

**TikTok short video community:  
Will it affect young people's thinking and mental health?**

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Li-En Lin

Wenzao Ursuline University of Languages, 2024

**Abstract**

With the rapid development of technology, various social media have also emerged, giving modern people a very deep basic understanding of today's technology. TikTok is the most popular short video platform today. Users can use mobile applications for live broadcasts Interactive, short video shooting and production, or analyzing the short video types that users like through big data calculation methods to increase users' frequency of use and interest. This study aims to explore the negative impact of TikTok on young people and their mental health through quantitative research. To collect data, we used the SURVEY CAKE online survey and data analysis through SPSS software to survey participants in the TikTok user sample. This study used Survey Cake to distribute online questionnaires. A total of 210 questionnaires were distributed and collected. After screening, 206 data were finally used. The data were brought into SPSS software for multiple regression analysis and comparison. After matching, they were compared. , VIF collinearity diagnosis, confirms whether this regression model has significant explanatory power. The final research results of this paper show: According to the data, gender ( $P=0.008$ ), age ( $P<0.001$ ), education level ( $P=0.008$ ) and frequency of using TikTok ( $P<0.001$ ) These variables all have a significant effect on whether or not using TikTok produces feelings of anxiety at the 95% confidence level ( $P <0.05$ ). It can be seen from the confirmed results of the study that in After comparing different variables among TikTok users in Taiwan aged 13 to 25, it was found that most users believe that using TikTok will not have any impact on mental health.

Keywords: TikTok, social media, young minds, mental health, adverse impacts, quantitative research, usage patterns, mental health.

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## INTRODUCTION

### Background

In modern days, TikTok has become an increasingly popular platform of social media amongst youth. With the number of downloads topping a whopping one billion globally<sup>1</sup>, this short video network certainly grants its users 'with creative expression and entertainment opportunities. Nonetheless, people are raising concerns regarding the potential ill-effects it may possess on the mental health of younger generations. As per a survey carried out by the Pew Research Center, it was revealed that ninety-five percent of teens use at least one social media channel with more than a third stating that they depend on those platforms on a constant basis.<sup>2</sup> While self-reports and clinical diagnoses for various kinds of anxiety, depression and self-harm amongst teenagers have seen an upward spike alongside growing social media usage, Surgeon General, Dr. Vivek Murthy emphasized in his 19-page advisory report, there exists copious signs that demonstrate the severe loss caused to the mental health and well-being of children and adolescents due to indulgence in such mediums.<sup>3</sup> Furthermore, the realms of cyberbullying, as well as spread of detrimental content, and their associated stability to adversely affect young minds' constitutions further downplays TikTok's potential efficiency. Thus, a thorough analysis is essential to bring into light the concealed

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<sup>1</sup> Daniel Ruby, "TikTok User Statistics (2022): How Many TikTok Users Are There," Demand Sage, April 5, 2023, <https://www.demandsage.com/tiktok-user-statistics/>.

<sup>2</sup> Emily A. Vogels, Risa Gelles-Watnick, and Navid Massarat, "Teens, Social Media and Technology 2022," PEW Research Center, August 10, 2022, <https://www.pewresearch.org/internet/2022/08/10/teens-social-media-and-technology-2022/>.

<sup>3</sup> The U.S. Surgeon General's Advisory, "Social Media and Youth Mental Health - Hhs.Gov," Social Media and Youth Mental Health, 2023, <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>.

outcome of entertainment-based applications and their underlying risk to youngsters' emotional health.

### **Motivation**

The motivation behind the investigation and discussion of TikTok's adverse effects on young people's thinking and mental health stems from the public's growing concern for the well-being of young people in the digital age. As technology advances and social media usage multiplies, especially among younger demographics, it is critical for this study to fully understand the potential negative impact of platforms such as TikTok. Much of the previous research by academics and experts has focused on the association between social media use and mental health issues such as anxiety, depression, and body dissatisfaction.<sup>4</sup> However, TikTok, with its unique format and functionality, deserves special attention to examine its unique influence on young minds. By delving into the dark side of TikTok, we can unravel the underlying mechanisms and specific adverse effects that young users may face.

### **Research Purpose**

This study seeks to understand the overall adverse effects of TikTok on the mental health of young people. The purpose of this study was to gain insight into the potential negative impacts TikTok use may have on young people, including their mental health, self-esteem, physical condition, and overall mental health. By studying these adverse effects and conditions and provide relevant insights on the risks and challenges associated with the use of TikTok by young users. In addition, this study involved comparing TikTok's impact with other social media software to identify any characteristics of TikTok that might contribute to its adverse impact. Ultimately, the findings of this study will help inform interventions and

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<sup>4</sup> Kira E. Riehm et al., "Associations between Time Spent Using Social Media and Internalizing and Externalizing Problems among US Youth," *JAMA Psychiatry* 76, no. 12 (September 11, 2019): 1266–73, <https://doi.org/10.1001/jamapsychiatry.2019.2325>.

related guidelines aimed at promoting healthier online behaviors and protecting the mental health of young TikTok users.

### **Research Questions**

1. Does gender lead to differences in anxiety when using TikTok?
2. Does age cause differences in anxiety when using TikTok?
3. Does education lead to differences in anxiety when using TikTok?
4. Does frequency of use lead to differences in anxiety when using TikTok?

These four questions will help me better explain the research purpose.

### **Contribution**

We made several important contributions to the field of research for this study on the adverse effects of TikTok on the minds and mental health of young people. In the first we'll talk about the negative impact that TikTok use may understand on the mental health of young people. By using a relevant research approach to increase understanding of adverse user effects such as anxiety, depression and body dissatisfaction, the study provides valuable insight into the potential risks associated with TikTok use. The second is that this study also contributes to the existing body of knowledge by understanding what makes TikTok unique and what is special about it that may lead to its adverse effects. Finally, by comparing TikTok with other social media software, it helps the public to identify any specific aspects of TikTok that may exacerbate negative mental health effects, such as content comparisons, popularity comparisons, etc.



## **Limits**

Weaknesses in this study can be attributed to two elements: self-report bias and neglect of personal experiences and other influences.

The first is self-report bias. This study relied on self-report measures, which could introduce bias and the potential for inaccurate questionnaires. Respondents may underreport or overreport their experiences and behaviors on TikTok. And then affect the validity of the data. The second is that while quantitative research can provide valuable associations and correlations, it may not fully account for different variables or the complex interplay between TikTok use and other factors affecting mental health. Moreover, quantitative research may ignore individual experiences, emotions and behavioral nuances that may be better captured by qualitative methods.

In addition to the above research limitations, I also think that the samples in this study are mostly biased towards the younger age group, and the sampling method is not comprehensive enough and is biased towards friends or related users who are using TikTok.

## **Delimits**

In terms of delimitations, this study will have an unbiased research element and the following factors: focus on young users, geographic scope, time frame.

The first was focusing on young users, and the study focused specifically on young people, limiting the general applicability of the findings to other age groups. The study aimed to gain insight into TikTok's detrimental effects on the mental health of young users. The second is the geographical scope, the research will delineate a specific region or population, for example, this study will narrow the scope to Taiwan. Using this localization method allows for a deeper study of the background and cultural factors that affect the relationship between TikTok use and mental health. The last one is the time frame or what we also call

timeliness. The research may have a specific data collection timeliness. This division will be used to obtain relevant instant news, and the acquisition of research is necessary to explore young people's thoughts within the set timeliness and mental health.

### **Literature Review**

As TikTok becomes increasingly intertwined with people's daily lives and entertainment, especially young individuals, concerns over its impact on mental health have garnered attention. Therefore, this chapter aims to investigate the specific negative effects of TikTok on young minds and mental health. It directly addresses the research questions outlined in this study to understand these impacts thoroughly.

The review examines TikTok's widespread popularity among young people by analyzing its common usage patterns. It critically assesses potential negative effects of the app, including cyberbullying, harmful content exposure, and addiction. By comparing its impact to that of other social media platforms, the review illuminates how TikTok influences mental health differently. Additionally, it explores psychological mechanisms underlying adverse effects and contributing factors to their development.

By thoroughly examining existing research in this literature review, we aim to gain a comprehensive understanding of the detrimental consequences of TikTok on young minds and mental health. The findings will inform subsequent research and contribute to the development of effective strategies and interventions to mitigate the adverse impacts of TikTok use among young individuals.

We follow the relevant keywords of the research topic such as "youth", "mental health", "social media", etc., and use various software to compare relevant literature, such as using google scholar, JSTOR and other online software to search and explore.

This chapter will be divided into three parts, the first part will explore the popularity of TikTok among young people, the second part will continue with a review of the research on

TikTok's potential adverse effects on mental health, and the final part will explore the Role of Parental Monitoring and Social Support.

**i. Popularity of TikTok among young people in the world**

This section will analyze and briefly describe and discuss the Overview of TikTok's features, Demographics of TikTok users and Reasons for TikTok's popularity among young people that I found in the relevant literature.

