

**Influence of Social Media usage on Anxiety Disorder among the Youths in Ibadan North
Local Government Area**

¹Adeolu OLOMOLA & ²Prof. Lambert Ihebuzor

Adecombo72@gmail.com, 09068159053.

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Technology, Faculty of Communication, and Information science.

Lead City University, Ibadan, Nigeria.

Lambert. Ihebuzor@Lcu.edu.ng, 08033419512.

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Certification

This is to certify that I, Olomola Adeolu carried out the research work titled ‘’ Influence of Social Media usage on Anxiety disorder among youth in Ibadan North Local Government Area’’ in the faculty of communication and information sciences, Department of Mass communication and Media Technology, Lead city, Ibadan, Oyo state, for the award of Master of Science degree(MSc) and that this study has not been previously conducted.

(Supervisor)

Professor Lambert Ihebuzor

(Head of Department)

Dr. Yemi Oginni

Dedication

This study is dedicated to I, Olomola Adeolu, Family and Department of Mass Communication and Media Technology, Lead city University.

Lead City University Ibadan DO NOT COPY

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Limitation of the Study

Abstract

This study investigated the influence of social media usage on anxiety disorder among youths in Ibadan North Local government and to ascertain the level at which social media usage causes anxiety disorder in youth in Ibadan North Local Government, to identify the social media platforms that triggers anxiety disorder among youths in Ibadan North Local Government and to also examine how the social media platforms can cause anxiety disorder among youths in Ibadan North Local Government. The theory applied in this study are Social learning theory. The research method used in this research study is mixed method research design, 400youths as the number of respondents, online survey link was used to distribute questionnaire online. This study shows that 100% of respondents are fully engaged in the use of social media and 56.67% of respondent in this study are suffering from the anxiety disorder. It has been concluded that Social media has some advantages and disadvantages, it has been noted that exposure to social media contents can trigger fear which is known as anxiety. It had been recommended that youths must develop strong self-esteem, ethics and moral values, so that they don't develop unnecessary fear from the social media applications when using social media. It has been recommended that people think through on their actions and thoughts on social media content, they should know what is good and bad and healthy for their minds, if people want to watch anything scary on the social media, they should watch it in early hours.

Keywords: Anxiety disorder, youths, social media usage.

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