



Investigating the relationship between Mindfulness, Social Networking Addiction and Resilience among Young Adults

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Abstract

Social networking sites play a crucial role in the lives of emerging adults to communicate with the world. However, spending long hours on social media can take a toll on individuals' mental health. The present study aimed to investigate the relationship between mindfulness, social networking sites addiction, and resilience among young adults. For this purpose, a sample of 51 young adults in the age range 20-30 years was collected. Standardized measures of mindfulness, social networking sites addiction, and resilience were administered to the participants. The findings of the study found that there is no significant correlation between mindfulness and social networking addiction. It also indicates that no such significant relationship exists between social networking site addiction and resilience, and mindfulness and resilience. Lastly, a significant positive correlation was found between social networking sites addiction and its dimensions, which includes salience, mood modification, tolerance, withdrawal, conflict, and relapse. The finding highlights the need for mindfulness-based practices and approaches to deal with social networking sites addiction, and improving the resilience and overall mental health of young adults.

Keywords: *Mindfulness, Social networking addiction, Resilience, young adults*

Introduction

“Drink your tea slowly and reverently, as if it is the axis on which the word earth revolves- slowly, evenly, without rushing toward the future; live the actual moment. Only this moment is life.” Thich Nhat Hanh

The roots of mindfulness can be seen in the early philosophies of Buddhism and Hinduism. It is to allow oneself to be aware and pay attention to the surrounding internal as well as external. Mindfulness does not mean to walk around or work on automatic mode, eating while looking at mobiles and watching television, or even mindlessly scrolling through social media, it involves living life in the present moment without judgement. A study supported by NIH discovered an association between mindfulness meditation and noticeable changes in the regions of the brain involving learning, emotions, and memory. In another study, which was funded by NIH, it was found out that mindfulness practice can lower the levels of anxiety and hostility among urban youth. This can result in decreased stress levels, fewer fights and better relationships (NIH News in Health, January 2012). Practicing mindfulness can help individuals to be calmer, patient, and manage emotion and stress effectively. A study was conducted by Bhandari and Pandey (2024) on two groups of 60 participants each, where one group of participants received an 8-week mindfulness meditation program, while the other was the control group. It was revealed that there exists a significant difference in psychological well-being of the intervention group at the end of the study.

In the present generation, social networking sites have become a crucial part of our everyday lives. From texting, making new connections, socializing, to receiving access to various information, it has become an integral part of our lives. The recent surveys by IAMAI and Kantar indicate that by 2025, India can have over 900 million users with a majority of the

population belonging from rural areas (The Economic Times, January 2025). Today's young minds spend long hours on social networking sites such as Instagram, Facebook, YouTube, WhatsApp, Snapchat, and many more. This long duration of scrolling on these internet sites and exposure to reels, shorts, and other forms of short content has led to a decrease in individuals' attention spans. According to an Indian study, around 31.27 percent of social media users are highly addicted to social media and begin their day with checking their social media and 59.13 percent cannot even imagine their day without these social networking sites. Neuroscientists have compared the dopamine rush from engaging on social networking sites to the impact of drug consumption (Deccan Herald, January 2025).

According to another report from the National Institute of Mental Health and Neuroscience (NIMHANS), about 27 percent of Indian teenagers show symptoms of social media dependency, which includes a lack of concentration, bad academic output, and other mental health conditions (India Today, November 2024). As per a research study conducted by Rajasekhar et al. (2023), internet addiction was found to be 51 percent prevalent among college students and the rate of mild, moderate, and severe addiction was 31.8 percent, 18.5 percent, and 0.7 percent respectively. One can practice mindfulness to increase awareness of the content consumed by such sites and reduce impulsivity, which can result in a decrease in mindless scrolling. It can also increase resilience, allowing individuals to decrease social media dependency and self-control.

Resilience is the ability of a person to bounce back from difficult and stressful situations. It helps a person to adapt through hard circumstances and successfully overcome them. Being resilient plays an important part in young adults' lives. It teaches you to deal with unexpected situations that life throws at an individual. Resilience helps to be more adaptable, build stronger relationships, and has a positive impact on physical as well as mental well-being. A study conducted on college students by Chouhan (2023) highlighted the importance of resilience on

mental health. It was revealed that students who score higher in resilience had better mental health than those who scored lower in resilience.