It begins by exploring the popularity of TikTok among young people and the need to better understand their motivations for using the platform. It can be known that the rapid development and improvement of technology in today's society has led to many young people today being exposed to multimedia early, and according to Christian Montag, Haibo Yang and Jon D. It has been criticized for cyberbullying, which is particularly concerning given the large number of young users on the platform. In addition, the research reveals an overview of TikTok's features, including the creation and sharing of short videos, challenges and the ability to view and interact with other users' content. Additionally, it discusses the demographics of TikTok users, focusing on a high percentage of younger users.<sup>5</sup>

Then Dr. Muniba Fatima Zahra, Dr. Tehmina Ashfaq Qazi , Ashbeelah Shafaqat Ali , Dr.Noor Hayat , Dr. Taimoor ul Hassan provides information on the popularity of TikTok among young Pakistanis. It mentioned that TikTok is one of the most downloaded social media apps in the world and that half of its 500 million monthly users are young people. The document also highlights that TikTok addiction has disproportionately affected young people, with students spending most of their time making videos rather than being responsible for their studies. The document also emphasizes the detrimental effects of excessive social media

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<sup>5</sup> McCashin, Darragh, and Colette M Murphy. "Using TikTok for Public and Youth Mental Health – A Systematic Review and Content Analysis." *Clinical Child Psychology and Psychiatry* 28, no. 1 (June 10, 2022): 279–306. <https://doi.org/10.1177/13591045221106608>.

use on kids' mental health and academic performance. It cites numerous research that demonstrate a beneficial association between social media addiction and depressive disorders, anxiety disorders, and stress. The document also mentions that social media apps such as TikTok may affect learning attitudes and memory circuits, which, if done in the long-term, may create habits among individuals. Overall, the document provides insight into the demographics of TikTok users, the reasons for its popularity among young people, and the negative impact of excessive social media use on students' academic performance and mental health.<sup>6</sup>

The above speaks to TikTok's popularity among young people, including its features that make it easy to share concise and evocative content. The potential harm that could come from using the app carelessly is mentioned in the Azlan Rathy study, as well as TikTok's efforts to censor harmful content and promote users' mental health choices. The study also highlights the need to protect young people from inappropriate content, especially considering that 25% of TikTok users are under the age of 19. Also discussed is the potential impact of TikTok content on the mental health of young Malaysians and the need for more research on this topic. Finally, the document addresses the negative impact of image-centric apps on children and encourages teens to be more cautious when using the app.<sup>7</sup>

In Asian American youth's TikTok usage it clearly discusses why TikTok is popular among young people, especially Asian American youth, to express their mental health issues. The document presents the results of an exploratory pilot study that examined videos on TikTok generated by four hashtags related to mental health and Asian American identity. Asian American youth use TikTok as a space to share their thoughts and positive and

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<sup>6</sup> McCashin, Darragh, and Colette M Murphy. "Using TikTok for Public and Youth Mental Health – A Systematic Review and Content Analysis." *Clinical Child Psychology and Psychiatry* 28, no. 1 (June 10, 2022): 279–306. <https://doi.org/10.1177/13591045221106608>.

<sup>7</sup> Rathy, Azlan. "A Systematic Review: The Influence of TikTok Contents and Its Effects towards Mental Health among Youth in Malaysia." *Media and Information Warfare*, April 19, 2023. <https://jmiw.uitm.edu.my/images/Journal/Vol16No1/Article1.pdf>.

negative experiences with mental health, often relying on the form of comedy to express their feelings, the study found. The document also recommends future research to identify larger sample sizes and labels that focus more on stressors, and to explore how Asian American youth interact with each other to form supportive communities.<sup>8</sup>

## **ii. TikTok’s potential adverse effects on mental health**

In the second part, we will analyze and discuss in depth the literature collected and explored. This overview of research on TikTok and mental health shows that several studies have been conducted to investigate the impact of TikTok on mental health. In Jiayan Liu The findings of the study clearly show that using this social media platform has some negative effects. One of the most pronounced negative effects is on self-esteem and body image, especially among young people who are more likely to be negatively influenced by social media. In addition, TikTok's algorithm can also record and track the content that users like to browse and interact with, and then recommend similar content to them to increase page views and attract users to use for a long time. This function can therefore lead to the promotion of harmful body standards and negative body image, which can lead to serious mental health problems such as eating disorders and depression. In addition, TikTok can also adversely affect sleep patterns, as users may spend hours browsing and watching videos and live broadcasts...etc., resulting in sleep deprivation and other related problems.<sup>9</sup>

In addition, some studies have found that TikTok can have a positive impact on mental health. For example, Bucknell Bossen and Kottasz (2020) found that TikTok can promote

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<sup>8</sup> Novia Wong and Madhu Reddy. “An Exploration of Asian American Youth’s TikTok Usage in Expressing Mental Health Concerns.” An exploration of Asian American youth’s TikTok usage in expressing mental health concerns. Accessed May 10, 2023. <https://osf.io/z9gw8/download>.

<sup>9</sup> Liu, Jiayan. “The Influence of the Body Image Presented Through TikTok Trend-Videos and Its Possible Reasons.” The Influence of the Body Image Presented Through TikTok Trend-Videos and Its Possible Reasons, 2021. <https://www.atlantis-press.com/article/125957570.pdf>.

mental health by satisfying needs such as entertainment, connection, and escapism.<sup>10</sup>

Cauberghe et al. (2021) found that Gen Zers are using TikTok to avoid boredom, stress, and loneliness, especially during the COVID-19 pandemic. Teens post on TikTok to interact and connect with friends and family, which makes them feel better. However, other studies have found that TikTok can negatively impact mental health.<sup>11</sup> Weimann and Masri (2020) report several aspects of hate speech on TikTok, along with other objectionable content on TikTok, such as “nude photos of children, child predators, inappropriate algorithms, lack of privacy, and mutual Bullying and harassment” “which increase the negative impact on mental health.

<sup>12</sup>Aloui (2021) expressed on TikTok forms of body shaming and cyberbullying that lead to “body dissatisfaction, eating disorders and narcissistic personalities”. In particular, women may be attacked on TikTok because they often receive inappropriate and unbiased comments.<sup>13</sup> Furthermore, a study by Jaffar et al. (2019) collected the opinions of content creators who occasionally receive Negative comments and feedback. Therefore, the author refers to reports of addiction and suicide due to TikTok. In conclusion, while utilizing and publishing on TikTok can have a positive impact on mental health, doing so can also have a detrimental impact. Hate speech, obscene material, body shaming, and cyberbullying are some of the negative effects. It is crucial to take action to avoid and remedy any negative effects TikTok may have on users' mental health.

### **iii. The Role of Parental Monitoring and Social Support**

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<sup>10</sup> Christina Bucknell Bossen and Rita Kottasz, “Uses and Gratifications Sought by Pre-Adolescent and Adolescent TikTok Consumers,” *Young Consumers* 21, no. 4 (November 30, 2020), <https://doi.org/10.1108/yc-07-2020-1186>.

<sup>11</sup> Verolien Cauberghe, “How Adolescents Use Social Media to Cope with Feelings of Loneliness and Anxiety during COVID-19 Lockdown,” *academia.edu*, April 9, 2021, <https://www.academia.edu/download/94269650/cyber.2020.pdf>.

<sup>12</sup> Gabriel Weimann and Natalie Masri, “Research Note: Spreading Hate on TikTok,” *Studies in Conflict & Terrorism*, June 19, 2020, 1–14, <https://doi.org/10.1080/1057610x.2020.1780027>.

<sup>13</sup> Amira Aloui, “The Impact of 15 Seconds on Algerian Users,” 2021, <https://dspace.univ-guelma.dz/jspui/bitstream/123456789/11472/1/ARTICLE%2001%20Anglais-amira%20aloui.pdf>.

Monitoring their children's online activity has become more difficult for parents as social media platforms have grown in popularity. TikTok, a well-known short-form video app, has become extremely popular among teenagers, making it essential for parents to keep an eye on their kids' use of the app. To ensure that kids use TikTok responsibly and safely, parental supervision is crucial. It entails parents keeping a close eye on their kids' online conduct, establishing rules and boundaries, and having open discussions with their kids about it. It is crucial for parents to keep an eye on their children's TikTok usage because doing so can help prevent things like cyberbullying, exposure to unsuitable information, and other side effects of overusing social media. Effective parental monitoring strategies include active mediation, restrictive mediation, and co-viewing. Active mediation involves parents discussing the content of the media with their children, while restrictive mediation involves setting rules and boundaries on media use. Co-viewing involves parents watching media content with their children. These techniques have been proven to be successful in lowering the negative behavior linked to social media use. Social support can also be extremely important in reducing the negative impacts of TikTok. Social support, which can come from family members, friends, and other people, can help kids deal with the drawbacks of social media use, like cyberbullying and social isolation. Overall, ensuring that kids use TikTok responsibly and safely depends heavily on parental supervision and societal support.<sup>14</sup>

Second, teenagers are increasingly using social media sites like TikTok, raising concerns about the possible harm this may cause to their mental health and general wellbeing. However, studies have shown that social support can be extremely important in reducing these harmful impacts. In addition to parents, friends, and online groups, social support can

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<sup>14</sup> Yao Qin, Alessandro Musetti, and Bahiyah Omar, "Flow Experience Is a Key Factor in the Likelihood of Adolescents' Problematic TikTok Use: The Moderating Role of Active Parental Mediation," *International Journal of Environmental Research and Public Health* 20, no. 3 (January 23, 2023): 2089, <https://doi.org/10.3390/ijerph20032089>.

also come from a variety of other sources. Parental supervision has been highlighted as a key element in fostering beneficial results for teenagers when it comes to TikTok use. Effective parental monitoring strategies include setting clear rules and expectations around TikTok use, regularly checking in with their child about their online activities and using parental control features to limit access to inappropriate content. By monitoring their child's TikTok use, parents can help to prevent exposure to harmful content and reduce the risk of cyberbullying and other negative experiences. Adolescents who use TikTok can benefit greatly from social support from their classmates and online groups in addition to parental supervision. Peer support can provide people a feeling of acceptance and validation, which can lessen the damaging consequences of cyberbullying and other types of online abuse. Online groups that foster a good self-image and self-esteem, such as those dedicated to mental health or body positivity, can also serve as a form of social support. Overall, it is impossible to exaggerate the importance of social support in reducing the negative effects of TikTok use. Using this platform, parents, friends, and online communities may all play a significant part in encouraging better outcomes for teenagers. We can ensure that teenagers may use TikTok in a secure and healthy way by offering effective parental supervision and encouraging a friendly online environment.<sup>15</sup>

#### **iv. Summary of findings**

Several gaps in the available research on the effects of TikTok on young minds and mental health may be found based on the literature review that has been presented. First off, although TikTok's popularity among young people and its possible negative impacts on mental health are understood, more thorough research that goes beyond superficial analysis is required. Numerous research cited in the literature review concentrate on particular topics,

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<sup>15</sup> Ellen Simpson and Bryan Semaan, "For You, or for 'You'?": Everyday LGBTQ+ Encounters with TikTok," June 2018, <https://ellensimpson.github.io/assets/pdf/CSCW20TikTok.pdf>.



such as body image problems or cyberbullying, without offering a comprehensive analysis of TikTok's overall effects on mental health. As a result, there is a need in the literature for a thorough and in-depth analysis of the different negative consequences of TikTok and how they relate to one another.

