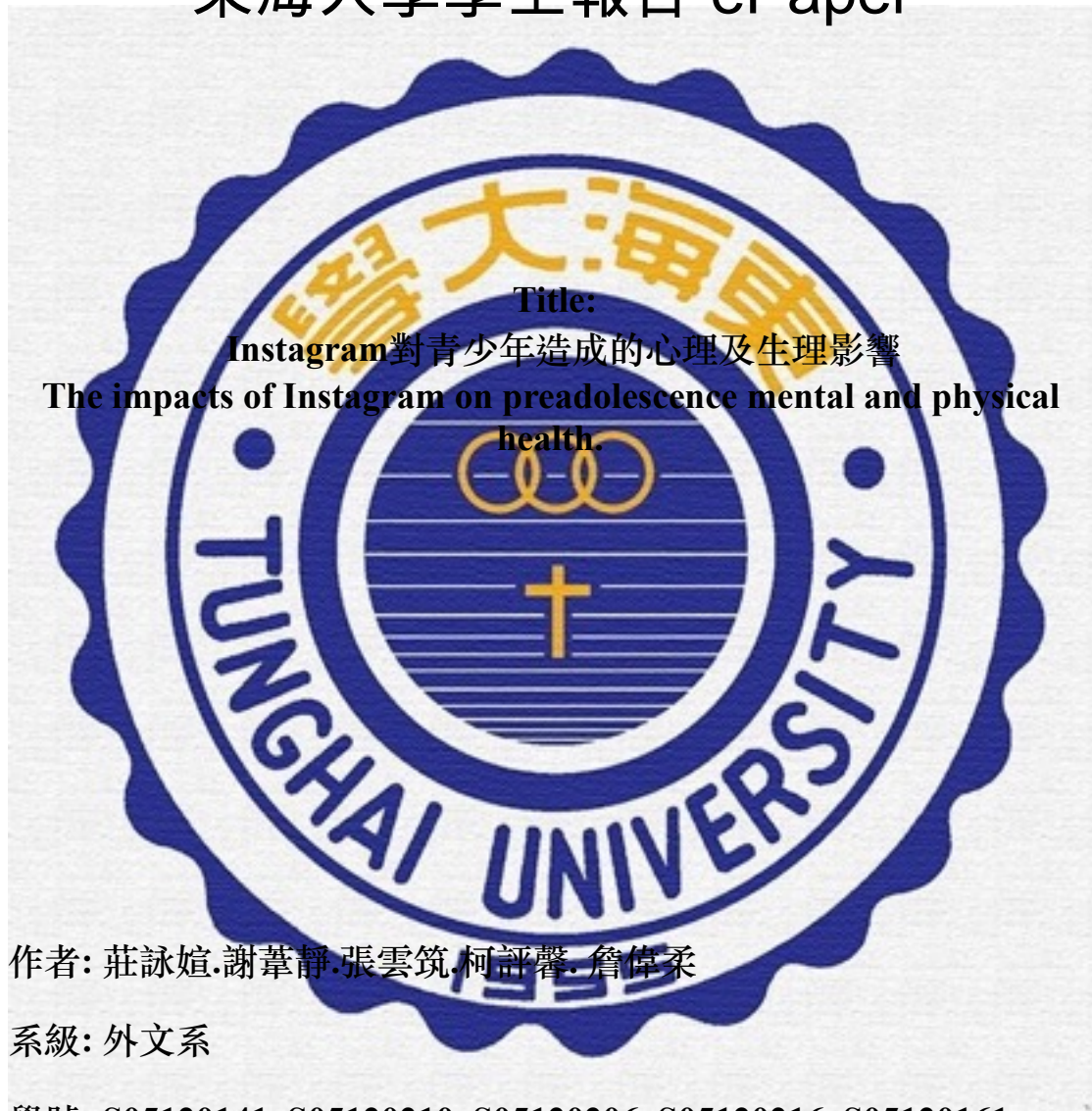




## 東海大學學生報告 ePaper



**Title:**  
**Instagram對青少年造成的心理及生理影響**  
**The impacts of Instagram on preadolescence mental and physical health.**

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課程名稱: 研究方法

開課系所: 外文系

開課學年: 107

## 中文摘要

在這份研究報告裡，我們為了探討青少年使用Instagram是否會影響他們的身心發展，因此設計了一份問卷，其內容包含青少年使用Instagram的時間、使用行為以及使用感想，經過我們的分析結果顯示: Instagram 帶給青少年的影響包含可以拉近朋友間距離、排解壓力、記錄生活點滴 等正面影響 以及上課會使其分心並影響學業成績、瀏覽完會產生焦慮、嫉妒等負面情緒，因此青少年應學會培養正確價值觀。

