



The Relationship Between Tiktok Use and Social Anxiety Among Gen Z

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ABSTRACT

This study examines the relationship between TikTok usage and social anxiety among Generation Z in Indonesia. Employing a quantitative correlational approach, data were collected via online questionnaires from 71 active TikTok users aged 18–24 years using purposive sampling. Instruments for TikTok usage (frequency, duration, activity, purpose) and social anxiety (interaction anxiety, scrutiny fear, close relationship anxiety) showed high validity ($r > 0.235$) and reliability (Cronbach's $\alpha > 0.90$). Results revealed a positive moderate correlation ($r = 0.392$, $p < 0.001$) and significant regression effect ($\beta = 0.276$, $p < 0.001$), with TikTok explaining 15.4% of social anxiety variance. Findings align with Uses and Gratifications and Social Comparison Theories, urging digital literacy interventions for mental health

INTRODUCTION

The development of information technology has resulted in significant changes in human life, especially in the way people communicate, build relationships, and express themselves (Muhammad & Silviani, 2017). One of the main impacts of technological progress is the emergence of social media, which has now become an important element in the lives of modern society, especially for Generation Z. Social media is growing rapidly due to the increase and accessibility of information made possible by advances in communication technology (Indrapuspita et al., 2023). For today's generation, social media not only functions as a means of communication, but also becomes the main platform for self-expression and building identity (Kullolli & Trebicka, 2023). Generation Z represents a consumer demographic that has been significantly shaped by technological advancements and the rise of social media, particularly TikTok, turning it into not only a source of entertainment but also a powerful marketing tool for influencers promoting products, such as smartphones (Soares & Maella, 2025). One of the most well-known platforms is TikTok, a short video-based application that makes it easy for users to create and share creative content (Omar & Dequan, 2020). According to data from Datareportal Tiktok (2025), it has at least 1.59 billion users worldwide in January 2025. Indonesia has 108 million active Tiktok users.

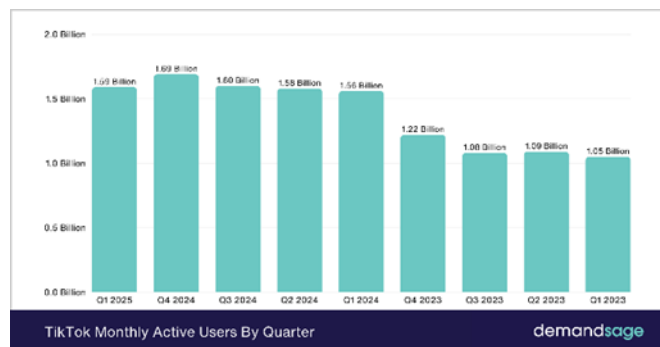


Figure1. Active Users

Source: <https://www.demandsage.com/wp-content/uploads/2025/05/Tiktok-Monthly-Active-Users-By-Quarter.png>

TikTok has a large Gen Z user base and interactive features that support the spread of viral content, which makes it attractive (Hansdoko et al., 2025). However, despite its popularity, excessive TikTok use can have psychological impacts, one of which is social anxiety. According to the theory proposed by Kramer (in Yudha Pranata et al., 2023), social media can transmit both positive and negative emotions, which can impact an individual's emotional well-being. Previous research has shown similar findings. (Suryanto & Kurniati, 2022), (Longsam et al., 2025) found that there was a psychological impact on adolescent TikTok users, while (Sactria & Al hafiz, 2023) also concluded that the use of TikTok is related to adolescent anxiety in existing on social media (Yuliana et al., 2025). Based on these findings, it can be concluded that while TikTok can provide a space for expression, this platform can also potentially cause social pressure and psychological disorders in the younger generation. TikTok, functioning as

an algorithm-based platform, allows users to project different personas that can be customized to align with their communication goals and digital identity requirements (Azizi et al., 2025).

The difference between this study and previous research lies in the methodology employed. While previous research employed a qualitative phenomenological approach through direct interviews with informants, this study employs quantitative methods, collecting data through questionnaires distributed to respondents, namely Generation Z, who are active TikTok users.

LITERATURE REVIEW

This literature review contains theories and concepts that can serve as a basis for analyzing research findings. These theories can help explain the relationship between TikTok use and social anxiety among Gen Z.