Furthermore, the existing research primarily focuses on the negative aspects of TikTok, with limited exploration of potential positive effects or mitigating factors. While some studies acknowledge that TikTok can promote entertainment, connection, and provide an outlet for creative expression, these positive aspects are not extensively studied or contrasted with the negative effects. Therefore, there is a gap in the literature for a balanced examination of both the positive and negative impacts of TikTok on young minds and mental health.

Moreover, the role of parental monitoring and social support in mitigating the negative effects of TikTok use is briefly mentioned but not extensively explored in the literature review. Developing tailored interventions requires a thorough understanding of the influence of social support from diverse sources on the wellbeing of young people as well as the efficacy of various parental monitoring systems. Therefore, more in-depth research on these topics is required in order to offer parents and decision-makers with useful advice.

To fill these gaps, this research can provide a comprehensive and nuanced analysis of the detrimental consequences of TikTok on young minds and mental health. By examining various negative effects, exploring potential positive impacts, and investigating the role of parental monitoring and social support, this study can contribute to a more holistic understanding of the complex dynamics between TikTok use and mental health outcomes. Additionally, this research can provide insights into effective strategies and interventions that can be implemented to mitigate the adverse effects of TikTok use among young individuals.

## **METHODOLOGY**

### **Research Design**

According to the research design, that I will using quantitative research, involved the collection and analysis of data to assist in the investigation of TikTok's detrimental effects on the minds and mental health of young people. The study will use a cross-sectional design, collecting data at specific time points to examine the association between TikTok use and adverse mental health outcomes, the first is to sample our target that age between 13-25 who are actively using TikTok, In order to expand the research questionnaire to more users, I will distribute the website of the online questionnaire system through social media platforms and related online communities.

The second is data collection through the use of the basic TikTok, In addition to using questionnaires to conduct surveys, additional professional stress detection survey scales will be used to collect data to assess TikTok usage patterns, mental health outcomes, and other social software related variables such as Generalized Anxiety Disorder-7 (GAD-7). This questionnaire will also include items to collect demographic information and TikTok usage patterns, such as frequency of use, comparisons between social media, etc.

Finally, we will talk about data analysis, quantitative data analysis techniques will be employed to analyze the collected data. Descriptive statistics, such as means, frequencies, and percentages, will be used to describe sample characteristics and usage patterns. Inferential statistics, including correlation analysis and multiple regression, will be performed to examine the association between TikTok use and adverse mental health outcomes, while controlling for relevant demographic variables.

## Sources of Data

To establish a foundation for this study, the negative effects of TikTok on adolescent psychology were reviewed through an analysis of relevant literature and preliminary research studies from books, journal articles, theses, and other sources. This ensured that all important reasons contributing to the adverse impact were thoroughly explored.

The study will primarily obtain data through online surveys conducted using Survey Monkey. This method is preferred because it is accessible, convenient, and can reach respondents from a variety of locations and at different times. An online questionnaire offers a range of benefits for data collection.

## Data Analysis

### ■ Data Preparation and Methodology

- *Quantitative Analysis (Survey Data)*

### ◆ Sampling Methodology

We used Purposive Sampling to conduct an online questionnaire survey. In addition, we set the target survey audience to be active TikTok users aged between 13-25 years old. The main reason why this study will use this method is that the target group of this study is set at 13 to 25 years old, so using this method can better study these subjects and understand their characteristics, behaviors, and specific needs. In addition, in addition, this method has the following advantages over other methods:

1. Save time and resources: This sampling approach can save time and resources compared to random sampling because no sample or the full population needs to be surveyed.

2. More accurate outcomes: This sampling technique enables you to pick your sample in a targeted manner, which can lead to more accurate outcomes, particularly when the study is centered on a particular subgroup.

3. Increase comparability: The targeted sampling strategy may make sure that you acquire samples with similar features, boosting comparability when you wish to compare traits or behaviors between various subgroups.

### ◆ **Survey Design and Development**

In the survey research part of this study, we used a total of 12 questions and divided these 12 questions into three parts, namely Demographics, TikTok Usage Patterns, and Comparison with Other Social Media Platforms. To clearly understand the related process of data collection, The following is a detailed description of the question types used in each question. In the first part of Demographics, there are three questions: age, gender and education. These three questions all use closed questions, and then the second part is TikTok Usage. There are also three questions in the Patterns section: How frequently do you use TikTok? /How much time do you typically spend on TikTok per session? /What types of content do you primarily engage with on TikTok? The above three questions also provide fixed Closed-ended questions of options, in the last part Comparison with Other Social Media Platforms, there are 6 questions in total, including question 7 Which other social media platforms do you regularly use? and question 9 Do you feel that your TikTok (or social media) usage affects your mental well-being or exacerbates symptoms of Generalized Anxiety Disorder (GAD)? Both use closed questions, followed by question 8 On a scale of 1 to 5, with 1 being "not at all" and 5 being "extremely ," how much do you agree with the following statement: "My TikTok (or social media) usage contributes to feelings of anxiety or stress."/Question 10 How often do you compare yourself to others on TikTok (or other social media platforms )?/Question 11 Have you ever felt increased anxiety or worry after using TikTok (or other social media platforms)?/Question 12 On a scale of 1 to 5, with 1 being "not at all" and 5 being "extremely ," how much do you agree with the following statement: "TikTok (or social media) negatively impacts my self-esteem and body image." The Likert scale was used in these four questions. The advantage of using the Likert scale in these questions is

1. Quantitative data: The Likert scale produces quantitative data that may be statistically analyzed to determine mean, standard deviation, correlation, and other metrics that allow for quantitative examination.

2. Relatively simple to study: It is typically simpler to examine these data since the Likert scale's answer choice structure is relatively constant.

3. Simplicity of comparison: Because the Likert scale's form is mostly standardized, it is simple to compare responses from various respondents, groups, or time periods in order to discern how views have changed.

4. Simple language and terms are typically used in Likert scales to make them simple to grasp.

#### ◆ **Data Collection & Management**

In this study we used a total of two software as follows:

1. SURVEY CAKE: Use this software to create an online questionnaire and use this software to count the data of each question in the background. Compared with physical paper distribution, it can effectively achieve higher communication efficiency, and after collection, it will be incompatible with the research. Required responses are removed. The creation time of this online questionnaire is one week, and the collection period is two weeks.
2. SPSS: For this study, we will use SPSS to assist in analyzing relevant data. For example, we will use this software to obtain narrative statistics/variance analysis/coefficients and conduct multiple regression analysis. The data analysis results of this data analysis are Use time is one week.

#### ■ **Descriptive Statistics**

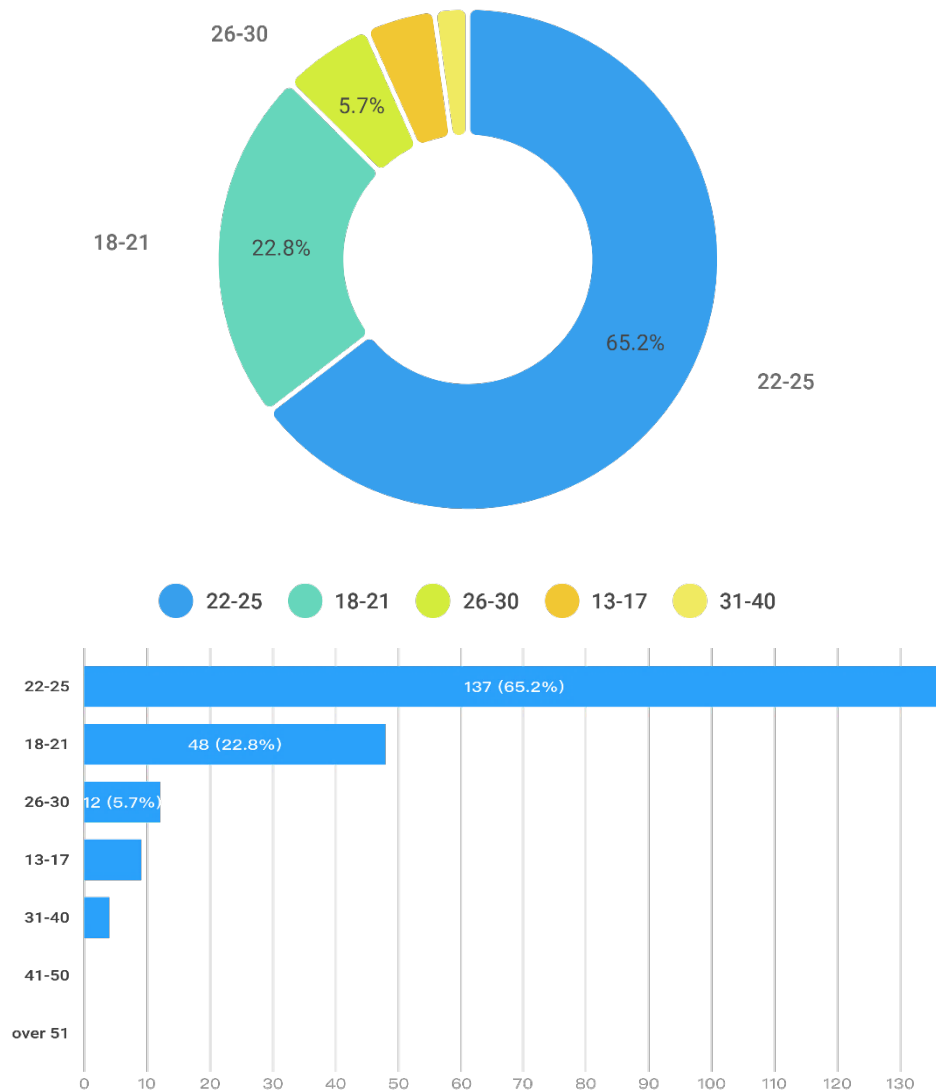
This chapter uses SURVEY CAKE questionnaire software to obtain questionnaire data from 210 respondents, and then uses SPSS software and SURVEY CAKE's built-in charts to classify and organize the respondents' answers, and conduct research based on the research questions raised. In this section, I will divide it into two parts. The first part will simply use the charts produced after SURVEY CAKE data collection to present and introduce the classification basis and distribution of each ethnic group in each question (210 transactions in total); The second part mainly uses SPSS software to conduct multiple regression analysis, setting (strain) as the frequency of contact with the platform of different ethnic groups, and setting (constant) as gender/age/education/anxiety level for comparison (a total of 206 pieces

of data were finally used after screening ), the data presented in the above two parts will continue to the last chapter.

