



Social Media Engagement, Mental Health and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program

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A Research Study Presented to the Faculty of Bachelor of Science in Psychology Program of Saint
Bernadette of Lourdes College

In Partial Fulfillment of the Requirements for the Degree Bachelor of Science in Psychology

Publication Date: 2026/08/29

How to Cite: Jobelle Resuello; Alwyn H. Delfinado; Concepcion D. Alcantara; Danielle Faye A. Tobias; Christian B. Villapando (2026) Social Media Engagement, Mental Health and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program. *International Journal of Innovative Science and Research Technology*, 11(8), 1954-2005. <https://doi.org/10.38124/ijisrt/26aug462>

APPROVAL SHEET

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ACKNOWLEDGEMENT

The researchers would like to express their deepest gratitude for the untiring support and effort of the following individuals and institutions who shared their valuable and substantial contributions to the completion and improvement of the study:

To Ma'am Jobelle Cariño Resuello, Rpm, the research adviser, for her unceasing support, guidance, expertise, encouragement, and for generously sharing her valuable time and commitment throughout the conduct and completion of the study.

To Prof. Ernesto M. Ruivivar, the Research Course Professor, for his guidance, encouragement, and valuable insights that greatly contributed to the successful completion of the research.

To Dr. Jovencio Milan, former Research Professor, for providing the researchers with a strong research foundation, valuable knowledge, and guidance during the early stages of their academic journey.

To St. Bernadette of Lourdes College (SBLC), for providing the researchers with quality education, academic support, and opportunities for growth, and to the SBLC Human Resource Department for granting access to the participants and assisting in the data collection process.

To the SBLC employees who served as the study participants, for their willingness to share their lived experiences and valuable insights. Without their meaningful participation, the study would not have been possible.

To the researchers' friends, for their inspiration, prayers, encouragement, kindness, and unwavering moral support throughout the completion of the study.

The researchers' immeasurable gratitude goes to their families and loved ones, for their unconditional love, understanding, prayers, financial assistance, encouragement, and unwavering support. Their sacrifices and constant belief in the researchers served as a source of strength and inspiration throughout the journey.

To the researchers' special someone, for being a constant source of strength, happiness, encouragement, understanding, and motivation, whose unwavering support and presence inspired the researchers to persevere until the successful completion of the study.

Lastly, the researchers humbly and faithfully express their deepest gratitude and glory to God Almighty for His divine guidance, abundant blessings, strength, wisdom, courage, and determination throughout the journey. The researchers also acknowledge themselves for their perseverance, resilience, dedication, and commitment in overcoming every challenge encountered during the research process.

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CERTIFICATE OF ORIGINALITY

This research study entitled “Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program” is the original scholarly work of the undersigned researchers and has been prepared in partial fulfillment of the requirements for the degree of Bachelor of Science in Psychology at Saint Bernadette of Lourdes College (SBLC).

We hereby declare that this study has not been previously submitted, either in whole or in part, to any other institution for academic credit, publication, or degree requirements. All sources of information, ideas, concepts, data, and materials obtained from books, journals, articles, online resources, and other references have been properly cited and acknowledged in accordance with accepted academic and ethical standards.

We further affirm that any assistance received during the conduct and completion of this research has been appropriately recognized and documented. Moreover, we certify that this manuscript upholds the principles of academic honesty, integrity, and research ethics.

Signed this _____ day of _____, 2026.

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ABSTRACT

For late adolescents, especially those who are already employed, social media use has grown to be an integral part of their everyday lives. Social media platforms offer chances for social connection, communication, and information sharing, but excessive or unhealthy use can have negative effects on people's physical and mental well-being. The purpose of this study was to evaluate the connection between late-adolescent employed people's use of social media, mental health, and physical health. It specifically aimed to determine the respondents' degree of social media use and investigate its relationship to their physical and mental health conditions.

This study used a descriptive-correlational research design with a quantitative research methodology. A structured survey questionnaire measuring social media engagement, mental health indicators, and experiences related to physical health was used to collect data from working late adolescents. To find trends, connections, and important correlations between the variables, the gathered data was examined using the proper statistical software.

The study's conclusions should help us better understand how social media use impacts late adolescents who are employed in terms of their general well-being. The findings could be used as a foundation for creating a Digital Wellness Awareness Program that supports the enhancement of young workers' mental and physical health, encourages responsible social media use, and supports healthy online behaviors. Educators, employers, mental health advocates, and future researchers may find this study useful in developing interventions that tackle the problems related to excessive social media use.

CHAPTER ONE INTRODUCTION

➤ *Background of the Study*

Social media has become an important part of teenager's everyday lives in today's digital age. Common observations show that a large number of teenagers use social media sites like Facebook, Instagram, TikTok, and Messenger for several hours per day. Self-expression, entertainment, and communication are common uses for these platforms. Social media has a significant impact on teenagers' thoughts, emotions, and social connections, as may be shown from direct experience and observations in educational and social situations. Despite the fact that they are learning or interacting with their families, a lot of teenagers may be observed always checking their phones, browsing through their feeds, or having online conversations. Social media is convenient and enjoyable, but it also raises questions about possible effects on mental health. When they receive less likes or comments, individuals seem to get nervous, while others compare themselves to what they see online, which could have an impact on their confidence and sense of self. Additionally, there are clear examples of how excessive social media use causes mood swings, lack of sleep, and decreased academic attention. Some children become introverted in social situations and prefer online contact over physical interactions. However, social media can also have advantages, like giving users access to knowledge, a sense of community, and emotional support.

Teenagers' usage of social media has grown rapidly worldwide, raising worries about how it may affect their mental health and general well-being. According to recent surveys, conducted by Faverio et al., (2025) a notable percentage of teenagers use social media extensively, with many indicating excessive usage. About 45% of teenagers claim to spend too much time on social media, according to a Pew Research Center survey from 2025, pointing to a rising trend of youth misuse. According to international studies, social media is one of the factors that contribute to the growing global concern over teenage mental health. One in seven teenagers between the ages of 10 and 19 suffer from a mental illness, with anxiety and depression being the most common illnesses worldwide, according to the World Health Organization (2025). According to the study of Stanley Gajete (2025) social media use is within the highest in the world in the Philippines, especially among youth. The Digital 2025 Report estimates that 90.8 million people in the nation use social media, representing almost 78% of the total population. Filipinos use social media for three hours and thirty-two minutes a day on average, showing the high level of participation among young people and teenagers.

Local research by Galletes et al. (2026) in particular Philippine communities and schools reveal an increasing worry about the effects of social media on the mental health of youth. Social media use and depression levels were found to be significantly correlated in cross-sectional research of teenagers in a public secondary school, ages 14 to 17. This shows that students who spend more time online tend to show higher levels of depressive symptoms. The main issue is social media abuse, especially among teenagers due to the fact that modern youths use social media more often. The age of modern technology has made social media more popular. Teenagers are obsessed not only with social media but also on mobile games. Parents today struggle to stop their children from using these devices. Because of this, many young people's mental health has declined, with some already showing early signs of depression. Social media has not brought real benefits to today's youth.

Previous studies offer a detailed quantitative analysis connected to an actual awareness program, some prefer to concentrate on international settings or particular mental health concerns. By analyzing social media use as well as a number of mental health factors, this study closes that gap and uses the findings to create a realistic treatment. Therefore, the purpose of this study is to assess how teens' mental health and wellbeing are affected by their use of social media. The results of this study will provide the foundation for the creation of an awareness campaign that supports teenagers' general wellbeing and encourages responsible social media usage.

This research aims to improve psychology education by offering evidence-based insights on how social media use relates to mental health. When discussing current behavioral challenges, especially those related to digital settings and adolescent development, educators and psychology students may use the findings. This study could be used as a foundation in industrial psychology to fully understand employee behavior in the future. Teenagers' use of social media and mental health issues may have an impact on productivity, work behavior, stress management, and relationships with others in the workplace because they could eventually be employed. This study will directly benefit teenagers by raising their awareness of how their use of social media impacts their mental health and general wellbeing. The awareness program that was created as a result of this study can help them use social media in a responsible and balanced way. The possible effects of social media on teenagers will become more visible to parents and other family. They can use the results of this study to counsel, monitor, and assist teens in maintaining their mental health and good online activities. Peers can gain by increasing their awareness of the potential effects of their social media interaction on others. The study may promote positive online conduct, reduced cyberbullying, and build offline and online friends' interactions. This study will help teachers, guidance counselors, and other important individuals identify students who may be struggling with mental health issues as a result of their usage of social media. Counseling programs and school-based treatments may benefit from it. By raising awareness of teenage mental health issues, this research can assist the community. The results can be used by local institutions and groups to start community-based projects that raise awareness of mental health issues and digital wellness. Future researchers who want to investigate similar topics can use this study as a reference. It can serve as a starting point for more study, especially when it comes to improving research designs, investigating additional variables, or carrying out similar studies in different populations or locations.

➤ *Review Related Literature Social Media*

Social media has become a central part of adolescent life, and its impact on mental health has been widely documented. A review in *Nature Reviews Psychology* emphasized that excessive social media use is strongly associated with increased risks of depression, anxiety, and stress among teenagers, with mechanisms such as social comparison and cyberbullying acting as mediators of these effects (Orben et al., 2023). For working adolescents, these risks are compounded by the additional stress of balancing employment and academic responsibilities.

Similarly, sleep disruption is another critical consequence of social media engagement. Research shows that late-night scrolling and constant notifications interfere with circadian rhythms, leading to sleep deprivation and poor sleep quality (Levenson et al., 2017). For working teenagers, insufficient rest directly reduces productivity and increases physical fatigue, making them more vulnerable to health problems. However, excessive social media engagement has been associated with several adverse outcomes. Research by the American Psychological Association indicates that prolonged use of social media may contribute to increased levels of anxiety, depression, and stress among adolescents (American Psychological Association, 2023). One key factor is social comparison, where individuals evaluate themselves against idealized portrayals seen online, often resulting in lower self-esteem (Vogel et al., 2014).

However, cyberbullying remains a pervasive issue on social media platforms. Studies have linked online harassment to psychosomatic symptoms such as headaches, fatigue, and gastrointestinal problems, alongside mental health challenges like depression and low self-esteem (Kowalski et al., 2014). Similarly, exposure to appearance-focused content contributes to body dissatisfaction, often leading to unhealthy eating patterns and stress (Fardouly et al., 2015).

Despite these negative outcomes, literature also highlights the potential benefits of positive social media engagement. Supportive online communities can provide stress relief, peer support, and coping strategies, helping working teens manage emotional strain (Best et al., 2014). However, frequent engagement can also reduce focus and concentration, affecting both academic performance and workplace efficiency (Rosen et al., 2013). Finally, structured awareness programs have been shown to mitigate risks by promoting digital literacy and encouraging healthy online habits. Such interventions are effective in helping adolescents balance social media use with their mental and physical well-being (Livingstone & Helsper, 2007).

➤ *Social Media Engagement*

According to Teepapal (2025), artificial intelligence (AI)-driven personalization plays a significant role in enhancing user engagement on social media by influencing consumers' perceptions of trust and perceived usefulness. Using the Stimulus–Organism–Response (S-O-R) model, the study found that AI-enabled personalization positively affects users' trust and perceptions of usefulness, which, in turn, promote greater engagement with social media platforms. Although AI-driven personalization did not directly increase consumer engagement, the study revealed that trust and perceived usefulness served as important mediating factors that encouraged positive interactions with AI-based technologies. These findings suggest that users are more likely to engage with AI-powered platforms when they perceive the technology as reliable, beneficial, and capable of improving their overall online experience. The study highlights the importance of fostering trust and delivering meaningful personalized experiences to maximize user engagement in AI-supported social media environments.

Likewise, the social media engagement has emerged as a defining feature of adolescent life, shaping both mental and physical health outcomes. Scholars argue that the intensity of engagement—measured by time spent, frequency of interactions, and emotional investment—plays a critical role in determining whether social media use is beneficial or harmful. For instance, Orben et al. (2023) note that high engagement levels are consistently associated with increased risks of depression, anxiety, and stress, particularly when adolescents engage in social comparison or are exposed to cyberbullying. Working teenagers, who already face stress from employment and academics, are especially vulnerable to these effects. The level of engagement can be measured by how frequently teenagers use social media and how long they stay online. Some students check their accounts many times a day and spend several hours using different platforms. Research shows that higher use is often linked to stronger habits, where social media becomes part of daily life. However, too much use may lead to dependence and reduced focus on other activities like schoolwork (Marengo et al., 2024).

However, the excessive engagement also disrupts sleep patterns. Levenson et al. (2017) found that late-night scrolling and constant notifications interfere with circadian rhythms, leading to sleep deprivation. For working teens, this translates into reduced productivity, heightened fatigue, and compromised physical health. Similarly, Twenge and Campbell (2018) argue that prolonged engagement fosters sedentary behavior, contributing to obesity and musculoskeletal strain—conditions that compound the physical demands of part-time jobs. Social media engagement is also influenced by personal and social factors. Teenagers may use social media more because of peer pressure, trends, or the need to belong. Research shows that many young people feel the need to stay updated online so they do not feel left out. This can increase the time they spend on social media and affect their daily routines (Nesi et al., 2024). The quality of engagement matters as much as the quantity. Kowalski et al. (2014) highlight that negative engagement, such as exposure to online harassment, is linked to psychosomatic symptoms like headaches and fatigue, alongside mental health challenges such as depression and low self-esteem. Likewise, Fardouly et al. (2015) show that engagement with appearance-focused content leads to body dissatisfaction and unhealthy eating patterns.

On the other hand, positive engagement can yield benefits. Best et al. (2014) emphasize that supportive online communities provide stress relief, peer support, and coping strategies, helping working teens manage emotional strain. However, Rosen et al. (2013) caution that even seemingly positive engagement can become distracting, reducing focus and concentration, which affects both academic performance and workplace efficiency. Finally, structured awareness programs are vital in addressing the risks of unhealthy engagement. Livingstone and Helsper (2007) argue that interventions promoting digital literacy and balanced online habits are effective in mitigating negative outcomes. Such programs encourage adolescents to critically evaluate their engagement patterns, fostering healthier relationships with social media.

➤ *Working Teenagers' Social Media Engagement*

According to Parent (2023), adolescents' social media engagement can either satisfy or frustrate their basic psychological needs, thereby influencing their developmental outcomes and overall well-being. Grounded in Self-Determination Theory, the study explains that social media serves as a platform where adolescents seek autonomy, competence, and relatedness, all of which are essential for healthy psychological development. When these basic needs are fulfilled through positive online interactions, social media can support identity formation, strengthen peer relationships, and enhance well-being. However, when these needs are frustrated, adolescents may experience negative outcomes, including fear of missing out (FoMO), difficulties in identity development, and reduced psychological well-being. The study further emphasizes that understanding the motivational processes underlying adolescents' social media engagement is essential for developing effective intervention and prevention strategies that promote healthy and responsible social media use while minimizing its potential psychological risks.

