Do you play Instagram?
A pilot study on perceived stress of playing IG and psychological resilience

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Introduction

Instagram (IG for short in Taiwan) has become a popular social media platform in Taiwan in recent years, where users can post images on their homepages and share them with others. However, browsing edited and prettified pictures on IG may cause users to feel dissatisfied with their appearance or become anxious about the number of likes on their posts, leading to stress when using social media. Previous studies showed that resilience can help individuals adapt positively to stress, which may vary with gender and the strength of social support. While most studies focused on how stress may lead to problematic use of social media, this study explores whether self perceived stress from IG was associated with psychological resilience

Purpose

We conducted a cross-sectional study on adults over 18 years to investigate the relationship between self perceived stress from IG and psychological resilience, and whether social support influenced the relationship.

Hypothesis

H1 : We hypothesized that self perceived stress from IG was negatively associated with psychological resilience.

H2 : We also assumed social support negatively associate with self perceived stress from IG, and positively associate with psychological resilience.

H3 : : We hypothesized a gender difference in self perceived stress from IG.

Methods

The survey was carried out between June and September in 2023. The participants were informed that their involvement was voluntary and that their responses would be anonymous. The participants were recruited online to fill in Basic Information, the Brief Resilience Scale, the Social Support Rating Scale, and the Self Perceived Stress From IG. It took about 10 minutes to complete the online questionnaires.

Basic Information
Index : Gender, Number Of Siblings, Relationship Status, Financial Stress, Academic Stress, Using Pattern, Frequency (Using ,Posting,Replying), Using Time, Whether making more friends than before

Social Support Rating Scale (SSRS)
Index : Subjective Support；Objective Support ；Utilization Of Support
Meaning : Scores ↑ , Social Support ↑

Brief Resilience Scale (BRS)
Index : Add up the scores for the all 6 questions to represent psychological resilience.
Meaning : Scores ↑ , Psychological Resilience↑

Self Perceived Stress From IG
Index : Add up the scores for the all 7 questions to represent self perceived stress from IG.
Meaning : Scores ↑ , Self Perceived Stress from IG ↑

Results and Discussion

Participants were 402 adults (mean age=21.43,SD=3.94) ,126 men(31.34%),275 women(68.41%),and1 unrevealed(0.25%).

	Self Perceived Stress from IG				
Frequencies of using IG	N	mean	sd	min	Max
extremely low	23	20.13	7.11	10.00	31.00
low	40	27.33	7.75	12.00	42.00
normal	90	26.70	7.44	12.00	45.00
high	181	28.23	7.29	7.00	45.00
extremely high	68	28.18	7.06	14.00	46.00

P<0.001 ； df=4 ；F=6.63

	Utilization Of Support				
Frequencies of using IG	N	mean	sd	min	Max
extremely low	23	5.91	1.28	3.00	9.00
low	40	6.63	1.55	3.00	10.00
normal	90	6.79	1.35	4.00	11.00
high	181	6.97	1.51	3.00	12.00
extremely high	68	6.97	1.81	3.00	11.00

P=0.0249 ； df=4 ；F=2.82

	Self Perceived Stress from IG				
Frequencies of replying on IG	N	mean	sd	min	Max
extremely low	118	25.13	8.01	10.00	42.00
low	111	28.55	6.38	8.00	46.00
normal	108	27.77	7.98	7.00	45.00
high	56	28.45	6.55	11.00	42.00
extremely high	9	28.67	9.42	14.00	41.00

P=0.0045 ； df=4 ；F=3.83

	Utilization Of Support				
Frequencies of replying on IG	N	mean	sd	min	Max
extremely low	118	6.51	1.45	3.00	12.00
low	111	6.69	1.41	3.00	11.00
normal	108	6.90	1.52	3.00	10.00
high	56	7.46	1.57	5.00	11.00
extremely high	9	8.22	2.28	4.00	11.00

P<0.0001 ； df=4 ；F=6.09

Psychological Resilience	r	p
Self Perceived Stress from IG	−0. 26	<0. 0001
Social Support	0. 20	<0. 0001
Subjective Support	0. 21	<0. 0001
Utilization Of Support	0. 10	0.0395