- **SURVEY CAKE data collection present and introduce**

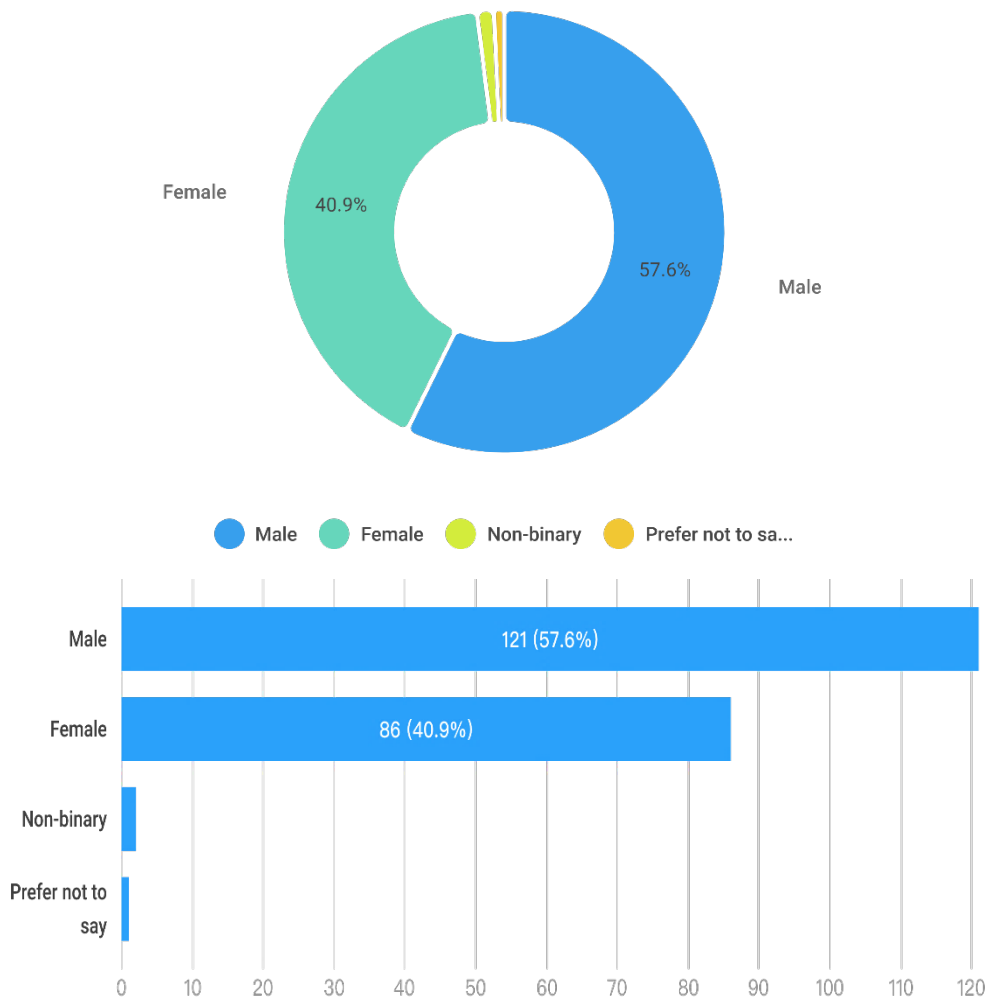
Regarding age, it can be seen from Table 1 that most of the respondents are between 22-25 years old. The other interval data are (from high to low): 48 people (22.8%) are 18-21 years old, 26-30 years old There are 12 people (5.7%), 9 people (4.2%) are 13-17 years old, 4 people are 31-40 years old (1.9%). From this data, we can know that there are more users who use TikTok short video software, mostly between the ages of 22-25. In addition, there are fewer users between the ages of 31-40, which may be affected by life and work, resulting in older age. are less accustomed to using new types of audio-visual media.

**Table 1: Distribution of age in the questionnaire**



Regarding gender, we can know from Table 2 that there are 121 people (57.6%) who are male, 86 people (40.9%) who are female, 2 people (0.9%) who are non-binary, and 1 person who is unwilling to provide (0.4%). It clearly shows that the majority of the respondents are male.

**Table 2: Number of genders in the questionnaire**





From the perspective of academic qualifications and educational background, most of the respondents in Table 3 have a bachelor's degree or equivalent (121 (57.6%)), the rest of the respondents are high school or equivalent (76 (36.1%)), master's degree or equivalent 6 people have academic qualifications (2.8%), 1 person has a doctorate degree or equivalent education (0.4%), and 1 person has other options (0.4%). From this data, we can know that among the 210 respondents, the group that mainly uses TikTok is bachelor's degree or relevant equivalent qualification.

**Table 3: Distribution of educational background in the questionnaire**

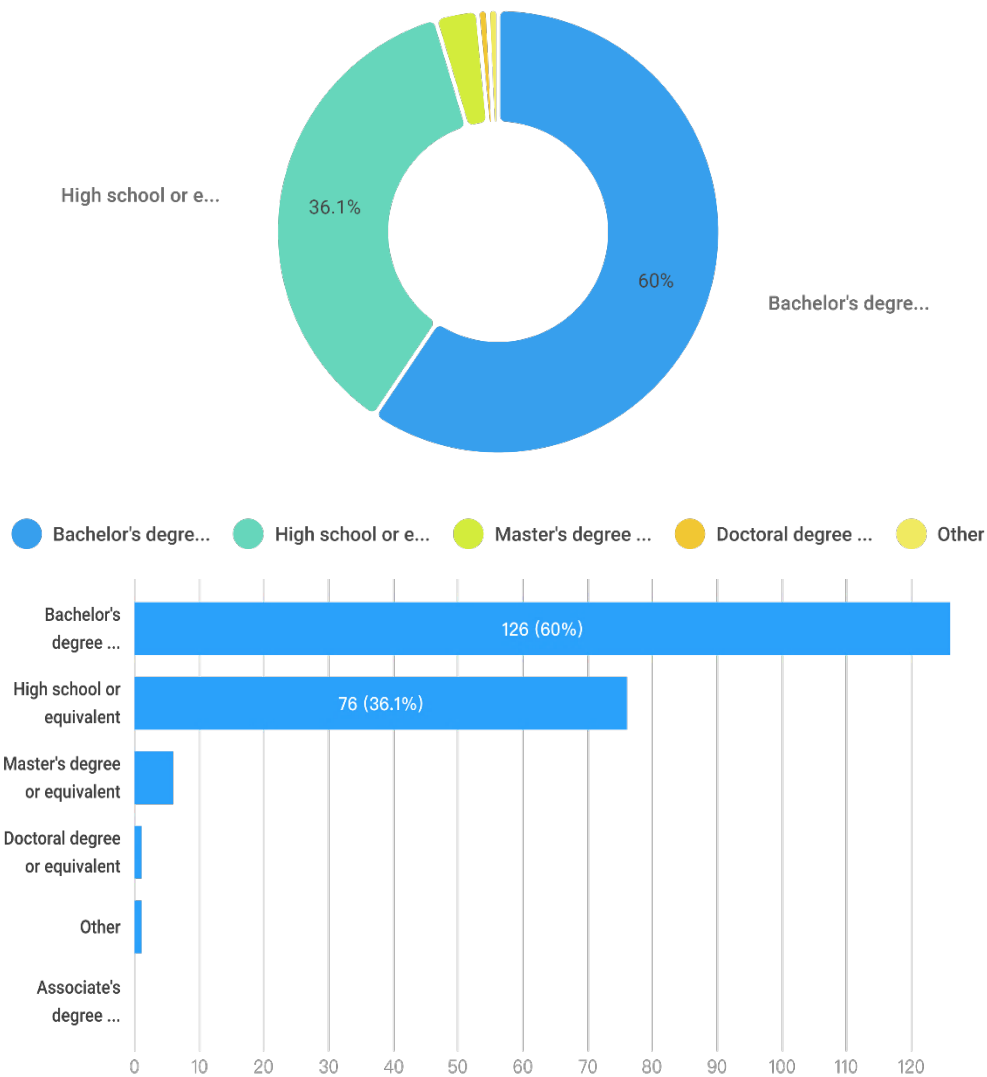
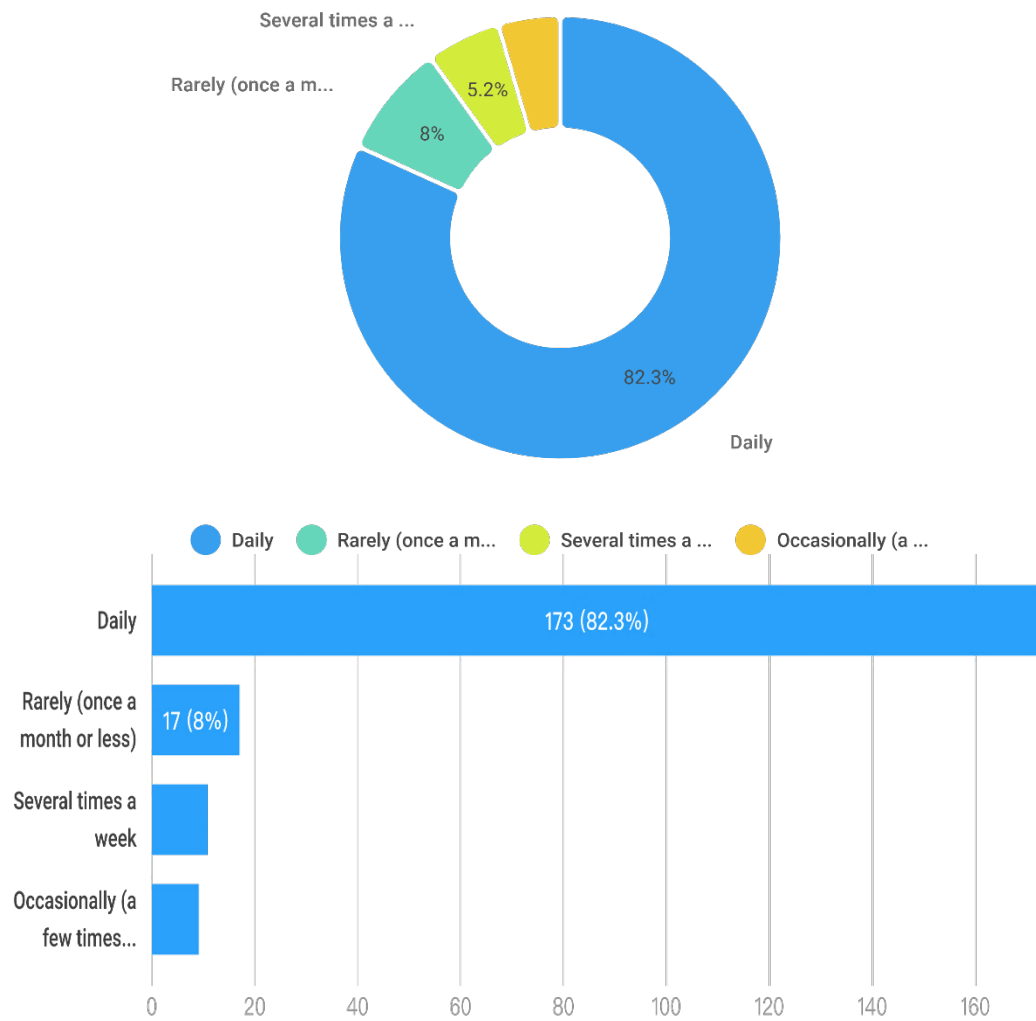


