

Relationship between social media and self-esteem among young adults in Madina municipal assembly in Ghana

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Abstract

This study was conducted to determine the relationship between social media and self-esteem among young adults of Madina Municipal Assembly. Correlational research design was used which included 109 undergraduate student respondents. The instruments used were the Social Networking Addiction scale (Shahnawaz & Rehman, 2020) and the Rosenberg Self-Esteem scale (1965). The data was collected and analysed using Statistical Product and Service Solutions (SPSS) Version 26. The Pearson chi-square test and the independent samples test were used in the analysis for the research. Findings revealed that groups with high or low self-esteem were not influenced by the amount of time spent on social media, one's age does not influence the frequency of their social media use, and the frequency of social media use influences males and females of Madina in the same way. Recommendations made were that youth-centred research should be conducted to help prepare young adults mentally for the effects that accompany the use of social media. In addition, strategies for improving self-esteem should be introduced. Parents should also be encouraged to control or help manage their children's social media usage in order for them to avoid repercussions when they become young adults or even older. This can be done by making their children aware of the long-term implications of using social media.

Keywords: Social media, correlation, relationship, self-esteem, young adult.

Introduction

In today's digital age, social media has become an integral part of daily life, particularly among young adults. Its pervasive influence raises critical questions about its impact on self-esteem. Understanding this relationship is essential, as self-esteem plays a vital role in mental health and well-being. This study aims to explore the correlation between social media usage and self-esteem among young adults in the Madina Municipal Assembly, addressing the gaps in existing literature regarding how varying levels of social media engagement affect self-perception and self-esteem. A person's overall subjective sense of personal worth or value is referred to as self-esteem (Cherry, 2021). Some of the factors that are said to make up one's self-esteem are self-confidence, feeling of security, identity, the individual's sense of belonging and the feeling of competence (Cherry, 2021). According to Cherry (2021), an individual who has a healthy self-esteem understands their abilities well and has appropriate expectations of these abilities; this makes them confident. On the other hand, a person with low self-esteem is less sure about their skills and doubts themselves

when it comes to making decisions, as well as finding it daunting to express themselves, leading to low levels of confidence (Cherry, 2021).

Individuals with overly high self-esteem are known to overestimate their abilities, which comes with the need to be perfect in the eyes of others (Cherry, 2021). In today's world, we are surrounded by technology plays a significant role in people's level of self-esteem. Six Degrees is considered to be the very first social networking site according to CBS News, Six-Degrees was launched in May 1997. It consisted of features such as profiles, friends' lists and school affiliations, which are features of social networking sites today Jones (2022) citing (Ngak, 2011). Nowadays, these features are much more improved on social networking sites, with additional features that distinguish them from each other. Six-Degrees had its peak number of registered users at 3.5 million (Kirkpatrick, 2010) and that was only owing to the limited Internet connectivity. According to Data Reported, 4.62 billion individuals utilize social media, or 58.4% of the world's population. On top of the list as the most used social media websites are YouTube and Facebook, with YouTube having 14.34 billion visitors while Facebook has about 11.74 billion visitors (Global Digital Insights, 2022). What started out with millions of users for social networking has now reached billions, with more than half of the world's population using social media. It has become a significant part of the lives of young adults in today's world, which has led to people comparing themselves to what they see online.

Humans are naturally social beings, making comparisons unavoidable (Gallinari, 2017). According to the social comparison theory which was developed by Festinger (1954), when people compare themselves to someone whom they perceive as better than they are, this is known as upward comparison (Wheeler, 2000) A downward comparison, on the other hand, is characterized as making a comparison with someone who is thought to be inferior (Wills, 1981). In this way, individuals are able to assess themselves but do so in comparison with other individuals. This either affects them positively by motivating them to improve, or it might discourage them. Now, owing to social media making it possible for users to display visual content, individuals are exposed to content that could either lead to an upward or a downward comparison. For example, in the case of an upward comparison, a viewer might see a video or picture that would contain things that the viewer wishes he or she possessed or could afford to purchase, such as having the type of body the viewer wishes they had or living an expensive house. When they notice other users living the life which they desire, they start to compare their lives to theirs.