Correlation between self-perceived stress and self-perceived stress
r = - 0.26
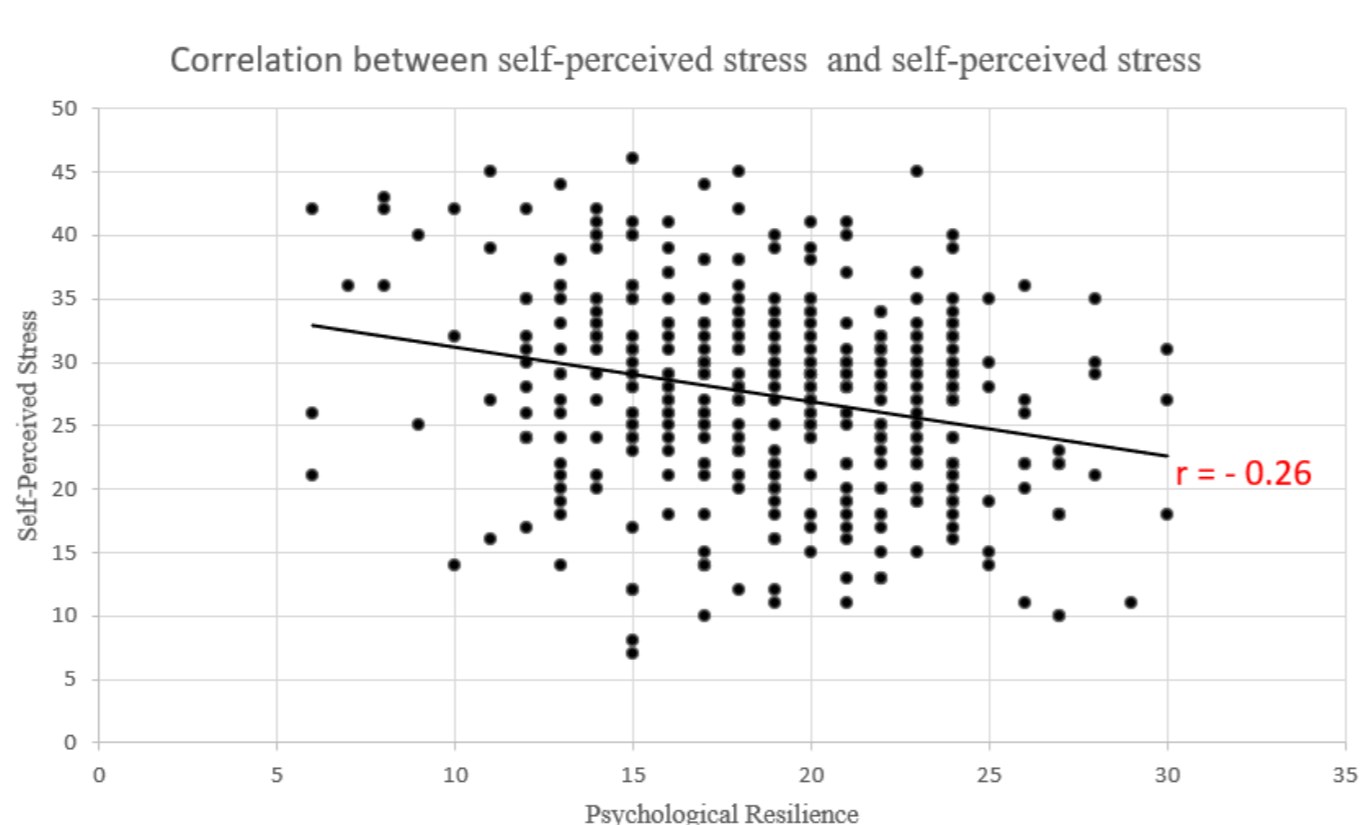
Self Perceived Stress from IG	r	P
[Male] Utilization Of Support	0.29	0.0010
[Female] Subjective Support	-0.12	0.0395

Self Perceived Stress from IG	P
Showing personal features	<0.0001
Making new friends helpful in the school or workplace	0.0014
Making heartfelt friends	0.0001
Maintaining friendships	<0.0001
Escaping from the reality	0.0162