關鍵字：Instagram. 青少年. 身心健康影響

### Abstract

In this research paper, we aim to investigate whether the teens' usage of Instagram would bring about any bad or good influences on their mental and physical healthy. Thus, we design a questionnaire. The contents of the questionnaire are how much time they spent on the Instagram, using behavior, and using review. Through our analysis, the consequences that will follow from this questionnaire include positive impacts like shorten the distances among friends, release pressure, and record their lives. In contrast, instagram would cause some negative impacts like instagram would cause teenagers be distracted during class and lower their academic performances. arouse anxiety and jealousy after reviewing, and feel psychologically unbalanced. It can be referred that Instagram will both bring positive and negative influences on teenagers' mental and physical health, so teenagers should learn how to establish positive value and attitude towards life.

**Keyword: Instagram. Teenager. Mental and physical health influence**



## 目次

### I、Introduction

Nowadays Instagram is one of the most popular social medias worldwide. Instagram is a mobile social network that allows users to edit and share photos as well as videos. In 2015, there were approximately more than 7.8 millions active Instagram users in Taiwan. This figure is projected to surpass 10 millions in 2019. Instagram is most popular with teens and young people – this holds true in Taiwan where more than half of Instagram’s user base is between 14 and 19 years old. Globally speaking, 41 percent of users are 19 years of age or younger. According to a survey from a website Statista, Instagram is the preferred social network of teens in Taiwan, beating out Twitter and Facebook. Due to the apps visual nature and high user engagement rate, Instagram is also a valuable social media marketing tool. As of March 2016, 98 percent of fashion brands had an Instagram profile. As of December 2016, average number of image brand posts on Instagram was 27.9 posts per month. On any given day, especially preadolescence in Taiwan spend about six hours using Instagram for their enjoyment. According to the report by Common Sense Media, the first large-scale study to explore tweens and teens' use of the full range of media is based on a national sample of more than 2,600 young people ages 10 to 19. The objective of this study is to examine how Instagram influences preadolescence mental and physical health.

### II. Method

Our research method is using questionnaire. We invited one hundred and fifty junior and senior high school students to fill up the questionnaire.

Questionnaires are divided to three parts. The first part is the basic background information. The second part is the using behavior. For example, we asked about: how much time they spent on using Instagram a day; what are the purposes for using Instagram; what posts they read the most often and what are their purpose for wiring a post. Lastly, the third part is asking for their thought about using Instagram. Point 1-8 are some positive points for using Instagram. For example:

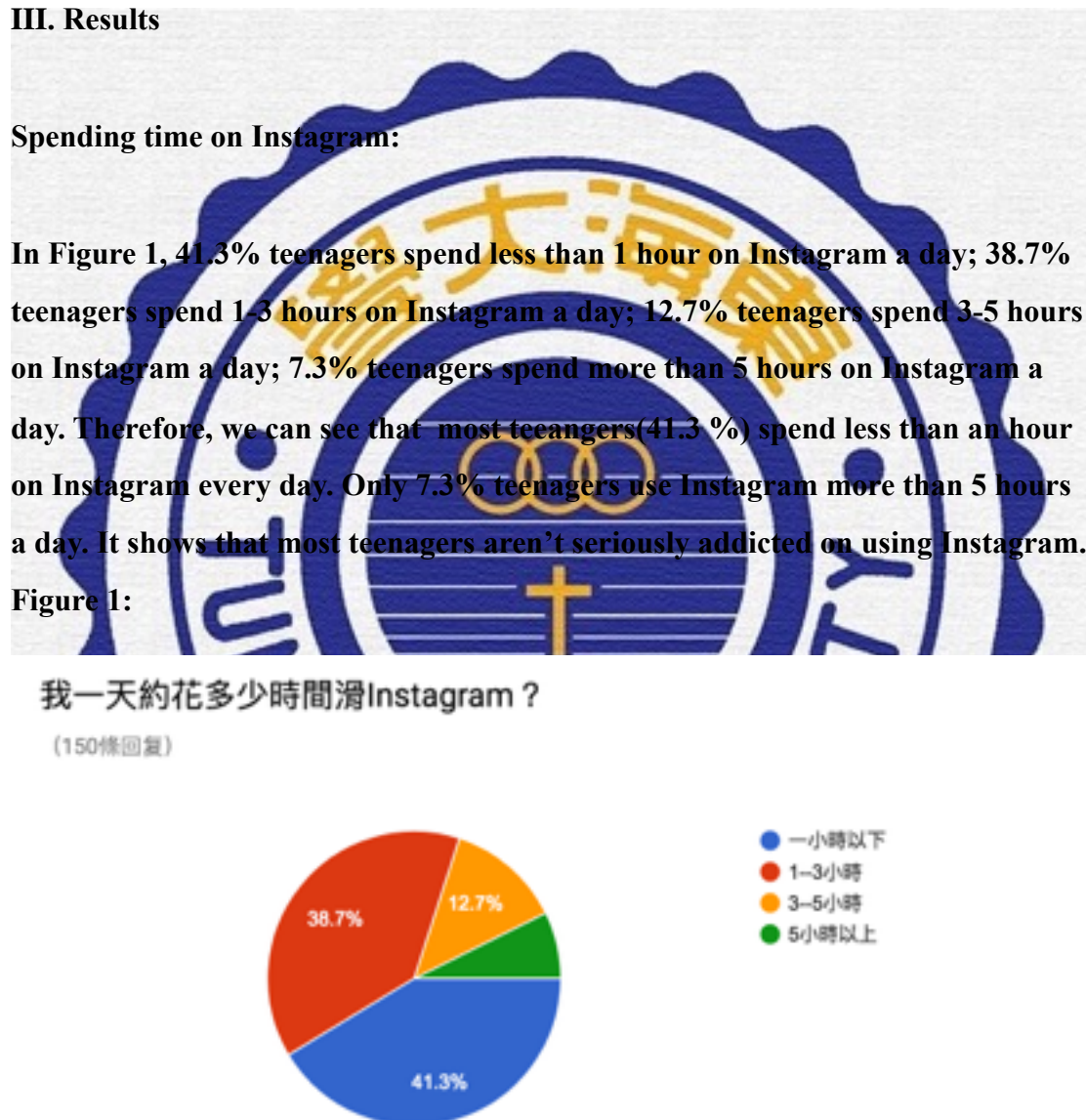
using Instagram can gain some new information; using Instagram can make me more confident. Point 9-20 are some negative points for using Instagram. For example: I will envy the appearance of some celebrities on Instagram; using Instagram will make me distracted when studying. Please refer to the appendix for the questionnaire.

### III. Results

#### Spending time on Instagram:

In Figure 1, 41.3% teenagers spend less than 1 hour on Instagram a day; 38.7% teenagers spend 1-3 hours on Instagram a day; 12.7% teenagers spend 3-5 hours on Instagram a day; 7.3% teenagers spend more than 5 hours on Instagram a day. Therefore, we can see that most teenagers (41.3%) spend less than an hour on Instagram every day. Only 7.3% teenagers use Instagram more than 5 hours a day. It shows that most teenagers aren't seriously addicted on using Instagram.

Figure 1:



## Motivation of using Instagram:

In Figure 2, 35.3 % teenagers agree that their motivation to use Instagram is to let others know themselves better. Also, 14% teenagers very agree that their motivation of using Instagram is to let others know themselves better. Therefore, we can see that many teenagers (35.3+ 14% = 49.3%) agree that using Instagram will let others know themselves better. Moreover, in Figure 3, we can see that few teenagers(6.7+ 14.1%= 20.8%) agree that they use Instagram to build the image and characteristic. It shows that teenagers use Instagram to make others understand them better instead of creating an unreal image and characteristic.