With the downward comparison, an example could be that the user sees a post on social media in which another individual shows their inability to lose weight associated with health challenges, and then compares themselves, acknowledging the fact that they are living healthily and have their desired body shape or size. Making downward comparisons helps people with low self-esteem and negative affect to improve their mood. Their mood does not improve as much as it might if they had a high sense of self-worth. Even for persons who have poor self-esteem, these negative societal comparisons lift their spirits and provide them with hope and inspiration for the future (Aspinwall & Taylor, 1993).

Acceptance of one's body image has been linked to "mentally healthy" behaviour, according to Fisher and Cleveland (1968). When there is dissatisfaction with one's body image, it would be linked to being mentally unhealthy. When those who are dissatisfied with their body image find a quick solution or a shortcut to achieving their desired body, they would most likely go for it because it would bring them happiness, in turn raising their self-esteem. Today, in most of the markets in Ghana people sell products that aid in gaining all types of desired body shapes and sizes, with images of body sizes most preferred by most people on the packaging in order to entice people who are unhappy with their body image. When what people see on the television, in

magazines and on most social media platforms is a particular type of body shape and size, they take it as the standard for beauty, knowing that when fashion labels, or movie industries are looking for actors and models, they would want that particular body shape. Hence in wanting to fit in or feel comfortable with what society sees as beautiful, and knowing they are not up to these standards, they would try to reach them.

Social media applications (apps) such as Facebook, Tik Tok and Instagram have a live video feature which is more interactive, making it possible for other users to comment and react, thereby influencing psycho-social factors such as body image (Obst & Stafurik, 2010). This may then bring about social comparison which could affect the way they perceive themselves and could lead to their losing confidence, going on to lower their self-esteem. Most researchers based on the use of social media such as Raymer's (2015) study on the effects of social media sites on self-esteem, Sheldon's (2008) research on the relationship between unwillingness-to-communicate Facebook use, and many others, have found that females spend more time on social media than males do. Frequent use may result in one's having low self-esteem, implying that since females use Facebook more frequently, they may have lower self-esteem when compared to males. Nevertheless, a study by Hasan in (2018) found that females had higher levels of self-esteem than males did.

The purpose of this study is to explore the relationship between social media use and self-esteem among young adults in Madina Municipal Assembly in order to determine how it affects their level of self-esteem according to the amount of time spent on social media. The hypothesis for this study is that groups with high levels of self-esteem are less addicted to social media than those with lower self-esteem, while age influences the frequency of social media use. The frequency of social media use is more likely to influence the self-esteem scores of females

Social Comparison Theory

People tend to evaluate their opinions and their abilities. In order to determine whether these evaluations of their opinions and abilities are correct, a comparison is made with the opinions and abilities of others. As the gap between one's own opinion and ability and those of another person widens, the urge to compare oneself to that person diminishes (Festinger, 1954). Festinger stated that the same way individuals would find it impossible to assess their own ability effectively by comparing it to that of another person when their abilities differ significantly, be it above or below, the same applies to how they assess their opinions. The average person who engages in social comparison has certain characteristics, such as increased sensitivity to others' behaviour and a sense of doubt about the self, as well as strong desire to get rid of this uncertainty and improve their self-worth (Gibbons & Buunk, 1999). Some researchers, however, supported the concept that depressed symptoms precede and predict social comparisons on Facebook, claiming that people with low self-esteem and depression are more likely to spend time on Facebook participating in higher levels of social comparison (Nesi & Prinstein, 2015). This means that people who have a higher tendency to make social comparisons are more likely to engage in social networking sites more often. The social comparison theory implies that self-esteem promotes the feeling to compare oneself to others, which in turn influences Facebook use because it can be used for social comparison.

