



**EXPLORING THE EFFECT OF SOCIAL
MEDIA DEPENDENCE ON SLEEP
DISORDER AND SOCIAL MEDIA BURNOUT**

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Certificate of Individual Study Approval to Master Student

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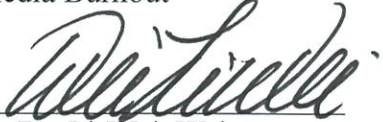
Abstract

With the rapid development of the Internet, the unprecedented expansion of social media platforms has deeply penetrated into all segments of society, and human communication patterns have undergone profound changes. The present study seeks to reveal how this dependency is characterized in a population composed mainly of young adults such as college students, and to what extent it may lead to or exacerbate sleep disorders. Whether the consequences of continued exposure and participation in social media can lead to social media burnout. This study focused on exploring the relationship between social media dependence, sleep disorders, and social media burnout among college students and examined the effects of, and differences in, gender, grade level, and duration of social media use on these variables. This study used quantitative analysis and questionnaire survey method to investigate and analyze 848 college students enrolled in a university in Weifang City, Shandong Province.

The results found a correlation between social media dependence and sleep disorders and social media burnout among college students at a university in Shandong Province. The background variables were differentiated between gender, grade level, and daily time of social media use. This also implies that college students have a series of sleep and fatigue problems arising from the satisfaction of social media enjoyment. These findings are important for colleges and universities to provide relevant suggestions to help college students use social media appropriately to

maintain normal sleep and physical and mental health. At the same time, a deeper study can understand more about the effects of different social media on college students and provide some suggestions.

Keywords: Social Media Dependency; Sleep Disorders; Social Media Burnout

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Time waits for no one, and seasons flow like a stream. As each summer arrives, I find myself at this very moment filled with reluctance and gratitude, penning my most nostalgic and appreciative chapter for this university era that is drawing to a close.

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CHAPTER 1

INTRODUCTION

This paper further analyzes the relationship between social media dependence, sleep disorders, and social media burnout based on their three aspects. This chapter prioritizes the study of its research background and motivation, problem statement, research questions, and significance of the study to develop the research.

1.1 Background of the Study

Social media as a social network platform accepted by the majority of Internet users, social media is fast, convenient, rich in content and other characteristics, can make people in today's society is full of involution, pressure, anxiety environment to get relief (Cheng & Espanha, 2024). Social media is currently booming on the Internet, and the information it releases has become a more than indispensable software for people to browse the Internet for important information. Given the global ubiquity of social media, countries such as China, which has a large portion of the world's Internet users, are of particular interest. Of particular importance is the college student population, which is at a critical juncture of adulthood, and they are also a vulnerable group at a critical time in their academic and future career development (Ji, 2024). Therefore, it is of interest to examine the potential impact of social media dependence on nighttime sleep quality and social media burnout among college students.

Social media is convenient and fun, and while it brings joy to college students, it often causes many negative problems. The Internet has been developing faster and faster in recent years, and social media has become an essential software for college students' daily life. This also leads to more and more time in social media for college

students, which also derives the excessive use of social media APP. Among the types of social media mainly include contact class such as WeChat, nail, etc., and forum social media such as Douban and Zhihu, etc., these two major categories, communication class social media people will have a higher usage rate, and in terms of the use of time to stay for a longer period of time, then for the use of forum social media will be larger in scale (Gong & Gong, 2023).

With the use of social media, people's sleep problems have been presented, and according to scholars, social media dependence among college students, negatively affects sleep quality (Gündoğmuş et al,2019). Transitional use of social media and dependence on social media can lead to decreased sleep quality (Xanidis,2016). Studies through scholars have shown a positive correlation between social media dependence and sleep problems (Luo & Hu, 2021). When college students devote too much time to social media, college students usually shorten the duration of their personal sleep (Wei et al., 2014). It seriously affects the sleep time of college students as well as the sleep quality of college students. Thus, it can be seen that when college students watch social media for too long and it is difficult to control the time, it will have a negative impact on sleep, i.e., social media dependence may have an impact on sleep disorders.

Not only that, when college students social media use too often, social media will appear a huge amount of information, causing a lot of confusion to the user, i.e., it will produce a psychological state of burnout and exhaustion on social media. Some scholars have pointed out that the transitional use and dependence of social media will aggravate their psychological of, tiredness or burnout of the application (Yu, 2022). Excessive use of social media and inability to control the time can also cause the state of sub-health of college students' body (Zhang, 2016).

As can be seen through studies such as Hu et al. (2021) and Yu (2022), the problem of sleep disorders due to poor sleep caused by social media dependence and the phenomenon of burnout due to long-term use of social media has become a phenomenon that cannot be ignored in today's society. Therefore, it is crucial to identify the potential effects of social media dependence on their nighttime sleep quality and social media burnout. This study will delve into the nuanced intersection of these relationships by analyzing the variations in gender, grade level, and length of social media use. This stratified study helps to provide a comprehensive perspective. The overall goal of this study is not merely to seek causal relationships or patterns of correlation, but to endeavor to understand the intricate psychological, sociological, and technological threads that intertwine to shape the experience of modern social media users. This paper will take college students of a university in Weifang City, Shandong Province as the object of this study. Then after many scholars' research, college students are the high-risk group of social media dependence, so this study will focus on the direction of college students' dependence on social media, and explore the relationship between social media dependence and sleep disorders and social media burnout among college students in Weifang City, Shandong Province, which will be helpful for us to understand the related phenomena.

1.2 Statement of the Problem

In a contemporary context where essentially everyone uses the Internet, we find ourselves at the intersection of the digital age and the urgent need to understand its impact on the human psyche. Since the ubiquity of social media in our lives tends to create many problems like sleep disorders, or fatigue due to the large amount of information generated by social media, the research topic we are concerned with involves a key question: what is the impact of social media dependence on sleep disorders and what is the current state of the increasingly prevalent phenomenon of social media burnout. Although previous researchers and scholars have isolated and

studied these phenomena one by one, there is still a gap in the comprehensive understanding of their interrelationships, especially in a rapidly developing socio-cultural environment such as China. With the development of social networks and the increasing number of people using the Internet each year, people are essentially using social media on a daily basis. The magnitude of this problem becomes particularly acute when we consider that so many people are tied to social media, immersed in an eternal river of social media content. For many, it is simply a matter of relaxing the ego and engaging in social media for relaxation and entertainment, an engagement that goes beyond mere casual interaction into the realm of dependency. Within this paradigm, a fundamental question arises: to what extent does this reliance on social media platforms affect the user's sleep cycle? And to what extent does it affect the quality of sleep? In addition, and perhaps more relevantly, how does the intersection of sleep disruption and social media engagement contribute to the phenomenon of social media burnout? It is critical to recognize that this burnout is not just an offshoot of general fatigue, but stems from the unique dynamics of digital interactions, where a steady stream of digital messages comes at you, then burnout to social media slowly builds. The multifaceted nature of these variables makes it necessary to delve deeper into the interrelationships between their social media dependence and sleep disorders and social media burnout, especially in specific populations such as Chinese college students. College students tend to have more leisure time and are at the forefront of technological applications, making them both pioneers and potentially the most vulnerable to the harmful effects of excessive media consumption. It may be relevant to ask whether there are differences in social media dependence and sleep disorders and social media burnout among college students by gender, grade level, and length of social media use.

With the development of the digital age, the popularity of the Internet and its adjunct, social media, has grown exponentially. While these platforms initially promised connectivity and information sharing, their impact on health, especially on Chinese college students, has raised concerns. Then as times go by it is bound to have more and more adverse effects on the lives of college students. In this paper, we will actually sort out and summarize some academic discussions about their social media dependence, sleep disorders and social media burnout. Studies by renowned scholars such as Shi & Jiang (2017) revealed the prevalence of social media dependence,

emphasizing that it is rooted in multiple motivations, information search, entertainment, and relationship expansion. Additionally, Wang and Zhang's (2015) scholarly inquiry illustrates gender and grade level distinctions, noting that female college students and sophomores are more dependent than male college students and juniors, an escalation that can be attributed to the increasing academic pressures faced by, albeit not exclusively, juniors. More worryingly, some recent studies, such as those conducted by Hu & Jiang et al. (2022) and Liu et al. (2023), have shown a worrying link between social media dependence and sleep disorders. Their findings coincide with the hypothesized paradigm proposed by Luo and Hu (2021), which suggests that sleep disorders produce loneliness, which in turn increases reliance on social media. Increased media consumption not only exacerbates initial sleep problems, but may also increase social media burnout. These issues, although some research efforts have isolated and explored each of these phenomena, there is still a need to delve deeper into the intricate relationship between social media dependence, sleep disorders, and the emerging concept of social media burnout, especially in the context of academic pressures faced by college students. Therefore, the primary issue is to identify the intricate web of causality and to design potential interventions to ameliorate the adverse outcomes between the three.

1.3 Objectives of the Study

While the overarching theme of social media dependence and its effects remains of universal relevance, the contours and manifestations of these effects can vary greatly depending on factors such as gender, grade level, and length of social media use. This study will explore the current state of social media dependence on sleep disorders and social media burnout and the relationship between them. The specific objectives are as follows:

- 1) To investigate the status of social media users regarding social media dependence, dependence and social media burnout.
- 2) To analyze the variability between social media dependence and sleep disorders and social media burnout in relation to gender ,grade level and duration of social media use.
- 3) Explore the relationship between social media users' dependence, sleep disorders and social media burnout.

1.4 Research Questions

Based on the purpose of this study, the research questions are as follows:

- 1) What is the current status of social media users regarding social media dependence, dependence and social media burnout?
- 2) Are there differences in factors such as social media users' background variables (gender, grade level, and time of social media use) between social media dependence and sleep disorders and social media burnout and?
- 3) What is the relationship between social media dependence, sleep disorder and social media burnout among domestic college students' social media users?

1.5 Significance of the Study

1.5.1 Scholarly Values

With the increasing prevalence of the Internet, nowadays the Internet and social media have deeply entered into the lives of college students and become an essential part of their daily lives. This study will further explore social media to provide more detailed theoretical support in the relationship between the two concepts of social media dependence and social media burnout.

In scholarly research, it has been found that the prevalence of sleep disorders in college students actually ranges from 24% to 39% (Huang et al., 2023), so in this study, which focuses on the characteristics of a population consisting of college students, the extent to which social media dependence may lead to or exacerbate sleep disorders or the extent to which sleep disorders influence social media burnout. In this study, the relationship between the contextual variables and the variables in this paper will be further explored, which has implications for theory and practice in the field of psychology.

