

Effects of Social Media Browsing on Leisure Solitude for Young Adults

How does social media use affect young adults' experience with solitude?

STUDY 1 – DIARY STUDY DESIGN

Daily leisure solitude: "Was there any time today that you had an opportunity to just relax without having to do any work or being obligated to do some tasks?"

Sample of 111 normative-young adults between 18 and 24 years of age (Avg. age = 20):

- On average, reported having leisure solitude **60%** of the time
- **80%** of leisure solitude involved social media use

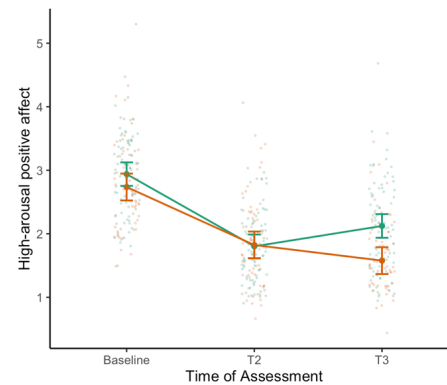
Main findings

- Daily experience of leisure solitude is associated with **more** calmness and relaxation, **less** anxiety and tenseness
- No evidence that social media use bears any detriments

STUDY 2 – WITHIN-SUBJECT

Sample of 146 Facebook users either:

- Spent 15 minutes thinking (T2), then 15 minutes browsing on Facebook (T3) (**Green**)
- Spent 15 minutes browsing on Facebook (T2), then 15 minutes thinking (T3) (**Orange**)

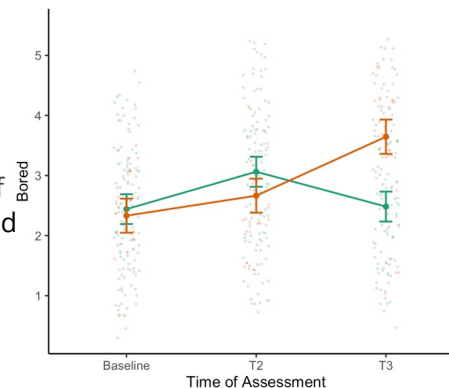


After spending some time in solitude...

Social media use raised high-arousal positive affect like **excited, energized**

Social media use curbed **boredom**

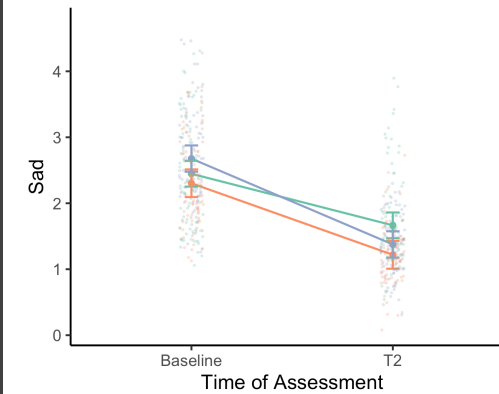
Social media use increased feelings of **inauthenticity** ("I did not feel myself")



STUDY 3 – BETWEEN SUBJECT

Sample of 249 social media users spent 15 minutes alone either:

- Thinking (n = 88) (**Green**)
- Browsing on social media (n = 83) (**Purple**)
- Reading books (n = 78) (**Orange**)



Social media use showed sharper drops in sadness, compared to **thinking** and **reading**

Social media use increased feelings of **inauthenticity**

Conclusion

- No evidence that social media has a large effect on leisure solitude for young adults, at least when observed in brief period of time
- Social media use curbs boredom and sadness, but increases reports of "not feeling myself"