Research has shown that participants who scored higher on social comparison orientation had lower self-esteem and a weaker self-perception (Vogel et al., 2014). Another study found that people's self-reported self-esteem was worse when they thought their social media friends had better lives (Wang et al., 2017). Most of the studies conducted have been on Facebook, while Instagram has more advanced features that would lead to users making more social comparisons affecting their self-esteem (Jiang & Ngien, 2020). In addition, unlike Facebook, which is more text-based and encourages users to show off their intellectual and literacy expertise, Instagram is mostly

used for photo and video sharing (Jiang & Ngien, 2020). By increasing social presence, visual content helps to establish stronger impressions (& Knobloch-Westerwick & Johnson, 2016), and unlike text-based information, visuals are easier to remember (Noldy et al., 1990).

Social Learning Theory

Albert Bandura's Social Learning theory stresses on the necessity of observing, modelling, and mimicking others' behaviours, attitudes, and emotional reactions (McLeod, 2016). If a modelled behaviour has desirable outcomes, people are more likely to adopt it than if it has unfavourable or negative consequences (Bandura, 1997). When applied to social media use in today's world, many studies have shown that social media users prefer to compare themselves to individuals who have more likes or more friends than they do. They then try to reach what they have set as their preferred standard to make them feel good. Observation and contact with peers, as well as environmental factors, have an impact on an individual's intellect and conduct (Ainin et al., 2015). Individual learners, peers and the environment are three elements in the social learning theory that have an impact on probable learning outcomes (Bandura, 1997). As a result, when Ghanaian youth interact with peers on social media platforms through observations, interactions, and other activities, the interaction may result in a behavioural outcome that may affect their behaviour, be it positively or negatively (Dapaah, 2015).

Objectification Theory

According to the objectification theory by Fredrickson and Roberts (1997), many women are sexually objectified and treated as an object to be valued for its use by others (Szymanski et al., 2010). The theory then goes on to state that women go through two types of negative outcomes that is likely to contribute to mental health problems, with the first being interpersonal social objectification experiences, and the second being the internalization of these social objectification experiences (Fredrickson & Roberts, 1997) which leads to body image dissatisfaction. Self-objectification and body image evaluation, which the media encourages through social comparison, have a significant impact on how a woman thinks and feels about her body (Oxman, 2017). Women with objective body consciousness engage in body observation to ensure that they are following the recognized cultural standards and to avoid being negatively judged by society (Fredrickson & Roberts, 1997).

Sociometer Theory

Leary and Baumeister (2000) developed the sociometer theory to explain why individuals are concerned about their self-esteem. They proposed that, although self-esteem is a direct cause of our thoughts, emotions, or behaviour, it serves as a psychological monitor for the things individuals consider as important, such as social belongingness (Leary & Baumeister, 2000). The sociometer theory states that self-esteem acts as a sociometer that measures the degree of approval and disapproval received from one's social surroundings (Leary & Baumeister, 2000). Leary and Baumeister (2000) also stated that factors such as health, happiness, success and survival depend on maintaining social ties with other people. As result, people would want to be a desirable relationship partner or group member. They also mentioned the fact that just as pain signals the danger of bodily injury, and hunger and satiety monitor how well a person is acquiring nutrients and sustenance, so self-esteem assesses the quality of a person's current and projected relationships, particularly the degree to which others value their interactions with that person (Leary & Baumeister, 2000). The sociometer stimulates emotional distress as an alarm signal when low relationship evaluation, particularly relational devaluation (belongingness being implicitly and explicitly threatened) is experienced, and encourages behaviours to obtain, maintain and repair relational appreciation (Leary & Baumeister, 2000). Our emotional patterns serve as an unavoidable concern; when there are losses of self-esteem, they are linked to dysphoric responses such as anxiety, depression, hurt feelings, and jealousy (Leary & Baumeister, 2000).

