagstuhl Seminar was to bring together theoreticians and practitioners from Information Visualization HCI and Graph Drawing with a special focus on multivariate network visualization i.e. on graphs where the nodes and/or edges have additional multidimensional attributes The integration of multivariate data into complex networks and their visual analysis is one of the big challenges not only in visualization but also in many application areas Thus in order to support discussions related to the visualization of real world data also invited researchers from selected application areas especially bioinformatics social sciences and software engineering The unique Dagstuhl climate ensured an open and undisturbed atmosphere to discuss the state of the art new directions and open challenges of multivariate network visualization

Media Analytics C. Ann Hollifield, Amy Jo Coffey, 2023-06-27 This textbook takes a case study approach to media and audience analytics Realizing the best way to understand analytics in the digital age is to practice it the authors have created a collection of cases using datasets that present real and hypothetical scenarios for students to work through Media Analytics introduces the key principles of media economics and management It outlines how to interpret and present results the principles of data visualization and storytelling and the basics of research design and sampling Although shifting technology makes measurement and analytics a dynamic space this book takes an evergreen conceptual approach reminding students to focus on the principles and foundations that will remain constant Aimed at upper level students in the fast growing area of media analytics in a cross platform world students using this text will learn how to find the stories in the data and how to present those stories in an engaging way to others Instructor and Student Resources include an Instructor's Manual discussion questions short exercises and links to additional resources They are available online at www.routledge.com/cw/hollifield

Changing Global Media Landscapes: Convergence, Fragmentation, and Polarization Al-Obaidi, Jabbar

A.,2024-07-17 With the advancement of technology and the increasing use of digital and social media platforms we are experiencing an unprecedented era of global connectivity and information sharing However alongside these advancements comes a pressing challenge the rampant spread of misinformation and disinformation fueling fragmentation and polarization within communities worldwide As regulations struggle to keep pace with technological innovation media scholars experts and practitioners face a critical need for comprehensive strategies to navigate this complex terrain **Changing Global Media Landscapes Convergence Fragmentation and Polarization** offers a solution to the multifaceted challenges of modern media and communication This book provides a vital platform for scholars and professionals to explore the intricacies of global media technologies and devise actionable strategies to combat misinformation With a keen focus on media ethics law and organizational management it equips readers with the tools needed to confront the evolving landscape of digital media responsibly and effectively

Mediated Geographies and Geographies of Media Susan P. Mains,Julie Cupples,Chris Lukinbeal,2015-10-12 This is the first comprehensive volume to explore and engage with current trends in Geographies of Media research It reviews how conceptualizations of mediated geographies have evolved Followed by an examination of diverse media contexts and locales the book illustrates key issues through the integration of theoretical and empirical case studies and reflects on the future challenges and opportunities faced by scholars in this field The contributions by an international team of experts in the field address theoretical perspectives on mediated geographies methodological challenges and opportunities posed by geographies of media the role and significance of different media forms and organizations in relation to socio spatial relations the dynamism of media in local global relations and in depth case studies of mediated locales Given the theoretical and methodological diversity of this book it will provide an important reference for geographers and other interdisciplinary scholars working in cultural and media studies researchers in environmental studies sociology visual anthropology new technologies and political science who seek to understand and explore the interconnections of media space and place through the examples of specific practices and settings

New Perspectives on Critical Marketing and Consumer Society Elaine L. Ritch,Julie McColl,2021-03-01 Digital communication has altered the flow of global information evolved consumer values and changed consumption practices worldwide **New Perspectives on Critical Marketing and Consumer Society** provides an illuminating challenging and thought provoking guide for all upper level students of marketing branding and consumer behaviour

Current Research on Information Technologies and Society Jennifer Earl,Katrina Kimport,2016-03-17 Research on communication and information technologies is of growing importance to sociology and the interdisciplinary examination of communication and new media This volume includes eight chapters examining recent developments in the field illustrating the maturation vibrancy and diversity of this field of study as well as pointing to rich new avenues for scholarly exploration Contributions aptly chart three key developments that characterize current research on communication and digital media First chapters demonstrate the maturation of work on

measurement demonstrating the importance of refining measurements of online activities and their consequences For instance contributions evaluate social network measures frequently used in online research alternative measures for online activity and alternative measures of Twitter activity Second the volume showcases continued work on understanding user behaviour including research on the consequence of reward systems similar to badges and on the limitations of purely technological solutions to social dilemmas in emergency preparedness Finally chapters identify emerging questions for the field related to social media such as research on potential privacy and identity implications of social media different dispositions toward social media use and variation in levels of social media usage This book was originally published as a special issue of Information Communication Society

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limiting reactant may be calculated as illustrated in example pageindex 2

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web that means there are 4 problems to solve first find the limiting reactant then solve for each product 4 s 3 skills practice 33 limiting reactants 1 when 412 5 g of calcium carbonate react with 521 9g of aluminum fluoride how many grams of aluminum carbonate can be produced $3\text{CaCO}_3 + 2\text{AlF}_3 \rightarrow \text{Al}_2\text{CO}_3 + 3\text{CaF}_2$

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