1.5.2 Practicality Perspective

This study will explore the relationship between social media dependence, sleep disorders, and social media burnout, which are three variables. The group of college students, who have been attracting much attention, are selected. College students have free time and use social media for a longer period of time, which also brings some negative impacts. Therefore, it is of some significance to study the effects of social media dependence on their sleep disorders and social media burnout. Only with a

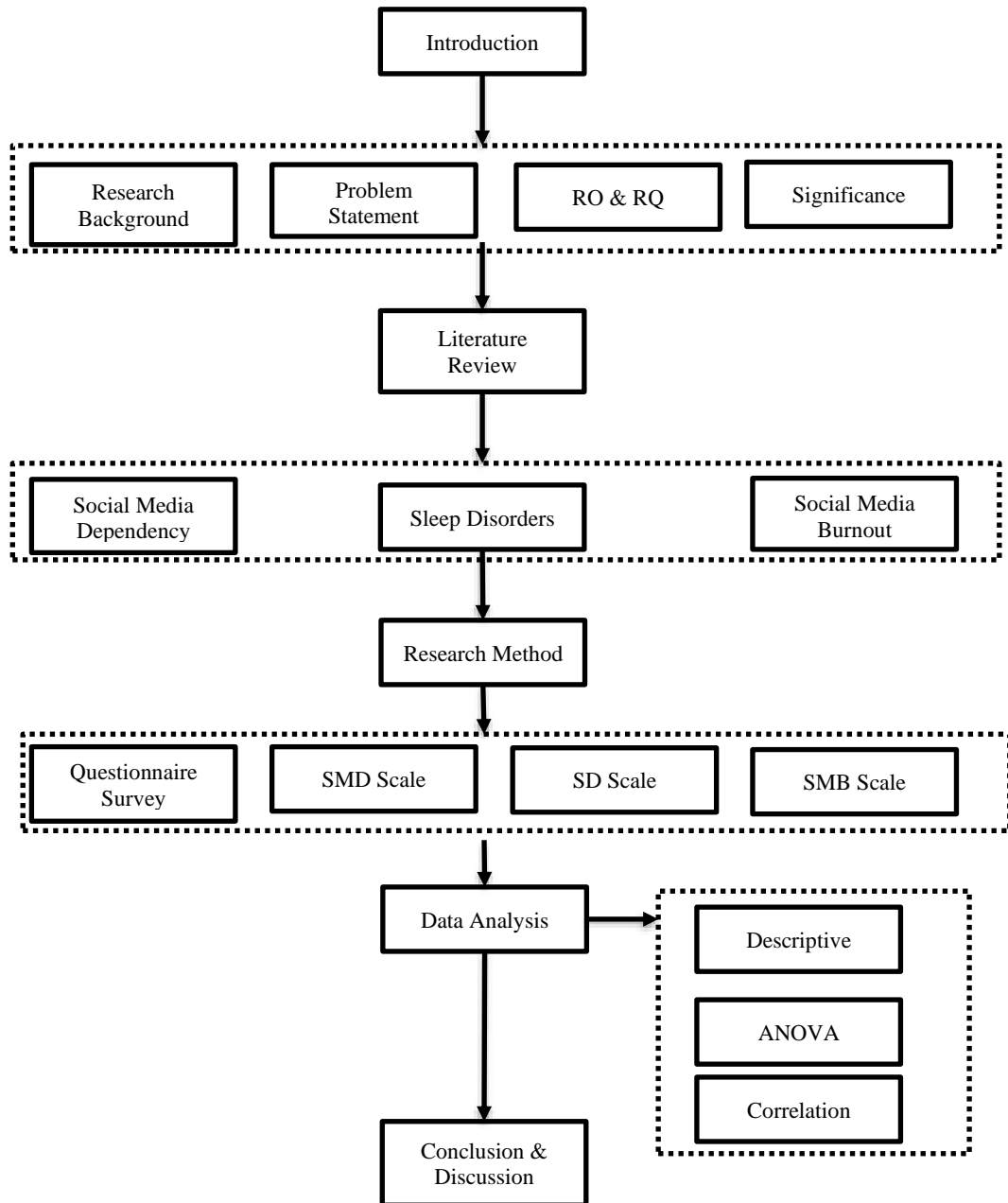
deep understanding of the use of social media by college students can we correctly guide college students on how to correctly plan and use social media to provide some help.

1.6 Research Process

This investigation delves into the nexus between sleep disorders and social media burnout, underscored by a dependency on social media. The study initiates with an exposition on the current landscape and challenges in this domain, delineating the study's objectives and queries. An in-depth review of pertinent literature, integrating theories such as media dependence, sleep replacement, and stress-outcome modeling, forms the basis for positing research hypotheses. Employing a questionnaire approach, the research canvasses college students in Shandong Province, utilizing specific scales to measure social media dependence, sleep disorders, and burnout. Analytical techniques, including descriptive statistics and correlation analysis, elucidate the data collected, leading to the derivation of conclusions and recommendations, alongside an acknowledgment of the study's limitations, as illustrated in Figure 1.1 in the following page.

Figure 1. 1

Research Process



Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

CHAPTER 2

LITERATURE REVIEW

First of all, this study focuses on exploring the three variables of social media dependence, sleep disorders, and social media burnout exploring the definitional elaboration for literature organization and review. There are five subsections in this chapter, the first section is the theoretical overview and selection; the second section is social media dependence; the third section is sleep disorders; the fourth section is social media burnout; and the fifth section is the research and hypotheses related to social media dependence, sleep disorders, and social media burnout.

2.1 Overview and Selection of Primary Research Theories

2.1.1 Media System Dependency Theory

Media System Dependency Theory (MSDT), was proposed by Sandra et al (1976), in which the media dependency theory mainly advocates the study of media and audience in the context of social system. One of its dependency hypotheses mentions that users rely on the media to fulfill their needs, the media is useful to the users, and therefore the media will have a deeper impact on the users.

Media Dependency Theory, following the development of society, people develop a dependency on the media. Mainly individuals rely on the media to fulfill their needs, some scholars have stated that there are three motivations that can lead people to develop media dependence, mainly understanding, orientation, and play (Sandra et al, 1985). Users need to understand what is happening in the present moment through the medium, as well as to understand current and past events through the medium, users will be exposed to information through the medium to deal with or achieve their goals, and there is also a need for users to satisfy their needs for entertainment through the medium.

At present, in this era of Internet development and rapid information dissemination, many people present dependence on social media, and media dependence theory also provides theoretical support for studying social media dependence. In many scholars' research, the theory of media dependence has been used. Zhang (2018) conducted a study on college students' use of cell phones in the context of media dependence theory, and the results showed that college students have

a high frequency of social media use on cell phones. After college students enter the university, due to the relative reduction of study pressure, they come into contact with the Internet earlier, and the medium of the Internet has a profound impact on the entertainment and learning of college students, so college students have a high degree of dependence on the medium of cell phones.

2.1.2 Sleep Replacement Theory (SRT)

Sleep displacement theory suggests that electronic media is an activity for people that has no need for limitations and no management (Bulck, 2000), there is no time limit for starting and stopping the use of electronic media (Kubey, 1986), and people will use electronic media and thus lead to sleep displacement, which affects the normal time of sleep and the quality of the sleep process (Kubiszewski et al, 2014; Westerik et al, 2005). The onset and end of social media use can be between using it when waking up, and turning it off before getting ready for sleep, then many people will use social media thus delaying their sleep time, thus leading to sleep displacement, or even affecting their sleep by looking at social media to take up time from sleep.

2.1.3 Stressor-Strain-Outcome Mode

Stressor-Strain-Outcome model (Stressor-Strain-Outcome), which was proposed by the scholars Koeske et al (1993), mainly produces a strain response to the emergence of stress ultimately leads to the user's results in action. Through this model we can know the three stages of SSO model: the user feels the daily pressure, when the user perceives that there is a lot of pressure will evolve into a burden, resulting in the user feels fatigue, then these burden response will trigger the psychological pressure and thus produce the corresponding results. For example, scholars have explored what adverse effects the use of social media has on users, in which scholars have found that the social overload factor triggers anxiety in users, resulting in social media burnout (Nawaz et al ,2018). As people's daily use of social media continues to increase, information overload and too many social interactions may trigger a sense of stress in users. This stress may trigger users to experience negative emotions such as fatigue, anxiety, and thus increase their burden. Over time, when the burden accumulates, users are prone to social media burnout, which in turn reduces the desire

for and frequency of using social media.

2.2 Social Media Dependency (SMD)

2.1.1 Concept and Definition of SMD

Social media dependence is defined by Gan (2004) as the psychological satisfaction of users who spend a lot of time on social media, and when they cannot use or access social media, they feel agitated, anxious, and uncomfortable, and physiologically they have the desire and need to use and access social media, and they feel satisfied immediately after using it. Zhang (2019) defined it as users waste a lot of time and energy in the process of using the Internet, communicating on social media to get satisfaction, when not able to use social media at the psychological level shows irritation and boredom, then at the physiological level expresses a desire to use social media, and after using social media expresses a sense of pleasure. In the study of He and Jin (2017), it is said that the user spends a lot of time and energy to get satisfaction through the use of social media, and in the case of not being able to use social media, anxiety, emptiness, and physiological desire for contact occurs, and after the use of social media, it is possible to reach a state of addiction that is satisfactory and solid. Huang (2016) categorized social media dependence into two kinds, one is the necessary dependence in daily life, then this kind of dependence is mainly that the audience needs to obtain daily news and maintain necessary social relationships through social media, and this kind of dependence is considered to be controllable and a kind of necessary dependence in daily life. The second type is abnormal dependence, which is mainly manifested in the fact that users will search for the opinions or answers of various events through multiple ways, wasting time and guiding their own thinking and cognitive behavior through these answers. Regarding social media dependence, some scholars have also pointed out that social media dependence is evolved from the media dependence theory (Lee& Choi ,2018). Through many studies, it has been concluded that the socialization of social media is also gradually affecting the way users communicate and interact with each other, and users are able to expand their social needs through social media, so that they can be continuously satisfied, which makes the users dependent on the medium, thus generating social media dependence (Nguyen & Hoang, 2018).

To summarize, in conjunction with the studies of scholars such as Gan (2004), Zhang (2019), and He (2017), it was found that social media dependence manifests itself at the psychological level in the form of anxiety and discomfort, while at the physiological level it is expressed in the form of wanting to be satisfied with the need for social media and obtaining fulfillment after using it.

2.2.2 Scales and Theories Related to Social Media Dependency

Currently with the increasing popularity of social media, users often waste a lot of time on social media to fulfill their needs. This study uses media dependency theory to mention that users satisfy their needs by relying on social media, which is very useful for users, and therefore social media will have a deeper impact on users.

In this study, the social media dependence scale prepared by Wu (2014) was used to study the social media dependence scale by applying the media dependence theory, the scholar's used five dimensions, and its dimensions involve urgency, salience, ambivalence, abstinence, and interpersonal gain. The scholar's had a total of 23 questions and his questionnaire was scored on a 5-point scale with 1-5 being strongly disagree to strongly agree. The Cronbach value of the scholar's questionnaire is 0.937, which indicates that the reliability of this questionnaire is relatively high.

2.2.3 Empirical Studies Related to Social Media Dependency

As far as the current nowadays research is concerned, although the direction of social media is more popular, its research mainly focuses on some branches of social media dependence: cell phone social media dependence, social network dependence and so on. Another example is internet dependence, media addiction and so on (Wang et al,2015). Then most of the scholars' studies on social media are mostly sub-projects of social media, such as short videos, WeChat, Weibo and so on (Wei, 2017). Lin (2002) considered cyber dependence as a status quo of social and psychological damage due to excessive use of the Internet. Among them, Qian et al. (2006) suggested that network relationship dependence is the excessive use of social media on the Internet, such as forums, QQ and other applications, indulging in some of the relationships created and carried out on the Internet, thus neglecting the maintenance and development of real social relationships in real life, resulting in damage to their psychological and social functions. Hu et al. (2021) suggest that short video

dependence refers to the fact that users spend a lot of time and energy on social media such as short videos, resulting in negative impacts on social, psychological, and physiological aspects. Wu (2014) mentioned that social media cell phone dependence is the difficulty of users to control the time when using social media on cell phones, so overuse even has a negative impact on physical and mental health, learning, etc.