The study of Jan et al. (2017) in Pakistan found that social media has a significant impact on the self-esteem of individuals. Although young adults use social media for gaining information, communication, building and maintaining relationships, most users end up making upward and downward comparisons (Jan et al., 2017). When users make an upward comparison, they end up feeling envious of others, and dissatisfied with what they have, affecting the self-esteem of many users globally (Jan et al., 2017). Jan et al. (2017) further stated that parents should control children's usage of social networking sites and help by informing others about the effects of using such social media sites. During their research at Iqra University, Pakistan, through the use of questionnaires, Jan et al. (2017) found that approximately 88% of people engaged in making social comparisons on Facebook; of these, 98% of the comparisons made were upward comparisons. They also found that individuals' Facebook usage could be utilized to predict their self-esteem. Furthermore, an individual's self-esteem score drops by 5.574 points after spending one hour every day on Facebook.

Other studies have seen some noteworthy differences concerning social media addiction based on demographic criteria such as the number of followers one has on social media (Buran Kose & Dogan, 2019). Unlike other research, Buran Kose and Dogan's study (2019) in a Turkish university found that the addictive behaviour of users did not differ based on their gender, stating that it is complex and includes biological, sociology, cultural and psychological elements. Another factor associated with addictive behaviour is the number of friends or followers a user has (Buran Kose & Dogan, 2019). One's excessive usage of social media may also be due to the misconception that the number of followers or friends means popularity and social achievement (Buran Kose & Dogan, 2019). Buran Kose and Dogan (2019) also stated that individuals who are afraid of being rejected in face-to-face communication would choose to spend time on social media as a way to deal with their rejection. These kinds of behaviours can be said to be signs of low self-esteem. Through their study, Buran Kose and Dogan (2019) found that when users' Instagram followers increased, the scores of their social media addiction increased significantly, which corresponds other related studies. With 60.9% of students being female owing to the campus demographics, 18% of all the students said they had fake accounts, and 64% admitted spying on someone else's account, such as an ex-boy-/girlfriend or other people (Buran Kose & Dogan, 2019). According to the study, 86% were Instagram users, with Facebook users numbering 81% (Buran Kose & Dogan, 2019). Furthermore, 62% of the participants had more than 250 friends on at least one of their social media accounts. In addition, Buran Kose and Dogan's (2019) study found that in that particular group, stalkers were more addicted to social networking sites than the non-stalkers.

According to a study by Raymer (2015), the analysis of data by means of the Facebook Intensity scale and the Rosenberg Self-Esteem scale revealed that there was no major link between the time spent on Facebook and self-esteem levels (Raymer, 2015). This meant that this group of undergraduate college students' self-esteem levels were not negatively affected by regular Facebook use, although other studies have indicated otherwise. During Raymer's study, one of the factors that was consistent with previous studies was the fact that females spent more time on social media than males. Although females had more friends on Facebook than males, again, unlike previous related research, there was no connection between self-esteem and the number of Facebook friends or the extent of Facebook usage.

A study by Widjajanta et al. (2018) dealt with social media usage and self-esteem on conspicuous consumption, involving Instagram users who were part of the Hijabers Community Bandung which is dominated by women. The study involved 200 female participants aged 15-25 years (74%) and 26-35 years (26%) (Widjajanta et al., 2018). Most of the respondents were students (38%), followed by private employees (31%), and entrepreneurs (20%). This study also took the

income earned by respondents into account in order to determine their conspicuous consumption. Conspicuous consumption refers to consumers purchasing products that they can display these publicly to satisfy their social needs, such as their prestige or self-esteem needs (Widjajanta et al., 2018). At the end of the study, it was found that among the activities of persons using Instagram, there was a significant correspondence between the usage of social media and conspicuous consumption. This meant that the use of social media every day affected people in terms of conspicuous consumption in order to show off. The results of the study, however, went on to show that individuals with higher levels of self-esteem were associated with conspicuous consumption. In addition, social media had a positive and significant influence on users, leading to high levels of conspicuous consumption (Widjajanta et al., 2018).

