

SJSU Undergraduate Research Opportunity Program 2022

The Impact of Social Support and Social Negativity on Social Media for Online Informal Social Activities on College Students' Mental Health Status During COVID-19 Pandemic

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Why Research?

- I am a first generation, low-income former foster youth. My parents are both immigrants from Laos.
- Eldest of 10
- The reason why I choose to do research is because i grew up around a lot of poverty and abuse, which fuels my driving research question of “why”.
 - Why are some people predisposed to mental illnesses?

General Project Overview

- Dr. Ni Zhang (Public Health Staff)
- Project overview takes a closer look at the psychological effects of COVID among different populations
 - college students
 - international chinese students
 - grad students
 - undergraduate student
- Examines the role of social media/social support on mental health and academic performance with college students

Abstract of Current Project

Dr. Zhang's research is about the mental health issues among college students during the pandemic from social media.

- The impact of social support and social negativity on social media for online informal social activities on college students' mental health status during COVID-19 pandemic

Research Questions

The research that we are doing looks to address the following questions

- Are social support and social negativity for online informal social activities associated with depressive symptoms uniting the COVID-19 pandemic?
- Are social support and social negativity for these online informal social activities associated with levels of anxiety during the COVID-19 pandemic?

Roles and Task

- Literature review.
 - Worked with other peers as a group
 - Collaborated with them to find relevant journal content to support our research
 - Also tasked with completing the measurements section of the literature review.

My Research Experience

By finding relevant journal articles to use in the literature review, I learned how to quickly assess a journal article to see if its useful or not.

- This taught me how to organize various journal articles in a way that makes it efficient and easily accessible.
- From completing the measurements section, I looked at various scales that were used in regards to the research conducted.
- This is useful because I was not able to be a part of the actual research process so learning the various methods of measurements has given me a better understanding of the data collected and the reliability of the scale measurements.