2.3 Sleep Disorders (SD)

2.3.1 Concept and Definition of SD

Sleep is very important to human health, and it takes up a large part of people's day-to-day life. Scholars have summarized their definition of sleep disorder, defining sleep disorder as a phenomenon that occurs in the process of sleep preparation due to the interference of various reasons, which results in the formation of irregular sleep phenomenon, thus forming a sleep disorder, which manifests itself as being very dissatisfied with one's sleep, and emotionally anxious, and affects normal life because of sleep problems (Tong, 2010). Liu et al. (2017) believe that sleep disorders are caused by the abnormal sleep state and abnormal arousal mechanisms that are different from the usual ones when people are sleeping due to various reasons, as well as by the fact that individuals have irregular and abnormal sleep schedules, poor sleep quality, and so on, which triggers a lot of undesirable reactions during the process of sleep. Scholar Gulia (2018) defines sleep disorders as symptoms such as abnormal quality of sleep, or short duration of sleep, difficulty in falling back to sleep after waking up during sleep, as well as decreasing deep sleep that can be sustained at night. There are also scholars who believe that it is a condition in which the circadian pattern of a person's day is interrupted, which leads to a series of problems such as difficulty in falling asleep, shortening of the duration of sleep, and sleep disruption due to an increase in the frequency of the phenomenon of early awakening (Yaremchuk, 2018; Oyegbile & Videnovic, 2019). Zheng (2021) Sleep disorders are difficulties in falling asleep, or sleeping for a long period of time, such as waking up and having a hard time falling asleep, talking or never being able to sleep again, making the quality of sleep constantly decrease, thus affecting daily life. Tong and Gao (2021) suggested that sleep disorders are mainly characterized by difficulties in falling asleep, low quality of the sleep process, as well as a decrease in the amount of time spent in real sleep due to the constant postponement of sleep, and that people

with severe sleep disorders may also suffer from memory loss and other related conditions. Yang et al. (2012) and Ye et al. (2013) suggest that sleep disorders are a series of problems caused by abnormal sleep duration or low quality and quantity of sleep, such as difficulty in falling asleep, lack of sleep, sleep craving, etc. and sleep and related abnormal psychological behaviors, which affect people's lives and health.

Summarizing the studies of Liu et al. (2017), Gulia (2018) , Tong and Gao (2021), it was found that the daily routine of sleep disorders is mainly manifested in sleep and other abnormalities such as difficulty in falling asleep, disorganization of sleep rhythms as well as poor sleep effects. On the other hand, according to scholars Yaremchuk (2018), Oyegbile and Videnovic (2019), Zheng and Cen (2021) and other scholars, sleep disorders are manifested in the shortening of sleep time and difficulty in falling asleep after waking up during the night, and have a negative impact on people's daily life and health.

2.3.2 Theories and Scales Related to Sleep Disorders

At present, with the development of science and technology social media has been deep in people's lives, people will also spend and more time to use social media to study and work, with the increasing use of social media, the problem of sleep is also increasingly presented, sleep as a very important part of a person's day, sleep is not good, it will also have a certain impact on the health of the body (Liao, 2023). This study adopts the sleep displacement theory which argues that the displacement of sleep time due to the lack of reasonable use of media usage time thus affecting sleep, such as delayed sleep onset and poor quality and quantity of sleep (Twenge et al, 2017). In this paper, we use the sleep quality scale prepared by Yi et al (2006), which is designed with a total of 28 questions, the scholars are mainly divided into five dimensions daytime performance, sleep repair, maintaining sleep, waking difficulties and sleep satisfaction, this scale is mainly valid for people in this group of 18-59 years old, the scholars use a Likert four-point scale, and the reliability of the scholars' questionnaire has a value of 0.92, which indicates that this questionnaire has good reliability.

2.3.3 Empirical Studies Related to Sleep Disorder

Sleep is an indispensable physiological activity in people's normal life. Then in

the field of sleep for the factors affecting people's sleep quality is one of the aspects that scholars study more, sleep quality in the academic world is not a very clear concept to define, mainly for the division of sleep quality for sleep quality, sleep time, sleep time, sleep disorders and other parts of the division. Sleep quality has also been defined as self-satisfaction with all aspects of an individual's sleep experience (Buysse et al, 1989). According to research findings, the main factors for the current sleep quality of college students include academic burden, employment competition, and sleep environment (Zhang, 2012). Song (2012) conducted a study on sleep disorders and mental health of college students and found that 21.48% of college students have problems with sleep and the higher the degree of sleep disorders among college students, the lower their mental health will be. Ni et al. (2006) found that college students have sleep problems, mainly difficulty in falling asleep and prolonged time to fall asleep. In Zhang et al.'s (2014) survey, college students with sleep disorders alone accounted for 42.93%. Yong and Fu (2013) study mainly reflected that the main factors affecting the sleep disorders of college students are academic coursework pressure, competitive pressure in the workplace and other factors.

2.4 Social Media Burnout (SMB)

2.4.1 Concept and Definition of SMB

Social media burnout is actually a kind of burnout, as early as in the 1970s Freudenberg, an American psychologist, first defined the term burnout as feeling tired because of over-consumption of mental and motivation (Chen & Wang, 2019). Scholars Dhir et al (2018) defined social media burnout as a state of sleepiness and exertion felt by users in the process of communication and socialization due to information saturation and social pressure caused by overuse. Some scholars have also defined social media burnout as a multifaceted psychological state including exhaustion, difficulty in relaxing, boredom, anxiety, fatigue, and so on (Ravindran et al, 2014). Wang and Lu (2020) illustrated that after using social media, users feel tired and exhausted, which makes them want to escape from social media or reduce their use of social media. Zhang et al (2016) argued that social media burnout is a situation in which users' participation in social media activities shows emotional reactions such as depression and discouragement, which leads to a decline in positive emotions

towards social media . Zhang (2020) suggested that users are overloaded with information after excessive use of social media, which leads to receiving too much information, increasing pressure on the user, and a substantial decline in interest in social media, leading to demotivated use of social media or reduced use. Li and Li (2017) argued that the use of social media use at the same time feel the sense of oppression brought about by many aspects, the formation of anxiety, fatigue, and at the same time will allow users to reduce the frequency of use or even uninstallation, scholars have also summarized it as a psychological feeling and behavioral practices.

According to the summary of the person Yang (2022), it was found that many scholars divided social media burnout into three main parts, the first is from the feelings for social media and their own emotions, the second is the perspective of the user in the use of social media as a behavior, and the third aspect of the third aspect is mainly a synthesis of the user's use of social media has produced a negative emotion of the synthesis of some of the psychological activities and behavioral activities. According to scholars Dhir et al (2018), Zhang (2020), Wang & Lu (2020) and others in their studies, social media use has been found to have a negative impact in a number of ways, including information overload and social stress and fatigue, making it difficult to relax. Meanwhile, in Li & Li's (2017) study, social media also made users feel oppressed and even led to reduced use or uninstallation of social media.

2.4.2 Theory and Scale Related to Social Media Burnout

In people's use of social media, often due to overuse of social media, in the process of communication and interaction in social media chatting leads to information overload and social overload and thus the fatigue felt, in this study the stress-strain-outcome model used argues that when users perceive that there is a social media stress and a large amount of information, they will be fatigued by social media, and may even feel due to social media anxiety, and that these burden-strain responses trigger outcomes in which individuals reduce or do not continue to use social media.

Social media burnout often has a variety of factors, the above this study has been for the definition of social media burnout has some sort of comb, then excessive use of social media can also produce some problems, Li et al. (2021) for the perceived value of social media burnout impact factors, research, scholars for the social media burnout of multiple dimensions of the study, the present study used the dimension of

psychological fatigue In this study, the dimension of psychological fatigue was used, and the scholars designed 4 questions, and the Cronbach's alpha coefficient of the total scholars' scale was 0.859, and the psychological fatigue dimension reached more than 0.7, which means that the reliability and validity are good.

Xia (2021) divided the scale into six dimensions, which are information saturation, social fatigue, functional load, perceived manipulation, user error apprehension, and social use exhaustion, of which three dimensions, information saturation, social fatigue, and social use exhaustion, were used in this study, and in terms of reliability, information saturation was 0.831, social fatigue was 0.805 social use exhaustion was 0.860, and all of these three dimension coefficients are all above 0.8, indicating that the feasibility is very high.

2.4.3 Empirical Studies Related to Social Media Burnout

Zhang et al. (2021) pointed out that when users experience burnout when using social media, they may reduce their use of short-video social media for a short period of time, or even give up using social media. Fan (2022) found that college students' use of social media is characterized by information overload, which occurs when too much information is received in social media and can cause social media burnout. Zhang (2022) for WeChat and microblogging this two social media burnout research, found that the degree of microblogging burnout is lower than WeChat, as well as users are willing to reduce the use of microblogging willingness is higher than WeChat, which also shows that the degree of burnout of social media is not the same as different APP, social media in real life closely linked, but also lead to some users do not have the corresponding burnout behavior.

2.5 Hypothesis and Studies Related to SMD, SD and SMB

2.5.1 Previous Studies Related to SMD, SD and SMB

In terms of social media dependence, the results of previous research scholars indicate that 87.39% of college students have the phenomenon of continuously refreshing the use of social media, and more than 80% of college students spend a considerable amount of time using social media (Zhang et al., 2023). In addition, some studies also found that college students experienced problems such as anxiety and frustration when they did not use social media, and even experienced difficulty in

stopping the use of social media, which indicated that college students had a very serious condition of social media dependence (Liu & Hou, 2016).

In terms of sleep disorders, scholar Gaultney (2010) showed that the majority of students admitted to be night owls, with more than 30% of them having different degrees of sleep disorders, and more than 19% of them questioning whether they get enough sleep. In study sample of Schlarb et al (2017), 74% of these college students had insomnia and felt that it may be interfering with academics. This also suggests that a significant number of college students may be at risk in terms of sleep disorders, and that it may even have an impact. In terms of social media burnout, a study by scholar Świątek (2023) found that overuse of social media is positively correlated with high levels of social media fatigue, and that excessive use of social media can lead to fatigue. In a study by Shu Liu (2021), social media WeChat was examined and it was found that passive multitasking can lead to social media burnout and that information overload can have a correlation to burnout. In summary, the relevant hypotheses are proposed:

H1: Social media dependence is moderately associated with the current status of sleep disorders and social media burnout.

2.5.2 Hypothesis and Demographic Variables Related to SMD, SD and SMB

A. Demographic Variables in Studies of Social Media Dependency

In Zhang's (2015) study although there was no significant difference in the level of dependence on social media between grades, there was a significant difference in the emotional dimension. In the emotional dimension senior students and freshman students scored the highest, in the emotional dimension may be freshman students just transitioned from the heavy study life in high school, and have curiosity and freshness and fulfillment for social media, while senior students are already very familiar with social media and have more academic pressure, so they don't put a lot of emotion into it, so this is why there is a difference in the emotional dimension. Wei's (2017) study found that social media dependence has differences for different genders as well as grade levels, with female college students being the most pronounced. In terms of grade level, sophomores were significantly higher than freshmen in terms of using social media with gainfulness, and in terms of mandatory use, juniors and sophomores were the most pronounced. Shen and Wang (2018) found that almost half of the

college students use social media for more than three hours, but the proportion of college students who are highly dependent on social media is relatively low, and most of the college students said that the length of social media use does not affect their normal work and rest time.