[Male] Using Motivation : Maintaining friendships

r=0.24
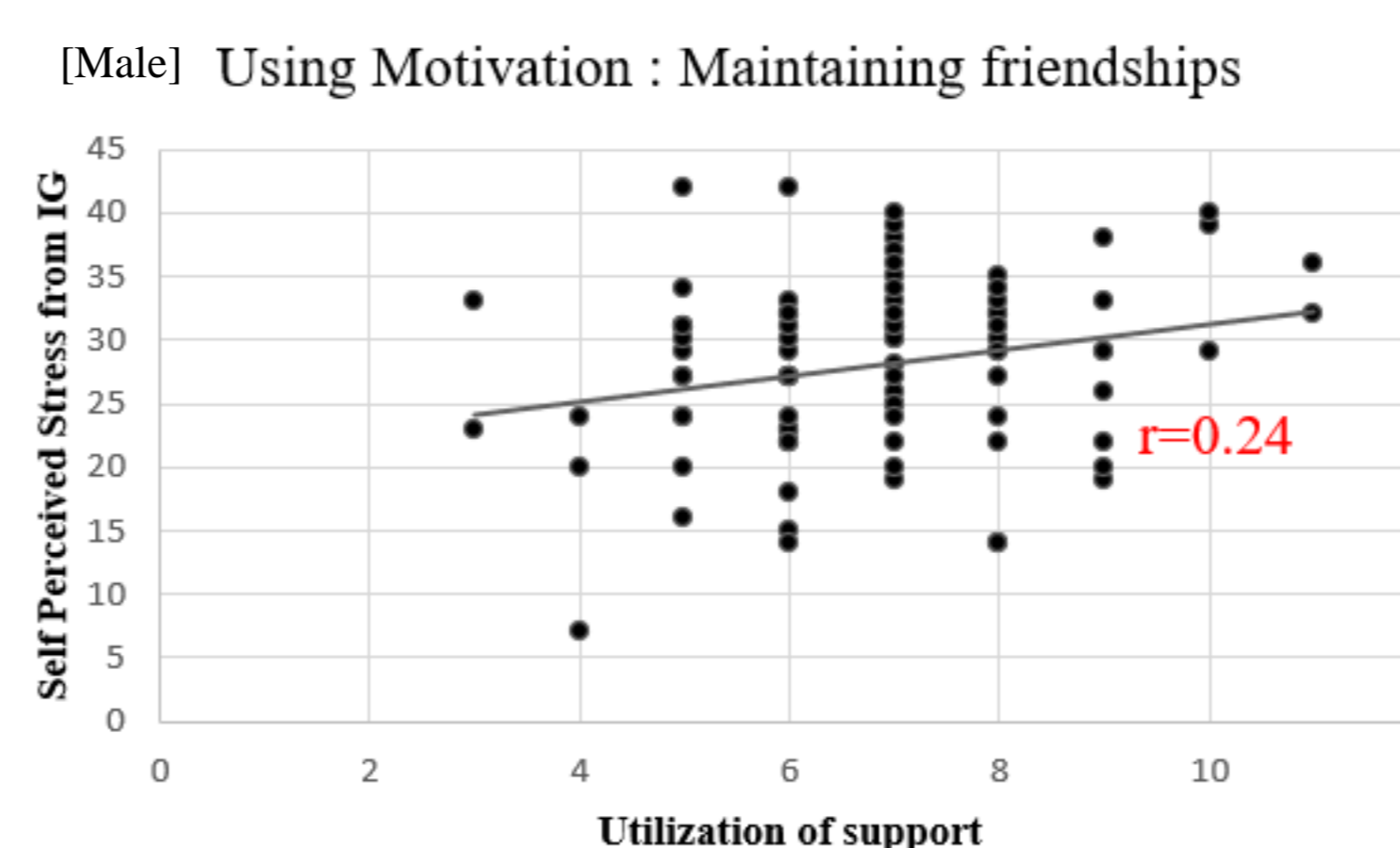
Utilization of support	P
Showing personal features	<0.0001
Making new friends helpful in the school or workplace	0.0003
Making heartfelt friends	0.0002
Maintaining friendships	0.0093