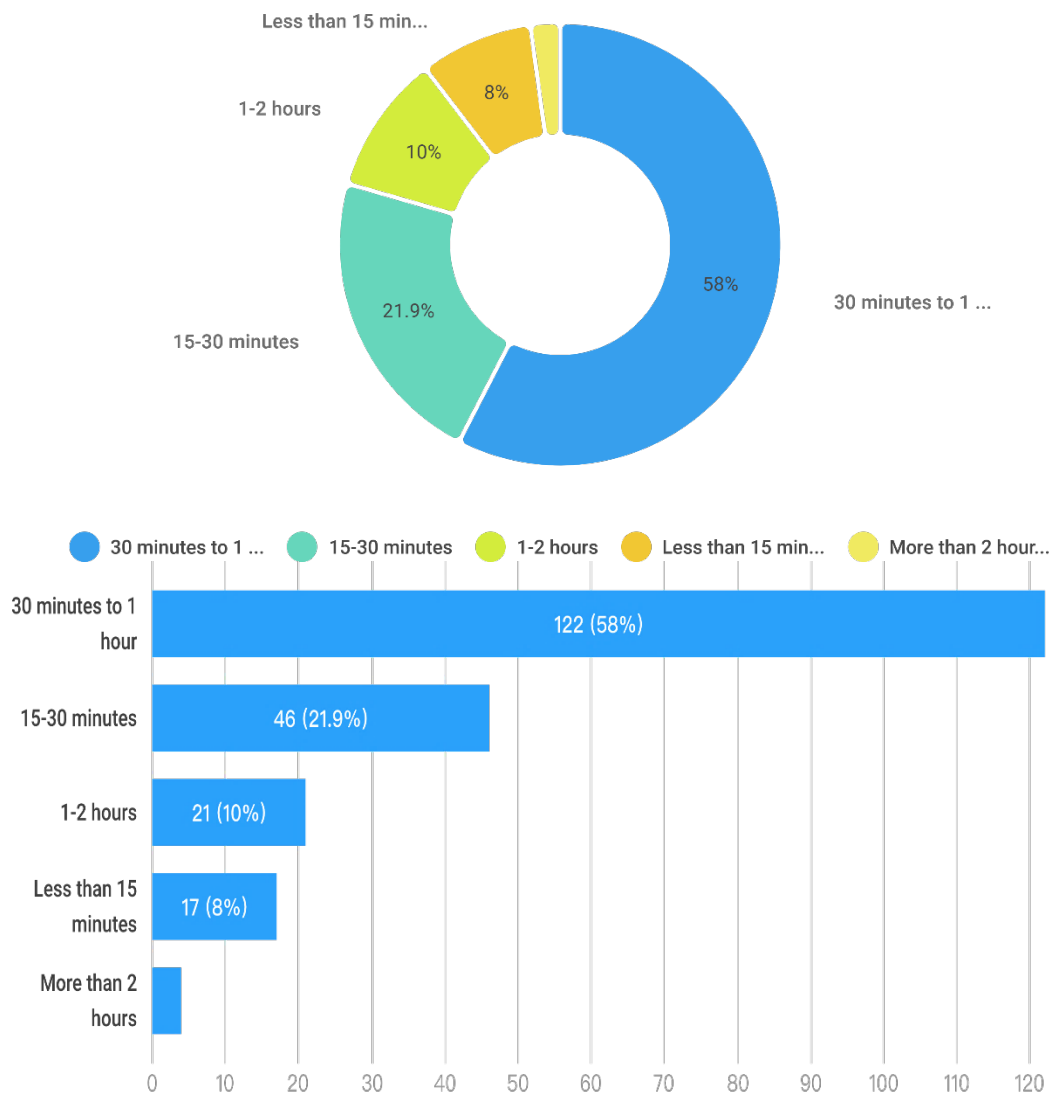
Table 4, regarding the frequency of use of TikTok, we can see that 173 (82.3%) of the respondents have the habit of using TikTok every day, and the data in other intervals are very few (once a month or less) and 17 (8%), 11 (5.2%) a few times a week, and 9 (4.2%) occasionally (a few times a month).

**Table 4: frequency distribution in the questionnaire**



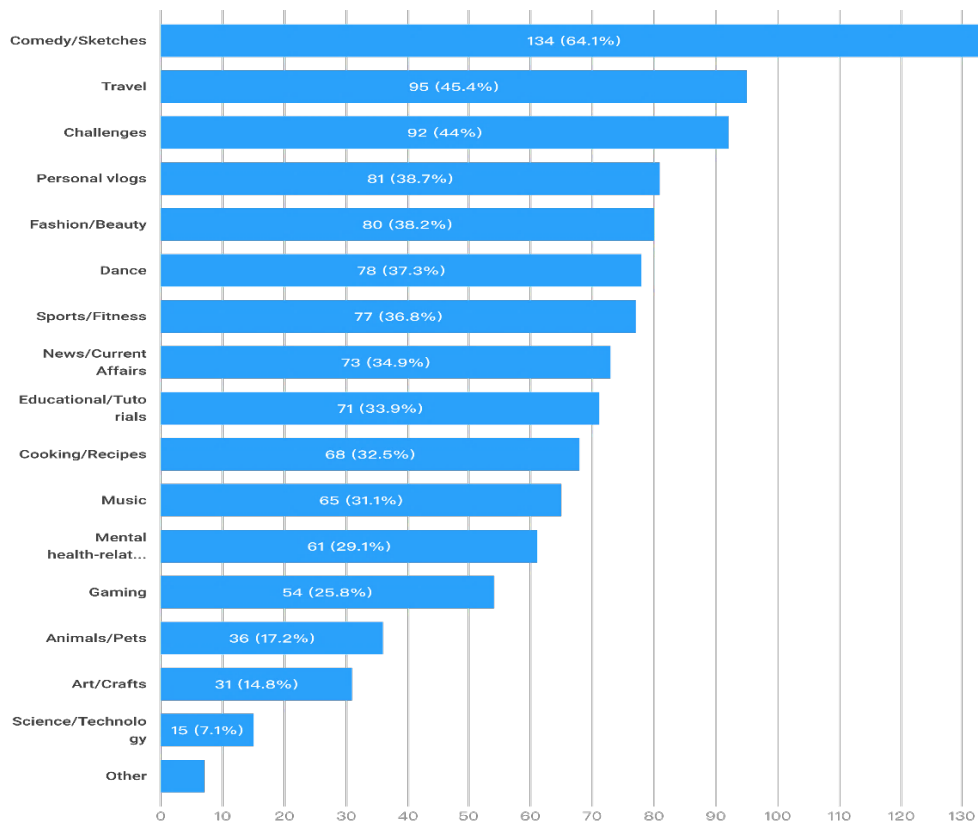
In Table 5, we will know in more detail how much time the respondents spend on TikTok. According to the data, we can know that 122 people (58%) account for the majority of users who use 30 minutes to one hour, and the other ranges of data are from high to low. Respectively, there were 46 people (21.9%) in 15-30 minutes, 21 people (10%) in 1-2 hours, 17 people (8%) in less than 15 minutes, and 4 people (1.9%) in more than 2 hours.

**Table 5: TikTok usage time in the questionnaire**



From Table 6, we can see from the data presented that 134 people (64.1%) mainly browsed comedy and sketches on TikTok, the second most popular type was travel with 95 people (45.4%), and the third most popular type was travel. It is the challenge category video with 92 people (44%), and the other categories with the smallest number of 7 people (3.3%)

**Table 6: Main types of browsing in the questionnaire**



According to Table 7, we can know which other social media the respondents use besides TikTok. Finally, according to the statistical results of the questionnaire, we can know that 196 (93.3%) users also use TikTok. Instagram, 195 (92.8%) of the respondents use Facebook. Based on the above data, we can know that most people have the habit of using Instagram and Facebook.