1. Uses and Gratifications Theory

This theory was introduced by Kaltz, Blumler, and Gulrevitch (1973), who also explained that individuals actively use media to fulfill various needs, such as entertainment, information seeking, personal identity formation, and social interaction (Katz et al., 1973). In the context of TikTok usage, this theory also explains that users utilize the platform to seek entertainment, fill their free time, express themselves, and gain social recognition from their surroundings (Omar & Dequan, 2020; Schönfeld et al., 2019). However, when these needs are not optimally met or instead lead to dependency, negative impacts can arise such as feelings of insecurity and social anxiety (González-Orozco et al., 2022).

The higher the intensity of TikTok use without self-control, the greater the likelihood of individuals experiencing psychological distress that can lead to social comparison and the need for external validation (Brailovskaia et al., 2022; González-Orozco et al., 2022). This theory also confirms that social media use by Generation Z has a significant influence on how they allocate their time and energy, which ultimately affects their productivity levels and psychological well-being (Iqbal et al., 2024). Recent research has shown that excessive exposure to social media can contribute to increased feelings of anxiety, depression, and social isolation, especially among adolescents and young adults who use social media as their primary means of social interaction (Busch et al., 2021; Grassi et al., 2024). This condition is important to pay attention to because psychological health disorders can reduce an individual's motivation, concentration, and productivity in daily life (Iqbal et al., 2024).

2. Social Comparison Theory

The Social Comparison Theory proposed by Festinger (1954) states that individuals tend to assess their abilities, appearance, and social status by comparing themselves unfavorably, especially upward comparisons which are often associated with decreased self-esteem and increased anxiety or social stress (Goodman et al., 2021; Tian et al., 2024). Generation Z, which is still in the identity formation stage, tends to be more vulnerable to the negative impacts of online social comparison due to the need for social validation and the high frequency of digital platform use (Andrade et al., 2023; Meier & Johnson, 2022). Repeated

exposure to content that emphasizes "perfection" reinforces the drive to look ideal and be accepted, potentially leading to feelings of inadequacy and digital social anxiety that can disrupt mental well-being and productivity (Andrade et al., 2023; Tian et al., 2024).

METHODOLOGY

This study also applies a quantitative method with a correlational approach to explore the relationship between TikTok usage (variable X) and social anxiety (variable Y) among Generation Z. This data was collected through an online survey using an online questionnaire distributed to 71 respondents aged 18–24 who are active TikTok users, with a purposive sampling technique. The research instrument consists of two parts, namely questions to recognize TikTok usage patterns (frequency, duration, activity, and purpose of use) and questions to recognize social anxiety which includes social judgment, feelings of insecurity, and interference with personal productivity.

Table 1. Variables and Dimensions X and Y

Variables	Dimensions	Indicator
Independent Variable (X): TikTok Usage	Frequency of Use	1. How often do you use TikTok every day? 2. Number of visits per day
	Duration of Use	1. Length of time spent using TikTok per day 2. Total hours of use per week
	Usage Activity	1. Activity as an active user (creating & uploading content) 2. Activities as a passive user (watching, liking, commenting)
	Purpose of Use	1. Using TikTok for entertainment or to fill free time 2. Using TikTok for social validation (likes,

Dependent Variable (Y): Social Anxiety				comments, followers)
				3. Using TikTok to express yourself
	Anxiety in Social	Interaction		1. Feeling nervous when talking to other people
				2. Fear of interacting in new social situations
	Anxiety When Noticed by Others	Being		1. Fear of being the center of attention
				2. Feeling anxious when being judged by others
	Anxiety in Close Relationships			1. Fear of being rejected or criticized by close friends
				2. Difficulty initiating or maintaining social relationships
	Physiological/Emotional Reactions			1. Feeling a pounding heart, sweaty hands or tension when in social situations.
				2. Feeling embarrassed or uncomfortable in front of many people

The population in this study also consists of Generation Z, who are active TikTok users in Indonesia, with an age range of 18 to 24 years. This population was chosen because Generation Z is known to be the group that most intensively uses social media, including TikTok, as a means of entertainment, social interaction, and self-expression. However, the high frequency of social media use

among this age group also has the potential to cause various psychological impacts, one of which is social anxiety(Mauliana & Sampurna, 2023).