Mindfulness

According to Langer (2017), mindfulness is the “process of actively noticing new things. When you do that, it puts you in the present. It makes you more sensitive to context and perspective. It’s the essence of engagement. And it’s energy-begetting, not energy-consuming. The mistake most people make is to assume it’s stressful and exhausting- all this thinking.”

Kabat Zinn (2003) defined mindfulness as “the awareness that emerges through paying attention, on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment”

Operationally, Bishop et al. (2004, p.234) proposed a two-component definition of mindfulness composed of self-regulation of attention and a specific orientation to experience consisting of curiosity and acceptance. The authors suggested that mindfulness can be seen as “a process of regulating attention in order to bring a quality of nonelaborative awareness to current experience and a quality of relating to one’s experience within an orientation of curiosity, experiential openness, and acceptance”.

A study was conducted on young adults to study the nature of mindfulness and cognitive failure. The study included 80 young adults divided between males and females. The results indicated that mindfulness is negatively correlated with cognitive failure, which suggests that higher mindfulness in an individual would result in fewer cognitive errors (Singh & Sharma, 2017). Benada and Chowdhry (2017), did a study titled “A correlational study of happiness, resilience, and mindfulness among nursing student” on 70 nursing students. The study revealed that there exists a positive association between happiness, resilience, and

mindfulness. The findings also highlighted that happiness and mindfulness are the best predictors of resilience among nursing students.

A study was conducted on social media addiction and mindfulness in university students. A sample of 214 students was collected via an online platform. The results revealed a significant gender difference between the mood regulation mean score of university students, where the mood regulation of women was higher in comparison to men. It was also found that there is a significant association between mindfulness and social media addiction. The findings signify that an increase in mindfulness results in a decrease in social media addiction (Ozturan et al., 2022).

Social networking Addiction

Andreassen and Pallesen (2017) defined social media addiction as “being overly concerned about social networking sites (SNSs), to be driven by a strong motivation to log on to or use SNSs, and to devote so much time and effort to SNSs that it impairs other social activities, studies/job, interpersonal relationships and/or psychological health and well-being”

Social networking site addiction can be defined as a “psychological state of maladaptive dependency on the use of SNSs to such a degree that the following typical behavioural addiction symptoms arise which are salience, withdrawal, conflict, relapse and reinstatement, tolerance, and mood modification” (Xu & Tan, 2012).

Basu et al. (2021), researched on a study titled “Addiction-like behavior associated with social media usage in undergraduate students of Government Medical College in Delhi, India” on 424 medical undergraduate students. The mean age of the participants was 19.83 years and standardized measures were used. The results showed that the social media addiction score was significantly higher in students reporting poor sleep quality and in older students. It was also

concluded that most students struggle to reduce their media usage, even though they had a desire to do so, indicating a level of tolerance and a lack of control.

Rahman and Razak (2019) studied social media addiction toward young adults' emotions. A sample of 380 students belonging to different backgrounds, education levels, and faculty was studied. A mild level of social media addiction was found among the students. It was revealed that a majority of students were on more than three social media accounts, and Instagram was the most popular social media platform among students. The time spent on these platforms was more than 5 hours a day. The findings indicated that there was no significant relationship between social media usage and social media addiction. A significant effect was found between social media addiction and emotion. The study highlights the obsession with social media among student that affected their emotions.

A study was conducted on 699 Chinese high school students to examine the mediating effects of emotional expressivity in the association between emotional resilience and social networking site addiction and whether the mediating process was moderated by the presence of a type D personality. The findings revealed that the ability to generate positive emotions can positively predict social networking site addiction and increase positive expressivity as well. It was found that the ability to recover quickly from negative emotions is negatively associated with social networking site addiction. It also decreases both positive and negative expressivity. The moderated mediation analysis revealed that Type D personality moderates the correlation between positive expressivity and social networking site addiction. The study further implicated the necessity of exploring mechanisms underlying the links between social networking addiction and resilience, which in turn helps in decreasing social media addiction among youth (Nie et al., 2020).