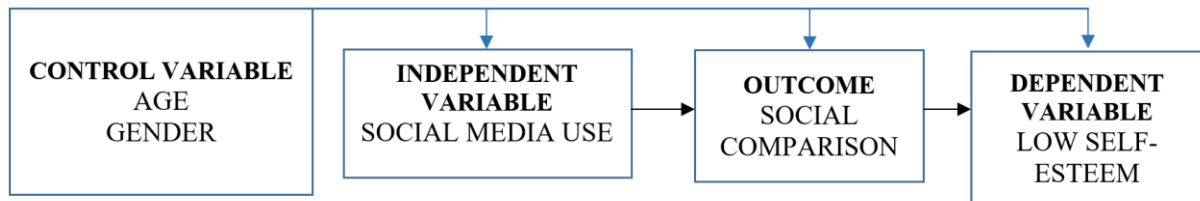


Figure 1. Conceptual Framework (Field data, 2024)

The conceptual framework displays the control variable which affects the independent variable, the outcome, as well as the dependent variable. With the independent variable (social media use) leading to the individual making a social comparison due to the social media posts seen, it finally leads to the individual's having low self-esteem due to the downward comparison.

Method

Participants

One hundred and ninety participants were recruited for this study. Participants were selected from varied but relevant demographic backgrounds that make extensive use of social media. The responses of the participants were used for the analysis of this study. The participants were between 18 to 24 years old.

Material

A questionnaire of 25 question items was used to collect data from participants (Appendix A).

Design

This study employed a correlational research design, which is appropriate for examining relationships between variables without manipulating them. This approach allows for the exploration of how social media usage relates to self-esteem among young adults.

Sampling Strategy

The sample consisted of 109 undergraduate students from Madina Municipal Assembly. A stratified random sampling method was employed to ensure representation across various age groups and genders, enhancing the generalizability of the findings.

Data Collection Method

Data were collected using two validated instruments: the Social Networking Addiction scale (Shahnawaz & Rehman, 2020) and the Rosenberg Self-Esteem scale (Rosenberg, 1965). Participants completed online surveys, ensuring anonymity and confidentiality.

Data Analysis

The collected data were analyzed using SPSS Version 26. Descriptive statistics provided an overview of the data, while Pearson's correlation coefficients assessed relationships between variables. An independent samples t-test examined differences between genders regarding social media use.

Validity and Reliability

To ensure the validity and reliability of the study, established scales were utilized, and a pilot test was conducted. Bias was minimized by ensuring anonymity and providing clear instructions to participants. Ethical considerations included obtaining informed consent and ensuring participants could withdraw at any time.

Results

Table 1 shows the Biodata and Socio-demographic population features of the sample used for the study.

Table 1. Description of the Participants

Variable	Frequency	Percentage
Age		
18-20 years	42	38.5
21-23 years	46	42.2
24 years	4	4.6
25 years	16	14.7
Gender		
Males	57	52.3
Females	52	47.7

Source: Field data 2024: Data generated by the researcher through SPSS IBM Version 26

Table 1 indicates that 57 males were involved with a mean total social media of 59.42 and 52 females with a mean total social media of 63.58.

To determine which gender will be more influenced by their use of social media, an independent samples test was carried out to compare total social media among males and females.

Table 2. Independent samples test for Test of Equality of Variances and T-Test for Equality of Means.