The Social media has become a regular part of the daily lives of many working teenagers. Most of them check their phones shortly after waking up and again before going to sleep. Platforms like Facebook, Instagram, and TikTok help them stay connected with friends, classmates, and current events. However, social media can also create stress because of negative posts, online pressure, and the need to keep up with what others are doing. Instead of completely leaving social media, many teenagers try different ways to handle this stress. Some distract themselves with other activities, while others try to think more positively about what they see online. This shows that social media is not simply a form of entertainment for working students. It has become part of their everyday routine and affects how they manage school, work, and personal responsibilities. Social media can provide support and relaxation, but it can also add extra pressure to their already busy lives (Giray et al., 2024).

Furthermore, many teenagers understand that spending too much time online is not always healthy or productive. This awareness can encourage them to make better decisions about how they use social media. Research shows that simple reminders can help young people think about whether they really need to continue scrolling or if they should take a break. Instead of strict rules that completely limit social media use, teenagers often prefer having the freedom to manage their own habits. They like being able to decide when to engage with social media and when to focus on other responsibilities. For working teenagers, this is especially important because their time is already divided between school, work, family, and rest. Learning to use social media in a more intentional and balanced way can help them avoid wasting valuable time. It also allows them to stay connected online while still completing their responsibilities and maintaining a healthy daily routine (Davis et al., 2023).

Likewise, adolescence is an important stage of life because many habits developed during this period can continue into adulthood. Social media use is one of those habits. However, not all social media activities have the same effect. Spending an hour watching random videos is very different from spending an hour talking to friends or participating in meaningful discussions online. Research suggests that the quality of social media interactions is often more important than the amount of time spent online. Positive interactions can support emotional well-being, while unhealthy interactions may have negative effects. For working teenagers, this means that the goal should not always be to reduce social media use completely. Instead, they should pay attention to how they use social media and whether their online activities are beneficial. Choosing meaningful and positive interactions can help improve their overall well-being and create healthier habits that may continue into adulthood (Guo & Cheung, 2023).

➤ *Working Teenagers' Physical Health*

Working while studying can affect a teenager's physical health in many ways. Factors such as long working hours, job conditions, family support, and personal circumstances all play important roles. Research shows that some young workers are more likely to experience physical health problems, especially those who work long hours or face challenges at home. Physical health issues often do not come from a single cause. Instead, they develop from a combination of stress, workload, lack of rest, and other life situations. For working teenagers, balancing school responsibilities and employment can sometimes lead to fatigue and health concerns. Because of this, it is important to look beyond the job itself and consider the overall lifestyle of the teenager. Adequate rest, proper nutrition, family support, and manageable work schedules can help reduce health risks. Understanding these factors can help working teenagers protect their physical well-being while meeting both academic and work responsibilities (Öncü et al., 2025).

According to Li, N., Wang, D., Zhao, X., Li, Z., & Zhang, L. (2024), they examined the relationship between physical exercise behavior and psychological resilience among 1,106 Chinese adolescents using the Self-Determination Theory as the study's theoretical framework. The researchers found that regular physical exercise significantly enhanced adolescents' psychological resilience while reducing social sensitivity and strengthening their sense of belonging. Furthermore, social sensitivity and the need to belong served as significant mediating factors in the relationship between physical exercise and psychological resilience,

indicating that adolescents who engaged in more physical activity were better able to cope with psychological challenges because they experienced stronger social connectedness and lower sensitivity to social pressures. The study emphasizes that maintaining healthy physical behaviors contributes not only to better physical health but also to improved emotional well-being and resilience among adolescents. These findings support the present study by highlighting that physical health behaviors are closely linked to adolescents' psychological well-being, suggesting that promoting healthier lifestyles may help mitigate the negative mental and physical health outcomes associated with excessive social media engagement among employed late adolescents.

However, starting a job often changes a teenager's daily routine in significant ways. New work schedules can affect eating habits, physical activity, and sleep patterns. Research shows that some young people become less physically active after beginning employment because work takes up time that was previously spent on sports, exercise, or recreation. At the same time, some may improve their eating habits because they have their own income and can make healthier food choices. The effects vary depending on the type of job and the individual. For working teenagers, this transition from being only a student to being both a student and an employee requires careful time management. Healthy habits that were easier to maintain before working may become more difficult. Therefore, it is important for working teenagers to continue prioritizing exercise, healthy meals, and self-care despite their busy schedules. Maintaining these habits can support long-term physical health and overall well-being (Oxenham et al., 2025).

Likewise, sleep is one of the most important factors affecting physical health, especially during adolescence. Many teenagers already struggle to get enough sleep because of school demands, and working can make this challenge even greater. Research has shown that irregular sleep schedules and insufficient sleep can lead to various health problems. Teenagers who get less than seven hours of sleep regularly may experience stronger negative effects from inconsistent sleeping patterns. Working students often face late-night shifts, early morning responsibilities, or long study hours, which can disrupt healthy sleep routines. These disruptions may lead to tiredness, lower energy levels, reduced concentration, and other health concerns. Maintaining a consistent sleep schedule and getting enough rest are essential for physical recovery and daily functioning. For working teenagers, protecting sleep should be considered a priority because it supports both academic performance and physical health while helping them manage the demands of school and employment (Tonetti et al., 2023).

Overall, the regular physical activity provides many benefits for adolescents. Exercise helps improve cardiovascular health, strengthen muscles and bones, and support mental well-being. Physical activity can also reduce stress and improve mood, which is especially important for teenagers who face the demands of both work and school. However, working teenagers often have less free time than their peers, making it harder for them to participate in sports or regular exercise. Busy schedules may cause them to spend more time working and less time engaging in physical activities that support their health. This creates a challenge because the same job that provides financial benefits may also reduce opportunities for healthy movement. For working teenagers, finding even small ways to stay active can make a significant difference. Walking, stretching, participating in sports when possible, and maintaining an active lifestyle can help improve physical health and reduce some of the negative effects associated with busy work schedules (Bustamante et al., 2023).

➤ *Social Media Engagement Effects on Working Teenagers' Physical Health*

According to Morningstar et al. (2023), social media use is significantly associated with the physical activity levels of adolescents. Their study involving 12,358 Canadian adolescents found that problematic social media use was linked to lower participation in different domains of physical activity and a reduced likelihood of meeting the recommended 60 minutes of moderate-to-vigorous physical activity per day. Adolescents who exhibited addiction-like symptoms related to social media were less physically active than those with active but non-problematic social media use. These findings suggest that excessive and problematic engagement with social media may contribute to sedentary behaviors, which can negatively affect adolescents' physical health. The study highlights the importance of promoting balanced social media use while encouraging regular physical activity to support healthier lifestyles among adolescents.

Similarly, research has shown that increased screen time and social media use may contribute to common physical complaints among adolescents. Headaches, neck pain, shoulder pain, and stomach discomfort have become more common as screen use has increased over the years. These physical symptoms often develop gradually and may not be noticed immediately. Spending long periods looking at screens can place strain on the eyes, neck, and back, leading to discomfort over time. For working teenagers, the risk may be even greater because they often use digital devices for both personal and work-related communication. Checking messages from employers, completing schoolwork, and using social media can significantly increase total screen exposure. This combination of activities may contribute to more frequent physical discomfort. Understanding these risks can encourage working teenagers to take breaks, maintain proper posture, and limit unnecessary screen use to support their physical health and reduce the likelihood of developing chronic discomfort (Nilsen et al., 2023).

Studies conducted across different countries have found that adolescents with social media accounts often spend more time sitting than those who do not use social media regularly. Social media encourages sedentary behavior because users spend long periods sitting while scrolling, watching videos, or interacting online. Excessive sedentary behavior can contribute to various health concerns, including reduced physical fitness and increased health risks over time. For working teenagers, this issue can become more complicated. Some jobs already require long periods of standing or sitting, and additional time spent on social media after

work may further reduce opportunities for movement. As a result, social media use can unintentionally contribute to a less active lifestyle. Working teenagers should be encouraged to balance their online activities with regular physical movement throughout the day. Taking walks, exercising, and participating in recreational activities can help offset the effects of prolonged sitting and support better overall health and physical fitness (Anjana et al., 2024).

However, social media content can also influence physical health indirectly through body image and self-perception. Many adolescents are exposed to images and posts that emphasize appearance, beauty standards, and ideal body types. Constant exposure to this type of content can lead to comparisons with others and feelings of dissatisfaction with one's own appearance. These feelings may affect eating habits, physical activity levels, and overall health behaviors. Some teenagers may develop unhealthy dieting practices or experience stress related to body image concerns. For working teenagers, who often use social media during breaks or commuting time, repeated exposure to such content can gradually influence their attitudes toward health and appearance. Research suggests that reducing exposure to harmful content may be more effective than avoiding social media entirely. Learning to follow positive and supportive content can help working teenagers maintain healthier attitudes toward their bodies and encourage better physical health habits (Blanchard et al., 2023).

Researchers have shown that the way teenagers use social media can influence their physical well-being. Passive activities, such as endlessly scrolling through posts without interacting, are more commonly linked to negative outcomes. These may include poor eating habits, body image concerns, and unhealthy lifestyle choices. On the other hand, active social media use that involves meaningful communication with friends and supportive communities may provide positive benefits. For working teenagers, this difference is important because they often turn to social media after completing school and work responsibilities. Choosing positive interactions rather than mindless scrolling may contribute to better overall well-being. The quality of social media engagement appears to matter just as much as the amount of time spent online. By being more intentional about how they use social media, working teenagers can reduce some of the negative physical effects associated with excessive or unhealthy digital habits while still enjoying the benefits of staying connected with others (Agyapong-Opoku et al., 2025).

Sleep quality is closely connected to social media use, particularly during the evening hours. Many teenagers spend time on their phones before going to bed, which can interfere with restful sleep. Research suggests that poor sleep quality may have a stronger effect on well-being than the total number of hours slept. Increased screen use before bedtime is associated with difficulty falling asleep, restless sleep, and lower overall well-being. For working teenagers, this issue may be especially important because they often complete schoolwork, work shifts, and personal responsibilities before finally having time to relax online. Unfortunately, this late-night social media use may reduce the quality of their sleep and affect their physical health the next day. Limiting screen use before bedtime and establishing healthy nighttime routines can improve sleep quality. Better sleep supports physical recovery, concentration, energy levels, and overall health, helping working teenagers manage the demands of their busy lifestyles more effectively (Zhang et al., 2024).

➤ *Working Teenagers' Mental Health*

According to Tayfur et al. (2022), psychosocial factors experienced during adolescence have significant long-term implications for educational and employment outcomes, particularly among individuals with common mental health problems such as anxiety and depression. Their longitudinal study found that self-esteem, physical activity, experiences of bullying, job aspirations, attitudes toward school, and locus of control significantly predicted whether adolescents would become disengaged from education, employment, or training (NEET) in young adulthood. In particular, adolescents with higher self-esteem and greater participation in physical activity were less likely to experience unfavorable employment and educational outcomes later in life. These findings emphasize that promoting positive mental health, encouraging healthy lifestyle behaviors, and strengthening psychosocial well-being during adolescence can improve future opportunities and support a more successful transition into adulthood.

Research consistently shows a connection between heavy social media use and mental health challenges among adolescents. Teenagers who spend more time on social media often report higher levels of depression, anxiety, poor sleep, and lower self-esteem. These effects appear to be stronger among female adolescents, although they can affect all teenagers. Poor sleep quality is one of the most common factors linked to these mental health concerns. For working teenagers, who already face pressure from balancing school and employment, excessive social media use may add another source of stress. Late-night scrolling, comparing themselves with others online, and exposure to negative content can make existing challenges feel even more overwhelming. While social media is not the sole cause of mental health difficulties, it can contribute to emotional strain when used excessively or in unhealthy ways. Understanding these risks can help working teenagers develop healthier digital habits that support both emotional well-being and academic success (Azem et al., 2023).

Over the past decade, there has been growing concern about increasing rates of anxiety, depression, and emotional distress among teenagers. Research suggests that social media may play a role in this trend. Factors such as fear of missing out (FOMO), cyberbullying, and exposure to upsetting content can negatively affect mental health. These experiences often interact with one another, creating additional emotional pressure. Working teenagers may be especially vulnerable because their jobs can limit opportunities for face-to-face social interaction with friends. As a result, they may depend more heavily on social media to stay connected. While social media helps maintain relationships, it can also expose users to stressful situations and emotional challenges.

Understanding how these online experiences affect mental health can help teenagers make better decisions about their social media use. Encouraging healthy online behaviors and providing emotional support can help reduce some of the negative mental health effects associated with excessive social media engagement (Burgess, 2025).

Regular breaks from social media can have positive effects on mental health. Studies show that individuals who practice digital detoxes, or intentional periods away from social media and electronic devices, often experience lower levels of stress, anxiety, and depression. A digital detox does not require completely giving up social media. Instead, it involves creating healthy boundaries and taking occasional breaks from constant online engagement. For working teenagers, these breaks can provide valuable opportunities to rest mentally and focus on other activities. Even short periods away from screens during work breaks, study sessions, or before bedtime may improve emotional well-being. Digital detox practices can help reduce feelings of overwhelm and allow teenagers to regain control over their technology use. Developing these habits may be especially beneficial for working students who already manage multiple responsibilities and need effective strategies to maintain good mental health (Kosir et al., 2025).

Mental health challenges among young workers are often influenced by multiple factors beyond social media use. Family circumstances, workplace conditions, and personal experiences can all affect emotional well-being. Research indicates that factors such as family background, parental employment, and workplace environments contribute to differences in mental health among young workers. These influences often overlap and interact with one another, creating unique challenges for each individual. For working teenagers, this means that mental health should be viewed within a broader context. Difficulties at home, stress at work, and academic pressures may all contribute to emotional struggles. Addressing mental health effectively requires support from families, schools, employers, and communities. By recognizing the different factors that influence mental well-being, it becomes easier to develop strategies that help working teenagers cope with challenges and maintain a healthier balance between work, school, and personal life (Öncü et al., 2025).