In this study, the sample size used was 71 respondents who were active TikTok users aged 18 to 24 years. This number is considered quite representative of the Generation Z population of TikTok users in Indonesia and meets the criteria for correlational statistical analysis. The Cochran formula can also be used as a calculation method to determine the minimum sample size in conditions where the population is unknown or considered infinite. This calculation was carried out with a 95% confidence level, a Z value of 1.96, a population proportion (p) of 0.5, and a margin of error (e) of 12% (0.12).

Based on the calculation results, the minimum sample size was obtained of around 71 respondents, which was also considered adequate to describe the characteristics of the target population in this study and support the validity of the statistical analysis results.

$$n = z^2 p q / e^2$$

$$n = (1.96)^2 \times 0.5 \times 0.5 / (0.12)^2$$

$$n = 0.9604 / 0.0144$$

$$n = 66.7 = 71$$

Information:

n = Number of samples

Z= Score at 95% confidence level (1.96)

p = Population proportion (assumed 0.5)

q = 1 - p = 0.5

e = Margin of error of 12% (0.12)

The data collection procedure also involved distributing an online questionnaire to 71 respondents belonging to Generation Z and active TikTok users.

Table 2. Likert Scale

Question Answers	Mark
Strongly Disagree	1
Don't agree	2
Disagree	3
Less	
Agree	4
Strongly agree	5

The collected data can be analyzed using SPSS. The validity test of this instrument is carried out by comparing the calculated r-value and the table r-value. The validity criteria of the instrument are determined based on the equality between the calculated r-value and the table r-value; a statement is considered false if the calculated r-value is greater than the table r-value at a certain significance level. Furthermore, the reliability test is also carried out using

the Cronbalch's Alpha technique, where the instrument is considered tested if the Cronbalch's Alpha coefficient value exceeds the minimum limit set, namely 0.60 at a significance level of 5%. After the instrument is declared valid and tested, the analysis can be continued with multiple linear regression testing and hypothesis testing, to identify the level of influence of the causal variables on the effect variables. This data was collected through an online survey using an online questionnaire distributed to 71 respondents aged 18–24 years who are active TikTok users, using a purposive sampling technique. The research instrument consisted of a questionnaire, a questionnaire to identify TikTok usage patterns (frequency, duration, activity, and purpose of use) and questions to identify social anxiety that included social judgment, feelings of insecurity, and interference with personal productivity.

RESEARCH RESULT

Based on the results of data collection through a questionnaire to 71 respondents from Generation Z who are active TikTok users, there are three main characteristics: gender, age, and duration of TikTok use. The identification results show that respondents are predominantly female at 53 people (74.6%), while males numbered 18 people (25.4%). Based on age, respondents are dominated by the 20-22 age group at 34 people (47.9%), followed by 23-25 years old at 26 people (36.6%), and 18-19 years old at 11 people (15.5%). The majority of respondents are active TikTok users who are in their late teens towards adulthood. Most respondents access this application for 1-2 hours per day, indicating a high level of TikTok usage intensity among Generation Z.

Validity Test

Validity testing was conducted using the Pearson Product Moment correlation between the question item scores and the total variable scores. With $n=71$, $\alpha=0.05$, $r\text{-table}=0.235$. All items were valid ($r\text{-count}>0.235$, $\text{Sig}<0.05$).

Table 3. TikTok Usage Validity Output

		Correlations													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14
1	Item 1	1													
2	Item 2	.432**	1												
3	Item 3	.412**	.422**	1											
4	Item 4	.412**	.412**	.412**	1										
5	Item 5	.412**	.412**	.412**	.412**	1									
6	Item 6	.412**	.412**	.412**	.412**	.412**	1								
7	Item 7	.412**	.412**	.412**	.412**	.412**	.412**	1							
8	Item 8	.412**	.412**	.412**	.412**	.412**	.412**	.412**	1						
9	Item 9	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	1					
10	Item 10	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	1				
11	Item 11	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	1			
12	Item 12	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	1		
13	Item 13	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	1	
14	Item 14	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	.412**	1

[illegible]