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Tot_SMA	Equal variances assumed	.638	.426	-1.315	107	.191	-4.15587	3.15980	-10.41981	2.10807
	Equal variances not assumed			-1.321	106.999	.189	-4.15587	3.14578	-10.39202	2.08027

Source: Field Data 2024 (Generated from SPSS IBM Version 26 by the researcher)

Table 2 ascertains whether the mean difference in total social media usage is significant, among both males and females. Using an independent samples T-test, the outcome that that the mean

total media usage of social media of males is the same as that of females. From table 1.2, P-value = .191, $\alpha = 0.05$, we fail to reject the null hypothesis and conclude that the influence of social media is same between the two gender groups.

Discussion

Summary of Major Findings

The findings revealed that self-esteem levels were not significantly influenced by the amount of time spent on social media. Age did not impact social media frequency, and both genders were similarly affected by social media use.

Interpretation of Findings

These results suggest that while social media is a significant part of young adults' lives, its direct impact on self-esteem may be overstated. This aligns with Raymer's (2015) findings that self-esteem is influenced by various factors beyond social media engagement.

Comparison of Findings on Social Media and Self-Esteem

The finding that social media's direct impact on self-esteem may be overstated does not completely align with current studies. Using a study of 200 participants, Jan et al. (2017) found that social media use negatively impacts self-esteem, especially through upward comparisons. Widjajanta et al. (2018) suggest that higher self-esteem is associated with conspicuous consumption on social media. The current study does not address consumption but suggests engagement does not predict self-esteem. Buran Köse and Doğan (2019), using a study participant of 300 with diverse genders, noted that females were more affected by social media addiction. The outcome does not align with the current study which indicates no (male and female) similar effects for both genders, suggesting a need for broader exploration. Nesi and Prinstein's (2015) study indicated that social media use can lead to increased social comparison, which negatively impacts self-esteem, particularly among adolescents. Tartaglia (2016), on the other hand, identified that different modalities of Facebook use (e.g., social interaction vs. simulation) have varying impacts on self-esteem, with social interaction linked to higher self-esteem. This indicates that earlier studies recognize that the effects of social media are nuanced and solely depend on how they are used rather than simply how much. Tartaglia (2016)'s focus on specific modalities suggests that some uses of social media can enhance self-esteem, contrasting with the broader assertion that social media's impact is overstated.

Raymer (2015), on the other hand, found no significant correlation between time spent on Facebook and self-esteem. Although this assertion matches with the current study's findings on social media usage and self-esteem, the findings suggested that the conclusion of the current study may be as result of geographical differences, purpose and rate of usage of social media, particularly in Ghana. Raymer (2015) agreed that self-esteem is not solely dependent on social media usage and that other variables play a crucial role. In summary, while these studies share similarities in understanding that self-esteem is influenced by multiple factors, researchers differ in their emphasis on the direct impact of social media. The current finding suggests a more moderate view, aligning with Raymer's (2015) perspective, while highlighting the complexities introduced by social comparison and usage modalities as documented in Nesi and Prinstein (2015) and Tartaglia's (2016) studies.

Interpretation of Findings

The current study contributes to the ongoing discourse on the impact of social media on self-esteem. The findings challenge the notion that increased social media use invariably correlates with lower self-esteem, as demonstrated in prior studies. This discrepancy could be attributed to cultural

contexts, differences in demographic characteristics, or the specific social media platforms evaluated.

Implications of Findings

Findings of the study revealed that groups with high or low self-esteem were not influenced by the amount of time spent on social media, which, one's age does not influence the frequency of their social media use. However, the study found out that the frequency of social media use influences males and females of Madina in the same way. The following are the implications for the findings.

