



---

## Level of Depression and Anxiety of Urban and Rural Facebook User

---

**Mr. Narote Goraksha Laxman**

Head Department of Psychology,

S.S.G.M. Science, Gautam Arts and Sanjivani Commerce College, Kopergaon

Dist. Ahilyanagar , (M.S.) India

**Corresponding Author: Mr. Narote Goraksha Laxman**

**Email:** [gorakshanarote02@gmail.com](mailto:gorakshanarote02@gmail.com)

**DOI- 10.5281/zenodo.15162329**

---

### Abstract:

Social media has revolutionized the way we connect, communicate, and share information over the past decade. In 2024, the average time spent per day on platforms like Facebook, Twitter, Instagram, TikTok, and Snapchat is 150 minutes. It has become an integral part of our daily lives, providing unprecedented opportunities for social interaction and self-expression. However, while introducing numerous benefits, it is important to recognize its potential impact on our mental health. The constant exposure to online life has raised concerns about the effects on our mental health. The modern world is believed to be full of comforts and luxuries, but individuals have lost out on true happiness, let alone peace of mind.

The 20th century has been called the age of anxiety. Excessive worry is seen as the root cause of many mental disorders. So let's explore how social media Facebook has a positive and negative impact on depression and anxiety.

**Keyword:** Depression, Anxiety, Facebook users.

---

### Introduction:

According to, Psychologists, a mood or emotional state that is marked by feelings of low self-worth or guilt and a reduced ability to enjoy life. A person who is depressed usually experiences several of the following symptoms: feelings OF sadness, hopelessness, or pessimism; lowered self-esteem and heightened self-depreciation; a decrease or loss of ability to take pleasure in ordinary activities; reduced energy and vitality; slowness of thought or action; loss of appetite; and disturbed sleep or insomnia. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.

According to, Spiel Berger and Vagg, in 1995, anxiety is the least understood and most extensively of all the emotions the twentieth century has been called the age of anxiety but the concern with anxiety phenomenon has been as old as the history of humanity it is both an emotional state and a personality quality. Anxiety involves negative mood, worry about possible future threat or danger, self-preoccupation, and a sense of being unable to predict the future threat or to control it if it occurs. At a physiological level, anxiety often creates a state of tension and chronic over arousal, which may reflect readiness for dealing with danger should it occur. Although there is no activation of the Fight – or flight response as in fear, anxiety does prepare or

prime a person for the fight-or-behavioral level, anxiety may create a strong tendency to avoid situations where danger might be encountered, but there is not the immediate urge to flee with anxiety as there is with fear (Barlow, 1988, 2002). In this study the researcher has mainly focused on, to find out the significance difference in level of depression and anxiety among the urban and rural Facebook users.

### Objectives of the Study

1. To study the level of depression among the urban and rural facebook users.
2. To study the level of anxiety among the urban and rural facebook users.

### Hypothesis of the Study

1. Urban Facebook users and rural Facebook users do not differ on their depression level.
2. There will be no significant difference in level of anxiety among the urban and rural Facebook users.

### Research Background:

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Anxiety is the least understood and most extensively of all the emotions the twentieth century has been called the age of anxiety but the concern with anxiety phenomenon has been as old as the history of humanity it is both an emotional state and a personality quality. In this study the researcher has mainly focused on, to find out the significance difference in level of depression and anxiety among the urban and rural Facebook users.

**Procedure:**

The study 60 samples were selected. Out of samples, 30 were selected from urban and 30 were selected from rural area. The study selective sampling technique was used for the selection of the

**Research Procedure**

Variables of the Study

Independent Variable	Dependent Variable
A) Type of Area	A) Level of Depression
1) Urban Facebook users	B) Level of Anxiety
2) Rural Facebook Users	

**Sample Selection Procedure:**

The study 60 samples were selected. out of samples, 30 were selected from urban and 30 were selected from rural area. The study selective sampling techniques was used for the selection of the sample. The study Beck's Depression Inventory and Comprehensive Anxiety Test developed by Dr. R.L. Bharadwaj has been used. The sample age range was between 22 to 40 years.