The relationship between social media and mental health is complex because social media can have both positive and negative effects. Research shows that passive activities, such as continuously scrolling through content without interaction, are more often associated with anxiety, depression, and feelings of loneliness. In contrast, active engagement that involves meaningful communication with friends and supportive communities can provide emotional benefits and reduce feelings of isolation. For working teenagers, this distinction is particularly important because social media often serves as a way to stay connected despite busy schedules. The key issue is not simply how much time is spent online but how that time is used. Positive and supportive interactions can improve emotional well-being, while unhealthy habits may contribute to stress and negative emotions. Understanding the difference between beneficial and harmful social media use can help working teenagers make choices that support their mental health while still enjoying the advantages of staying connected with others (Agyapong-Opoku et al., 2025).

➤ *SME Effects to Working Student Mental Health*

According to Li, C. (2026), social media might have positive psychological and social effects, especially for students juggling employment and school and discovered that social media use can improve students' mental health by making social support more accessible and creating a feeling of community. In a similar vein, the Pew Research Center (2025) found that many young people saw social media as a means of support, emotional expression, and connection. , Zhang, C. et al. (2023) showed that when individuals engage in meaningful communication and good relationships on social media, their subjective well-being might be enhanced. In support of this, Desjarlais, M. (2022) discovered that social connectivity can be enhanced by online self-disclosure, particularly in those with greater levels of social anxiety.

Additionally, Zhang, C. et al. (2023) demonstrated that people's subjective well-being may be improved when they participate in meaningful conversation and positive connections on social media. To that end, Desjarlais, M. (2022) found that online self-disclosure can improve social connectedness, especially in people with higher levels of social anxiety. Some studies highlight the detrimental impact of excessive or problematic social media use on mental health, despite its benefits. Primack, B. A. et al. (2023) discovered that higher levels of perceived social isolation are linked to increasing social media use. Likewise, Additionally Thompson, S. H. According to et al. (2023), excessive use among college students is linked to stress and poor mental health outcomes. Also, Shannon, H. et al. (2022) found a high correlation between psychological distress, anxiety, and depression and poor social media use. Baker, D. A. & Algorta, G. P. (2024) further demonstrated the strong correlation between depressed symptoms and excessive online social networking. Furthermore, prior research by Sharma, A. Certain engagement patterns, especially passive or unbalanced interactions, may have a negative impact on mental health, as demonstrated by et al. (2020). These results imply that poor engagement patterns and excessive use can exacerbate the psychological state of working students, who already experience stress from their jobs and studies.

➤ *Awareness on Social Media*

In the current digital era, social media use has some risks in addition to these advantages. This can affect mental health, how people get along with others, and how they see their own body, especially when they see unrealistic goals and face pressure online (Holt-Lunstad, 2024; Hansson et al., 2026). Knowing about social media includes understanding ethics, keeping personal information safe, and being responsible in how you use it. Studies have found that how teenagers use social media can affect their ability to be tolerant, get involved in their communities, and understand what is right and wrong online (Ketbi et al., 2025). At the same time,

more media attention can cause people to worry more about their privacy and how their personal information is protected, especially for users of big platforms like TikTok (Choi & Thompson, 2025). These results show how important it is for teenagers to have a good understanding of social media and to use it in a responsible way. Even though social media can help with learning, connecting with others, and staying informed, it also has some problems that need to be handled carefully and with knowledge, especially for young people who are exploring the online world.

Utilizing social media helps raise awareness in a variety of areas, including science communication and environmental challenges. The study has proven that exposure to content shared on online platforms increases students' knowledge and social awareness (Lovochkina et al., 2023; Kresin et al., 2024). Teenagers are also becoming more aware of their online audiences, which influences how they act and present themselves on social media (Hynes et al., 2024). Their interactions and engagement with others in digital settings are greatly influenced by this knowledge.

➤ *Engagement Influenced to Mental Health*

Recent literature Sara Lucchetti et al. (2025) examined how varying levels of social media engagement affect mental distress and quality of life among young people living in deprived urban communities in Bogotá, Buenos Aires, and Lima. Their findings revealed that engagement of social media to mental health is associated with increased psychological distress, emotional instability, and lower quality of life. However, moderate and purposeful engagement showed some positive effects on social connection and emotional support. Syahril A. (2024) perform a study literature review examining the influence of social media use on adolescent mental health. The review discovered that prolonged social media exposure contributes to anxiety, depression, stress, low self-esteem, and emotional exhaustion. Also noted that adolescents are vulnerable to social comparison, cyberbullying, and unrealistic online standards, which negatively affect psychological well-being.

Some studies discovered that excessive social media use among adolescents contributes to anxiety, depression, stress, and reduced emotional well-being. Their findings emphasized that prolonged online interaction may negatively affect adolescents' emotional regulation and interpersonal relationships. Nor A. J. A. Rahim and K. S. K. Johari (2023). As well, Sean O'Sullivan et al. (2023) investigated long-term engagement in digital mental health interventions and found that social networking features increased participation in online therapy and mental health support programs. This suggests that social media can also promote psychological support and treatment engagement when used constructively. Amanda Sim and Melvin L. Wong (2023) evaluated youth engagement in a social media mental health campaign and found that digital campaigns effectively increased awareness and participation in mental health discussions among young people.

➤ *General Health*

According to Wu et al. (2026), the growing concern over adolescent health especially in relation to social, psychological, and behavioral determinants. It shows that adolescents health inequalities are strongly influenced by social such as socioeconomic status, education, and access to healthcare. Researchers review points out that disadvantaged youth, such as working teenagers, are more likely to experience poor physical and mental health outcomes due to limited resources and increased exposure to risk factors. Gautam et al. (2024) explain that mental health and well-being are influenced by multiple determinants including biological, psychological and environmental factors. The study highlights the significance of coping strategies such as social support, stress management and healthy lifestyle practices in sustaining mental well-being among adolescents. Researcher's findings are relevant to working teenagers who may face increased stress levels due to balancing work and personal responsibilities. The Healthy People 2030 initiative (2024) provide a comprehensive approach to improving the health of populations by focusing on the importance of addressing social determinants of health, promoting mental health and physical health, and ensuring access to quality healthcare services. It points out that adolescents require supportive environments for optimal health, which may be missing for those in early employment.

However, Shin et al. (2022) Examine national health screening initiatives and their contribution to disease prevention and early detection. Researcher's findings emphasize the significance of routine health monitoring, which working teens can find difficult to get because of time and money constraints. The narrative review of social media's impact on public health (n.d.) shows that teens' mental and physical health can be adversely affected by excessive social media use, which can lead to problems including anxiety, depression, and decreased physical activity. This is especially important for teenagers who work and may use internet platforms to pass the time when they have little free time.

➤ *Importance of Awareness Program*

According to Zimmermann, E. along with Tomczyk, S. (2025) through focus groups and qualitative interviews social media can also be used as a platform for health promotion if teens are directed toward balanced and intentional use. They highlighted the importance of personal relevance but also noted barriers, such as the fear of it feeling like extra schoolwork, along with the risk of only attracting those already interested. It also highlights significant barriers to participation, such as the perception that health promotion programs might feel like additional schoolwork. This finding is critical as it suggests that even well-designed programs may fail to engage adolescents if they are perceived as burdensome. There is limited information on the long-term efficacy of awareness programs in maintaining behavioral change because previous studies had mostly concentrated on short-term results (Kirnan et al., 2025; Vernon et al., 2020). Ohlsson, A. and Sjöstrand, M. (2025) underscored that self-awareness and self-leadership

significantly contribute to perceived personal development, reinforcing the role of internal regulation in adolescents' decision-making.

➤ *Synthesis of the Study*

The reviewed literature demonstrates that social media engagement has become an integral part of the daily lives of working teenagers, influencing both their mental and physical health. Studies consistently show that excessive social media engagement, particularly in terms of prolonged time spent online, frequent usage, and passive interaction, is associated with negative outcomes such as anxiety, stress, depression, low self-esteem, sleep disturbances, fatigue, and reduced physical activity. Working teenagers are especially vulnerable because they must balance academic responsibilities, employment, and personal commitments, making them more susceptible to the adverse effects of unhealthy social media habits.

The literature further reveals that social media engagement is not entirely harmful. Positive and purposeful engagement, such as participating in supportive online communities and maintaining meaningful social connections, can provide emotional support, stress relief, and access to valuable information related to education, work, and personal development. Therefore, the effects of social media depend not only on the amount of use but also on the quality and purpose of engagement. In terms of physical health, excessive social media use contributes to sedentary behavior, musculoskeletal discomfort, headaches, poor posture, sleep deprivation, and decreased overall well-being. For working teenagers, these effects may be intensified due to work-related physical demands and limited opportunities for rest and exercise. Similarly, mental health outcomes are influenced by factors such as social comparison, cyberbullying, fear of missing out (FOMO), and exposure to unrealistic standards online, which may increase psychological distress and emotional exhaustion.

The literature also emphasizes the importance of awareness programs and digital literacy interventions. Previous studies indicate that awareness-based programs can help adolescents develop healthier social media habits, improve self-regulation, enhance digital responsibility, and reduce the negative consequences of excessive social media use. However, existing research has primarily focused on general adolescent populations, with limited attention given specifically to working teenagers and the combined effects of social media engagement on both their mental and physical health. Therefore, this study seeks to address this gap by examining the impact of social media engagement on the mental and physical health of working teenagers. The findings will serve as a basis for developing an awareness program that promotes responsible social media use, improves health outcomes, and supports the overall well-being of working adolescents.

➤ *Philosophical Underpinning*

This study is grounded in the philosophical perspectives of Positivism and Constructivism, which provide the foundation for understanding how social media engagement affects the mental and physical health of working teenagers.

➤ *Positivism*

Positivism is a philosophical approach that emphasizes objective reality, measurable variables, and scientific investigation. This study adopts positivism because it seeks to determine the significant relationship between social media engagement and the mental and physical health of working teenagers using numerical data and statistical analysis. The study measures variables such as frequency of social media use, duration of use, emotional well-being, self-esteem, physical activity, and energy levels through structured questionnaires. Statistical tools such as weighted mean, standard deviation, Pearson r, and Chi-Square Test are utilized to objectively analyze the gathered data. The positivist perspective supports the idea that social media engagement and its effects on teenagers can be observed, measured, and explained through empirical evidence. This philosophical approach is appropriate because the study focuses on identifying patterns, relationships, and measurable outcomes that may help explain how social media influences adolescents' well-being.

➤ *Conceptual Framework*

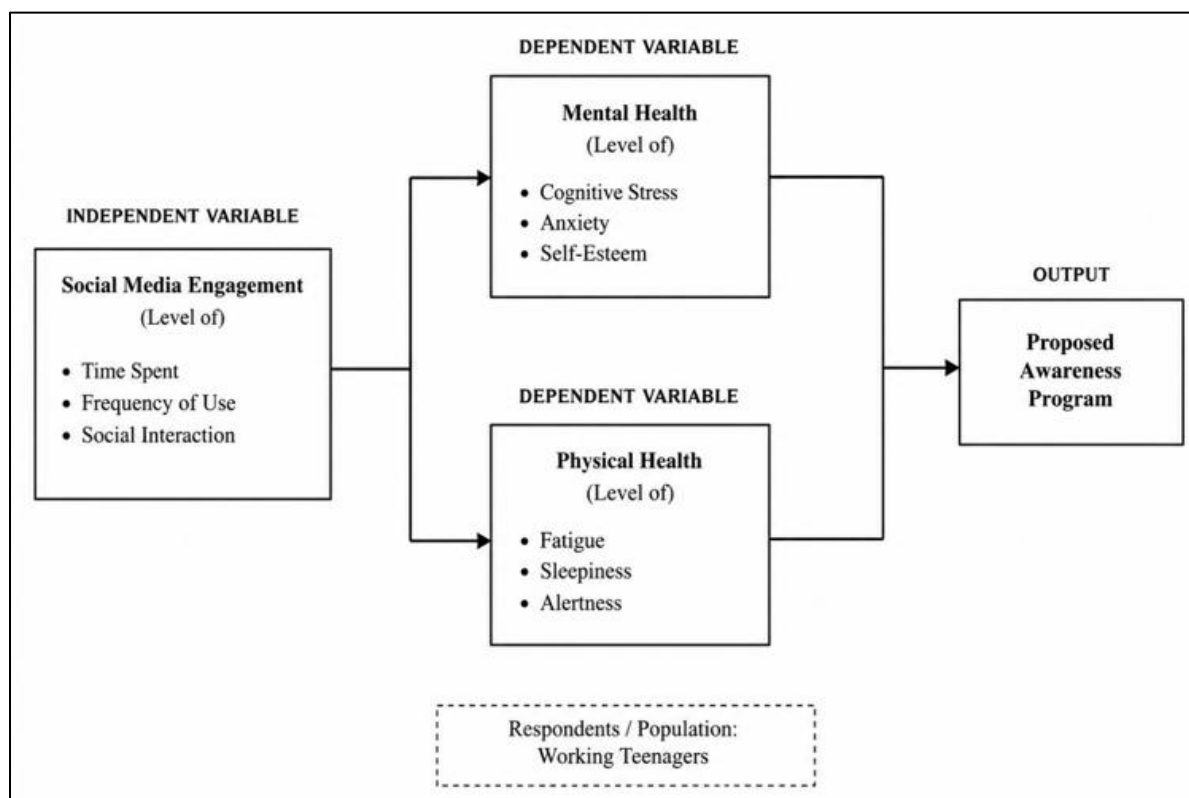


Fig 1 Conceptual Framework Paradigm

The conceptual framework of the study indicates the effect of social media utilization on the mental and physical health of working adolescents. The study considers social media utilization as an independent variable represented in terms of the time spent, the amount of usage, and patterns of interaction. The dependent variables are mental health, which refers to cognitive stress, anxiety and self-esteem, and physical health that refers to tiredness, sleepiness, and awareness.

According to the framework, the extent of using social media can affect adolescents' mental and physical health. Particularly, the study intends to find out if there are strong relationships between social media utilization and mental state as well as between social media utilization and physical conditions of respondents. The study also seeks to find out if there exists a significant distinction between adolescents' mental or physical state.

With the findings of the study, the Proposed Awareness Program will be designed to encourage the rational usage of social media and to raise the awareness of working adolescents related to its consequences on their mental and physical conditions. The conceptual framework will provide a roadmap from the independent variable to dependent variables and finally to the design of the Proposed Awareness Program consistent with the objectives and Problem Statement.

➤ *Theoretical Framework*

This study is anchored on three theories that explain how social media engagement influences the mental health of working teenagers. These theories provide a strong foundation for understanding why teenagers use social media, how they respond to online experiences, and how these experiences shape their psychological well-being. Specifically, the study is guided by Self-Determination Theory and Stress and Coping Theory. Together, these theories explain how social comparison, psychological needs, and coping strategies influence the relationship between social media engagement and mental health.