1. **Mental Health Interventions:** Given that no significant relationship was found, mental health interventions may not need to focus solely on reducing social media usage but should also address broader factors influencing self-esteem.
2. **Further Research:** The mixed results across studies highlight the necessity for longitudinal research to better understand the evolving dynamics between social media use and self-esteem over time.
3. **Understanding the nuances of social media's influence on self-esteem can inform interventions aimed at enhancing young adults' mental health. Recommendations include promoting digital literacy and fostering positive self-image concepts.**

Limitations

1. **Geographical Focus:** The study was conducted in a single geographic area (Madina Municipal Assembly), which may limit the generalizability of the findings to other regions or cultures.
2. **Sample Size:** Although the sample size of 109 is adequate for preliminary analysis, a larger sample could provide more robust data and enhance statistical power.
3. **Self-Reported Data:** The reliance on self-reported measures may introduce biases, such as a social desirability bias, where respondents might underreport negative feelings about their self-esteem.
4. **Cross-Sectional Design:** The cross-sectional nature of the study limits the ability to draw causal inferences. It only captures a snapshot in time, which may not reflect changes in self-esteem or social media usage over time.
5. **Limited Demographic Diversity:** The sample primarily consisted of undergraduate students, which might not represent the broader young adult population, including those who are not in higher education.

Suggestions for Future Research

1. **Broader Geographic Scope:** Future studies should include participants from diverse geographic locations to enhance the generalizability of findings. This can help identify cultural differences in social media influence on self-esteem.
2. **Larger Sample Size:** Increasing the sample size will improve the reliability of results and allow for more detailed subgroup analyses, such as differences across various demographics.
3. **Mixed-Methods Approach:** Incorporating qualitative methods, such as interviews or focus groups, alongside quantitative measures could provide deeper insights into the nuances of how social media affects self-esteem.
4. **Longitudinal Studies:** Implementing a longitudinal design would allow researchers to track changes in self-esteem and social media usage over time, providing a clearer picture of causal relationships.
5. **Diverse Demographics:** Expanding the participant pool to include individuals from various educational backgrounds, occupations, and age ranges would provide a more comprehensive understanding of the issue.

6. Objective Measures: Utilizing objective measures of social media usage (e.g., tracking actual time spent on platforms) could complement self-reported data and reduce bias.
7. Focus on Specific Platforms: Future research could explore the impact of specific social media platforms separately, as different platforms may have varying effects on self-esteem owing to their unique features and user interactions.

By addressing these limitations and implementing the suggested improvements, future research can contribute more effectively to understanding the complex relationship between social media and self-esteem among young adults.

Conclusion

This study addressed the relationship between social media use and self-esteem among young adults in Madina Municipal Assembly. The findings indicate that social media usage does not significantly affect self-esteem levels. It is crucial for future research to consider broader social contexts and the multifaceted nature of self-esteem. The key takeaway is the importance of fostering resilience and positive self-image among young adults in the face of pervasive social media influences.

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Appendix A

Research question items used

1. How frequently do you use social media platforms?
2. How many hours per day do you spend on social media?
3. To what extent do you believe social media influences your self-esteem?
4. How often do you compare yourself to others on social media?
5. Do you feel that your self-esteem is affected by the number of likes or comments you receive on your posts?
6. How do you perceive your self-worth in relation to your social media presence?
7. How often do you feel anxious about your social media image?
8. To what degree do you believe that social media promotes unrealistic body standards?
9. How frequently do you engage in upward comparisons with others on social media?
10. How often do you experience feelings of inadequacy after using social media?
11. Do you think your age influences how you use social media?
12. How does your social media usage affect your mood or feelings of happiness?
13. How often do you seek validation from social media interactions?
14. To what extent do you believe that social media contributes to feelings of loneliness?
15. How comfortable are you expressing your true self on social media?
16. How often do you follow accounts that promote body positivity?
17. Do you believe that social media helps you build your self-esteem?
18. How often do you feel pressured to present a perfect image on social media?
19. To what extent do you engage with content that negatively impacts your self-esteem?
20. How often do you discuss your social media experiences with friends or family?
21. How do you perceive the relationship between social media use and mental health?
22. To what extent do you believe that social media influences your life choices?
23. How frequently do you take breaks from social media to focus on your mental wellbeing?
24. How often do you feel inspired by others' content on social media?
25. Do you think that social media addiction affects your self-esteem?