B. Demographic Variables in Studies of Sleep Disorders

Sleep is a certain part of a person's day, as mentioned earlier in this study, sleep is very important for human health, and there have been many studies by scholars who have reported on the impact of age, gender and other demographic factors on sleep. In Wei et al.'s (2014) study, the survey showed that students with sleep disorders accounted for 18.46%, and there was no significance in terms of gender, then a comparison in terms of grade level and school system showed that there was no significance. In Song's (2013) study, it was found that girls' sleep was worse than boys', and for the study of sleep quality index in different grades, the sleep of the fourth year of college was the worst, and the sleep of the second year was the best, which shows that different grades also face different study and life, the fourth year of college is facing the pressure of competition in the graduation workplace, study for graduate school, and other multiple pressures, which causes no more time for sleep, and the sophomore has been enrolled in the school for one year, have familiarized themselves with the campus environment, have little graduation pressure, and live a relatively regular life. Zhang et al. (2014) conducted a study on medical students in Xinjiang Medical College, in which 67.86% of senior students had sleep disorders, believing that there is a lot of pressure on students' employment, plus the fact that medical students often have to go to graduate school, or even doctorate in order to find a job that satisfies them.

C. Demographic Variables in Studies of Social Media Burnout

Wu (2021) used WeChat as an example to study the psychological behavior of social media burnout among college students, and found that in terms of gender, there is a significant difference in social media burnout for different genders, in which male students' social media burnout is higher than that of female students. Zhang et al (2016) argued that males who encountered, for example, excessive social communication and complex software use, are more likely to have the perceived overload of social media

burnout Reactions. Scholars believe that men may be more impulsive and they may withdraw from social media platforms due to poor experiences. In summary, this study proposes relevant hypotheses.

H2: There is a significant difference between background variables (gender, grade level, and duration of media use) for social media dependence with sleep disorders and social media burnout.

2.5.3 Hypothesis and Correlation Studies Related to SMD, SD and SMB

A. Empirical Correlational Studies between SMD and SD

There are still relatively few studies on social media dependence on sleep disorders, Hu et al. (2021) pointed out that college students are basically occupied by their courses during the daytime and have little time to watch social media, so college students will use the night time to watch social media to keep themselves satisfied, and the social media-dependent college students surveyed also indicated that reducing their use of social media produces an irritability, laborious reaction (Zhang, 2017). Liu et al. (2023) found that the more social media dependence of college students, the worse their sleep quality aspect, the scholars mainly studied college students during the epidemic, the students who have the tendency of social media dependence will pay close attention to the latest news of the epidemic, and they will constantly consume their emotions, and they will constantly receive some negative news during the epidemic, which will lead to consume themselves, and thus lead to the emergence of poor sleep quality, and the The problem of sleep disorder occurs, therefore, scholars believe that social media dependence has a negative impact on sleep disorder. The study of Xiong et al. (2023) pointed out that social media dependence and sleep quality showed a significant positive correlation, in which the length of media use and the time of media use before sleep showed a significant positive correlation between social media dependence and sleep quality.

B. Empirical Correlational Studies between SD and SMD

There are relatively few studies by domestic and international scholars on sleep disorders and social media burnout, mainly on sleep quality related to excessive social media use. In the study of Song et al. (2023) sleep quality plays a mediating role between misplaced anxiety and social media burnout, and when college students

develop misplaced fear, their sleep health also decreases, which aggravates their social media exhaustion. In the study of Garrett et al. (2018), it was found that there is a certain correlation between college students' expression of fear in social media and sleep quality. As well as in the study of scholars Wong et al. (2020) found that in the use of social media suffered to anxiety, stress, sleep quality will also show a decline in the state.

C. Empirical Correlational Studies between SMD and SMB

With people using social media almost every day and being exposed to all kinds of information from social media, it is difficult to avoid social media burnout. Social media burnout is also a reaction to dependence on social media, so this study will provide examples of social media burnout related research. Luo (2021) through the study of social media burnout in college students do not continue to use social media, scholars found that female students are more likely to produce the emotion of social media burnout, in which there is a significant correlation between the use of the social media WeChat, the production of fatigue and do not continue to use. After users feel the emotion of fatigue caused by the media, they will reduce their willingness to use social media platforms.

Li et al. (2022) conducted a study on social media overload on self-efficacy for health, in which the study showed that information load has a significant relationship on social media burnout, and social overload has a correlative relationship on social media burnout, and of course, there is a certain relationship with the scholars' investigations during the epidemic, and the frequency of people's use of social media has increased greatly due to the need to deal with a variety of such via social media social messages, which can cause information overload and social overload, resulting in social media burnout. Yu (2022) conducted a study on the causes of social media jitterbug burnout and the willingness not to use it continuously, and found that the higher the frequency of the number of times college students use jitterbug, the more they are exposed to the information and social and other related content to produce information overload, social overload and other psychological, thus producing social media burnout, and therefore reducing the use of social media, which scholars believe to be one of the reasons why college students have social media burnout for jitterbug The scholars believe that this is also one of the reasons for college students' social

media burnout for Shakeology. In summary, this study proposes the relevant hypotheses.

H3: College students' social media dependence is positively related to sleep disorder and social media burnout.

CHAPTER 3

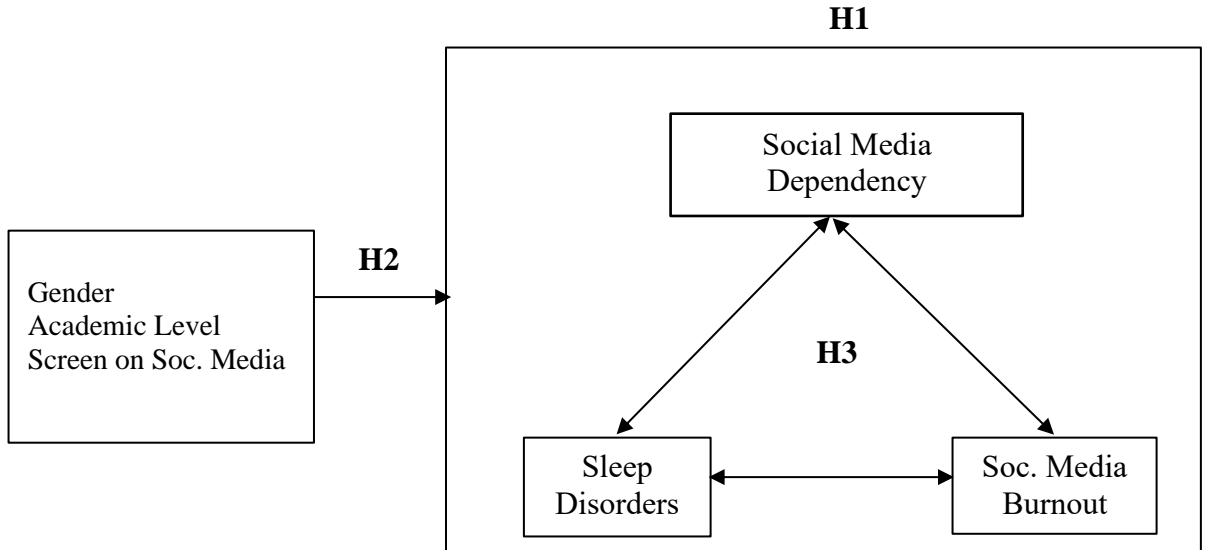
METHODOLOGY

This study utilizes an empirical research method by designing a questionnaire and recovering the questionnaire data to verify whether the hypothesized relationships are valid. This chapter is divided into eight subsections to illustrate, Section 1: Research Framework Diagram, Section 2: Research Population, Section 3: Questionnaire Method, Section 4: Operational Definition and Measurement Scale of Social Media Dependence, Sleep Disorder and Social Media Burnout, Section 5: Sampling Method, Section 6: Pretest Analysis, Section 7: Formal Scale Analysis, Section 8: Data Analysis Method.

3.1 Research Framework

Figure 3. 1

Research Framework Chart



Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

3.2 Research Participant

This study takes college students of a university in Weifang City, Shandong Province, China as the research object, Shandong Province is a large province, according to the Department of Education of Shandong Province (2022) shows that there are 67 colleges and universities distributed here, of which a university in Weifang City, Shandong Province is also one of its 67 colleges and universities, and also a higher comprehensive institution in Weifang City. The reason why college students were chosen as the object of study is because college students, as a society in the spotlight, college students are in the transition moment of adulthood, and they are also the group that is in the process of academic adaptation and environmental moments (Liu, 2023). Scholars from a university in Shandong Province had conducted a study on the impact of student sleep on this school. With the prevalence of the Internet today, the use of social media may affect the sleep time and quality of college students, which may lead to sleep disorders. In addition, the development of social media burnout may also be related to sleep disorders. Therefore, choosing college students from a university in Shandong Province is also representative and has research value. At the same time, based on the close proximity to the university and frequent contact with university students, we plan to study the current situation of university students through questionnaire surveys.

3.3 Questionnaire Survey Approach

The questionnaire survey method is commonly used in scholars' research for data analysis, thus facilitating scholars to analyze the current situation of the research direction, as well as the identification of problems (Luo et al., 2022). The researcher prepares a questionnaire by dividing the research questions into more detailed topics, which are designed to be simple and easy to answer, and then analyzes the statistical data according to the questionnaires recovered from the surveyed college students, which is a method to draw conclusions (Liu & Wu, 2018). The questionnaire survey method is widely used in data collection, and the research in this research would also involve the three scales of social media dependence, sleep disorder, social media burnout.

3.4 Operational Definition and Measurement Tool

3.4.1 Participant Demographic Variables

This study examined the effects of gender, grade level, and time spent using social media on social media dependence, sleep disorders, and social media burnout among college students. Gender was one of the more important variables, involving possible differences between male and female college students. Grade level was also seen as a factor influencing sleep disorders and social media burnout, with grade level mainly including freshmen through seniors, who may have different experiences and feelings regarding sleep and social media burnout. In addition, the time of using social media is also a factor to be considered, which includes less than 1 hour, more than 1 hour and less than 2 hours, more than 2 hours and less than 3 hours, and more than 3 hours and less than 4 hours, and the difference in the time of using social media may have an impact on college students' sleep and may be a factor affecting college students' feelings of burnout. Therefore, through the study of these factors, it is possible to understand the effects of social media dependence on college students, as well as the differences and changes between different grades, and to provide schools with appropriate countermeasures and suggestions.

3.4.2 Social Media Dependency

A. Operational Definition

Social media dependence is the expenditure of energy and thus in social media to obtain psychological satisfaction, expression of agitation when it is not accessible for use, and physiological expression of desire for social media (Zhang, 2019). Social media dependence as discussed in this study is the impact of the user's behavior when using social media and the emotional reaction expressed when not able to use social media. Social media dependence is defined in the study as being due to spending a lot of time in social media for physical and psychological fulfillment.

The questionnaire for social media dependence in this study contains behavioral performance, emotional reactions, cognitive associations, social comparisons, and perceived efficiency. In terms of operationalization, it is the mean of social media dependence that represents the overall social media dependence score of the respondents, and the higher the score, the higher the level of social media dependence, as shown in Table 3.1.

Table 3. 1

Social Media Dependency Scale

Dimension	Items
Behavior	1. using my cell phone to play social media is my daily habit
	2. I take out my phone to browse social media when I have free time (e.g., on public transportation, during breaks between classes)
	3. I stay on social media on my cell phone longer than I would like to
	4. I want to use my phone to check the time, but as soon as I get my phone, I habitually open my social media accounts
	5. I always take my phone to play on social media before I go to bed, even if it's late.
Emotional responses	6. I feel anxious when I can't use social media
	7. I feel empty and bored when I can't use social media
	8. I feel uncomfortable when I can't use social media
Cognitive associations	9. I often don't have a clear purpose for using social media on my cell phone
	10. I often subconsciously check my cell phone social media to see if there is anything new about me.
	11. I worry that I won't be able to process important information in a timely manner when I am unable to use my cell phone for social media.
	12. communicating with others on my cell phone is more confident and easier for me than in real life
Social Comparison and Perceived Efficiency	13. I get more attention and influence from my cell phone than in real life
	14. I feel very fulfilled by the attention I get from others on my cell phone social media.