➤ *Social Comparison Theory*

The Social Comparison Theory put forward by Leon Festinger, as mentioned in his work in 1954, states that humans have the tendency to make comparisons with others in order to evaluate their own worth and accomplishments based on which they can form their ideas of self-identity. The teenagers in the present-day society spend a lot of time on social media and get exposed to a lot of highly edited images and images of children that goes on between friends or exclusive life of influencers only to end up comparing themselves with these perfect pictures that can affect how they view themselves in terms of their self-esteem and emotional condition. By comparing themselves repeatedly to different imaginary pictures of perfection and successes, young people may start feeling unsatisfied with their own lives, or develop anxiety and lack of self-esteem. On the opposite side, positive comparisons can trigger self-motivation and desire to better oneself. According to the recent research, it has been revealed that excessive and constant

comparisons may lead to lower levels of psychological well-being especially in the adolescents and young adults spending much time on social media platforms (Vogel et al. 2021). Within the framework of this study, Social Comparison Theory can be used to understand how social media usage may influence the mental health of adolescents through their engagement in social comparisons with others on the internet.

➤ *Self-Determination Theory*

According to Deci and Ryan's Self-Determination Theory, each individual has three psychological needs: autonomy, competence, and relatedness. Autonomy means having the ability to be an independent person, competence refers to an individual feeling competent and competent, while relatedness refers to a person feeling that he is connected to other individuals. Social media usage is common among teenagers because it fulfills their communication needs, assists in self-expressing and sharing events in their lives. Such actions can provide them with connection with other people and a sense of self-worth. Nonetheless, teenagers may face problems because of heavy dependence on likes, comments, or followers to gain self-esteem. Studies indicate that excessive social media dependence may harm teenagers' health (Ryan & Deci, 2023). It is expected that this type of approach will help to understand why teenagers use social media and the impact of self-determination theory on teenagers.

➤ *Stress and Coping Theory*

Stress and Coping Theory is a theory created by Lazarus and Folkman that looks at how people respond to stressful situations and how they cope with the emotions created by such experiences. When it comes to teenagers, they can experience stress while using social media because of cyber bullying, negative comments, social pressures, or fear of missing out on pictures of fun things that they are not part of. All of these experiences can cause an emotional disturbance that can affect teenagers' mental health. However, people can also develop ways of coping with stress. Some teenagers cope by reducing their time spent on social media, talking to friends and family about it, or engaging in other activities that are calming. Studies have shown that using healthy ways of coping can help reduce the adverse effects of stress caused by social media (Huang et al., 2024). In this study, the Stress and Coping Theory can be used to explain how teenagers cope with the effect of emotions caused by social media use and what coping strategies they use to maintain their mental well-being.

➤ *Synthesis*

These theories give full insight into the role played by social media involvement in shaping the mental health state of teen workers. The Social Comparison Theory shows that teens compare themselves to others on social platforms affecting their esteem, emotions, and even mental health. The Self-Determination Theory postulates that teenagers tend to connect on social media to fulfill their needs for independence, competence, and social recognition, however, their addiction to social validation might drastically influence their mental health negatively. Stress and Coping Theory depicts the way the teens react to stressful situations resulting from social media interaction and the ways of coping emotionally.

The combination of these theories explores issues related to behavior reasoned by the motivation of teens regarding social media use, the implications of social comparisons on emotions and personal perception, as well as coping techniques that might be employed by teenagers to cope with the arising difficulties. The performed theoretical research aims at demonstrating the relationship between social media usage and mental health of teen workers. The results collected will help to develop a Mental Health Awareness Program, which will provide information on social media usage and mental health among teen workers.

➤ *Statement of the Problem*

This study aims to evaluate the impact of social media engagement on the mental and physical health of working teenagers. Specifically, it seeks to answer the following questions:

- What is the level of social media engagement among working teenagers in terms of

- ✓ Time Spent.
- ✓ Frequency of Use.
- ✓ Social Interaction

- What is the level of mental health among working teenagers in terms of;

- ✓ Cognitive Stress
- ✓ Anxiety
- ✓ Self-Esteem

- What is the level of physical health among working teenagers in terms of:

- ✓ Fatigue
- ✓ Sleepiness
- ✓ Alertness

- Is there a significant relationship between social media engagement and the mental health of working teenagers?
- Is there a significant relationship between social media engagement and the physical health of working teenagers?
- Is there a significant difference between the mental health and physical health status of working teenagers?

➤ *Null Hypothesis (H₀):*

- H₀₁: There is a significant relationship between social media engagement (time spent, frequency of use, and social interaction) and the mental health of working teenagers in terms of cognitive stress, anxiety, and self-esteem.
- H₀₂: There is a significant relationship between social media engagement (time spent, frequency of use, and social interaction) and the physical health of working teenagers in terms of fatigue, sleepiness, and alertness.
- H₀₃: There is a significant difference between the mental health status and physical health status of working teenagers.

➤ *Significance of the Study*

The common use of social media among working teenagers has become a significant factor influencing their mental health and physical health. Understanding the impact of social media engagement is essential because too much use can affect adolescents' emotions, behaviors, academic performance, and daily functioning.

This study will advance psychology education by offering based on data insights on the connection between mental health and social media use. When discussing current behavioral challenges, especially those pertaining to digital settings and adolescent development, educators and psychology students might refer to the findings. It could be used as a foundation in industrial psychology to fully understand employee behavior in the future.

Students, as the primary beneficiaries, can use the findings to gain awareness of the psychological and behavioral effects of excessive social media use. Through this understanding, they may develop self-regulation skills, manage screen time effectively, and adopt healthier online habits. The awareness program derived from this study can provide practical strategies to balance digital engagement with offline responsibilities, fostering improved physical.

Working teenagers' use of social media and mental health issues may have an impact on productivity, work behavior, stress management, and relationships with others in the workplace because they could eventually be employed. This will directly benefit teenagers by raising their awareness of how their use of social media impacts their mental and general physical health. The awareness program that was created as a result can help them use social media in a responsible and balanced way. The possible effects of social media on teenagers will become more visible to parents and other family.

Parents, Guardians and Community - can benefit from this study by learning how social media may impact their children's emotional and psychological health. The findings can guide families in monitoring usage, promoting open communication, and supporting healthier online habits.

Guidance counselors and teachers will benefit from this study through insights on how social media influences students' mental, physical health and academic engagement. School administrators can use the findings to design policies and structured programs that encourage responsible digital behavior. They may improve mental health support services by identifying students at risk of emotional, spiritual, or low self-esteem related to excessive social media use and understand how online behaviors affect classroom participation, focus, and academic performance, enabling more informed strategies to support student success.

Future Researchers - this study may serve as a reference for future researchers investigating impact of social media engagement, adolescent mental and physical health. The findings provide baseline data for exploring related variables such as academic performance, peer relationships, coping mechanisms, and self-esteem. By creating focused interventions or programs to encourage better digital behaviors among working teenagers, future study may build on this work.

➤ *Scope and Limitations*

The study employed a quantitative correlational research methodology in order to find out the relationship concerning the use of social media engagement in relation to the mental and physical health of the employed late adolescents. This study will take into consideration social media engagement as to the different factors such as time spent, frequency in terms of the number of usage and social interaction whereas mental health measures in terms of cognitive stress, anxiety and self-esteem. Physical health measures in terms of tiredness, sleepiness and alertness. The respondents of the study will include employed late adolescents between the ages 18 to 21 of selected regions in Metro Manila to include Marikina, Pasig, Makati and Quezon City. Participants must be engaged in part time work, full time, freelance, contractual work or working in a family business and must be active users of at least one social media platform. Purposive sampling will be used to determine participants who meet the criteria presented. Results generated through the findings of the study will be used to formulate a Digital Fitness Awareness Program that will promote responsible usage of social media, and improve the mental and physical well-being of the employed late adolescents.

The study is limited to employed late adolescents satisfying the selected inclusion criteria who have all made use of solely self-reported data generated from a researcher-created questionnaire. Thus, the answers given by participants may be impacted by their own individual perception, by recall bias, or by social desirability factors. The research only evaluates participants perceived levels regarding cognitive stress and anxiety, self-esteem and fatigue, sleepiness, and alertness, but there are no assessments made in terms of any clinical or professional assessments of either physical or psychological health issues. Furthermore, it is important to note that the findings can only be applied to participants living in the specific locations of Metro Manila, which means that they cannot be generalized to other cities or regions. Issues such as family environment, socio-economic status, academic demands, occupational factors, peer pressure, and personal experiences are not covered under the study. Additionally, the cross-sectional nature of this research limits it to the analysis over a defined timeframe, as there is no ability to assess the long-term influence of social media activities on employed late adolescents' mental and physical health.

➤ *Definition of Terms*

For the purpose of this study, the following terms are operationally defined:

- **Alertness** – In this study, this refers to the level of attentiveness, wakefulness, and ability of working teenagers to remain focused while performing daily activities, as measured through the survey questionnaire.
- **Anxiety** – In this study, this refers to the level of worry, nervousness, or uneasiness experienced by working teenagers, as measured through the survey questionnaire.
- **Awareness Program** – In this study, this refers to the proposed intervention developed based on the findings of the study to promote responsible social media use and improve awareness of its effects on the mental and physical health of working teenagers.
- **Cognitive Stress** – In this study, this refers to the level of mental strain, difficulty concentrating, or feeling overwhelmed experienced by working teenagers, as measured through the survey questionnaire.
- **Fatigue** – In this study, this refers to the level of physical tiredness or exhaustion experienced by working teenagers, as measured through the survey questionnaire.
- **Frequency of Use** – In this study, this refers to how often working teenagers access or use social media platforms, as measured through the survey questionnaire.
- **Mental Health** – In this study, this refers to the psychological well-being of working teenagers, as measured by their levels of cognitive stress, anxiety, and self-esteem.
- **Physical Health** – In this study, this refers to the physical well-being of working teenagers, as measured by their levels of fatigue, sleepiness, and alertness.
- **Self-Esteem** – In this study, this refers to the level of self-worth, confidence, and positive self-evaluation of working teenagers, as measured through the survey questionnaire.
- **Sleepiness** – In this study, this refers to the tendency of working teenagers to feel drowsy or sleepy during the day, as measured through the survey questionnaire.
- **Social Interaction** – In this study, this refers to the extent to which working teenagers communicate, share content, comment, react, and engage with other users on social media, as measured through the survey questionnaire.
- **Social Media Engagement** – In this study, this refers to the level of involvement of working teenagers in social media, as measured by their time spent, frequency of use, and social interaction.
- **Social Media Platforms** – In this study, this refers to online applications, such as Facebook, Instagram, TikTok, and similar platforms, that are used by working teenagers for communication, entertainment, information sharing, and social interaction.
- **Time Spent** – In this study, this refers to the amount of time working teenagers spend using social media each day, as measured through the survey questionnaire.
- **Working Teenagers** – In this study, this refers to individuals aged 18 to 21 years old who are currently employed on a part-time, full-time, freelance, or family business basis and actively use social media platforms. They serve as the respondents of the study.
- **Young Adults** – In this study, this refers to individuals aged 18–21 years old who are employed and actively use social media platforms. They serve as the respondents of the study.

CHAPTER TWO METHODOLOGY

➤ *Research Design*

This research will follow a quantitative research methodology using a correlational research design. Quantitative research is appropriate as it entails a systematic process of collecting, measuring, and analyzing numerical data to analyze the relationship between social media engagement and the mental and physical health of working late adolescents. The quantitative approach makes it possible for researchers to objectively assess the variables with a structured questionnaire and analyze the results using relevant statistical methods. The method also enables them to recognize the various patterns, trends, and relationships between the variables as per the responses of the participants.

The correlational research design is appropriate since the main aim of the research is to find out whether a meaningful relationship exists between social media engagement and the mental state and physical health of working late adolescents without controlling and manipulating any of the variables. The design allows researchers to quantify the strength and direction of the relationship between the independent and dependent variables as they occur naturally. But it will only give an idea about whether statistically significant relationships exist or not, and it will not prove any causality or cause-and-effect relationships. The output of this research will produce important findings for development of a Digital wellness awareness program to encourage responsible social media usage among employed late adolescents.

To analyze data, the researchers will employ the Mean and Standard Deviation as the measures of social media engagement, mental wellness, and physical well-being among the respondents. Mean will provide a numeric average of each participant's answers, whereas Standard Deviation will give a measure of the difference in answers of the participants. To determine the strength, nature, and significance of the correlation between social media engagement and employed late adolescents' mental wellness and physical health, Pearson Product-Moment Correlation Coefficient (Pearson r) will be calculated. To assess whether categorical variables have any significant relationship, the Chi-Square Test of Association will be applied, when appropriate. All of these statistical methods will establish an objective framework for data interpretation.

➤ *Research Site*

The study will be conducted in Metro Manila, focusing on students aged 18-21 who fall within the target age group of the research. It was selected because it has a large population with a late adolescence working students, which falls within the target age group of this research. Students in this age range are active users of social media, making the school an appropriate setting to evaluate the Impact of Social Media Engagement on Working students Mental and Physical Health. The area is considered an appropriate research site because it caters to adolescents who are in a developmental stage where social media engagement is deeply integrated into their daily lives for communication, work related, entertainment, academic tasks, and self-expression. This area allows the researchers to gather data from working students with varied experiences, perspectives, and patterns of social media use. Such variation is important in understanding how social media may affect working students in different situations. Many students use platforms such as Messenger and Instagram for communication, watch vlogs and short videos for entertainment, working related and access online content for school-related tasks. Because of this frequent use, the area provides a relevant environment for studying how excessive social media use may influence students' behavior, emotions, academic performance, and physical health. Most of our respondents came from Metro Manila, particularly from Marikina, Pasig, Makati, and Quezon City, because these areas have a high concentration of businesses and employees who matched the target population of our study. The insights gathered from this setting will serve as valuable bases for the development of a mental health awareness program tailored to adolescents' social media engagement.

➤ *Sampling Technique*

The study will use a purposive sampling method, which is a form of non-probability sampling wherein participant selection is made based on predetermined criteria relevant to the aim of the research. The use of purposive sampling is appropriate in this research since the participants needed are specifically employed late adolescents that actively engage in social media platforms. As not all late adolescents are employed or possess similar experiences regarding their engagement in social media, purposively selecting those that meet the study's criteria will enhance the quality of the data collected and its relevance to the study's aim. The subjects will include employed late adolescents (ages 18 to 21 years) who are either part-time, full-time, self-employed or engaged in family businesses as well as actively engaging in at least one social media platform (Facebook, Instagram, Tik Tok, Messenger, or X). Only the subjects who choose voluntarily to take part in the study and answer the survey questionnaire will be recruited. Unemployed persons, individuals outside of the defined age range, as well as those that do not actively engage in social media are among the people that will be excluded from the study. The employment of purposive sampling will enable researchers to collect reliable and relevant information from individuals who match the required characteristics for determining the relationship between social media engagement and the health of employed late adolescents. In addition, it will enable the researchers to collect important data needed for the implementation of a Digital Wellness Awareness Program.