**Table 7: Other media usage in the questionnaire**

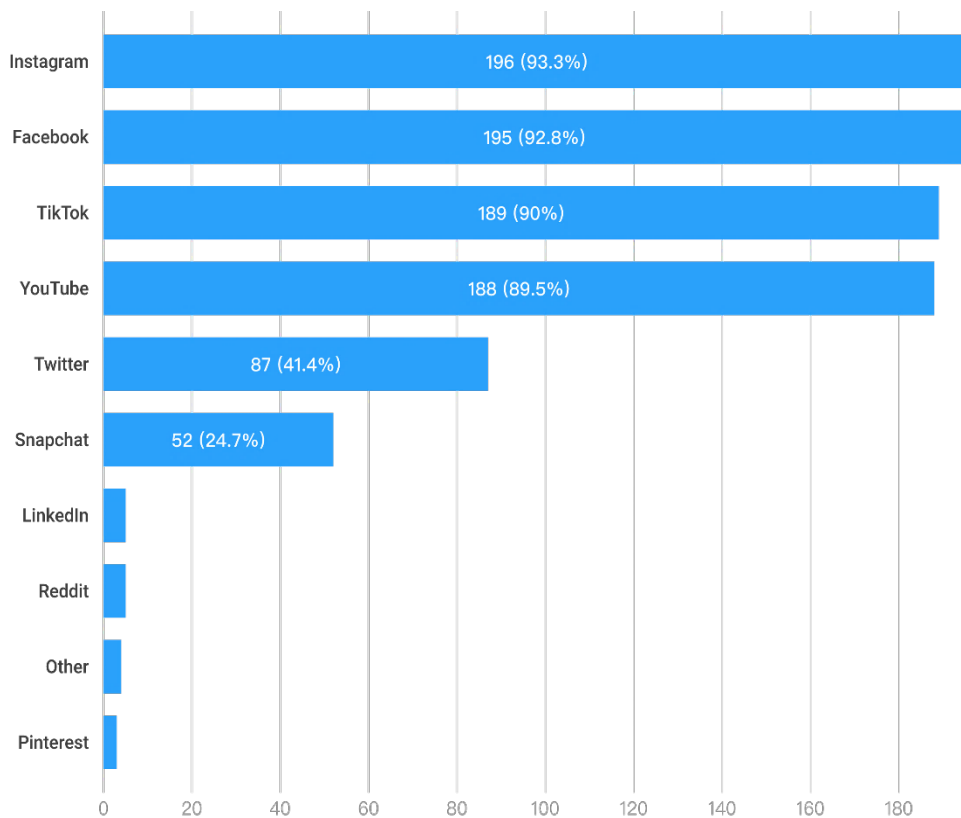
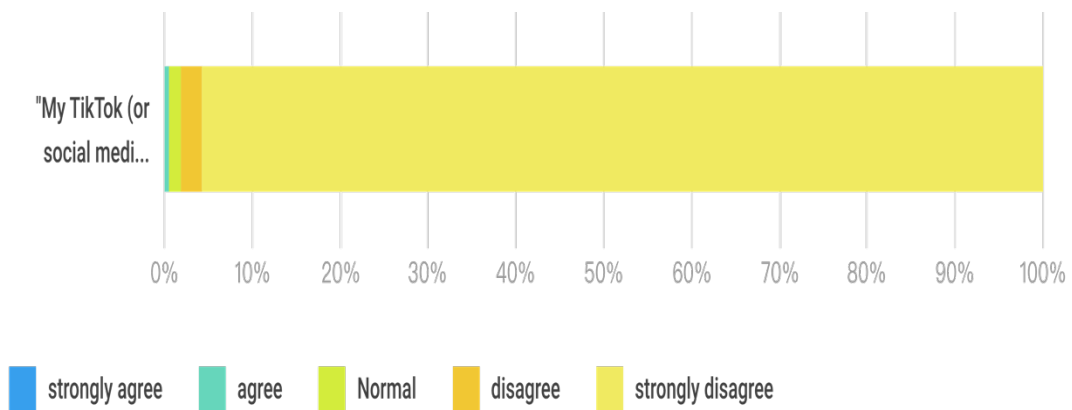


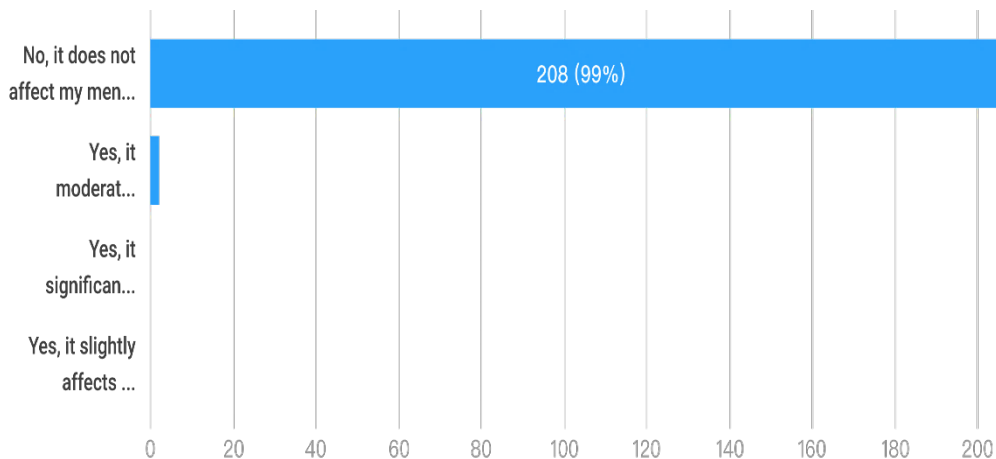
Table 8, this question will be based on the respondent's response to whether using TikTok or (social media) will cause anxiety or stress on a scale of 1-5, with 1 representing "not at all" and 5 representing "extremely", according to the questionnaire data. , the option with higher data is (completely disagree) 201 (95.7%). Based on this data, it can be proved that many people believe that the use of TikTok or (social media) will not cause anxiety or stress. The other range data are (disagree). Agree) 5 people (2.3%), (Normal) 3 people (1.4%), (Agree) 1 person (0.4%),

**Table 8:Using TikTok (or social media) can cause feelings of anxiety or stress**



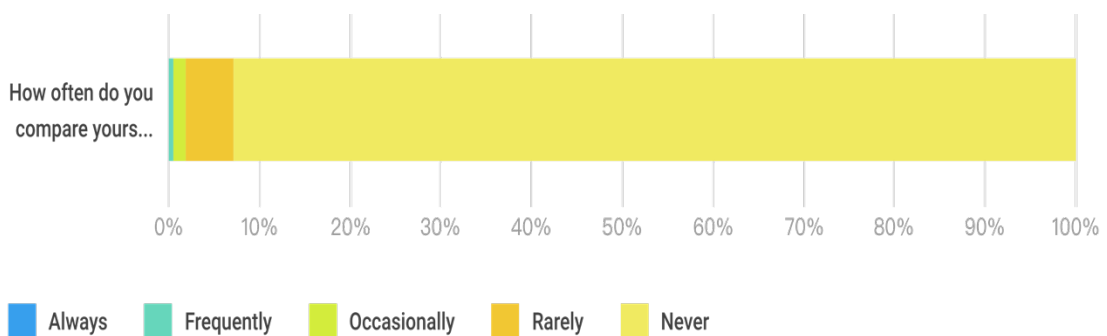
Is TikTok (or social media) use affecting your mental health or exacerbating symptoms of generalized anxiety disorder (GAD)? In the statistics in Table 9, 208 (99%) of the respondents believed that it would not affect mental health; only 1 (1%) believed that the use of TikTok (or social media) would have a certain impact on mental health.

**Table 9: Can TikTok (or social media) use affect your mental health...**



We can clearly see in Table 10 that the relevant questionnaire statistics about whether the respondents will compare themselves with others on TikTok (or other social media platforms), according to the data, 195 (92.8%) said that they never Not comparing others on TikTok (or other social media platforms), the other data ranges are (rarely) 11 people (5.2%), (occasionally) 3 people (1.4%), and (frequently) 1 person (0.4%)

**Table 10: How often do you compare yourself to others on TikTok...**



From the statistics in Table 11, we can see that 207 respondents (98.5%) thought that after using TikTok (or other social media platforms), you have ever felt anxious or worried. Finally, (never) feeling anxious or worried, the data ranges are (rarely) 1 person (0.4%), (occasionally) 1 person (0.4%), (frequently) 1 person (0.4%)

**Table 11: Have you ever felt anxious or worried after using TikTok...**

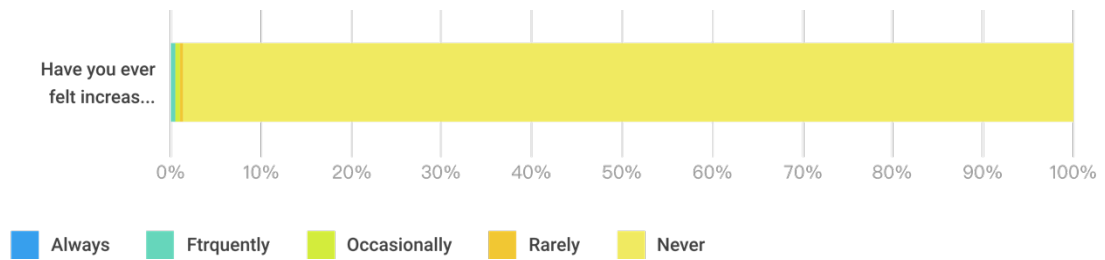
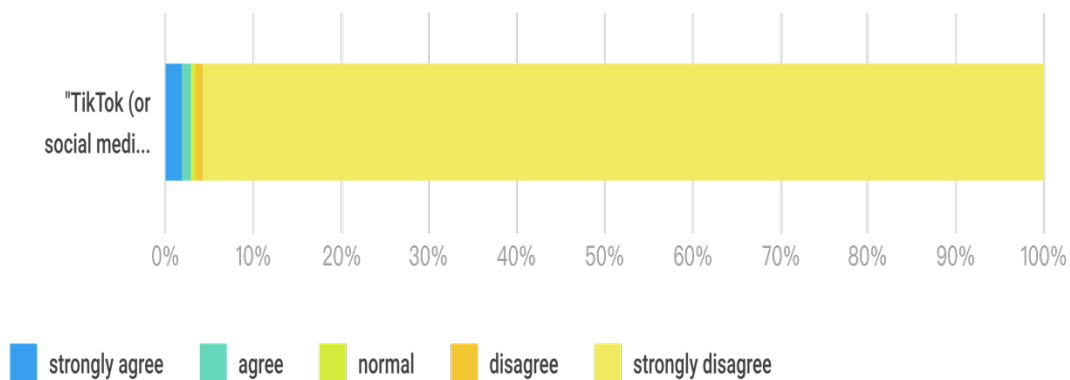


Table 12, Respondents' opinions on whether using TikTok or (social media) has a negative impact on self-esteem and body image. , this question will be scored on a scale of 1-5, where 1 represents "completely disagree" and 5 represents "strongly agree". The option with higher data is (completely disagree) 201 (95.7%). Based on this data, it can be proven that many people believe that using TikTok or (social media) does not have a negative impact on self-esteem and body image. Other range data are (disagree) 2 people (0.9%), (average) 1 person (0.4%), (agree) 2 people (0.9%), (strongly agree) 4 people (1.9%).