Resilience

According to Walker (2020), resilience can be defined as “the ability to cope with shocks and to keep functioning in much the same kind of way. It is a measure of how much an ecosystem, a business, a society can change before it crosses a tipping point into some other kind of state that it then tends to stay in.”

Wagnild and Young (1993) describes resilience as “a personality characteristic that moderates the negative effects of stress and promotes adaptation”. As per Rutter (2012) resilience is defined as, “a process between the individual and the environment in response to adversity that varies depending on the situation and available resources”.

A study was conducted on 110 undergraduate and postgraduate students to find the relationship between positive/negative affect and resilience among these students. The mean age of the sample was 21 years and standardized measures were used. The results found that there exists a significant moderate positive relationship between positive affect and resilience. This indicates that if there is an increase in positive affect, then there is an increase in resilience as well. It was also found out that there is a negative association with resilience, indicating that if negative affect increases, resilience tends to decrease. The study highlights the relevance of emotional well-being in building resilience in college students (Tokas & Kola, 2024).

Dinc and Topcu (2021) conducted a study to examine the relationship between resilience and problematic internet use among youth. A sample of 220 Australian youth using standardized measures was collected. The finding revealed that there exists a significant negative association between problematic internet use and resilience. Results also found that sub-dimensions of resilience, individual personal skills, and context spiritual predicted problematic internet use negatively. The scores of black students were lower than those of white and other ethnicity students in terms of resilience. The results also indicated that students

with low academic performance and rare engagement in activities outside school had lower resilience.

In another research study, Devi and Singh (2025) studied the impact of resilience and optimism on attitude towards drugs. The sample consisted of 200 participants between the age range of 20-40 years. The authors found that the attitude toward drugs had a moderate negative association with resilience as well as optimism. This indicated that if the attitude of an individual toward drugs increases, both the resilience and the optimism of the individual decreases. Additionally, it was found out using regression analysis that both resilience and optimism are significant predictors of attitude towards drugs. The authors asserted on the importance of enhancing resilience and optimism that may change the attitude toward drugs in a positive light.

Purpose

The purpose is to study mindfulness, social networking addiction, and resilience among young adults.

Hypothesis

1. There will be no significant relationship between mindfulness and social networking sites addiction among young adults.
2. There will be no significant relationship between mindfulness and resilience among young adults.
3. There will be no significant relationship between social networking sites addiction and resilience among young adults.

Methodology

Sample

A total sample of 51 young adults in the age range of 20-30 years from Ahmedabad, India.

Measures

Mindful Attention Awareness Scale (MAAS): The scale was developed by Brown and Ryan at Ohio State University in the year 2003. The scale consists of 15 items. It is a 6-pointer Likert scale from 'Almost always' to 'Almost never'. To score the scale, a simple mean of the 15 items is taken. The higher scores indicate higher levels of dispositional mindfulness.

Social Networking Addiction Scale (SNAS): The scale of Social Networking addiction was developed by Shahnawaz and Rehman in the year 2000. The scale consists of dimensions like Salience, mood modification, tolerance, withdrawal, conflict, and relapse. There are 21 items on the scale, where the score can range from 21 to 147. To score the scale, a total score of each item is taken. Any score that is greater than 81 signifies social networking addiction.

Brief Resilience Scale (BRS): The Brief resilience scale is developed by Smith et al., at the Ohio State University in 2008. The scale includes 6 items on a 5-pointer Likert scale, from 'strongly disagree' to 'strongly agree.' To score the scale, responses varying from 1-5 are added for all six items, and the total score obtained is divided by the total number of questions answered. The minimum score that can be obtained on the scale is six, and the minimum score that can be obtained is 30.

Procedure

The data of participants for the present study were collected through Google Forms. Standardized measures were used to conduct the study. Consent was taken from all the

participants before collecting their data. All the participants were thanked for their time and cooperation.