**Study Materials:**

**1. Beck's Depression Inventory :** In this inventory total 21 are items. Each item of the

**Statistical Interpretation**

**Table No.1 Shows difference in depression among urban and rural Facebook users**

Variable	Type of Students	Mean	S.D	N	df	't'	P
Level of Depression	Urban Facebook Users	8.15	4.72	40	78	0.318	NS
	Rural Facebook Users	7.83	4.41	40			

**Significant Level at 0.05 2.000, 0.01=2.660**

The table no.1 it is shows the significant difference in level of depression among the urban and rural Facebook users. The mean value of urban Facebook users is 8.15 and SD is 4.72. As well as the mean value of rural Facebook users is 7.83 and SD

**Table No.2 Shows difference in anxiety among urban and rural Facebook users**

Variable	Type of Students	Mean	S.D	N	df	't'	P
Level of Anxiety	Urban Facebook Users	28.45	9.30	40	78	0.401	NS
	Rural Facebook Users	27.58	10.21	40			

**Significant Level at 0.05 2.000, 0.01=2.660**

The table no.2 it is shows the significant difference in level of anxiety among the urban and rural Facebook users. The mean value of urban Facebook users are 28.45 and SD is 9.30. As well as the mean value of rural Facebook users is 27.58 and SD is 10.21. The calculated t value 0.401 is not significant at 0.05 levels. It means there is insignificant difference found in anxiety among the urban and rural Facebook users. Thus, Hypothesis no. 2 is accepted.

**Implications of the Study**

The present study will have useful for prevention and control of anxiety and depression level. The present study findings can be beneficial for society, psychologists, research scholars, counselors.

**Mr. Narote Goraksha Laxman**

sample. The study Beck's Depression Inventory and Comprehensive Anxiety Test (CA) developed by Dr. R.L. Bharadwaj, Dr. H. Sharma, and Dr. M. Bhargava has been used. The sample age range was between 22 to 40 years.

inventory is answered four options. the scoring of the scale is very easy.

**2. Comprehensive Anxiety Scale :** The test developed by Dr. R.L. Bharadwaj Dr. H. Sharma, and Dr. M. Bhargava in (2006, Revised). In this scale total 90 items. Each item of the test is answered either by 'Yes' or By 'No' The Scoring of the anxiety scale is very easy. The test can be accurately by hand and no scoring key is need.

is 4.41. The calculated t value 0.318 is not significant at 0.05 levels. it means there is insignificant difference found in depression among the urban and rural Facebook users. Consequently, Hypothesis no. 1 is accepted.

**Conclusions:**

1. There is insignificant difference found among urban and rural Facebook users in terms of their depression.
2. There is insignificant difference found among urban and rural Facebook users in terms of their anxiety.

**References:**

1. Baron, R. A., Branscombe, N. R., Byene, D., & Bhardwaj, G. (2010). Social Psychology. India, Dorling Kindersley Pvt. Ltd.
2. Beck's Depression Inventory
3. Bharadwaj, R.L., Sharma, H., and, Bhargava, M. (2006 Revised). Comprehensive Anxiety Scale (CA). Agra: National Psychological Corporation.

4. Carson, Robert, C., Butcher, James, N., Mineka, Susan., & Hooley, Jill, M. (2012). *Abnormal Psychology*. South Asian Edition. India: Dorling Kindersley Pvt. Limited, Licensees of Pearson Education in south Asia.
5. Gupta, S. L., & Gupta, Hitesh. (2011). *Research Methodology* (2nd ed). New Delhi: International Book House Pvt. Ltd.
6. [https://www.britannica.com/science/depression-  
psychology](https://www.britannica.com/science/depression-psychology)
7. [https://www.mayoclinic.org/diseases-  
conditions/depression/symptoms-causes/syc-  
20356007](https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007)
8. [https://www.nimh.nih.gov/health/topics/depress  
ion/index.shtml](https://www.nimh.nih.gov/health/topics/depression/index.shtml)
9. Sultania, M. K. (2006). *Aggression Inventory*. Agra, National Psychological Corporation.