Subjective Social Support	P
Escaping from the reality	0.0012

[Male] Using Motivation : Making new friends helpful in the school or workplace

r=0.36
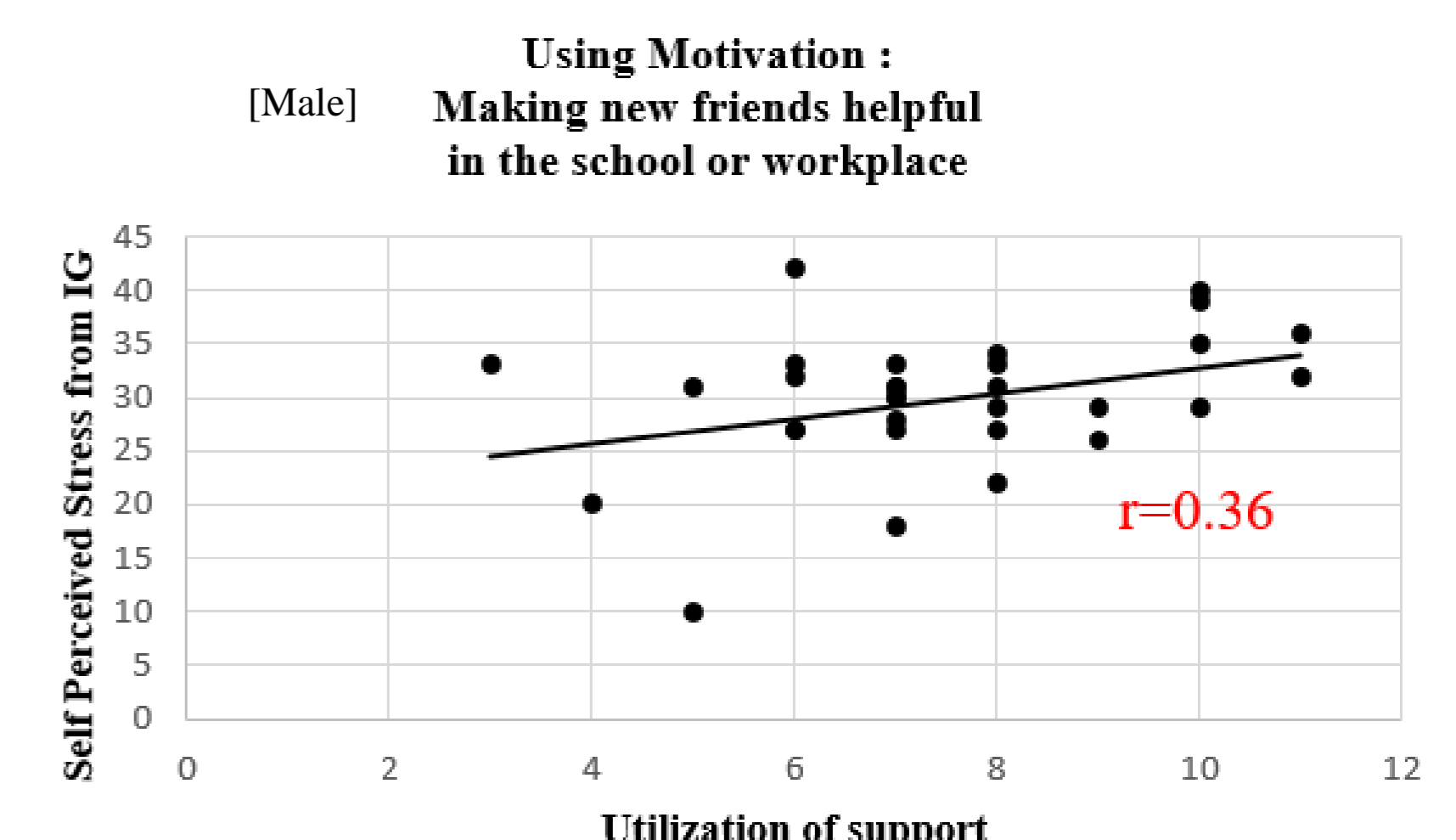
Conclusion

Self-perceived stress from IG was significantly correlated with psychological resilience(r=-0.26) ,and psychological resilience was positively related with social support(r=0.2). Additionally, there were differ-rences of self-perceived stress and utilization of support on the frequencies they used IG and replied on IG. However, self perceived stress from IG was positively related with utilization of support in male (r=0.29) and was negatively related with subjective social support in female (r=-0.12). In aspect of using moti-vation, we found that men used IG to maintaining friendships and making new friends helpful in the school or workplace, higher self-perceived stress and utilization of support they got.