Analysis of data

Results

Table 1: *N, mean and standard deviation*

	Mindfulness	Social networking addiction	Resilience	Salience	Mood modification	Tolerance	Withdrawal	Conflict	Relapse
N	51	51	51	51	51	51	51	51	51
Mean	3.87	72.3	3.09	16.3	13.7	11.0	10.1	8.16	13.0
Standard deviation	1.02	25.5	0.653	6.73	4.21	5.10	5.39	4.80	7.59

Table 2 : *Correlation between Mindfulness, social networking addiction, and resilience*

	Mindfulness	Social networking addiction	Resilience	Salience	Mood modification	Tolerance	Withdrawal	Conflict	Relapse
Mindfulness	—								
Social networking addiction	0.037	—							
Resilience	0.082	-0.183	—						
Salience	0.181	0.726***	-0.065	—					
Mood modification	0.266	0.698***	-0.256	0.584***	—				
Tolerance	0.148	0.761***	-0.235	0.420**	0.577***	—			
Withdrawal	-0.216	0.707***	0.005	0.339*	0.362**	0.400**	—		
Conflict	-0.149	0.770***	-0.116	0.355*	0.324*	0.485***	0.715***	—	

Relapse	-0.036	0.825***	-0.187	0.479***	0.423**	0.600***	0.442**	0.623***	—
Note. * $p < .05$, ** $p < .01$, *** $p < .001$									

Discussion of Results

There was no significant correlation found between social networking site addiction and mindfulness. There was no significant difference found between resilience and mindfulness. There was no significant correlation between resilience and social networking site addiction among young adults. However, the results show a significant correlation between social networking addiction and its dimensions. As per the results, social networking sites addiction has significant positive correlation with all its dimensions, that is, salience ($r = 0.726$, $p < 0.001$), mood modification ($r = 0.698$, $p < 0.001$), tolerance ($r = 0.761$, $p < 0.001$), withdrawal ($r = 0.707$, $p < 0.001$), conflict ($r = 0.770$, $p < 0.001$), and relapse ($r = 0.825$, $p < 0.001$). This means that an increase in social networking sites addiction will indicate an increase in these other variables as well. The findings also indicate that a positive significant correlation exists between mood modification and salience ($r = 0.584$, $p < 0.001$). Tolerance showed a positive association with salience ($r = 0.420$, $p < 0.01$) and mood modification ($r = 0.577$, $p < 0.001$) as well. Similarly, withdrawal exhibits a significant positive correlation with variables, Salience ($r = 0.339$, $p < 0.05$), mood modification ($r = 0.362$, $p < 0.01$), and tolerance ($r = 0.400$, $p < 0.001$). The results indicated a positive significant relationship between conflict and salience ($r = 0.355$, $p < 0.05$), mood modification ($r = 0.324$, $p < 0.05$), tolerance ($r = 0.485$, $p < 0.001$), and withdrawal ($r = 0.715$, $p < 0.001$). Lastly, there was a significant difference found between relapse with Salience ($r = 0.479$, $p < 0.001$), mood modification ($r = 0.423$, $p < 0.01$), tolerance ($r = 0.600$, $p < 0.001$), withdrawal ($r = 0.442$, $p < 0.01$), and conflict ($r = 0.623$, $p < 0.001$).

The current study found no significant relationship of social networking sites with mindfulness and resilience among young adults. This pattern of results is consistent with the previous literature of Mandiwal (2021), who studies the relationship of social media use with mindfulness, loneliness, and resilience among 68 participants. However, there exists a positive significant relationship between resilience and mindfulness, which does not align with the present study.

The result found no significant association between mindfulness and resilience in the present sample. In a study conducted by Bhradwaj and Imran (2023) on 100 young adults, it was revealed that there is a small negative correlation between mindfulness and resilience, however, it is not significant, which is similar to the present study. The results of the present study are also consistent with the work of Chen et al. (2023), which deals with perceived stress mediating the association between mindfulness and the association among registered nurses. It implies that although there is no direct association among mindfulness and resilience, however, mindfulness has an indirect role on resilience via perceived stress.

The current study indicates a significant positive correlation between social networking sites addiction and its dimensions. The result revealed that there is a positive correlation between social networking sites and mood modification ($r=0.324$, $p<0.05$). At times, young adults might use social networking sites as a medium of escaping from negative emotions, or might get pleasure and excitement using social media sites. In a recent study by Kose and Dogen (2019), a significant difference was found between men and women in terms of mood modification in Turkish university students. They supported the idea that women use social media more as a mood modifier than men. The findings also indicate a positive significant association of social networking sites with relapse ($r= 0.825$, $p<0.001$) which aligns with the study conducted by Aydin et al (2020) where harmful effects of excessive use of social networking sites among patients with major depressive disorder were found out. These

depressive symptoms were significantly predicted by the relapse subscale of social networking addiction.