**Table 12: Whether using TikTok (or social media) has negatively affected my self-esteem and body image.**





## ■ Inferential Statistics

### ● Hypothesis

- Differences in gender can lead to differences in anxiety when using TikTok.
- Differences in age can lead to differences in anxiety when using TikTok.
- Differences in education can lead to differences in anxiety when using TikTok.
- Differences in frequency of use can lead to differences in anxiety when using TikTok.

### ● SPSS multiple regression analysis & Hypothesis test

#### 1. Descriptive Statistics

敘述統計

	平均數	標準差	N
anxiety from tiktok	1.04	.248	206
Gender	.5874	.49351	206
age	2.77	.687	206
Education	2.29	.998	206
Frequency	3.66	.868	206

#### SPSS Analysis and Introduction (Descriptive Statistics)

Model: Multiple Regression

Covariate: Anxiety from using TikTok

Independent variables: gender, age, education, frequency

**Analysis :**

◇ **Mean:**

Mean is the average of the values of a set of data. It is calculated by adding up all the data and dividing by the total number of data. It represents the central tendency of the data.

Take the data of this study as an example: the mean of age is 2.77, and with this data we can get a result of age 2.77 closer to 3 that mean age 22-25 are the most.

◇ **Standard Deviation:**

Standard Deviation is a statistic that measures the dispersion of data. It measures the dispersion of data points relative to the mean. The larger the standard deviation, the more dispersed the data points are the smaller the standard deviation, the more concentrated the data points are.

**2. Variables and coefficients analysis**

模型摘要

模型	R	R 平方	調整後 R 平方	估計的標準誤
1	.449 <sup>a</sup>	.201	.185	.224

a. 解釋變數：(常數) · Frequency, Education, Gender, age

變異數分析<sup>a</sup>

模型		平方和	自由度	均方	F	顯著性
1	迴歸	2.537	4	.634	12.661	.000 <sup>b</sup>
	殘差	10.070	201	.050		
	總計	12.607	205			

a. 應變數: anxiety from tiktok

b. 解釋變數：(常數) · Frequency, Education, Gender, age

係數<sup>a</sup>

模型		非標準化係數		標準化係數	T	顯著性	共線性統計量	
		B	標準誤	β			允差	VIF
1	(常數)	1.609	.097		16.559	.000		
	Gender	-.085	.032	-.170	-2.660	.008	.978	1.022
	age	-.094	.026	-.261	-3.578	.000	.746	1.341
	Education	.049	.018	.197	2.673	.008	.734	1.362
	Frequency	-.100	.018	-.351	-5.562	.000	.998	1.002

a. 應變數: anxiety from tiktok

Figure 1 shows how the coefficient of determination  $R^2$  measures the suitability of the entire model. We can know that the larger the  $R^2$ , the better the fit of the model.

Figure 2 shows that when  $F=12.661$ ,  $P<0.001$ , i.e., this model can reject the null hypothesis, i.e., this multiple regression model has significant explanatory power.

In addition, for this study, multiple regression analysis is used here. There will be no Tukey or Bonferroni. According to the figure below, collinearity diagnosis has been carried out for the regression model. The VIF is less than 10.

Figure 3 shows that if gender ( $P=0.008$ ), age ( $P<0.001$ ), education level ( $P=0.008$ ) and frequency of using TikTok ( $P<0.001$ ) are included in the multiple regression model, it can be seen that gender, age, education level and frequency of using TikTok all have a significant effect on whether or not using TikTok produces feelings of anxiety at the 95% confidence level ( $P < 0.05$ ).

The anxiety of female users was greater than that of male users; the older the age, the lower the anxiety; the higher the education level, the higher the anxiety; and the higher the usage level, the lower the anxiety.

## ■ Discussion

Through relevant statistics and review results, we can discover the impact that users have when using TikTok and related social media, such as: mental health, self-esteem and self-image, etc... It is not completely related to what we found. , we can take this back to the discussion part of the literature. In the studies of other academic researchers, they expressed that TikTok has some insights into young people. For example, some research results found in previous paper reviews also mentioned that the use of TikTok not only seriously affects young people. Mental health conditions in young users may also trigger anxiety disorders. Some researchers' studies are positively related to this study. Studies have shown that the use of TikTok has a positive impact on users. For example, through short video viewing, self-

sharing, and other functions, it can bring entertainment effects to users and effectively reduce anxiety and the impact on mental health. In addition, TikTok will also update content that users have watched more recently. It can be clearly found that the results of this study are more related to the results of positive impact. I will discuss the differences or consistency between my results and previous research results in this field.

### **Positive Influence:**

TikTok can assist users fight boredom, tension, and loneliness by providing amusement and a sense of connection, especially during the COVID-19 epidemic. Users communicate with friends and family by posting material, which can make them happier.

Peer support: People may use TikTok as a forum to discuss their ideas and personal experiences with mental health. Some users, particularly young Asian Americans, utilize it as a means of self-expression and peer support. This may aid them in overcoming mental health difficulties.

According to the previous literature review, we can know that TikTok can effectively help users reduce psychological stress by interacting or sharing videos, especially for young people, which can strengthen the validity of the results of this study.

### **Negative Influence:**

**Body Image Problems:** Like other social media sites, TikTok can have a detrimental effect on young people's self-esteem and perceptions of their bodies. The promotion of information by algorithms might result in unhealthy body standards that can cause issues like eating disorders and unhappiness.

TikTok usage that is very time-consuming: long sessions of watching and browsing videos can disturb sleep cycles, resulting in sleep deprivation and associated problems.

Cyberbullying: TikTok has the potential to be a venue for hate speech, body shaming, and cyberbullying. TikTok users, particularly youngsters, may be exposed to unsuitable or hazardous content, which might have a severe effect on their mental health. TikTok addiction is when someone spends excessive amounts of time on the app at the cost of other obligations, such academics, which can have a detrimental effect on mental health and academic achievement.

Based on the negative factors found in these previous paper reviews, we will explore possible reasons for the differences in the above results. Possible reasons are as follows:

First, it may be a regional difference. It can be known that in previous documents, their scope is in the United States and the target and people of the investigation are young citizens of the United States. Furthermore, regarding inappropriate content and related influences, TikTok official the relevant laws and regulations of each country are different, and the video content provided is also different. Recently, TikTok has strengthened its management of videos or creators that are sensational, violent, pornographic, smoking, and other related inappropriate or that affect the overall perception.

Second, regarding addiction and sleep problems, this study shows that most users use TikTok for a long time, but overall, this data shows that there are no other related adverse reactions.

The algorithm recommends videos of the type that users have recently watched more frequently. Therefore, TikTok short videos can achieve functions such as spending very little time sharing and absorbing to achieve spiritual healing. Because the research topic this time is related to the psychology of TikTok Health is related. Whether it has positive or negative effects, we see different perspectives. People have different views and opinions on the use of TikTok. The data analysis results of this study show that the results we obtained are closer to the positive effects. So, we can know that our research theory is reliable, but if I can add

other variables that may affect it, such as: the purpose and motivation of using TikTok into my research model, I can more easily understand the users' use of technology. and psychological validity of the theory of this study.

## Conclusion

With the continuous rapid development of technology in recent years, different types of social media have also emerged. Recently, short video and audio software had also become popular among the public and the most watched software (TikTok), allowing many users to use the software's calculations. The rules provide videos with relevant content based on users' viewing habits. In addition, it also allows users to have more time to watch videos of interest, thus becoming a short video software for people to spend time and relax daily. Does gender lead to differences in anxiety when using TikTok? Does age cause differences in anxiety when using TikTok? Does education lead to differences in anxiety when using TikTok? Does frequency of use lead to differences in anxiety when using TikTok? To help find answers to these research questions, we used related technology models to explore the use of TikTok. We explored usage habits, usage frequency, viewing content preferences, psychological impact, and comparison of other social media usage in the research questionnaire... Will using TikTok affect the research? The target population has a serious psychological impact. Through relevant technical surveys and research, we can better understand whether the above variables will affect the research target population.

When we conducted the research, we first analyzed and compared the existing research literature, previous research questions and questionnaires, and made an outline based on the obtained results, and made a draft of the questionnaire according to the outline. After many times, the consultant and I The discussion and revision finally led to a formal questionnaire. Then the questionnaire content was digitized, and then the online questionnaire was sent to social media (such as Instagram, LINE, Facebook) for questionnaire collection. It took two weeks to collect relevant and necessary data, which was time-consuming. After a week of screening the collected data, we brought the remaining data into the statistical analysis

software SPSS to build a database and compared it with previously discussed literature at any time.

According to the results of the SPSS analysis (please return to page 26 for details), to answer the research questions we raised earlier, we can find that the four variables of our research questions (gender/age/educational level/frequency) are all related to whether using TikTok Can cause anxiety, and the four variables show that all have a significant impact on whether using TikTok will cause anxiety ( $P < 0.05$ )

Through this research, we can know that in our previous related literature discussions, we can see that most of the opinions about people's experience of using TikTok have a negative impact. This research has a negative impact on the research objects we set. It is said that using TikTok does not have high mental health effects and associated negative effects (it is not that there are no negative effects at all). From the above part we can know. From the perspective of usage preferences, 93.3% of users will use TikTok to watch more interesting content such as comedies. According to statistics, 83% of users use TikTok for more than 30 minutes, and 98.5% of users say they do not feel anxious after using TikTok. This confirms that most users spend more time watching interesting videos, but do not believe that using TikTok has any psychological impact from a user perspective. According to our understanding, TikTok officials have recently updated relevant uploaded videos. And implement strict content control on live broadcast channels. They will conduct a wide range of searches related to violence, pornography, horror, etc., and delete content that will affect users. I believe that through official control of content, possible negative psychological problems can be greatly reduced and more people attracted. Many users use TikTok, but we know that watching and using TikTok for a long time may have an impact on physical health. Although research results show that it has a small psychological impact, we still need to pay



attention not only to mental health but also to the length of use. Avoid indirect effects on your health.