➤ *Research Instrument*

The primary instrument used in this study is a structured survey questionnaire administered through Google Forms. The

questionnaire is composed of four sections designed to measure the variables of the study: social media engagement, mental health, and physical health among working teenagers.

- *Part I. Demographic Profile*

This section gathers the respondents' demographic information, including age, sex, employment status, type of work, and average number of working hours per week. The information will be used solely for descriptive purposes and to characterize the study participants.

- *Part II. Social Media Engagement*

This section measures the level of social media engagement of working teenagers in terms of: Time Spent. This dimension assesses the amount of time respondents spend using social media platforms on a daily basis.

- ✓ Frequency of Use. This dimension evaluates how often respondents access and engaged with social media throughout the day.
- ✓ Social Interaction. This dimension measures the extent to which respondents interact with others through social media, including messaging, commenting, sharing content, and participating in online discussions.

Items for this section were adapted from established social media engagement measures and modified to suit the context of working teenagers.

- *Part III. Mental Health*

This section assesses the mental health status of working teenagers through the following dimensions:

- ✓ Cognitive Stress. This dimension measures difficulties in concentration, mental exhaustion, and stress-related cognitive challenges experienced by respondents.
- ✓ Anxiety. This dimension evaluates feelings of worry, nervousness, and tension that may be associated with social media use and work-related responsibilities.
- ✓ Social Comparison. This dimension measures the tendency of respondents to compare themselves with others on social media platforms, which may influence their psychological well-being.

The items included in this section were adapted from validated psychological assessment tools and relevant literature.

- *Part IV. Physical Health*

This section measures the physical health condition of working teenagers in terms of:

- ✓ Fatigue. This dimension assesses the level of physical tiredness and exhaustion experienced by respondents.
- ✓ Sleep Quality. This dimension evaluates respondents' sleeping patterns and the extent to which they obtain sufficient and restful sleep.
- ✓ Alertness. This dimension measures respondents' ability to remain attentive, focused, and mentally awake during daily activities.

Items for this section were adapted from validated health-related questionnaires and modified to align with the objectives of the study.

➤ *Scoring Procedure*

The questionnaire utilizes a five-point Likert scale to determine the frequency of the respondents' social media engagement behaviors and their mental and physical health experiences. Respondents are asked to indicate how often each statement applies to them.

- *The Scale is Interpreted as Follows:*

- ✓ *Scale Verbal Interpretation*

- Always
- Often
- Sometimes
- Rarely
- Never

➤ *Validity and Reliability of Instruments*

To establish the validity of the research instrument, the questionnaire underwent content validation by a panel of experts in psychology, research, and statistics. The validators evaluated the instrument in terms of relevance, clarity, appropriateness, and alignment with the objectives of the study. Their comments and recommendations were carefully reviewed, and the necessary

revisions were incorporated to improve the overall quality and comprehensibility of the questionnaire prior to its administration.

To determine the reliability of the instrument, a pilot test was conducted among 20 employed late adolescents who possessed characteristics similar to those of the target respondents but were excluded from the actual data collection. The pilot testing aimed to assess the consistency and internal reliability of the questionnaire. The collected responses were analyzed using Cronbach's alpha, and the results indicated that all subscales of the instrument—including Social Media Engagement (Time Spent, Frequency of Use, and Social Interaction), Mental Health (Cognitive Stress, Anxiety, and Self-Esteem), and Physical Health (Fatigue, Sleepiness, and Alertness)—obtained Cronbach's alpha coefficients within the acceptable reliability threshold ($\alpha \geq .70$). These findings confirmed that all sections of the questionnaire demonstrated satisfactory internal consistency and were considered reliable for use in the actual conduct of the study.

➤ *Data Gathering Procedure*

Prior to the conduct of the study, the researchers will secure approval from the Ethics Review Board (ERB) of St. Bernadette Lourdes College and obtain permission from the appropriate authorities to conduct the research. The required documents, including the approved research proposal, survey questionnaire, informed consent forms, and, when applicable, parental consent and participant assent forms for respondents below 18 years of age, will be submitted for ethical review and approval. Once permission has been granted, the researchers will coordinate with the identified respondents and provide an orientation explaining the purpose of the study, the data collection procedures, the expected duration of participation, the potential risks and benefits, and the participants' rights, including their right to decline participation or withdraw from the study at any time without penalty.

After obtaining the necessary informed consent, the researchers will administer the validated survey questionnaire to the qualified respondents. The questionnaire will gather data on the respondents' level of social media engagement, mental health, and physical health. Participation in the study will be entirely voluntary, and no personally identifiable information, such as names or identification numbers, will be collected. To protect the privacy and confidentiality of the participants, each completed questionnaire will be assigned a code instead of the respondent's identity. All collected data will be treated with strict confidentiality, stored securely in password-protected files accessible only to the researchers, and used solely for the purposes of this study. The collected data will be retained for five (5) years after the completion of the research and will thereafter be permanently destroyed through secure disposal methods in accordance with the Data Privacy Act of 2012 (Republic Act No. 10173) and the institution's ethical research guidelines.

➤ *Data Analysis Procedure*

The data gathered in this study will be encoded, organized, and analyzed using appropriate statistical software. Prior to the analysis, the researchers will review the completed questionnaires to ensure that the responses are complete, accurate, and suitable for statistical processing. The selection of statistical treatments will be based on the nature of the variables and the objectives of the study.

To describe the respondents' levels of social media engagement, mental health, and physical health, the Weighted Mean and Standard Deviation will be utilized. The Weighted Mean will be used to determine the average level of responses for each variable, while the Standard Deviation will measure the variability or consistency of the respondents' responses.

To determine the significant relationship between social media engagement and the mental health of employed late adolescents, as well as between social media engagement and their physical health, the Pearson Product-Moment Correlation Coefficient (Pearson r) will be employed. This statistical test is appropriate for measuring the strength, direction, and significance of the relationship between continuous variables.

To determine whether there is a significant difference between the mental health and physical health status of employed late adolescents, the Paired Samples t -test will be used. This statistical test is appropriate for comparing the mean scores of two related variables obtained from the same group of respondents.

All statistical analyses will be performed using an appropriate statistical software package, and the level of significance will be set at 0.05. The results of the statistical analyses will serve as the basis for interpreting the findings and answering the research questions of the study.

➤ *Ethical Consideration*

The proposed research will adhere to the ethical standards that govern the practice of quantitative research as it relates to the study of working adolescents in relation to their mental and physical health as it pertains to the impact of social media.

Prior to the participation of the participants in the research, informed consent will be obtained from all of the participants. In the case that the participant is under 18 years of age, informed consent will be obtained by the parent of the participant as well as the assent of the participant. There will be a clear explanation about the research, including the purpose of the study, the method of the study, the potential risks and benefits of the study, and rights of the participants, such as the right to withdraw

from the study without any consequence. The participation will be voluntary and the participants have the right to refuse to respond to any questions which are uncomfortable.

The participants will not have their names recorded for the purpose of confidentiality, but will be designated by assigned codes for anonymity. All participant's information will also be kept confidential and will be used only for research purposes. The information collected will be processed in accordance with the Data Privacy Act of 2012 (Republic Act No. 10173).

Participants' confidentiality will be guaranteed by collecting data in a secure and appropriate environment. As the study utilizes topics related to mental health, the investigator will use a respectful and non-judgmental tone throughout the data collection procedure. If a respondent experiences any distress while completing the questionnaire, they may cease participation at any time, and the appropriate referrals for counseling or mental health assistance will be recommended as required.

This study follows the ethical guidelines of beneficence, non-maleficence, respect for persons, and justice, which guarantees protection from harm to the subjects and provides them an opportunity to participate in the creation of knowledge that will result in a potential awareness program.

All completed questionnaires and electronic research documents will be stored in password-protected and secure storage systems accessible only to the researcher. The information collected will be retained for a period of 5 years following the completion of the project and will then be destroyed using secure ways of disposal such as shredding the documents and permanently deleting the electronic files. Lastly, the school authority's approval and the institutional ethics approval shall be obtained prior to the conduct of the study.

CHAPTER THREE

RESULTS AND DISCUSSIONS

This chapter presents the analysis and interpretation of the data gathered from the respondents regarding their level of social media engagement, mental health, and physical health. Specifically, the study examines social media engagement in terms of time spent, frequency of use, and social interaction mental health in terms of cognitive stress, anxiety, and self-esteem; and physical health in terms of fatigue, sleep quality, and alertness. Furthermore, the chapter explores the significant relationships between social media engagement and the respondents' mental and physical health, as well as the difference between their mental and physical health status. The findings serve as the basis for developing an awareness program aimed at promoting responsible social media use and enhancing the well-being of working teenagers.

➤ *Respondents' Level of Social Media Engagement in Terms of:*

Table 1 Level of Social Media Engagement in Terms of Time Spent.

Statement	Mean	Std. Deviation
I spend a considerable amount of time on social media each day.	3.72	1.25
I lose track of time when using social media.	3.30	1.15
I spend much of my free time using social media.	3.40	1.09
I stay on social media longer than I originally intended.	3.30	1.24
I spend more time on social media than on other online activities.	3.20	1.29
Overall Mean	3.38	

The result in Table 1 shows an overall mean of 3.38. This indicates that the respondents generally used social media at a moderate level. The result suggests that, on average, working teenagers use social media frequently but not excessively. The findings indicate that social media usage is a discernible aspect of their everyday lives, even though it is typically moderate rather than excessive. It also suggests that the respondents' degree of social media usage is getting close to a high level because the aggregate mean is only 0.02 points below the "Moderate" category.

Table 2 Level of Social Media Engagement in Terms of Frequency of Use.

Statement	Mean	Std. Deviation
I access social media several times throughout the day.	3.55	1.13
I check my social media accounts during my free time.	3.72	1.17
I use social media as part of my daily routine.	3.80	1.16
I interact with social media content frequently during the day.	3.50	1.02
I open social media applications even when I do not have a specific purpose.	3.32	1.16
Overall Mean	3.58	

Table 2 shows a high level of social media use, as indicated by the 3.58 overall mean. Results indicate that teens who work regularly use social media in their daily lives. Social media has become an essential part of people's everyday lives, as evidenced by the average number of respondents who said they frequently accessed and interacted with social networking sites throughout the day. The overall outcome also suggests that rather than being restricted to sporadic or infrequent use, social media use among the respondents is habitual and regularly integrated into their daily activities.

Table 3 Level of Social Media Engagement in Terms of Social Interaction.

Statement	Mean	Std. Deviation
I comment on posts shared by other users on social media.	2.48	.95
I respond to comments or messages I receive on social media.	3.03	
I participate in discussions or conversations on social media platforms.	2.58	1.08
I share posts, photos, videos, or other content with others on social media.	3.12	1.08
I communicate with friends, family, or acquaintances through social media.	3.88	1.17
Overall Mean	3.02	

The aggregate mean of 3.02 shown in Table 3 indicates that the respondents used social media at a moderate level. According to this research, teens who work participate in social media interactions to a respectable degree, although they are not very active in creating material or taking part in online debates. The findings suggest that rather than regularly participating in all social activities, respondents use social media mainly for communication and selective interaction.

➤ *Respondents' Level of Mental Health in Terms of:*

Table 4 Level of Mental Health in Terms of Cognitive Stress

Statement	Mean	Std. Deviation
I felt unable to control important things in my life.	2.73	1.118
I found it difficult to concentrate on my daily tasks.	2.70	1.030
I felt overwhelmed by my responsibilities.	2.95	1.185
I felt that my problems were too difficult to manage.	2.75	1.144
I felt stressed because of my daily responsibilities.	2.78	1.151
Overall Mean	2.78	

Results in Table 4 show an aggregate mean of 2.78, indicating that the respondents had a moderate degree of perceived stress. The finding implies that stress-related thoughts and emotions were generally experienced by the respondents on a frequent basis. The moderate result suggests that stress was a noticeable part of the respondents' everyday life, reflecting sporadic issues in managing obligations, demands, and challenges. The findings also suggest that respondents generally retained a reasonable capacity to manage the stresses they encountered, as evidenced by the fact that stress did not appear to dominate their overall psychological functioning.

Table 5 Level of Mental Health in Terms of Anxiety

Statement	Mean	Std. Deviation
I felt nervous, anxious, or on edge.	3.05	1.227
I had difficulty controlling my worries.	3.00	1.164
I worried too much about different things.	3.23	.998
I had trouble relaxing.	2.80	1.219
I became easily annoyed or irritable.	3.08	1.293
Overall Mean	3.03	

The total mean of 3.03 as indicated in Table 5 suggests that the respondents experienced moderate anxiety. This finding implies that anxiety-related experiences were prevalent among the respondents; however, not frequent or intense enough to be termed high. On average, respondents reported anxiety-related symptoms at a level consistent with occasional psychological discomfort rather than continuous or severe emotional pain. The findings imply that anxiety had a significant role in the respondents' emotional experiences, yet it remained within a reasonable range.

Table 6 Level of Mental Health in Terms of Self-Esteem

Statement	Mean	Std. Deviation
I feel confident about myself.	3.42	1.197
I feel satisfied with my abilities and achievements.	3.52	.983
I feel that I am as capable as others.	3.27	1.071
I feel positive about my personal Qualities.	3.60	1.028
I feel that I have many strengths.	3.42	1.013
Overall Mean	3.45	

Table 6 shows an overall mean of 3.45, suggesting that the respondents had a high level of self-esteem. This finding implies that respondents had a generally favorable opinion of themselves, indicating a healthy feeling of self-worth, confidence, and personal importance. A high degree of self-esteem indicates that respondents consistently saw themselves as capable persons who recognized their own strengths, valued their personal characteristics, and had a positive impression of their overall competence. The findings show that positive self-perceptions were well established among respondents and played a vital role in their psychological well-being.