Sources: Wu, Zuhong (2014). Research on questionnaire development and characteristics of college students' cell phone social media dependence, CNKI. <https://kns.cnki.net/KCMS/detail/detail.aspx?dbcode=CMFD&dbname=CMFD2014&filename=1014261397.nh>

B. Research Tool

Wu (2014). Research on questionnaire development and characteristics of college students' cell phone social media dependence, China Knowledge Network.

3.4.3 Sleep Disorders

A. Operational Definition

Sleep disorder is a phenomenon in which sleep is disturbed for various reasons before going to sleep, resulting in irregular sleep, showing great dissatisfaction with one's sleep and emotional agitation (Tong, 2010). The sleep disorder studied in this paper is whether college students delay their sleep due to the use of social media, making sleep displacement, which leads to college students' dissatisfaction with their sleep.

In this study, sleep disorders are categorized into three dimensions: impact of sleep quality, cognitive and emotional impact, and daytime functioning and performance. Operationally, the mean value of sleep disturbance is used to represent

the overall sleep disturbance score of the respondents, and the higher the score, the more serious the sleep disturbance, as shown in Table 3.2.

Table 3. 2

Sleep Disorders Scale

Dimension	Item
Effects of sleep quality	1. using social media every night before bed makes it hard for me to sleep
	2. using social media every night before bedtime makes me toss and turn
	3. every night when I use social media before bed I fall asleep, but wake up halfway through and can't fall back asleep again
	4. I have insomnia and irritability every night when I use social media before bedtime
	5. I use social media every night before I go to bed and it makes me sleep badly and makes me uninterested in my work
Impact of cognition and mood	6. I use social media every night before I go to bed and it makes me sleep badly and makes me miserable
	7. my sleep is delayed by social media messages interrupting my sleep every night before I go to bed
Daytime functioning and performance	8. my nightly use of social media before bed makes me sleep poorly and causes me to make mistakes at work
	9. my nightly use of social media before bed makes me sleep poorly and causes me to forget things more easily
	10. my nightly use of social media before bed makes me sleep poorly and makes it harder for me to concentrate at work the next day
	11. Using social media every night before bed makes me drowsy and interferes with my daily life
	12. using social media every night before bed makes it difficult for me to get out of bed the next morning.
	13. using social media every night before bedtime makes me sleep poorly and I get tired easily at work

Source: Yi, H., Shin, K., & Shin, C.(2006).Development of the sleep quality scale. Journal of Sleep Research,15(3),309-316.<https://doi.org/10.1111/j.1365-2869.2006.00544.x>

B. Research Tool

This study refers to the Sleep Quality Scale developed by Yi et al (2006), which is divided into five dimensions: daytime symptoms, sleep recovery, sleep maintenance, difficulty in waking up, and sleep satisfaction, and it is modified according to the research of scholars and this study. The consistency coefficient of the scale was 0.92, and the scale was scored on a five-point scale, with higher scores indicating more severe sleep disorders.

3.4.4 Social Media Burnout

A. Operational Definition

Social media burnout is mainly manifested in the emergence of emotional

burnout based on the emergence of negative emotions in the use of social media as well as the manifestation of unsustainable use (Liu, 2022). This study refers to social media burnout as college students expressing emotions such as irritability and anxiety in the process of using social media, and even showing fatigue due to too much information in social media and social intensity. The investigation of social media burnout in this study mainly includes four dimensions: media use burnout, emotional burnout, information overload, and social overload. The average of social media burnout was used to represent the overall social media burnout score of the respondents, and the higher the score, the higher the social media condition, as shown in Table 3.3.

Table 3. 3

Social Media Burnout Scale

Dimension	Item
Media Use Burnout	1. I always feel like I waste a lot of time on social media use
	2. my daily social media use always makes me feel exhausted
	3. social media use always puts me under a certain amount of pressure
	4. I've had thoughts about stopping using social media
	5. I have thought about uninstalling my social media accounts
	6. I would give up using social media altogether if I could
Emotional Burnout	7. sometimes social media makes me feel tired
	8. sometimes social media bores me
	9. sometimes social media makes me feel anxious
	10. sometimes social media makes me feel depressed
Information Overload	11. I can read almost everything on social media
	12. I feel overwhelmed by the amount of information on social media
	13. I find it burdensome to pay immediate attention to information on social media
Social Overload	14. I can't pay enough attention to the growing number of friends on social media
	15. I am often unable to answer my friends' questions on social media in a timely manner
	16. I am often unable to scrutinize the increasing amount of content posted by my friends on social media
	17. I don't want certain friendships on social media

Source:

- Note 1: Liu, Yangliu (2022). Research on the attribution of forced use behavior of college student groups under the perspective of social media burnout. [Master's thesis, Chongqing University of Commerce and Industry], China Knowledge Networks.
<https://kns.cnki.net/KCMS/detail/detail.aspx?dbcode=CMFD&dbname=CMFD2023&filename=1022044080.nh>
- Note 2: Li Hui, Zhou Yu, and Li Zhunru (2021). Are users fleeing from social media? --A study of factors influencing social media burnout based on perceived value. *International Journalism*, (12), 120-141. DOI:10.13495/j.cnki.cjjc.2021.12.002.
- Note 3: Xia, X. P. (2021) Research on social media burnout factors. [Master's thesis, Shanghai Normal University], China Knowledge Networks

B. Research Tool

Social media burnout: the scale of social media burnout used in this study is in reference to Liu (2022) who studied social media burnout, compulsive use, and perceived value among college students, using the dimension of media use burnout, which has a Cronbach's alpha coefficient of .818. Li et al. (2021) for the factors that perceived value influences social media burnout, and the present study uses the dimension of dimension of emotional burnout, which has a Cronbach's alpha of 0.7 or more. Xia (2021) studied the factors of social media burnout by dividing the scale into six dimensions, and this study used the dimensions of information overload, social overload, and social media burnout, with Cronbach's alpha coefficients of 0.831 for information overload, 0.805 for social overload, and 0.860 for social media burnout. The dimensions in this study mainly consisted of social media burnout, emotional burnout, and emotional burnout, with Cronbach's alpha reaching 0.7 or higher. media burnout, emotional burnout, information overload, and social overload dimensions. This scale is based on the Likert five-degree scale, and the higher the score, the stronger the degree of social media burnout.

3.5 Sampling Technique

In this study, the questionnaire was administered by questionnaire survey using Convenience Sampling (CS). In the prediction questionnaire Xu & Lee (2013) considered that the prediction is based on 5-10 times of the scale with the most questions in the questionnaire. In this study there are 14 questions in the social media dependence scale, 13 questions in the sleep disorders, and 17 questions in the social media burnout, so the social media burnout has the most questions, which is calculated according to 5-10 times, so it needs about 85-170 copies.

In terms of the formal questionnaire, according to a considerable number of scholars in the field of statistics (Bautista & Anderson, 2021), the process of research involves the proper determination of the sample size, which has a profound effect on the accuracy of the study as well as the results. The optimal sample size according to scholars is usually expressed as a percentage of the population size, usually between 10% and 15%, but not exceeding the limit of 1,000 people. To illustrate the sample size for this study, the number of college students at a university in Weifang City, Shandong Province, is about 12,000, and since this study focuses on freshmen

through seniors, this study is expected to have a population of 9,000, and 10% would represent 900. In this case, a sample of up to 1,000 was used, which would be sufficient to obtain a reliable sample for this study. Sampling additional samples above the 1000 threshold is not practical and would result in a significant waste of time for collection and will not be of practical help in terms of the accuracy of the questionnaire.

3.6 Analysis of Pilot Study

In this study, data from 93 official questionnaires were recovered from August 26 to August 28, 2023, and after deducting 1 invalid questionnaire, there were 92 valid questionnaires, and the rate of valid questionnaires was 98.92%. The reliability value of college students' social media dependence was 0.844, the reliability value of sleep disorder was 0.875, and the Cronbach's alpha coefficient of social media burnout was 0.884, which indicated that the reliability was good and confirmed that the questionnaires were valid and could be sent out as official questionnaires. The KMO of social media dependence of college students is 0.817, the validity value of sleep disorder is 0.855, and the value of social media burnout validity value is 0.824, and all of the variables have reached the level of significance ($p < 0.001$) among each other, as shown in Table 3.4.

Table 3. 4

Pilot Study Analysis of Reliability for SMD, SD and SMB

Group	Cronbach Alpha	KMO	Sig.
Social Media Dependency	.844	.817	.000
Sleep Disorders	.875	.855	.000
Social Media Burnout	.884	.824	.000

Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

The correlation values between the questions in the social media dependence scale and the total scale ranged from 0.464 to 0.663, and their internal consistency reached 0.935, and the social media dependence pretest questionnaire was analyzed as shown in Table 3.5.

Table 3. 5

Pilot Study of Social Media Dependency

Variable	CITC	Cronbach's α (Deletion)
Social Media Dependency 1	.548	.932
Social Media Dependency 2	.542	.932
Social Media Dependency 3	.465	.935
Social Media Dependency 4	.485	.933
Social Media Dependency 5	.494	.932
Social Media Dependency 6	.466	.933
Social Media Dependency 7	.650	.931
Social Media Dependency 8	.514	.932
Social Media Dependency 9	.579	.931
Social Media Dependency 10	.563	.931
Social Media Dependency 11	.587	.931
Social Media Dependency 12	.603	.931
Social Media Dependency 13	.557	.932

Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

In the Sleep Disorders Scale, the questions correlated with the scale of this study between 0.465-0.650, with a concordance of 0.935, and the Social Media Dependence pretest questionnaire was analyzed as shown in Table 3.6.

Table 3. 6

Pilot Study of Sleep Disorders

Variable	CITC	Cronbach's α (Deletion)
Sleep Disorder 1	.548	.932
Sleep Disorder 2	.542	.932
Sleep Disorder 3	.465	.935
Sleep Disorder 4	.485	.933
Sleep Disorder 5	.494	.932
Sleep Disorder 6	.466	.934
Sleep Disorder 7	.650	.931
Sleep Disorder 8	.514	.932
Sleep Disorder 9	.579	.931
Sleep Disorder 10	.563	.931
Sleep Disorder 11	.587	.931
Sleep Disorder 12	.603	.931
Sleep Disorder 13	.557	.932

Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

In the social media burnout scale, the correlation values between the questions and the total scale ranged from 0.473 to 0.635, and their internal consistency reached 0.935, and the social media dependence pretest questionnaire was analyzed as shown in Table 3.7.