**Below will discuss the broader implications of my finding:**

- **Practical Implications** : Research has found that TikTok does not have a significant negative impact on mental health, which will provide users, parents and educators with a more confident strategic reference.

**- Users -**

*1. Responsible use* : Despite the fact that TikTok might not have a particularly harmful effect on mental health, usage should nevertheless be kept under check. Any prolonged use of social media can have an impact on everyday life and academic performance, thus frequent pauses and moderate usage are advised.

*2. Maintain privacy*: Don't give too much sensitive or personal information and take care to preserve your privacy and data. Make sure your account's privacy settings are adequate to prevent information from being shared without your consent.

*3. Diverse content*: To make your TikTok experience more fulfilling, experiment with various content categories, such as entertaining, instructive, and inspirational material.

**- Parents –**

*1. Conversation and understanding*: Keep the lines of communication open with your kids on how they use TikTok and go over any queries or worries you may have.

Encourage youngsters to share their internet experiences by starting a civil discourse.

*2. Monitor and set rules*: Set specific guidelines and time limitations for your child's use of TikTok using parental controls. This can prevent them from developing a platform addiction.

*3. Educate Digital Literacy*: Inform kids about digital literacy, cybersecurity, and online privacy. Assist them in recognizing and fixing any network issues they may run across.

**- Educators -**

1. Digital literacy courses: To assist students better comprehend the workings of the online world, including social media sites like TikTok, educational institutions may introduce digital literacy courses.

2. Mental Health Support: To help students deal with any emotional suffering that may result from using social media, schools should offer mental health support services.

Teachers should assist students in asking for help and offer resources.

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**Appendix 1**  
**(Survey -English vision)**

**TikTok short video community: Will it affect  
young people's thinking and mental health?**

**(English vision)**

**Dear respondent:**

**In recent years, the rise of social media platforms has revolutionized the way people interact and share information online. Among these platforms, TikTok has become one of the most popular and fastest-growing apps in the world, especially among young people. However, with its rapid expansion, TikTok has also raised concerns about its potential negative impact on mental health, privacy and social behavior.**

**The purpose of this questionnaire is to analyze the problems TikTok brings to modern society and the usage habits of users, and finally make a data analysis. Hope to get your valuable suggestions, thank you. This questionnaire is anonymous. This questionnaire lasts about 5 minutes and is for research purposes only. This study does not involve any identifiable personal information related to the research participants. Your answers will make this study a more valuable contribution, thanks most!**

**Wish you all the best**

**Department of International Affairs, Wenzao University**

**Instructor: Ciao Yuan-ming**

**Student: Lin Li-en**

**Demographics:**

a. Age:

- \* 13-17 years old
- \* 18-21 years old
- \* 22-25 years old
- \* 26-30 years old
- \* 31-40 years old
- \* 41-50 years old
- \* 51 and above

b. Gender:

- \* Male
- \* Female
- \* Non-binary
- \* Prefer not to say

c. Educational Background:

- \* High school or equivalent
- \* Associate's degree or equivalent
- \* Bachelor's degree or equivalent
- \* Master's degree or equivalent
- \* Doctoral degree or equivalent
- \* Other (please specify)

**TikTok Usage Patterns:**

a. How frequently do you use TikTok?

- \* Rarely (once a month or less)
- \* Occasionally (a few times a month)
- \* Several times a week
- \* Daily

b. How much time do you typically spend on TikTok per session?

- \* Less than 15 minutes
- \* 15-30 minutes
- \* 30 minutes to 1 hour
- \* 1-2 hours
- \* More than 2 hours

c. What types of content do you primarily engage with on TikTok? (Please select all that apply)

- \* Comedy/Sketches
- \* Dance
- \* Challenges
- \* Educational/Tutorials
- \* Personal vlogs
- \* Mental health-related content
- \* Cooking/Recipes
- \* Fashion/Beauty
- \* Sports/Fitness
- \* Music
- \* Gaming
- \* News/Current Affairs
- \* Animals/Pets
- \* Travel
- \* Art/Crafts
- \* Science/Technology
- \* Other (please specify):

**Comparison with Other Social Media Platforms:**

The following questions compare the impact of TikTok to other social media platforms. Please indicate your level of agreement with each statement.

a. Which other social media platforms do you regularly use? (Select all that apply)

Facebook  
Instagram  
Twitter  
Snapchat  
LinkedIn  
Pinterest  
Reddit  
YouTube  
TikTok  
Other (please specify):

b. On a scale of 1 to 5, with 1 being "not at all" and 5 being "extremely," how much do you agree with the following statement: "My TikTok (or social media) usage contributes to feelings of anxiety or stress."

1 (Not at all)  
2  
3  
4  
5 (Extremely)

c. Do you feel that your TikTok (or social media) usage affects your mental well-being or exacerbates symptoms of Generalized Anxiety Disorder (GAD)?

Yes, it significantly affects my mental well-being.  
Yes, it moderately affects my mental well-being.  
Yes, it slightly affects my mental well-being.  
No, it does not affect my mental well-being.

d. How often do you compare yourself to others on TikTok (or other social media platforms)?

Never  
Rarely  
Occasionally  
Frequently  
Always

e. Have you ever felt increased anxiety or worry after using TikTok (or other social media platforms)?

Never  
Rarely  
Occasionally  
Frequently



Always

f. On a scale of 1 to 5, with 1 being "not at all" and 5 being "extremely," how much do you agree with the following statement: "TikTok (or social media) negatively impacts my self-esteem and body image."

- 1 (Not at all)
- 2
- 3
- 4
- 5 (Extremely)

**Appendix 2**  
**(Survey -Chinese vision)**

**TikTok短影音社群：是否會對年輕人思想和心理健康造成影響**

(中文版本)

親愛的填答者您好:

近年來，社交媒體平臺的崛起徹底改變了人們線上互動和共享資訊的方式。在這些平臺中，抖音已成為世界上最受歡迎、增長最快的應用程式之一，特別是在年輕人中。

然而，隨著其快速擴張，抖音也對其對心理健康、隱私和社會行為的潛在負面影響表示擔憂。

這份問卷的目的是分析TikTok對於現代社會所帶來的問題及使用者的使用習慣，最後做成數據分析。希望能獲取您提供的寶貴建議，謝謝。本問卷採不記名方式作答，本問卷約莫5分鐘，僅做研究之用，本研究完全不涉及研究參與者個人相關可辨識之個資。您的回答將使本研究更具貢獻，致上最高謝意！

祝 順心如意

文藻外語大學國際事務系

指導老師: 焦原鳴

學生: 林立恩

人口統計：

a. 年齡：

\* 13-17歲

\* 18-21歲

\* 22-25歲

\* 26-30歲

- \* 31-40歲
- \* 41-50歲
- \* 51歲及以上

**b. 性別：**

- \* 男性
- \* 女性
- \* 非二元性別
- \* 不願提供

**c. 學歷：**

- \* 高中或同等學歷
- \* 副學士學位或同等學歷
- \* 學士學位或同等學歷
- \* 碩士學位或同等學歷
- \* 博士學位或同等學歷
- \* 其他（請註明）

**TikTok 使用模式：**

**a. 您使用 TikTok 的頻率如何？**

- \* 很少（每月一次或更少）
- \* 偶爾（每月幾次）
- \* 一周幾次
- \* 日常的

**b. 您每次會話通常在 TikTok 上花費多少時間？**

- \* 少於15分鐘
- \* 15-30分鐘
- \* 30分鐘至1小時
- \* 1-2小時
- \* 2小時以上

**C. 您在 TikTok 上主要瀏覽哪些類型的內容？（請選擇所有適用項）**

- \* 喜劇/小品
- \* 舞蹈
- \* 挑戰
- \* 教育/教程
- \* 個人視頻博客
- \* 心理健康相關內容
- \* 烹飪/食譜
- \* 時尚/美容
- \* 運動/健身
- \* 音樂
- \* 遊戲
- \* 新聞/時事
- \* 動物/寵物
- \* 旅行
- \* 藝術/工藝品
- \* 科學技術
- \* 其他（請註明）：

**與其他社交媒體平台的比較：**

**a. 您還經常使用哪些其他社交媒體平台？（選擇所有符合條件的）**

Facebook  
Instagram  
Twitter  
Snapchat  
LinkedIn  
Pinterest  
Reddit  
YouTube  
TikTok

其他（請註明）：

以下問題比較了 TikTok 與其他社交媒體平台的影響。  
請表明您對每項陳述的同意程度。

**b. 按照 1 到 5 的評分標準，1 表示“完全不”，5 表示“非常”，您對以下說法的同意程度如何：“我的 TikTok（或社交媒體）使用會導致焦慮感或焦慮感”壓力。”**

- 1 ( 完全不同意 )
- 2
- 3
- 4
- 5 ( 非常同意 )

**c. 您認為 TikTok（或社交媒體）的使用是否會影響您的心理健康或加劇廣泛性焦慮症 (GAD) 的症狀？**

- 是的，它極大地影響了我的心理健康
- 是的，它對我的心理健康有一定影響
- 是的，它稍微影響了我的心理健康
- 不，這不會影響我的精神健康

**d. 您多久在 TikTok（或其他社交媒體平台）上將自己與其他人進行比較？**

- 從不
- 很少
- 偶爾
- 頻繁地
- 總是

**e. 使用 TikTok（或其他社交媒體平台）後，您是否曾感到焦慮或擔憂加劇？**

- 從不
- 很少

偶爾  
頻繁地  
總是

f. 按照 1 到 5 的評分標準，1 表示“完全不”，5 表示“非常”，您對以下說法的同意程度如何：“TikTok（或社交媒體）對我的自尊和身體形象產生了負面影響。”

- 1 ( 完全不同意 )
- 2
- 3
- 4
- 5 ( 非常同意 )