➤ *Respondents' Level of Physical Health in Terms of:*

Table 7 Level of Physical Health in Terms of Fatigue

Statement	Mean	Std. Deviation
I feel tired even after getting enough rest.	3.22	1.180
I get physically exhausted easily during the day.	3.25	1.019
I have difficulty performing daily activities due to fatigue.	2.95	1.141
I feel tired even after getting enough rest.	3.22	1.180
I get physically exhausted easily during the day.	3.25	1.019
I have difficulty performing daily activities due to fatigue.	2.95	1.141

I feel mentally tired after using social media or digital devices for long periods.	3.07	1.118
I lack energy to perform tasks that I normally do.	2.92	1.253
Overall Mean	3.08	

The total mean of 3.08 shown in Table 7 suggests that the respondents felt moderately fatigued. This may indicate that weariness is a noticeable and regular feeling among respondents. The findings imply that respondents experience physical and mental tiredness at a level that may occasionally interfere with their everyday functioning, but these experiences are not frequent enough to indicate chronic or extreme fatigue. Instead, weariness appears to be a common disease that affects respondents to varying degrees across settings.

Table 8 Level of Physical Health in Terms of Sleep Quality

Statement	Mean	Std. Deviation
I have difficulty falling asleep at night.	3.40	1.092
I wake up feeling tired even after sleeping.	3.23	1.031
I stay up late because of social media use.	3.12	1.166
My sleep is interrupted because I check social media.	2.93	1.274
I consistently get enough restful sleep to feel refreshed each day.		
Overall Mean	3.20	

The aggregate mean of 3.20 indicated in Table 8 suggests that respondents had a moderate level of sleep quality. This data indicates that respondents have sleep-related challenges to some level, but they are not regularly severe or overpowering. The findings imply that respondents experience periodic interruptions in their sleep patterns and sleep quality, indicating a level of concern significant enough to affect their daily functioning while being below the threshold for a severe level of sleep disturbance.

Table 9 Level of Physical Health in Terms of Alertness

Statement	Mean	Std. Deviation
I feel mentally alert throughout the day	3.33	1.160
I can easily focus on my tasks and responsibilities.	3.52	.770
I remain attentive during classes, work, or meetings.	3.82	1.000
I stay awake and alert even during long periods of activity.	3.87	.853
I feel energetic and ready to perform my daily tasks.	3.55	1.016
Overall Mean	3.62	

Table 9 shows an overall mean of 3.62, reflecting that respondents displayed a high level of alertness. This finding shows that respondents regard themselves as mentally alert, cognitively engaged, and capable of retaining consciousness during their regular tasks. A high level of alertness represents the respondents' capacity to remain focused and attentive in a variety of scenarios, implying that they can generally maintain the mental energy required to satisfy academic, occupational, or personal responsibilities.

Table 10 Relationship between Respondents' Social Media Engagement and Mental Health

		Physical Health
Social Media Engagement	Pearson Correlation	.499**
	Sig. (2-tailed)	.000
	N	60
**. Correlation is significant at the 0.01 level (2-tailed).		

Table 10 shows the relationship between social media engagement and mental health. Overall, there is a moderate positive and statistically significant correlation between the two variables ($r = .438$, $p < .001$). The Pearson's correlation shows that as the level of social media engagement increases, the mental health composite scores also increase. The mental health composite score was coded so that with higher scores, lower levels of mental health mean higher levels of cognitive stress and anxiety as well as lower levels of self-esteem after reverse scoring. This means that more engagement on social media is linked to poorer mental health among late adolescents who are employed. Moreover, the significance value ($p = .000$) is below the 0.05 level of significance which suggests that the relationship is statistically significant. Hence, the null hypothesis which states that there is no significant relationship between social media engagement and mental health of employed late adolescents can be rejected. However, since this study provides only evidence of the existence of a statistically significant correlation, it might not be possible for one to confirm a cause and the effect relationship between the two variables.

Table 11 Relationship between Respondents' Social Media Engagement and Physical Health

Social Media Engagement	Physical Health	
	Pearson Correlation	.499**
	Sig. (2-tailed)	.000
	N	60
**. Correlation is significant at the 0.01 level (2-tailed).		

Table 11 presents the correlation between social media engagement and physical health of participants studied. There is a moderate, positive and statistically significant relationship between the two variables ($r = .499$, $p < .001$). This positive correlation implies that respondents with higher social media engagement obtain more physical health composite scores. However, since physical health composite score was coded so that the higher the score, the more poorly one is in physical health (see the effect of higher scores on fatigue and sleepiness after scoring in the reverse direction), the outcome indicates that higher social media engagement is associated with poorer physical health in employed late adolescents. In addition, the computed p-value (.000) is lower than the significance level 0.05, thereby making the result statistically significant and thus not by coincidence. Thus, the null hypothesis that there is no significant relationship between social media engagement and physical health of employed late adolescents can be rejected. However, the results should be interpreted as proof of a statistical association and not proof of causation due to the use of a correlation research design in the study.

Table 12 Difference between the Mental Health and Physical Health Status of Respondents

Mean	Std. Deviation	Std. Error Mean	Difference		t	df	Sig (2-tailed)
			Lower	Upper			
Physical Health - Mental Health	.215	.480	.062	-.339	-.091		.001

The paired-samples t-test analysis shows a mean difference of -0.215 ($SD = 0.480$, $SE = 0.062$), indicating that physical health scores were generally lower than mental health scores. The 95% confidence interval for the mean difference was -0.339 to -0.091, which excluded zero and provided additional evidence that the observed difference is statistically significant. This was corroborated by a computed t-value of -3.470 with 59 degrees of freedom and a p-value of .001, which is significantly lower than the 0.05 standard of significance. As a result, there is a substantial difference between working teenagers' mental and physical health statuses, rejecting the null hypothesis that no significant difference exists between the two variables.

➤ Discussion of Findings

The findings of the study revealed that social media engagement has a significant relationship with both the mental health and physical health of working teenagers. This indicates that the level of engagement in social media, particularly in terms of time spent, frequency of use, and social interaction, is associated with the respondents' cognitive stress, anxiety, self-esteem, fatigue, sleepiness, and alertness. The results suggest that social media plays a substantial role in influencing the overall well-being of working teenagers.

Regarding mental health, the findings revealed a significant relationship between social media engagement and the mental health status of working teenagers. This suggests that increased engagement in social media may influence adolescents' psychological well-being. The result supports the findings of Azem et al. (2023), who reported that excessive social media use is associated with higher levels of anxiety, stress, poor sleep quality, and lower self-esteem among adolescents. Similarly, Burgess (2025) emphasized that fear of missing out (FOMO), cyberbullying, and exposure to negative online content contribute to emotional distress and mental health challenges. Syahril (2024) further found that prolonged social media exposure may lead to anxiety, depression, emotional exhaustion, and reduced psychological well-being. These studies support the present finding that social media engagement is significantly associated with the mental health of working teenagers.

However, the findings also suggest that social media may provide positive psychological benefits when used appropriately. Li (2026) found that social media can enhance mental health by increasing access to social support and fostering a sense of belonging among students. Likewise, Zhang et al. (2023) reported that meaningful communication and positive interactions on social media contribute to improved subjective well-being. These findings indicate that the effects of social media depend not only on the amount of use but also on the quality and purpose of engagement.

In terms of physical health, the results showed a significant relationship between social media engagement and the physical

health status of working teenagers. This indicates that social media use is associated with respondents' experiences of fatigue, sleepiness, and alertness. The findings are supported by Zhang et al. (2024), who found that increased screen exposure before bedtime negatively affects sleep quality and contributes to daytime fatigue and reduced well-being. Similarly, Anjana et al. (2024) reported that prolonged social media use promotes sedentary behavior and decreases physical activity. Blanchard et al. (2023) also explained that social media exposure may indirectly affect physical health through body image concerns and unhealthy lifestyle practices. Furthermore, Agyapong-Opoku et al. (2025) emphasized that passive social media activities such as excessive scrolling are associated with negative physical outcomes and unhealthy lifestyle behaviors. These studies support the present findings that social media engagement significantly influences the physical health of working teenagers.

Moreover, the study revealed a significant difference between the mental health and physical health status of working teenagers. This suggests that the respondents experience varying levels of mental and physical well-being despite being exposed to similar patterns of social media engagement. The finding is supported by Wu et al. (2026), who emphasized that adolescent health is influenced by different social, behavioral, and environmental factors that affect mental and physical health in distinct ways. Gautam et al. (2024) likewise noted that mental health and physical health are shaped by multiple determinants, including psychological, biological, and environmental influences. In addition, the Healthy People 2030 Initiative (2024) highlighted the importance of addressing both mental and physical health to achieve overall adolescent well-being.

In general, the results show that social media use has a major impact on working teens' mental and physical health. Social media can facilitate communication, information sharing, and social support, but excessive and uncontrolled use can lead to psychological anguish, exhaustion, sleep issues, and other health issues. The results thus support the creation of an awareness campaign that encourages teens who are employed to use social media responsibly, adopt healthy digital habits, and enhance their mental and physical wellbeing.

➤ *Synthesis of Findings*

The study examined the impact of social media engagement on the mental and physical health of working teenagers. Findings revealed that respondents demonstrated a moderate level of social media engagement in terms of time spent and social interaction, while frequency of use was found to be high. This indicates that social media has become a regular part of the respondents' daily lives.

In terms of mental health, respondents exhibited moderate levels of cognitive stress and anxiety and a high level of self-esteem. These results suggest that although working teenagers experience psychological challenges, they generally maintain a positive perception of themselves. Regarding the physical health, respondents reported moderate levels of fatigue and sleep quality concerns but demonstrated a high level of alertness. This indicates that while respondents experience some physical effects associated with social media use, they are still capable of maintaining focus and attentiveness in their daily activities.

The study further found a significant relationship between social media engagement and mental health, as well as between social media engagement and physical health. Moreover, a significant difference was identified between the mental health and physical health status of the respondents. Based on these findings, an awareness program is proposed to promote responsible social media use and support the overall well-being of working teenager.

CHAPTER FOUR

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION

➤ Summary of Findings

- *Statement of the Problem No. 1. What is the level of social media engagement among employed late adolescents in terms of time spent, frequency of use, and social interaction?*

The results of the study showed that the respondents had an average social media engagement in terms of time spent on it (M=3.38), number of times they used it during the day (M=3.58), and social interaction (M=3.02). As per the findings, it can be assessed that social media has become an important aspect of the day to day lives of employed young adults because the respondents visit social media sites on a regular basis and also carry out virtual talk with others. The averages show that even though the respondents have used social media on a regular basis, they have maintained a moderate level of usage.

- *Statement of the Problem No. 2. What is the level of mental health among employed late adolescents in terms of cognitive stress, anxiety, and self-esteem?*

The results revealed moderate levels of cognitive stress (M = 2.78) and anxiety (M = 3.03), coupled with high levels of self-esteem (M = 3.45). These results suggest that although cognitive stress and anxiety in connection with daily responsibilities as well as social media usage have been experienced, the respondents were able to retain a positive self-concept and self-image. In summary, it can be concluded that the respondents were able to maintain healthy levels of self-esteem despite experiencing issues from a psychological standpoint.

- *Statement of the Problem No. 3. What is the level of physical health among employed late adolescents in terms of fatigue, sleepiness, and alertness?*

The result analysis revealed that the respondents showed mild levels of fatigue (M = 3.08) and sleepiness (M = 3.20), whilst their alertness level was high (M = 3.62). These statistics reveal that participants went through some physical fatigue and sleepiness but remained highly alert and able to accomplish their educational duties, jobs, and social activities satisfactorily. Apart from that, the findings also imply that participants managed to maintain the minimum physical functioning requisite while managing work, school obligations, and social media usage.

- *Statement of the Problem No. 4. Is there a significant relationship between social media engagement and the mental health of employed late adolescents?*

The Pearson Product-Moment Correlation analysis shows evidence of a moderate positive correlation that is not only statistically significant ($r = .438, p < .001$) but also verifies that social media engagement and mental health exist jointly among the late adolescents who are employed in the sample. In this case, the obtained p-value being less than the specified .005 level of significance causes us to reject the null hypothesis of the study that presumes absence of significant relationships between social media engagement and mental health. As the study utilized correlational research methods, the findings imply that only significant relationships exist as cause and the effect relationship cannot be assumed from the research.

- *Statement of the Problem No. 5. Is there a significant relationship between social media engagement and the physical health of employed late adolescents?*

The results also indicated a moderately high level of positive correlation and significance for the relationship between use of social media and physical health of working late adolescents ($r = .499, p < .001$). There is evidence to suggest that there is correlation between level of use of social media in adolescents and their physical health status. The p-value being below 0.05 means that the null hypothesis which states that there is no significant relationship between these variables is rejected. However, one needs to reiterate that this statistically significant association does not imply that there are causal links.

- *Statement of the Problem No. 6. Is there a significant difference between the mental health and physical health status of employed late adolescents?*

The results of the paired-samples t-test indicated a statistically significant difference between the mental health and physical health status of the respondents ($t = -3.470, p = .001$). Since the obtained p-value was lower than the 0.05 level of significance, the null hypothesis stating that there is no significant difference between the mental health and physical health status of employed late adolescents was rejected. These findings indicate that the respondents obtained significantly different average scores for the two variables during the conduct of the study. This suggests that the respondents' mental health status and physical health status were not at the same level based on the measures used in the research.

➤ Conclusion

The results of this research showed that working late teenagers have an average level of social media use, which indicates that social media is part of their lives because they use it for communication, entertainment, working purposes, and searching for information. The respondents had average cognitive stress, anxiety, fatigue, and sleepiness, but their self-esteem and level of awareness were very high, which means that the participants had some of the problems concerning physical and mental health, but

they had a positive perception and were very focused on the performance of their duties.

In addition, the results of the statistical analyses showed that there was a moderate positive relationship which was statistically significant, indicating that social media use is connected with both mental health and physical health of the working late adolescents. This means that the independent and dependent variables were connected with each other significantly. However, the results should be interpreted because of the fact that this research used a quantitative method of correlational research, which means that results demonstrate the presence of a relation between variables but not causation. Additionally, the results of the pairs-samples t-test have also proved that there was a statistical difference between the means of mental and physical health of the respondents, thus showing that their scores were different.

Based on these findings, the study rejects the null hypotheses stating that there is no significant relationship between social media engagement and the mental health of employed late adolescents, and between social media engagement and their physical health. Likewise, the null hypothesis stating that there is no significant difference between the respondents' mental health and physical health status is rejected. Overall, the findings provide empirical evidence that supports the development of a Digital Wellness Awareness Program aimed at promoting responsible and balanced social media use while encouraging practices that support the mental and physical well-being of employed late adolescents.

➤ *Recommendations*

Based on the findings, these is the following recommendations.