6. Connect the computed values of matrices A and B to the value to be entered.

variables	r count	r table	Conclusion
X01	,762**	0.235	Valid
X02	,825**	0.235	Valid
X03	,746**	0.235	Valid
X04	,594**	0.235	Valid
X05	,640**	0.235	Valid
X06	,665**	0.235	Valid
X07	,494**	0.235	Valid
X08	,726**	0.235	Valid
X09	,759**	0.235	Valid
X10	,834**	0.235	Valid
X11	,709**	0.235	Valid
X12	,713**	0.235	Valid

les	r count	r table	Conclu
	,762**	0.235	Valid
	,825**	0.235	Valid
	,746**	0.235	Valid
	,594**	0.235	Valid
	,640**	0.235	Valid
	,665**	0.235	Valid
	,494**	0.235	Valid
	,726**	0.235	Valid
	,759**	0.235	Valid
	,834**	0.235	Valid
	,709**	0.235	Valid
	,713**	0.235	Valid

Based on the results of the validity test analysis presented in the TikTok Usage Validation Test Results Table, this test can be done by comparing the Pearson correlation value (r-count) for each statement item with the r-table which is 0.235 at a significance level of 5% ($\alpha = 0.05$) and involves 71 respondents ($df = n - 2 = 69$). The results of the analysis show that all r-count values on the TikTok Usage variable (X) range from 0.494 to 0.834, which was originally greater than the r-table value (0.235). This indicates that each statement item has a high level of validity. Therefore, it can also be concluded that all 12 statement items in the TikTok Usage variable are declared valid and suitable for use as research instruments for the next stage of analysis.

Table 6. Social Anxiety Validation Test Results

Variables	r count	r table	Conclusion
Y01	,762**	0.235	Valid
Y02	,754**	0.235	Valid
Y03	,547**	0.235	Valid
Y04	,842**	0.235	Valid
Y05	,797**	0.235	Valid
Y06	,800**	0.235	Valid
Y07	,768**	0.235	Valid
Y08	,838**	0.235	Valid
Y09	,828**	0.235	Valid
Y10	,832**	0.235	Valid
Y11	,823**	0.235	Valid
Y12	,840**	0.235	Valid
Y13	,775**	0.235	Valid

Based on the results of the validity test presented in the Validity Test Results Table of the Social Anxiety Variable (Y), this test can also be done by comparing the Pearson correlation value (r-count) of each question item with the r-table of 0.235 at a significance level of 5% ($\alpha = 0.05$) and degrees of freedom ($df = n - 2 = 71 - 2 = 69$). The results of this analysis also using SPSS show that all r-count values for statement items in the Social Anxiety variable are in the range of 0.547 to 0.842, all of which are greater than the r-table value (0.235). This can also indicate that each statement item has a high level of validity and is able to measure the intended construct consistently. Thus, it can be concluded that all 13

statement items in the Social Anxiety variable (Y) can also be declared valid and suitable for use as instruments in this study for the next stage of analysis.

Reliability Test

This reliability test is conducted to determine whether data is reliable or not. If the Cronbach's alpha value is > 0.60 , then the data is reliable or can be trusted. If the value is < 0.60 , then the data cannot be trusted.

Table 7. TikTok Usage Reliability Test Results
Reliability Statistics

Cronbach's Alpha	N of Items
,903	12

This data analysis also used SPSS software, indicating a value of 0.903, which exceeds the minimum threshold of 0.60. This instrument, also used in this study, can be declared to have high reliability and is suitable for use, as it shows an excellent level of internal stability.

Table 8. Social Anxiety Reliability Test Results
Reliability Statistics

Cronbach's Alpha	N of Items
,938	13

Data processing carried out using SPSS shows results of $0.938 > 0.60$, so it can be declared valid.

Simple Linear Regression Test

This simple regression is used as an analytical tool to assess the extent to which one factor (independent) influences one outcome (dependent) in a directly measurable relationship. The purpose of this study is to examine the extent to which the independent variable impacts the dependent variable.

Table 9. Simple Linear Regression Test Results

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	848,379	1	848,379	12,547	<,001 ^b
	Residual	4665,564	69	67,617		
	Total	5513,944	70			

a. Dependent Variable: X

b. Predictors: (Constant), Y

Based on the results of the ANOVA analysis, an F value of 12,547 was obtained with a significance of $<.001$, which indicates a significant influence between social anxiety (Y) and the use of TikTok (X). Therefore, the applied regression model is able to explain the significant relationship between independent and dependent variables. The higher the level of social anxiety, the higher the level of TikTok use among respondents.