Table 3. 7

Pilot Study of Social Media Burnout

Variable	CITC	Cronbach's α (Deletion)
Social Media Burnout 1	.538	.932
Social Media Burnout 2	.562	.931
Social Media Burnout 3	.518	.932
Social Media Burnout 4	.473	.934
Social Media Burnout 5	.484	.934
Social Media Burnout 6	.512	.935
Social Media Burnout 7	.660	.931
Social Media Burnout 8	.573	.931
Social Media Burnout 9	.626	.931
Social Media Burnout 10	.608	.931
Social Media Burnout 11	.483	.933
Social Media Burnout 12	.635	.931
Social Media Burnout 13	.531	.932
Social Media Burnout 14	.576	.931
Social Media Burnout 15	.492	.932
Social Media Burnout 16	.487	.932
Social Media Burnout 17	.475	.932

Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

3.7 Analysis of Official Questionnaire for the Study

The study was conducted during the period of September to December 2023, data were collected from 920 official questionnaires, and after deleting 62 invalid questionnaires, there were 858 valid questionnaires, which is a validity rate of 93.26%. In this study this paper uses the Cronbach's Alpha coefficient is greater than 0.8, which indicates that the questionnaire has good reliability (Taber, 2017). As shown in Table 3.8 in this paper the reliability value of social media dependence is 0.953, sleep disorders is 0.963, and social media burnout is 0.968, which indicates that the reliability of the formal questionnaire is good. Meanwhile, the validity value of social media dependence is 0.957, the KMO value of sleep disorder is 0.966, and the value of social media burnout is 0.971, and its its significance of the three variables is 0.000 ($p < 0.005$), which reaches a significant level, indicating that the variables social media dependence, sleep disorder, and social media burnout have a good validity for the three scales. To summarize the above, according to the reliability and validity, it indicates that the reliability of the social media dependence scale, sleep disorder scale, and social media burnout scale in this study is relatively high.

Table 3. 8

Reliability Analysis of Social Media Dependency, Sleep Disorders, and Social Media Burnout

Variable	Reliability	KMO	Chi-Value	DF	Sig.	Item No.
SMD	.953	.957	9060.463	91	.000	14
SD	.963	.966	10271.155	78	.000	13
SMB	.968	.971	13213.552	136	.000	17

Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

3.8 Data Analysis

This study used the computer software SPSS Statistics 25 tool as a statistical analysis. The specific methods of analysis are shown below:

3.8.1 Descriptive Analysis

This study utilizes descriptive statistical analysis to make a brief description of college students in a university in Shandong Province, mainly illustrating the structure of the sample data of respondents in a university in Shandong Province. According to the data of demographic variables, the study of the surveyed college students each and the distribution of the topic for data statistics, this study focuses on the study of a college in Shandong Province, gender, grade, the use of social media time.

3.8.2 Reliability Analysis

Reliability analysis is to check whether their samples are reliable or not. In the analysis of SPSS, this paper uses Cronbach's Alpha coefficient, when the greater the Cronbach's, the internal consistency is high, which also indicates, the higher the reliability. When the coefficient is greater than 0.8 it indicates that the reliability and internal consistency of the questionnaire is good (Taber, 2017).

3.8.3 Validity Analysis

Validity analysis is a comprehensive judgment of the scale of the study. In this study, in the analysis of SPSS, this paper uses the test KMO value in combination with Bartlett's spherical combination test to test the data is reasonable. When the KMO is greater than 0.8 indicates that it is suitable for factor analysis (Shrestha, 2021). That is, testing the hypothesis 1 (H1) of the current study.

3.8.4 Variance of Analysis

Analysis of Variance (ANOVA) is used to compare differences in means between variables (Qiu, 2006). In this paper, ANOVA was used to monitor the differences between college students of different genders, grades, and time spent using social media, and to test the hypothesis 2 (H2) of the current study.

3.8.5 Pearson Correlation Analysis

Pearson correlation analysis focuses on the analysis between two variables, which is used to monitor the correlation between two variables (Sun, 2007). And test the hypothesis 3 (H3) of the current study.

CHAPTER 4

RESULTS

This chapter focuses on empirical analysis, first for the data collected on the background variables to determine the representativeness of the survey sample, using ANOVA to detect the differences between the background variables, and then using correlation analysis to test the correlation between the variables and to validate the research hypotheses proposed in this study.

4.1 Participant Demographic Information

This study was conducted from September 4, 2023 to December 3, 2023 for the undergraduate university students of a university in Shandong Province as the research object, through the network platform questionnaire star for the design and distribution, a total of 920 official questionnaires were recovered, and after deleting the invalid questionnaire 62, the effective questionnaire was 858, and the effective questionnaire rate was 93.26%. As shown in Figure 4.1, among the 858 pieces of valid data recovered in this study, divided by gender, male students collected a total of 392 pieces accounting for 45.7% of the total, and the number of female students was 466, accounting for 54.3% of the total, which indicates that the participation of female college students is higher than male college students.

In terms of grade level, the number of freshmen was 159 accounting for 18.5% of the total number of students, sophomores were 186 accounting for 21.7% of the total number of students, juniors were 205 accounting for 23.9% of the total number of students, and the maximum number of participating seniors was 308 accounting for 35.9% of the total number of students. In terms of time spent on social media, the largest number of college students who used it for more than 3 hours and less than 4 hours a day was 279, accounting for 32.5% of the total, more than 1 hour and less than 2 hours was 265, accounting for 30.9% of the total, and more than 2 hours and less than 3 hours was 178, accounting for 20.7% of the total. Lastly, the least number of college students who use less than 1 hour per day is 136, accounting for 15.9% of the total number of students. In summary, the sample of this survey is basically consistent with the demographic organization of the actual respondents, which indicates that the 858 questionnaires are representative of their own and can be used

as a proxy for this survey, as shown in Table 4.1.

Table 4. 1

Analysis of Participant Demographic Information

Variables	Sub-Category	N	%
Gender	Male	392	45.7
	Female	466	54.3
Academic Level	Freshman year	159	18.5
	Sophomore	186	21.7
	Junior	205	23.9
	Senior	308	35.9
Media Use Experience	Less than 1 hour	136	15.9
	More than 1 hour and less than 2 hours	265	10.9
	More than 2 hours and less than 3 hours	178	20.7
	More than 3 hours and less than 4 hours	549	32.5

Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

4.2 Descriptive Analysis

According to the first research question of this paper: what is the current status of domestic college students in social media dependence, sleep disorder, and social media burnout today? This study used descriptive statistics to analyze the three variables in this paper, which are the mean values of social media dependence, sleep disorder, and social media burnout. A five-point Likert scale was used, with 1 being strongly disagree, 5 being strongly agree, and 3 being average. As shown in Table 4.2, the mean of social media dependence was 4.056 (M=4.056, SD=0.828), the mean of sleep disorder was 3.842 (M=3.842, SD=0.991), and the mean of social media burnout was 3.986 (M=3.986, SD=0.892). And according to the Likert scale of five (M>3.5) in summary, it means that the overall variables in this study showed a moderate to high condition. In this study college students generally have some social media dependence, which leads to poor sleep, however, sleep disorders affect the daily life of college students to a certain extent, and in terms of social media burnout, college students feel a certain degree of fatigue brought by social media while using social media, which makes college students feel a certain degree of exhaustion. The details are shown in Table 4.2.

Table 4. 2

Descriptive Analysis Results of Primary Variables of the Current Study

Variables	Mean	SD	Sample
Social Dependency	4.056	0.828	858
Sleep Disorders	3.842	0.991	858
Social Media Burnout	3.986	0.892	858

Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

4.3 Analysis of Variance

According to the research question two of this paper: is there a significant difference in the background variables of college students' social media users between social media dependence and sleep disorders and social media burnout and? According to the question this study used ANOVA analysis of variance to test whether there is a significant difference between different background variables on the three variables of social media dependence and sleep disorder and social media burnout among college students.

As the data in Table 4.3, in terms of the overall variables of social media dependence, sleep disorder, and social media burnout, the p-value is 0.000 and the F-value is 2.996 between different genders, presenting a significant difference ($p < 0.05$), which means that there is a significant difference between the overall variables of social media dependence, sleep disorder, and social media burnout among male and female college students.

College students in different grades showed significant differences in social media dependence and sleep disorders and social media burnout overall variables, where the p-value was 0.000 and the F-value was 4.605, which suggests that there is a significant difference in grades ($p < 0.05$) among freshmen, sophomores, juniors, and seniors.

The p-value for students who viewed social media for different times per day was 0.002 and the F-value was 1.449. this indicates that there is a significant difference between college students who used social media for less than 1 hour, more than 1 hour and less than 2 hours, more than 2 hours and less than 3 hours, and more than 3 hours and less than 4 hours per day ($p < 0.05$).

In summary, there is a difference between social media dependence and sleep disorders and social media burnout between different genders, different grades, and different social media use time exists, so the hypothesis 2 (H2) is accepted.

Table 4.3

Results of Variance Analysis of Variables across Different Demographic Info.

Demo. Variables	Group	SS	DF	MS	F	Sig.
Gender	Intergroup	72.500	126	0.575	2.996	.000
	Within Groups	140.405	731	0.192		
	Total	212.904	857			
Academic Level	Between Groups	480.246	126	3.811	4.605	.000
	Within Groups	604.980	731	0.828		
	Total	1085.226	857			
Media Use Experience	Between Groups	202.615	126	1.608	1.449	.000
	Within group	811.405	731	1.110		
	Total	1014.020	857			

**The mean difference is significant at the .05 level.*

4.4 Pearson Correlation Analysis

According to the third research question of this paper: is there a correlation between the three variables of social media dependence, sleep disorder and social media burnout among domestic college students' social media users? Then according to the research question correlation analysis is used to test the correlation between the three variables of social media dependence, sleep disorder and social media burnout.

As shown in Table 4.4 the correlation coefficient between social media dependence and sleep disorders is 0.737**, which means that there is a positive correlation between the two variables, which means that social media dependence can have some impact on sleep. The correlation coefficient between social media dependence and social media burnout is 0.717**, indicating that there is a positive correlation between social media dependence and social media burnout, which means that college students who have social media dependence also have social media burnout. The correlation coefficient between sleep disorders and social media burnout is 0.815**, indicating a positive correlation between the two. This indicates that having a sleep disorder has an impact on the social media burnout aspect as well. There was variability among all the variables, initially validating the hypothesis 3 (H3) of this study.

Table 4. 4

Pearson Correlation Analysis

Variable		SMD	SD	SMB
SMD	Pearson			
	Sig. (Two-tailed)	.		
SD	Case			
	Pearson	0.737**		
	Sig. (Two-tailed)	0.000		
SMB	Case	858		
	Pearson	0.717**	0.815**	
	Sig. (Two-tailed)	0.000	0.000	
	Case	858	858	

*Note: SMD= Social Media Dependency; SD=Sleep Disorder; SMB= Social Media Burnout
Correlation is significant at the 0.01 level (2-tailed)

4.5 Validation of Research Hypothesis

In this study, through the use of computer software IBM SPSS Statistics 25, reliability and validity analysis, the scales of the three variables have good reliability and validity, so as to determine the official questionnaire, in which this study through the questionnaire star a total of 858 valid questionnaires were recovered. In this study, descriptive statistics were used to test hypothesis H1, analysis of variance was used to verify H2, and finally, correlation was used to verify H3. The analysis of the previous test led to the hypothesis of this study, which is H1: the current status of social media dependence, sleep disorders, and social media burnout is at a moderately high level.H2: the effect of college student's background variables (gender, grade, and time of social media network use) on the relationship of social media dependence with sleep disorders and social media burnout.H3: There is a positive correlation between social media dependence and sleep disorder and social media burnout among college students. The three hypotheses proposed in this study are valid and the results are shown in Table 4.5.