- *For Schools*

Given the identified important connections that exist between social media interaction and the mental and physical health status of working adolescents, schools are encouraged to implement the suggested Digital Wellness Education Program. Such a program may include activities such as seminars, workshops, and educational outreach campaigns that teach responsible social media usage, maintain digital wellness, ease stress, establish proper screen-time habits, and sleep hygiene.

- *For Employed Late Adolescents*

Considering that the research subjects noted moderate degrees of use of social media, cognitive tension, anxiety, fatigue, and sleepiness, young working adults should discover and adopt means for adopting a healthy behavior with fortitude towards utilizing social media. In other words, they have been recommended to spend a limited time using screens, make sure to have enough time for sleeping and resting every day, exercise and to utilize proper practicing stress management.

- *For Parents and Guardians*

Parents/guardians are encouraged to provide continued mentorship and emotional support and encourage the effective use of social media communication. Moreover, parents/guardians can help their adult working children develop healthy usage of technology through other methods including facilitating their children's establishment of healthy daily routines, monitoring for excessive usage of social media, and encouraging activities that promote mental and physical health.

- *For Guidance Counselors and Mental Health Professionals*

Counselors and mental health professionals are urged to enhance the digital wellbeing and mental health initiatives by hosting frequent counseling sessions, psychoeducational workshops, and wellness programs regarding proper social media usage, stress management, self-esteem building, and acceptable coping techniques. These initiatives may assist working young adults in managing difficulties related to social media usage.

- *For Future Researchers*

Future researchers are invited to conduct replication and extension studies with a higher number of diverse samples from different regions and educational institutions. There are many other variables of interest which can be used to analyze the impact of social media engagement such as; academic performance, professional performance, emotional stability, familial support system, digital literacy, and digital wellbeing. In addition, subsequent studies can employ mixed-methodological and longitudinal design studies to understand the relationship between these variables over a period of time.

- *For an Awareness Program*

In order to develop awareness programs promoting responsible social media usage, healthy screen time habits, stress management, and appropriate sleep hygiene, schools, employers, parents and health care providers will work together to achieve these objectives. Working teenagers will benefit from the addition of mental health education/wellness activities as they strive to lead a more healthy lifestyle.

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APPENDICES

APPENDIX A:

Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program

A Research Study

Presented to the Faculty of Bachelor of Science in Psychology Program of Saint Bernadette of Lourdes College

In Partial Fulfillment of the Requirements for the Degree Bachelor of Science in Psychology

Researchers:

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APPENDIX: B

Research Instrument: Survey Questionnaire

Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Program

Dear Respondent,

Good day!

We are Psychology students conducting a research study entitled, “ Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Program”

We respectfully invite you to participate in this study by answering this questionnaire. The purpose of this research is to examine how social media engagement influences various aspects of mental and physical health, including cognitive stress, anxiety, social comparison, fatigue, and sleepiness.

Your participation is voluntary, and all information you provide will be treated with the utmost confidentiality. Your responses will be used solely for academic and research purposes. No identifying information will be disclosed, and your anonymity will be protected throughout the study.

There are no right or wrong answers. We kindly ask you to answer each statement honestly and based on your personal experiences. Completing this questionnaire will take approximately 5–10 minutes.

By proceeding with this survey, you indicate your informed consent to participate in this study.

Thank you for your valuable time and cooperation.

Respectfully,

The Researchers

➤ *Frequency of Use*

- Instruction: Indicate how often each statement applies to you.

➤ *Scale:*

5 – Always | 4 – Often | 3 – Sometimes | 2 – Rarely | 1 – Never

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1.I access social media several times throughout the day.	☐	☐	☐	☐	☐
2. I check my social media accounts during my free time.	☐	☐	☐	☐	☐
3. I use social media as part of my daily routine.	☐	☐	☐	☐	☐
4.I interact with social media content multiple times throughout the day	☐	☐	☐	☐	☐
5.I open social media applications even when I do not have a specific purpose.	☐	☐	☐	☐	☐

➤ *Time Spent:*

- Instruction: Indicate how often each statement applies to you.

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1. I spend more than two hours per day on social media.	☐	☐	☐	☐	☐
2. I lose track of time when using social media.	☐	☐	☐	☐	☐
3. I spend much of my free time using social media.	☐	☐	☐	☐	☐
4. I stay on social media longer than I originally intended.	☐	☐	☐	☐	☐
5. Social media occupies most of my online activity time.	☐	☐	☐	☐	☐

➤ *Social Media Interaction:*

- Instruction: Indicate how often each statement applies to you.

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1. I comment on posts shared by other users on social media.	☐	☐	☐	☐	☐
2. I respond to comments or messages I receive on social media.	☐	☐	☐	☐	☐
3. I participate in discussions or conversations on social media platforms.	☐	☐	☐	☐	☐
4. I share posts, photos, videos, or other content with others on social media.	☐	☐	☐	☐	☐
5. I communicate with friends, family, or acquaintances through social media.	☐	☐	☐	☐	☐

A. *Mental Health Level*➤ *Cognitive Stress*

- Instructions: Indicate how often each statement applies to you.

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1. I felt unable to control important things in my life.	☐	☐	☐	☐	☐
2. I found it difficult to concentrate on my daily tasks.	☐	☐	☐	☐	☐
3. I felt overwhelmed by my responsibilities.	☐	☐	☐	☐	☐
4. I felt that my problems were too difficult to manage.	☐	☐	☐	☐	☐
5. I felt stressed because of my daily responsibilities.	☐	☐	☐	☐	☐

➤ *Anxiety*

- Instructions: Indicate how often each statement applies to you.

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1. I felt nervous, anxious, or on edge.	☐	☐	☐	☐	☐
2. I had difficulty controlling my worries.	☐	☐	☐	☐	☐
3. I worried too much about different things.	☐	☐	☐	☐	☐
4. I had trouble relaxing.	☐	☐	☐	☐	☐
5. I became easily annoyed or irritable.	☐	☐	☐	☐	☐

➤ *Social-Esteem*

- Instructions: Indicate how often each statement applies to you.

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1. I feel confident about myself.	☐	☐	☐	☐	☐
2. I feel satisfied with my abilities and achievements.	☐	☐	☐	☐	☐
3. I feel that I am as capable as others.	☐	☐	☐	☐	☐
4. I feel positive about my personal qualities.	☐	☐	☐	☐	☐
5. I feel that I have many strengths.	☐	☐	☐	☐	☐

B. *Physical Health Level Questionnaire:*➤ *Fatigue*

- Instructions: Indicate how often each statement applies to you.

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1. I feel tired even after getting enough rest.	☐	☐	☐	☐	☐
2. I get physically exhausted easily during the day.	☐	☐	☐	☐	☐
3. I have difficulty performing daily activities due to fatigue.	☐	☐	☐	☐	☐
4. I feel mentally tired after using social media or digital devices for long periods.	☐	☐	☐	☐	☐
5. I lack energy to perform tasks that I normally do.	☐	☐	☐	☐	☐

➤ *Sleep Quality*

- Instructions: Indicate how often each statement applies to you.

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1. I have difficulty falling asleep at night.	☐	☐	☐	☐	☐
2. I wake up feeling tired even after sleeping.	☐	☐	☐	☐	☐
3. I stay up late because of social media use.	☐	☐	☐	☐	☐
4. My sleep is interrupted because I check social media.	☐	☐	☐	☐	☐
5. I consistently get enough restful sleep to feel refreshed each day.	☐	☐	☐	☐	☐

➤ *Alertness*

- Instructions: Indicate how often each statement applies to you.

Question:	Always	Often	Sometimes	Rarely	Never
	5	4	3	2	1
1. I feel mentally alert throughout the day	☐	☐	☐	☐	☐
2. I can easily focus on my tasks and responsibilities.	☐	☐	☐	☐	☐
3. I remain attentive during classes, work, or meetings.	☐	☐	☐	☐	☐
4. I stay awake and alert even during long periods of activity.	☐	☐	☐	☐	☐
5. I feel energetic and ready to perform my daily tasks.	☐	☐	☐	☐	☐

APPENDIX: C

CERTIFICATE OF MEMBER CHECKING

This is to certify that the transcript of the interview conducted on _____ has been reviewed by the undersigned participant and found to be an accurate representation of the responses provided during the interview for the study entitled “Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program”

I hereby confirm that the statements, experiences, and perspectives reflected in the transcript are consistent with my recollections and accurately represent the information I shared during the interview. I have been given the opportunity to examine the transcript, clarify any ambiguities, and verify the accuracy of its contents.

By signing below, I acknowledge that the transcript has been reviewed and validated to the best of my knowledge and that it truthfully reflects my participation in this study.

Signature Over Printed Name

Date

APPENDIX: D

CERTIFICATION OF VALIDATION BY EXPERTS



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CERTIFICATION OF VALIDATION BY EXPERTS

This is to certify that the survey questionnaire used in the research study entitled:

"Evaluating the Impact of Social Media Engagement on Working Teenagers' Mental and Physical Health: Basis for an Awareness Program"

Has been carefully reviewed and validated by the undersigned expert. The instrument was examined in terms of its clarity, relevance, appropriateness, reliability, and alignment with the objectives of the study and the quantitative research design.

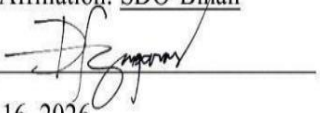
After thorough evaluation, the research instrument was found to be appropriate and suitable for data collection for the above-mentioned research study.

This validation is issued upon the request of the researchers for academic purposes.

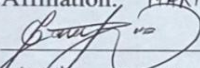
Name of Expert/Validator: DECERIE G. CAPARAS, LPT, MAEd

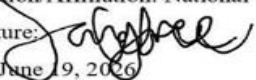
Position/Title: Teacher V

Institution/Affiliation: SDO-Binangonan

Signature: 

Date: June 16, 2026

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CERTIFICATION OF VALIDATION BY EXPERTS		
This is to certify that the survey questionnaire used in the research study entitled: "Evaluating the Impact of Social Media Engagement on Working Teenagers' Mental and Physical Health: Basis for an Awareness Program"		
Has been carefully reviewed and validated by the undersigned expert. The instrument was examined in terms of its clarity, relevance, appropriateness, reliability, and alignment with the objectives of the study and the quantitative research design.		
After thorough evaluation, the research instrument was found to be appropriate and suitable for data collection for the above-mentioned research study.		
This validation is issued upon the request of the researchers for academic purposes.		
Name of Expert/Validator: DAVE PATRICK L. RUIZ Position/Title: <i>INSTRUCTOR III / GUIDANCE COUNSELOR</i> Institution/Affiliation: <i>MARIANO MARCOS STATE UNIVERSITY</i> Signature:  Date: <i>JUNE 22, 2026</i>		

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CERTIFICATION OF VALIDATION BY EXPERTS		
This is to certify that the survey questionnaire used in the research study entitled: "Evaluating the Impact of Social Media Engagement on Working Teenagers' Mental and Physical Health: Basis for an Awareness Program"		
Has been carefully reviewed and validated by the undersigned expert. The instrument was examined in terms of its clarity, relevance, appropriateness, reliability, and alignment with the objectives of the study and the quantitative research design.		
After thorough evaluation, the research instrument was found to be appropriate and suitable for data collection for the above-mentioned research study.		
This validation is issued upon the request of the researchers for academic purposes.		
Name of Expert/Validator: Jayvee C. Cebu, MSc, LPT, RPh, RPsy Position/Title: Program Chair, Department of Psychology Institution/Affiliation: National University East Ortigas Signature:  Date: <i>JUNE 19, 2026</i>		

APPENDIX E

INSTRUMENT OF VALIDATION TOOL

Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program

➤ *Statement of the Problem*

This study aims to evaluate the impact of social media engagement on the mental and physical health of working teenagers. Specifically, it seeks to answer the following questions:

- What is the level of social media engagement among working teenagers in terms of
 - ✓ Time Spent.
 - ✓ Frequency of Use.
 - ✓ Social Interaction.
- What is the level of mental health among working teenagers in terms of:
 - ✓ Cognitive Stress
 - ✓ Anxiety
 - ✓ Self-Esteem
- What is the level of physical health among working teenagers in terms of:
 - ✓ Fatigue
 - ✓ Sleepiness
 - ✓ Alertness
- Is there a significant relationship between social media engagement and the mental health of working teenagers?
- Is there a significant relationship between social media engagement and the physical health of working teenagers?
- Is there a significant difference between the mental health and physical health status of working teenagers?
- What challenges do working teenagers experience regarding social media engagement and its effects on their mental and physical health?
- Based on the findings of the study, what awareness program may be proposed to promote responsible social media use and improve the mental and physical health of working teenagers?

Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program

Proposed Weighted Mean Interpretation	
Weighted Mean	Interpretation
3.26 – 4.00	Very High
2.51 – 3.25	High
1.76 – 2.50	Moderate
1.00 – 1.75	Low

Comment / Suggestion:

Reference Stephen Borgani ,Principle of Questionnaire Construction ,1996 Elizabeth Martin, Survey Questionnaire Construction 2006 Kit Howard, Validating Questionnaire Kestrel Consultation 2006

Review and Validated

APPENDIX: F**INFORM CONSENT FORM (ICF)****➤ Nature of the Study**

You are invited to participate in a research study entitled Evaluating the Impact of Social Media Engagement on Working Teenagers Mental and Physical Health: Basis for an Awareness Program. The purpose of this study is to the purpose of this study is to examine how social media engagement affects the mental and physical health of working teenagers. Your participation will help researchers better understand the positive and negative effects of social media use on their well-being, daily functioning, stress levels, sleep patterns, and overall health. The findings of this research will serve as the basis for developing an awareness program aimed at promoting healthy social media habits and improving the well-being of working teenagers.

➤ Study Procedures

If you agree to participate, you will be asked to:

Describe activities, e.g., complete a survey, participate in an interview, attend focus groups, etc.

The study is expected to take approximately 10minutes. Data collection will occur through Survey Interview.

With your permission, interviews or discussions may be audio-recorded for research purposes.

➤ Risks and Benefits**Risks**

Participation may involve minimal risks, including:

Possible discomfort when answering personal or sensitive questions. Emotional distress related to discussing certain experiences.

Benefits

While there may be no direct benefit to you, your participation may contribute to:

Improved understanding of Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program

Development of future programs, policies, or interventions related to the study topic.

➤ Privacy and Confidentiality of Information

All information collected during this study will be kept confidential to the extent permitted by law.

Your identity will not be disclosed in any reports or publications.

Personal identifiers will be removed and replaced with codes or pseudonyms. Only authorized members of the research team will have access to the data.

➤ Voluntary Participation and Withdrawal

Your participation is entirely voluntary. You may refuse to answer any question.