Correlation Coefficient Test

This test is a statistical method that can be used to evaluate the extent of the relationship between two variables. This test aims to identify the level of correlation between variables through the correlation coefficient (r).

Table 10. Correlation Coefficient Test

Correlations			
		X	Y
X	Pearson Correlation	1	,392**
	Sig. (2-tailed)		<,001
	N	71	71
Y	Pearson Correlation	,392**	1
	Sig. (2-tailed)	<,001	
	N	71	71

**. Correlation is significant at the 0.01 level (2-tailed).

Based on the analysis, the correlation between TikTok usage and social anxiety was $r = 0.392$ with a significance value of $p < 0.001$. This also indicates a positive and significant relationship between the two variables. The correlation coefficient value of 0.392 indicates that the relationship between TikTok usage and social anxiety is moderate and positive. This means that the higher the intensity of TikTok usage by an individual, the higher the level of social anxiety they experience. Thus, TikTok usage also functions as a factor that is positively and significantly correlated with increased social anxiety in the study respondents.

Coefficient of Determination Test

Table 11. Coefficient of Determination Test

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,392 ^a	,154	,142	8,22295

a. Predictors: (Constant), Y

Based on the results of the coefficient of determination analysis, an R value of 0.392 was obtained, indicating that the relationship between the TikTok usage variable and social anxiety is in the moderate category. The R Square value of 0.154 also indicates that the TikTok usage variable can explain 15.4% of the variation that occurs in individual social anxiety. In other words, 15.4% of changes in social anxiety levels can be explained by the influence of TikTok usage, while the remaining 84.6% is influenced by other factors outside this study. These findings indicate that although TikTok usage has a significant role in social anxiety levels, there are still other external factors that also influence an

individual's psychological condition. Thus, TikTok usage can be considered one of the important factors contributing to increased social anxiety in study respondents.

Hypothesis Testing

Table 12. Hypothesis Test Results

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1					
	(Constant)	32,435		11,266	<,001
	Y	,276	,392	3,542	<,001

a. Dependent Variable: X

Based on the analysis results obtained from the SPSS program, we obtained a constant value of 32.435. This indicates that the variable related to TikTok (Y) is significantly correlated with social engagement (X), which produces a value of 32.435. According to Kaltal Lalin, this article illustrates the extent to which TikTok's social development depends on the number of zero points provided by the platform in response. Furthermore, the regression coefficient value is recorded as 0.276, with a t-value of 3.542 and a significance level (Sig.) <0.001. Considering that the Sig. value is less than 0.05, this highlights the number of individuals who significantly influence social issues.

A positive regression coefficient (0.276) is also associated with increased activity on TikTok, reflecting the surge in TikTok launches and the increased level of social development as reported by respondents. In response to this hypothesis review, the null hypothesis (H_2) regarding the "impact of TikTok on social media" shows that the launch of TikTok has been influenced by the dynamics of social media. In addition, the findings indicate that TikTok positively responds to significant changes in social media coverage, especially for Generation Z. Through a simple linear regression analysis, a constant value of 32,435 was determined with a TikTok rollover regression coefficient of 0.276 and a significance value (Sig.) < 0.001. This evidence further suggests that TikTok has a substantial positive influence on social issues, especially regarding Generation Z.

Interestingly, the increased intensity of TikTok activity reflects a real impact on social engagement, demonstrating how high levels of activity correlate with the significant social engagement demonstrated by the data. This also relates to the phenomenal shift taking place in the digital media landscape, where TikTok frequently reciprocates engagement through likes and comments, thereby validating social interactions and significantly influencing public sentiment. The positive regression coefficient of 0.276 signifies a notable increase in TikTok's overall growth score of 0.276 percent. Thus, this suggests that TikTok's growth trajectory is influenced by the dynamics of social engagement.

This research aligns with the ULSE and Gratification Theories (Kaltz, Blulmler, & Gulrevitch, 1974), which explain individual balance while also providing insight into how social media calculus influences developmental aspects such as self-identity, self-expression, and mental well-being. In the context of TikTok, the resulting interactions reflect psychological responses to

social engagement, manifested through likes, comments, and follower interactions. Consequently, this principle aligns with previous studies on preventing social media burnout (FOMO) (Bralilovskaliai & Malrgralf, 2021; Rahmawati, 2023). Generation Z, a young group of individuals engaged with digital technology, is more susceptible to experiencing profound emotional turmoil and increased rates of depression related to social media. The sample from this study indicates that the TikTok phenomenon has significantly impacted multicultural social studies within the global Generation Z community. By implementing therapeutic interventions, it is possible to extend support to managers. The impacts of social media can perpetuate negative psychological impacts only when they are consistently reinforced.