Table 4. 5

Results of Hypothesis Validation

Research Hypothesis	Results
RQ1: What is the current status of social media dependence, sleep disorder, and social media burnout among college students in China? H1: The current status of social media dependence with respect to sleep disorder and social media burnout is in the middle to high level	Accept
RQ2: Is there a difference between college students' gender, grade level, and daily social media use time for social media dependency, sleep disorder, and social media burnout? H2: There is a significant difference between college students' background variables (gender, grade level, and time of social media use) for social media dependence with sleep disorder and social media burnout.	Accept
RQ3: What is the relationship between social media use users of college students in domestic colleges and universities in terms of social media dependence, sleep disorders, and social media burnout? H3: There is a positive correlation between social media dependence and sleep disorder and social media burnout in college students	Accept

Note: The data herein is sourced from a compilation independently conducted by the researcher in 2023

CHAPTER 5

CONCLUSION AND DISCUSSION

This study analyzes the results of the empirical analysis of the formal questionnaire, summarizes and answers the research questions posed in this paper, and proposes corresponding research recommendations based on this study, and finally proposes corresponding recommendations based on the research subjects of this study, and describes the research shortcomings and future improvements.

5.1 Conclusion and Discussion

Based on the results of the analyses in the previous chapters, this subsection will be divided into three parts: an analysis of the current status of social media dependence, sleep disorders, and social media burnout; an analysis of the variability of different contextual variables; and a positive correlation between social media dependence, sleep disorders, and social media burnout.

5.1.1 Current State of SMD, SD and SMB: Moderately High

In this study, the social media dependence of college students presents a high level, which can be seen that college students enjoy the communication methods of social media, while college students tend to have more free time for rest, which also fits with the life rhythm of college students, which also indicates the prevalence of social media dependence among college students, which is also consistent with previous results (Tang et al., 2022). College students enjoying relative freedom of life and time also suffer from poor management of time (Yang & Guo, 2022). Half of the college students in this study spend a long time browsing social media every day, making social media dependence may have an impact on college students' physical and mental health (Zhang et al., 2023). Prolonged use of social media may lead to the effects of sleep disorders, affecting college students' concentration the next day and even creating fatigue that can affect the next day (Hu et al., 2021). The aspects of sleep disorders and social media burnout of college students in this study showed a moderate to high condition, which indicates that college students in a university in

Shandong Province have some impact on sleep while using social media use and feel fatigue due to social media.

In the study of scholars Salari et al. (2023), it was mentioned that social networks have influenced the lives of many students and the rate of social media dependence among students from different countries is very high. In the study of scholars Ke & Lee (2019) also showed that more university students showed the presence of social media dependency. Even in the study of scholars Kolhar et al. (2021), because of the excessive use of social media at night, which leads to the lack of sufficient sleep, more than half of the college students will use social media before going to deep sleep, and nearly half of the students in the scholars' survey sleep less because of the prolonged use of social media at night, which leads to the shortening of sleep time. In the study of scholars Farid et al. (2021) found that the factors of social media burnout may be related to mental exhaustion in other activities. Therefore, it is especially important for college students to balance the time of using social media, maintain sufficient sleep at night, and reduce the fatigue produced by social media for college students to maintain their physical and mental health.

5.1.2 Significant Differences in SMD, SD and SMB across Demographic Variables

In terms of social media dependency, the studies of Karayigit et al. (2021) both have similar findings that women will be more addicted to social media than men. Azizi et al. (2019) study states that the gender difference in social media addiction is mainly related to the fact that people spend different amount of time on social media every day leading to it. The level of social media dependence and as well as the time spent on social media per day varies depending on the grade and education level of the students, its also observed differences in social media use among college students in different grades i.e., freshman, sophomore, junior, senior, and scholars' studies also show that young people are more susceptible to receiving the influence of social media; at the same time scholars believe that knowing about different social media platforms can help college students to minimize the relationship between social media dependence and thus reduce the risk of social media addiction. media dependence, thus reducing the potential negative impacts of college students' social media use (KARAYIGIT, 2023). Wang (2020) for network addiction in the background variables gender differences in the development of new media based on

online shopping and communication has become the mainstream, and girls will pay more attention to their own image and appearance, there is a considerable attraction for girls, and girls in life is more restrained and shy, so girls will spend a lot of time on social networks to meet the need for socializing.

In terms of sleep disorders, some scholars have pointed out that sleep problems are common among college students (Carone, 2020). After entering university, college students have high standards for study courses and extracurricular activities, which also tends to put college students under certain psychological pressure, making college students susceptible to sleep problems, and in scholars' studies, women's sleep is worse (Maciel et al, 2023), and in scholars' studies, Bulut & Tuncay (2020) found that there is a difference in sleep problems between grades. differences in sleep problems between grades. This also suggests that different grades may be different for academic tasks, which could be a reason for the differences in sleep disorders between grades. Zhou's (2020) study showed that sleep disorders are commonly found in college students as a group, and poor sleep quality as well as gender, personality and other related factors can easily cause sleep disorders, in which female students' sleep is more differentiated than male students' sleep, and senior students' sleep is more differentiated than other grades. In terms of gender, female students are higher than male students mainly because female students are more delicate and sensitive to life; in terms of grade, the sleep disorders of senior students are more serious than those of other grades, which may be due to the fact that senior students are facing the pressure of graduation internships, job searching, writing graduation theses, and graduate school, which leads to poorer sleep of senior students compared with those of other grades (Wang & Pan, 2023).

In terms of social media burnout, scholars Farid et al. (2021) found that female college students are more prone to social media burnout than male college students. Sabih et al. (2021) found that females are more likely to feel fatigue while using social media than males, and females use social media more frequently than males, and when people continue to use social media, it will cause information overload, and when people feel tired, they will reduce or stop using social media, and in scholars' studies females show dissatisfaction with themselves and loneliness when using social media. When people continue to use social media, it will cause information overload, and when people feel tired, they will reduce or stop using social

media, and in scholars' studies, women show dissatisfaction and loneliness when they use social media, so women are more likely to feel tired of social media than men.

To summarize, in this study, it was supported that college students of different genders, grades, and different social media usage times have significant differences for social media dependence, sleep disorders, and social media burnout, but there are also some differences between the findings of different scholars after reviewing the literature.

5.1.3 Positive Correlations among SMD, SD and SMB

With the development of social networks, social media has become a software in people's daily life, and social media dependence is accompanied by feelings of emotional changes as well as stress brought about by social media, which may even have an impact on sleep (Yan et al., 2023). This also suggests that the higher the degree of social media dependence, the worse the sleep of college students may be, and this conclusion is similar to the conclusion reached by Cheng and Liu (2024) that sleep disorders also positively affect social media burnout at the same time. This also suggests that when college students are aware of sleep disorders, they may also experience a relative increase in social media fatigue, resulting in social media burnout (Wong et al, 2020). Meanwhile, there is a positive correlation between social media dependence and social media burnout, and when college students have a high intensity of social media, it also affects the generation of social media burnout (Wan et al, 2022).

Intense use of social media is inextricably linked to the development of sleep disorders in young people (Alonzo et al, 2021). When people spend a lot of time on social media, it may also lead to take away the time to fall asleep and rest at night, which leads to the delay of the time to fall asleep, or the shortening of the normal sleep time at night (Exelmans et al,2017).In the study of Zhuang et al(2023), it was found that social media addiction is significantly positively correlated with sleep, and the scholars believe that people adjust their sleep time to satisfy their psychological needs for social media. their sleep time so as to fulfill people's psychological needs for social media. This is also consistent with the sleep displacement theory in this study, where the use of social media before going to sleep leads to sleep displacement, delaying the normal time of going to sleep and shortening the time of sleep at night.

In Yan et al.'s (2023) study, there is a positive correlation between social media dependence and sleep disorders, which also shows that prolonged use and viewing of social media can affect one's sleep, and scholars believe that viewing social media before going to bed will make the brain continuously receive information during the time when the brain is supposed to be resting, thus affecting sleep. In Wang's (2020) study, it was found that Internet addiction was associated with sleep disorders among college students, and scholars found that the deeper the degree of Internet addiction among college students, the worse their sleep, the shorter their normal sleep time, the lower their sleep efficiency, and the more serious their sleep disorders. In Li et al.'s (2023) study high frequency of social media use to a high degree, will inhibit the body's production of melatonin, and therefore interfere with sleep.

It can be seen from the above scholars' research that when college students' social media dependence is at a higher level, the worse their sleep is. Therefore, the time of social media use should be reasonably arranged to maintain a normal sleep schedule and reduce the sleep problems caused by social media.

In scholars Song et al. (2023) found that a correlation was presented between sleep and social media burnout, and the fear of missing out was also correlated with sleep, i.e., when college students are afraid of missing out on social media news, the constant use of social media also reduces the quality of their sleep, which leads to fatigue with social media and aggravates social media burnout. College students, who are relatively free in terms of time, constantly use social media before sleep for fear of missing important information, thus taking up sleep time leading to poor sleep quality, and the next day and easy to produce negative emotions and fatigue, and easy to produce social media burnout when confronted with too many social media messages (Zhang & Liu, 2022). From this perspective, the more serious the sleep of college students, the more serious their social media burnout. Therefore, when college students have more serious sleep disorders due to frequent use of social media, it will cause college students to feel fatigue in social media and thus produce social media burnout psychology.

In Chen et al.'s (2022) study, social media burnout was found to be highly positively correlated with problematic use of social media and negative use of social media, and people with high levels of social media burnout would likely reduce their use of social networking media, but would not reduce or terminate their use of social

media altogether. That is, social media burnout reduces the use of social media, but often social media burnout and social media dependence exist in conjunction with each other, confirming the existence of the social media paradox (Chen, Su Bai et al., 2023). The reason for this phenomenon may be the social pressure that college students feel on social media platforms, i.e. social overload causes college students to feel burnout on social media platforms. Information overload is also one of the causes of social media burnout among college students, when social media provides a large amount of information to college students is may lead to the feeling of fatigue. In the study of Niu and Chang (2018) and Kai Li et al. (2022) there is a positive correlation between social overload and information overload and social media overload, which also shows that in social media social overload and information overload can lead to social media burnout. At the same time, the use of social media satisfies college students' need to enjoy pleasure, as well as the fact that some social media constantly push personalized content, which increases college students' social media engagement, which may be one of the reasons why college students constantly enjoy the pleasure brought by social media and then develop a sense of fatigue.

5.2 Recommendation

College students' social media dependence may have a certain impact on their sleep, life, study, and even future work. Based on the findings of this study, which investigates the effects of social media dependence on sleep disorders and social media burnout, this study proposes recommendations for schools and college students.

5.2.1 Academic Institution Perspective

Correctly guide college students to use social media, improve the teaching method of classes, guide college students to reasonably use the software on cell phones in the classroom, so as to divert the attention of college students from entertainment software, carry out microcourses of related courses, and guide college students to take the initiative to use the habit of learning software (Ke & Li, 2019). Lectures are held outside the classroom on the problems associated with the use of social media, to enhance the analytical ability and discernment of college students, the rational use of social media, and to identify the pros and cons of social media information (Shi, 2023).

Schools can focus on the characteristics of college students' longing for social media, carry out relevant guidance to correct the behavior of college students' problematic use of social media, and can provide courses on interpersonal communication, network security, social media creation and other related courses (Zhang et al., 2023). Correctly guide college students to use social media, encourage college students to gradually integrate into real interpersonal communication, the school can also strengthen the education of media literacy, such as information selection, information questioning, etc., to effectively promote college students' management and evaluation of their own social media behavior (Liu & Hou, 2016).