You may withdraw from the study at any time without penalty or loss of benefits.

Data collected before withdrawal may be retained unless you specifically request its removal, where feasible.

➤ Management of Emotional Distress

If participation causes emotional discomfort or distress:

You may pause or stop participation at any time.

You may skip any question you do not wish to answer.

The researcher will provide information about appropriate counseling, support services, or referral resources if needed.

➤ *Storage and Destruction of Data*

Research data will be stored securely in password-protected electronic files and/or locked storage cabinets.

Data will be retained for 5 years following completion of the study.

After the retention period, all identifiable data will be permanently destroyed through secure deletion or shredding of physical documents.

➤ *Compensation*

"Participants will receive a ₱200 transportation allowance upon completion of the study."

➤ *Concerns or Questions About the Study*

If you have any questions, concerns, or complaints regarding this study, please contact:

- *Principal Researcher:*

✓ Name: Alwyn H. Delfinado Email: adelfinado@sbic.edu.ph Phone: 09202806772

- *Research Adviser/Supervisor:*

✓ Name: Prof. Ernesto M. Ruivivar Email: ernestoruivivar@sbic.edu.ph Phone:

By signing below, you acknowledge that you have read and understood the information provided and voluntarily agree to participate in this study.

Participant Name:

Participant Signature:

Date:

Researcher Signature:

APPENDIX: G

Social Media
Engagement,
Mental Health,
And Physical
Health of
Employed Late
Adolescents:
Basis for a Digital
Wellness
Awareness
Program



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Doc Code	Document Title	Initial Issue Date	August 1, 2025
0ERB-F-0001	ERB Certificate	Revision No.	R00
		Revision Date	December 09, 2025
		Revision by	Dr. Joel John A. Dela Merced
		Department	Research and Development Center

ETHICAL CLEARANCE

This document confirms that the Ethics Review Board of St. Bernadette of Lourdes College has **APPROVED** the proposed study protocol outlined below.

Name of Principal Author	Delfinado, Alwyn H.
Name of Co-Authors	
Program	Bachelor of Science in Psychology
Title of the Study	Evaluating the Impact of Social Media Engagement on Working Teenagers' Mental and Physical Health: Basis for an Awareness Program
ERB Code	ERB-2026-231

After the approval of their protocol, investigators and researchers have essential responsibilities to ensure the success and safety of their study, which include:

1. Obtain approval from the SBLC Ethics Review Board for amendments made after this date.
2. Provide progress reports.
3. Notify SBLC ERB of protocol deviation, violations, or unwanted events during the duration of the study.
4. Follow good clinical practice and ethical research principles.
5. Comply with international and national guidelines and regulations.
6. After the completion of the study, submit the completion report using the Completion Report Form.

This ethical clearance shall remain valid until the specified **Dec. 31, 2026**

This clearance will no longer be valid after the specified date. To continue the research activities, a new application for clearance must be submitted.

Dr. Joel John A. Dela Merced, RN, LPT, FPCHA, FPSQua
Chair, Ethics Review Board
Research and Development Center
St. Bernadette of Lourdes College

Control Mark:



Page 1 of 1

Effectivity Date: August 4, 2025



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Quezon City, Philippines
admissions@sbic.edu.ph

APPENDIX: H**APPENDIX: G**

Social Media
Engagement,
Mental Health,
And Physical
Health of
Employed Late
Adolescents:
Basis for a Digital
Wellness
Awareness
Program

CHECKLIST OF DOCUMENTS	STATUS	REMARKS
	TO BE FILLED UP BY THE ERB STAFF	
1. COVER LETTER	☐ Submitted	
	☐ Pending	
2. STUDY PROPOSAL (CHAPTERS 1-3)	☐ Submitted	
	☐ Pending	
3. CURRICULUM VITAE OF RESEARCHER/S	☐ Submitted	
	☐ Pending	
4. INFORMED CONSENT (ENGLISH VERSION/FILIPINO VERSION)	☐ Submitted	
	☐ Pending	
5. CHILD ASSENT (ENGLISH VERSION/FILIPINO VERSION)-IF APPLICABLE	☐ Submitted	
	☐ Pending	
6. VALIDATED QUESTIONNAIRE (SURVEY AND INTERVIEW QUESTIONS)	☐ Submitted	
	☐ Pending	
7. CERTIFICATE OF VALIDATION (AT LEAST THREE (3) EXPERTS)	☐ Submitted	
	☐ Pending	
8. GANTT CHART-REFLECTING THE DURATION OF COMPLETION OF THE STUDY	☐ Submitted	
	☐ Pending	
9. CERTIFICATE OF PLAGIARISM CHECK (UPON COMPLETION OF THE PAPER)	☐ Submitted	
	☐ Pending	
10. TECHNICAL REVIEW APPROVAL	☐ Submitted	
	☐ Pending	

SECTION A: STUDY PROTOCOL INFORMATION		
1. SBLCERB Code		
2. TYPE OF SUBMISSION	☐ 2.1 Preliminary Review ☐ 2.2 Resubmission	
3. DATE OF SUBMISSION		
4. NATURE OF RESEARCH	☐ 4.1. Clinical Trial (Sponsored) ☐ 4.2. Clinical Trials (Researcher-initiated)	
	☐ 4.3. Health Operations Research (Health Programs and Policies)	
(CHECK ALL THAT APPLY)	☐ 4.4. Public Health / Epidemiologic Research ☐ 4.5. Social / Behavioral Research (survey, interviews, observation, written or oral tests)	
	☐ 4.6. Health Research Covering Human Participants	
	☐ 4.7. Community-Based Research/Participatory Research	
	☐ 4.8. SBLC Institutional Operations Research (Programs and Policies)	
5. CATEGORY OF INVESTIGATOR	☐ 5.1. Faculty Member ☐ 5.2. Non-teaching employee (Department _____) ☐ 5.3. Undergraduate Student(Program _____) ☐ 5.4. Graduate Student(Program _____) ☐ 5.5. Non-SBLC Researcher ☐ 5.6. Others:	
6. SOURCE OF FUNDING	☐ 6.1. Self-funded ☐ 6.2. Government-Funded ☐ 6.3. Scholarship/Research Grant ☐ 6.4. Institution-Funded ☐ 6.5. Others	
7. PURPOSE OF THE STUDY	☐ 7.1. Academic Requirement (e.g. thesis) ☐ 7.2. Independent Research Work ☐ 7.3. Faculty Research with Incentive ☐ 7.4. Research with External Grant ☐ 7.5. Multi-institutional Collaboration ☐ 7.6. SBLC creation and improvement of program, policies, and guidelines ☐ 7.7. Others:	
8. STUDY TITLE	Social Media Engagement, Mental Health, and Physical Health of Employed Late Adolescents: Basis for a Digital Wellness Awareness Program	
9. RESEARCHER/S' INFO	<i>Name of Researcher/s</i>	<i>College/Institutional Affiliation</i>
	1. Alwyn H. Delfinado	SBLC
	2. Ma. Concepcion D. Alcantara	SBLC
	3. Danielle Faye A. Tobias	SBLC
	4. Christian B. Villapando	SBLC
	5.	
	6.	
	7.	
	8.	
10. CONTACT DETAILS OF THE PRINCIPAL INVESTIGATOR	Mobile No: Email Address:	
11. RESEARCH LOCALE	☐ 11.1. St. Bernadette of Lourdes College ☐ 11.2. Outside St. Bernadette of Lourdes College	
12. DECLARATION OF CONFLICT OF INTEREST (COI)	☐ I/We have no financial, proprietary, or professional conflicts of interest with a sponsor, the study, co-investigators, or the site. ☐ I/We have a personal financial interest in the study's results. ☐ We have proprietary interests in the research for which this application is being made (patent, trademark, copyright, and licensing). ☐ I/We have significant financial interests in the research.	
	Nature of COI:	

13. SIGNATURE OVER PRINTED NAME OF PRINCIPAL INVESTIGATOR	NAME and SIGNATURE
---	--------------------------

SECTION B: STUDY PROTOCOL SUMMARY		
1. SCIENTIFIC DESIGN		
Research Part	Synopsis(Brief Summary)	To Be Filled Up by the Primary Reviewer
1.1. BACKGROUND OF THE STUDY AND LITERATURE REVIEW	Social media has become an essential part of everyday life, particularly among teenagers.	
1.2 RESEARCH GAP	While many studies have examined the effects of social media on adolescents, limited research specifically focuses on working teenagers who balance employment, education, and personal responsibilities.	
1.3. RESEARCH OBJECTIVE/ PROBLEM	This study aims to evaluate the impact of social media engagement on the mental and physical health of working teenagers	
1.4. RESEARCH DESIGN	This study will utilize a quantitative research approach employing a correlational research design.	
1.5. PARTICIPANTS: INCLUSION CRITERIA	The participants of this study are working teenagers aged 15–19 who actively use social media and are currently employed on a part-time or full-time basis. They must be willing to participate voluntarily and provide informed consent	
1.6. PARTICIPANTS: EXCLUSION CRITERIA	Individuals who are not working teenagers, are outside the required age range, do not actively use social media, or decline to provide informed consent	
1.7. PARTICIPANTS: WITHDRAWAL	Participants may withdraw from the study at any time without penalty. Any participant who	
CRITERIA	chooses to withdraw or fails to complete the survey will be excluded from the final data analysis.	
1.8. SAMPLE SIZE COMPUTATION AND DESIGN	The sample size will be determined using an appropriate statistical formula to ensure reliable results. A quantitative research design with a survey questionnaire will be employed, and participants will be selected based on the study's inclusion criteria.	
1.9. DATA GATHERING METHOD/PROCEDURES	Data will be collected through a structured survey questionnaire administered to qualified working teenagers. After obtaining the necessary permissions and informed consent, the responses will be gathered, organized, and prepared for statistical analysis.	
1.10. DATA ANALYSIS PROCEDURE (STATISTICAL AND OR MODE OF ANALYSIS)	The collected data will be organized, coded, and analyzed using appropriate statistical tools. Descriptive statistics, such as frequency, percentage, mean, and standard deviation, will be used to interpret the respondents' data and determine the impact of social media engagement on the mental and physical health of working teenagers.	
2. CONDUCT OF THE STUDY		
Indicators	Synopsis(Brief Summary)	To Be Filled Up by the Primary Reviewer
2.1. RESEARCHER QUALIFICATIONS	The researchers are college students who have completed the required research subjects and possess the knowledge and skills necessary to conduct this study. They will carry out the research under the guidance and supervision of their research adviser while adhering to ethical research standards.	
2.2. CRITERIA FOR THE CHOSEN LOCALE	The study locale was selected because it has a sufficient number of working teenagers who actively use social media, making it appropriate for gathering relevant data. The location is also accessible to the researchers,	

	allowing for efficient and reliable data collection.	
2.3. DURATION OF THE STUDY – ATTACH GANTT CHART	The study will be conducted within the specified research period, including stages such as preparation, data gathering, data analysis, and completion of the final research report	
3. ETHICAL DESIGN		
Ethical Considerations	Synopsis(Brief Summary)	To Be Filled Up by the Primary Reviewer
3.1. MANAGEMENT OF CONFLICT OF INTEREST	The researchers will ensure that the study is conducted objectively and ethically. Any potential conflict of interest will be disclosed, managed properly, and prevented from affecting the data collection, analysis, and interpretation of results.	
3.2. PRIVACY AND CONFIDENTIALITY	The privacy and confidentiality of participants will be protected throughout the study. Personal information will remain confidential, and collected data will only be used for research purposes. Participants' identities will not be disclosed in any reports or presentations.	
3.3. INFORMED CONSENT PROCESS	Participants will be informed about the purpose, procedures, benefits, and possible risks of the study before participation. Consent will be obtained voluntarily, and participants may choose to withdraw at any time without penalty.	
3.4. DECLARATION AND MANAGEMENT OF VULNERABILITY	The study will recognize the vulnerability of working teenagers as participants. The researchers will ensure their protection by obtaining proper consent, maintaining confidentiality, minimizing risks, and conducting the research in an ethical manner.	
3.5. RECRUITMENT PROCESS	Participants will be recruited based on the established inclusion criteria. The researchers will provide information about the study, invite eligible working teenagers to participate voluntarily, and obtain informed consent before data collection.	
3.6. POTENTIAL RISKS & DISCOMFORTS	The study involves minimal risks. Participants may experience slight discomfort when answering questions related to their social	
	media use, mental health, or personal experiences. They may skip any question or withdraw from the study at any time.	
3.7 RESEARCHERS' INITIATIVE TO MITIGATE POSSIBLE RISKS & DISCOMFORTS.	The researchers will minimize possible risks by ensuring voluntary participation, maintaining confidentiality, providing clear instructions, and allowing participants to skip questions or withdraw at any time without consequences.	
3.8. IDENTIFIED BENEFITS	The study may help increase awareness of the effects of social media engagement on the mental and physical health of working teenagers. The findings may also serve as a basis for developing an awareness program that promotes healthy and responsible social media use.	
3.9. PAYMENT INCENTIVES OR COMPENSATION TO PARTICIPANTS(IF ANY)	No payment, incentive, or compensation will be provided to participants for joining the study. Participation will be entirely voluntary and based on their willingness to contribute to the research.	
3.10 PARTICIPATION WITHDRAWAL	Participants have the right to withdraw from the study at any time without penalty or negative consequences. Any information collected from participants who withdraw will be handled according to the study's ethical guidelines.	

3.11. POTENTIAL BENEFITS TO SOCIETY/COMMUNITY	The study may contribute to greater awareness of the effects of social media engagement on working teenagers' mental and physical health. Its findings may help schools, communities, and organizations develop programs that encourage responsible social media use and promote adolescent well-being.	
3.12 STORAGE & DESTRUCTION OF DATA	All collected data will be stored securely and accessed only by the researchers. After the required retention period, the data will be properly destroyed to protect participants' privacy and confidentiality.	
3.13. COLLABORATIVE STUDY TERMS	The study will be conducted through proper coordination and cooperation among the researchers, research adviser, participants, and concerned institutions. All parties involved will follow agreed procedures, ethical standards, and responsibilities throughout the research process.	
3.14. DESCRIPTION OF END OUTPUT TO BE DEVELOPED	. The study will produce an awareness program focused on promoting healthy and responsible social media engagement among working teenagers. The program will provide information and strategies to support their mental and physical well-being.	
3.15. OTHER PERTINENT ISSUES(IF ANY)	The researchers will ensure that all procedures are conducted in accordance with ethical research standards. Any concerns or issues that may arise during the study will be addressed properly to protect the participants and maintain the integrity of the research.	