It was also revealed that social networking sites addiction has a significant correlation with salience ($r = 0.726$, $p < 0.001$), tolerance ($r = 0.761$, $p < 0.001$), withdrawal ($r = 0.707$, $p < 0.001$), and, conflict ($r = 0.770$, $p < 0.001$). Significant association with salience indicates that social media has become the most important aspect of young adults' lives. It includes using these sites every few minutes, thinking about it constantly, and picking up mobile phones as soon as a notification pops up. This has also led to an increase in tolerance of social media sites, resulting in long hours spent on social media and using them to get a sense of satisfaction and enjoyment. An absence or withdrawal of the social networking sites can also create a sense of discomfort among young adults. Individuals might feel anxious, and irritated at the time of withdrawal. The result also indicates that excessive use of social networking sites can create a significant level of conflict among young adults.

A study done by Arora et al., (2022) on social media addiction and its risks in India, on a sample of 747 participants. It was concluded in the study that around 18 percent of the sample was prone to social media addiction. In addition to this, salience, mood modification, tolerance, and relapse explained 37.4 percent of the total variance.

The findings also indicate that a positive significant correlation exists between mood modification and salience ($r = 0.584$, $p < 0.001$). Tolerance showed a positive association with salience ($r = 0.420$, $p < 0.01$) and mood modification ($r = 0.577$, $p < 0.001$) as well. Similarly, withdrawal exhibits a significant positive correlation with variables, Salience ($r = 0.339$, $p < 0.05$), mood modification ($r = 0.362$, $p < 0.01$), and tolerance ($r = 0.400$, $p < 0.001$). The results indicated a positive significant relationship between conflict and salience ($r = 0.355$, $p < 0.05$), mood modification ($r = 0.324$, $p < 0.05$), tolerance ($r = 0.485$, $p < 0.001$), and withdrawal ($r =$

0.715, $p < 0.001$). Lastly, there was a significant difference found between relapse with Saliency ($r = 0.479$, $p < 0.001$), mood modification ($r = 0.423$, $p < 0.01$), tolerance ($r = 0.600$, $p < 0.001$), withdrawal ($r = 0.442$, $p < 0.01$), and conflict ($r = 0.623$, $p < 0.001$). A study was conducted by Simsek et al. (2019) on a sample of 700 students to find out the social media addiction of high school and university students. The research shows consistent results of association among the sub dimensions of social networking sites, as in the present study. Also, the authors of the previous study did not find any gender difference among saliency, tolerance, relapse, withdrawal, and conflict. Lastly, it indicated that females experience higher mood modification through social media.

Conclusion

The present study aimed to investigate the relationship between mindfulness, social networking sites addiction, and resilience among young adults. For this purpose, a sample of 51 young adults in the age range 20-30 years was collected. Standardized measures of mindfulness, social networking sites addiction, and resilience were administered to the participants. The findings of the study found that there is no significant correlation between mindfulness and social networking addiction. It also indicates that no such significant relationship exists between social networking site addiction and resilience, and mindfulness and resilience. Lastly, a significant positive correlation was found between social networking sites addiction and its dimensions, which include saliency, mood modification, tolerance, withdrawal, conflict, and relapse.

The findings highlighted the necessity of psychoeducation and psychiatric therapies for social networking sites addiction, especially for young individuals who use social media frequently. Self-intervention can also be used in early stages. These include monitoring daily internet usage, setting fixed hours of internet use, taking short breaks, and using social networking sites

mindfully. In terms of future research, it would be useful to extend the current findings by examining the harmful psychological effect of social networking addiction, and finding its relationship with other variables. The small sample size makes it difficult to generalize the result to the whole population, and also other demographic details like socio-economic status, gender, and education level were not taken into consideration. Despite these limitations, the present study has enhanced our understanding of the relationship between mindfulness, resilience, and social networking sites addiction, and hoping that the current research will stimulate further investigation of this important area.

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