Schools should also open special psychological counseling rooms to provide professional psychological counseling and guidance, and schools can make reasonable use of software familiar to college students, such as WeChat, Weibo, and Jitterbug, to push relevant professional psychological knowledge, so as to improve the ability of college students to regulate themselves (Jian et al, 2021). Schools can also open online psychological counseling rooms in the school's public number, microblogging, WeChat, etc., to try to avoid college students from going to the offline psychological counseling room because of shyness and timidity, and at the same time, protect the privacy of students, and help students to deal with social pressure, information pressure, or emotional problems (Liao, 2023). Schools can also hold appropriate extracurricular activities, organize students to participate in and increase the number of clubs, campus games, campus group activities, study tours, etc., so that students can combine work and leisure to promote the reality of social activities, and promote face-to-face exchanges and cooperation, to improve students' social communication skills (Zhou, 2023).

5.2.2 Undergraduate Perspective

Strengthen self-control, rational and scientific arrangement of self-use of social media and sleep time, appropriate control of screen time, appropriate out of the house relaxation and exercise to ensure adequate sleep (Goldag, 2022). At the same time, try to avoid using social media at night before going to sleep, which may affect the quality of sleep (Mu, 2023). Increase social relationships, not limited to social networking relationships, the courage to take the initiative to communicate, do not spend too much time on social networks, set a fixed time to use social media, over

time automatic APP limit, so that not too much time is wasted on social media (Liu, 2021). Actively participate in some club activities to enrich their extracurricular life, and try to overcome the psychology of being uncomfortable and timid with classmates, so as to increase realistic social activities and reduce the frequency of social media dependence and social media burnout. It is also possible to actively participate in collective activities on campus and extracurricular sports, as well as increase exercise, thus reducing the problem of sleep disorders due to the use of social media (Liu, 2023). Maintaining a good life routine and habits, and arranging appropriate time for exercise every day to strengthen the body and enhance physical fitness while also adjusting the mental state in order to maintain better sleep (Hou & Wang, 2023).

5.3 Limitations and Future Research

5.3.1 Geographic Regional Restriction

In this study, affected by certain condition limitations, the research object is the undergraduate students from the first to the fourth year of a university in Weifang City, Shandong Province, and this research object group only represents the specific group of undergraduate college students in a university in Weifang. Therefore, there may be some limitations in the results. In the future, we will consider expanding the scope of the study to include undergraduates from different provinces and cities, different majors, different education levels, and different types of colleges and universities.

5.3.2 Demographic Variable Restriction

The background variables of this study are: the effects of gender, grade level, and time spent on social media on social media dependence, sleep disorders, and social media burnout. This study only focuses on social media, however, the degree of dependence and burnout may be different for different social media platforms, and future research can be conducted on different social media platforms such as TikTok and other social media platforms. In the future, social media research can also be conducted on different groups of people, such as office workers, in order to more comprehensively understand the problems of people's social media use.

5.3.3 Research Method Restriction

In this study, the questionnaire was used, although the questionnaire method is a very common way, but there are some limitations, the respondents may have differences in language comprehension, as well as responding selectively, and there are some questions that the respondents may respond selectively. Therefore, in order to increase the accuracy and reliability of the sample, future research can use mixed qualitative and quantitative research methods, such as in-depth interviews, fieldwork, etc., to understand more details of it.

5.3.4 Research Primary Variable Restriction

This study only examined social media dependence, sleep disorders, and social media burnout; however, the effects of social media dependence may not have been considered in areas such as academic burnout, academic performance, and privacy disclosure. Future research could incorporate these factors to gain a more comprehensive understanding of the effects of social media.

To summarize, future studies can improve on sample selection, research variables, and research methodology, and through the above limitations and future suggestions, the relationship between social media dependence and sleep disorders and social media burnout can be further understood, enriching our understanding of the relationship between them.

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Appendix

Chinese Version—Pilot Study Questionnaire for College Students

亲爱的同学您好！感谢你在百忙之中，抽出时间参与我的问卷调查，我们正
在做一项关于大学生社交媒体依赖是否产生对于睡眠障碍和社交媒体倦怠的相
关问卷调研，希望可以得到您的支持。此问卷我们仅用于学术研究，对您的信息，
我们会绝对性保密。如果您对调查问卷有任何的疑问请联系：954851421@qq.com

注意：本问卷所说的“社交媒体”是指社交应用（不包括手机本身自带电话和短
信功能）

通讯类：微信、QQ、钉钉等

分享类：抖音、小红书、快手、微博、绿洲等

论坛类：豆瓣、知乎、百度贴吧等

第一部分：个人基本资料

1. 您的性别 1)男 2)女
2. 您的学历 1)本科 2)硕士 3)博士
3. 每天使用社交媒体的时间 1)1 小时以内 2)1 小时以上 2 小时以内
3)2 小时以上 3 小时以内 4)3 小时以上 4 小时以内

第二部分：正式问卷

以下问卷部分请根据自己的情况在相应的选项上打勾，此外，每个号码答案代表为如下

1-完全不同意；2-不同意；3-一般；4-同意；5-完全同意

A. 社交媒体依赖问卷

问卷项目	1	2	3	4	5
1. 用手机玩社交媒体是我的日常习惯					
2. 当我有空闲时间时（如在公共交通工具上、课间休息时），我会拿出手机浏览社交媒体					
3. 我在手机社交媒体上停留的时间比我预期的要长					
4. 我想用手机看时间，但一拿到手机就习惯性地打开社交媒体					
5. 即使很晚了，我也总是在睡觉前拿手机玩社交媒体					
6. 当我无法使用社交媒体时，我会感到焦虑					
7. 无法使用社交媒体时，我感到空虚无聊					
8. 无法使用社交媒体时，我会感到不自					
9. 我经常没有明确的目的来使用手机社交媒体					

10. 我经常都会下意识地查看手机社交媒体上是否有关于我的新消息					
11. 我担心无法使用手机社交媒体时，无法及时处理重要信息					
12. 用手机与他人交流对我来说比在现实生活中更自信、更容易					
13. 我从手机中获得的关注和影响比现实生活中更多					
14. 在手机社交媒体他人对我的关注让我非常有成就感					

B.消费情 II. 情绪反应：表

问卷项目	1	2	3	4	5
15. 每晚睡前使用社交媒体会让我难以入睡					
16. 每晚睡前使用社交媒体会让我辗转难眠					
17. 每晚睡前使用社交媒体后我就睡着了，但睡到一半就醒了，再也睡不着了					
18. 每晚睡前使用社交媒体时，我都会失眠和烦躁不安					
19. 我每天晚上睡觉前都会使用社交媒体，这让我睡不好觉，也让我对工作不感兴趣					
20. 我每晚睡前使用社交媒体会让我睡不好觉，让我痛苦不堪					
21. 我每天晚上睡觉前社交媒体的讯息会打断我的睡眠，从而推迟我的睡眠					
22. 我每晚睡前使用社交媒体会让我睡不好，并导致我在工作中犯错					
23. 每晚睡前使用社交媒体会让我睡不好觉，并使我更容易忘记事情					
24. 我每晚睡前使用社交媒体会让我睡不好，第二天工作时更难集中精力					
25. 每晚睡前使用社交媒体会让我昏昏欲睡，影响日常生活					
26. 每晚睡前使用社交媒体会让我第二天早上难以起床					
27. 每晚睡前使用社交媒体会让我睡不好，工作时容易疲劳					

C.社交媒体倦怠量表

问卷项目	1	2	3	4	5
28. 我总是感觉自己浪费了许多时间在社交媒体使用上					
29. 日常的社交媒体使用总是让我感到疲惫					
30. 社交媒体的使用总是让我不得不承受一定的压力					
31. 我曾有过停用社交媒体的想法					
32. 我曾有卸载过社交媒体的想法					
33. 如果可以，我将彻底放弃使用社交媒体					
34. 有时社交媒体让我感到疲倦					
35. 有时社交媒体让我感到厌烦					
36. 有时社交媒体让我感到焦虑					

37. 我有时社交媒体让我感到沮丧					
38. 我几乎可以阅读社交媒体上的全部信息					
39. 社交媒体上的大量信息让我有被淹没感					
40. 我觉得即时关注社交媒体上的信息是一种负担					
41. 社交媒体上日益增多的好友动态使我无法给予充分关注					
42. 面对社交媒体上好友提出的问题，我往往不能及时回答					
43. 社交媒体上好友发表的内容日益增多，我往往无法仔细浏览					
44. 社交媒体上某些好友关系是我不想要的					
感谢您的填写					

Chinese Version—Pilot Study Questionnaire for College Students

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2. 您的学历 1)大一 2)大二 3)大三 4)大四
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4. 我想用手机看时间，但一拿到手机就习惯性地打开社交媒体					
5. 即使很晚了，我也总是在睡觉前拿手机玩社交媒体					
6. 当我无法使用社交媒体时，我会感到焦虑					
7. 无法使用社交媒体时，我感到空虚无聊					
8. 无法使用社交媒体时，我会感到不自					
9. 我经常没有明确的目的来使用手机社交媒体					
10. 我经常都会下意识地查看手机社交媒体上是否有关于我的新消息					
11. 我担心无法使用手机社交媒体时，无法及时处理重要信息					

12. 用手机与他人交流对我来说比在现实生活中更自信、更容易					
13. 我从手机中获得的关注和影响比现实生活中更多					
14. 在手机社交媒体他人对我的关注让我非常有成就感					
B.消费情 II. 情绪反应：表					
问卷项目	1	2	3	4	5
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17. 每晚睡前使用社交媒体后我就睡着了，但睡到一半就醒了，再也睡不着了					
18. 每晚睡前使用社交媒体时，我都会失眠和烦躁不安					
19. 我每天晚上睡觉前都会使用社交媒体，这让我睡不好觉，也让我对工作不感兴趣					
20. 我每晚睡前使用社交媒体会让我睡不好觉，让我痛苦不堪					
21. 我每天晚上睡觉前社交媒体的讯息会打断我的睡眠，从而推迟我的睡眠					
22. 我每晚睡前使用社交媒体会让我睡不好，并导致我在工作中犯错					
23. 每晚睡前使用社交媒体会让我睡不好觉，并使我更容易忘记事情					
24. 我每晚睡前使用社交媒体会让我睡不好，第二天工作时更难集中精力					
25. 每晚睡前使用社交媒体会让我昏昏欲睡，影响日常生活					
26. 每晚睡前使用社交媒体会让我第二天早上难以起床					
27. 每晚睡前使用社交媒体会让我睡不好，工作时容易疲劳					
C.社交媒体倦怠量表					
问卷项目	1	2	3	4	5
28. 我总是感觉自己浪费了许多时间在社交媒体使用上					
29. 日常的社交媒体使用总是让我感到疲惫					
30. 社交媒体的使用总是让我不得不承受一定的压力					
31. 我曾有过停用社交媒体的想法					
32. 我曾有卸载过社交媒体的想法					
33. 如果可以，我将彻底放弃使用社交媒体					
34. 有时社交媒体让我感到疲倦					
35. 有时社交媒体让我感到厌烦					
36. 有时社交媒体让我感到焦虑					
37. 我有时社交媒体让我感到沮丧					
38. 我几乎可以阅读社交媒体上的全部信息					
39. 社交媒体上的大量信息让我有被淹没感					
40. 我觉得即时关注社交媒体上的信息是一种负担					

41. 社交媒体上日益增多的好友动态使我无法给予充分关注					
42. 面对社交媒体上好友提出的问题，我往往不能及时回答					
43. 社交媒体上好友发表的内容日益增多，我往往无法仔细浏览					
44. 社交媒体上某些好友关系是我不想要的					
感谢您的填写					

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