DISCUSSION

The results of the study indicate that TikTok use has a positive and significant effect on social anxiety in Generation Z, with a regression coefficient of 0.276 and a moderate correlation ($r = 0.392$; $p < 0.001$). This finding indicates that the higher the intensity of TikTok use, as reflected in the frequency of access, daily duration, and involvement in content creation and consumption activities, the higher the level of social anxiety felt by respondents. This phenomenon is in line with the Uses and Gratifications Theory framework, where individuals use social media to fulfill their needs for entertainment, self-expression, and seeking social recognition; however, when dependence on social feedback (such as likes, comments, and followers) increases, initially adaptive use can turn into a source of psychological distress (Ministry of Communication and Information, 2024)(Conte et al., 2025). Several recent studies have reinforced the finding that short-form video platforms like TikTok have the potential to negatively impact adolescent mental health. A recent systematic review of TikTok's influence on adolescents found that intensive use was associated with decreased life satisfaction, increased risk of problematic use, and increased psychological symptoms, despite the platform also providing a space for creative expression and social connection (Conte et al., 2025). Other research among Generation Z has shown that excessive exposure to TikTok contributes to the emergence of symptoms of depression, anxiety, and stress, especially when the content consumed reinforces unrealistic social standards and patterns of constant self-comparison (Carolan et al., 2025).

Several recent studies have reinforced the findings that short-form video platforms like TikTok have the potential to negatively impact adolescent mental health, including increased social anxiety due to FOMO and social comparison (Nabila & Ismail, 2025; Taufik et al., 2025). A recent systematic review of the effects of TikTok on adolescents found that heavy use was associated with decreased life satisfaction, risk of problematic use, and increased levels of certain psychological symptoms, despite the platform also providing a space for creative expression and social connection. Other research among Generation Z has shown that excessive exposure to TikTok contributes to symptoms of depression, anxiety, and stress, particularly when the content reinforces unrealistic social standards and patterns of persistent self-comparison; this is further supported by a study that found a high correlation between FOMO and decreased emotional

stability in TikTok users (Conte et al., 2025; Naia Ramadian & Kurniati Asrila, 2025).

From a practical perspective, these findings underscore the need for digital literacy and mental health programs that emphasize screen time management, self-regulation, and awareness of social comparison mechanisms on TikTok among Generation Z, as recommended in recent digital addiction risk studies (Afrioza et al., 2025). However, the large R Square value of 0.154 indicates that most of the variation in social anxiety (84.6%) is still explained by other factors outside of TikTok use, such as low self-control that triggers FOMO or upward comparison that increases anxiety (Meyrasikhah & Ninawati, 2026; Natalie & Subroto, 2026). Therefore, further research is recommended to include other psychosocial variables and a longitudinal design to capture the dynamics of changes in social anxiety over time.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of the research that has been conducted, it can be concluded that the use of TikTok has a positive and significant impact on social anxiety among Generation Z. The higher the intensity of TikTok use, both in terms of frequency, duration, and activities carried out on the platform, the higher the level of social anxiety experienced by users. The results of the simple linear regression test show a regression coefficient value of 0.276 with a significance level (Sig.) <0.001 , which indicates a significant relationship between the two variables. In addition, the correlation coefficient value of 0.392 indicates a positive relationship with a moderate category. The coefficient of determination (R^2) value of 0.154 indicates that the use of TikTok is able to explain 15.4% of the variation in social anxiety, while the remaining 84.6% is influenced by other factors outside the scope of this study. Theoretically, these findings support the Uses and Gratifications Theory (Katz, Blumler, & Gurevitch, 1974) and Social Comparison Theory (Festinger, 1954), which explain that individuals use social media to fulfill psychological and social needs. However, in this process, individuals also have the potential to experience psychological stress, especially when involved in intense and continuous social comparisons, which can increase levels of social anxiety.

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