Figure 2:

我用instagram主要的目的是讓其他人認識自己

(150條回復)

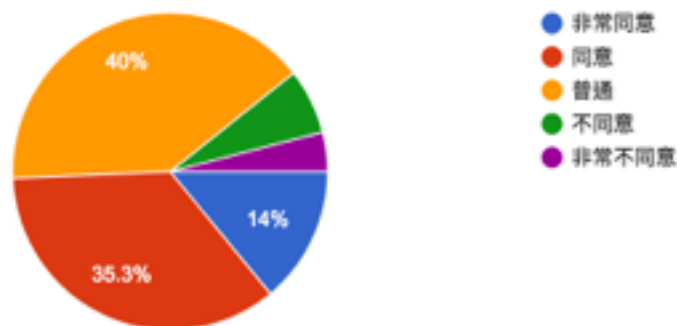
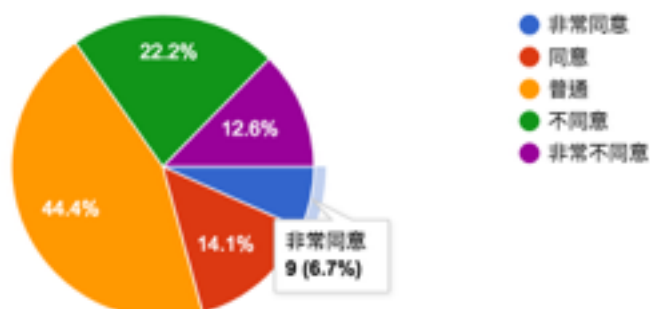


Figure 3:

我po文的目的是塑造形象

(135條回復)



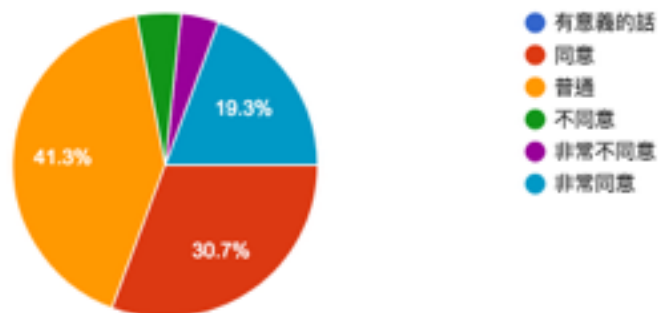


## Instagram positive effect

Figure 4:

我用instagram的目的是與朋友聯絡

(150條回復)

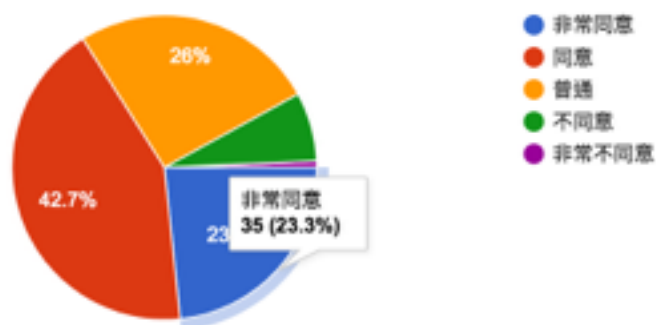


More people(30.7%+19.3%=50%) agree that the purpose of using Instagram is to connect with friends. It shows that friendship is which most of teenagers care about.

Figure 5:

我用instagram主要的目的是了解最新流行資訊

(150條回復)

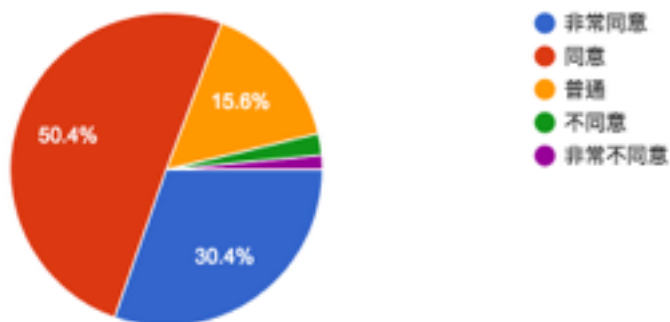


More people(42.7%+23.3%=66%) agree that the purpose of using Instagram is to know the latest informations. It shows that most of teenagers like to follow fashion trends.

Figure 6:

### 我po文的目的是記錄生活

(135條回復)

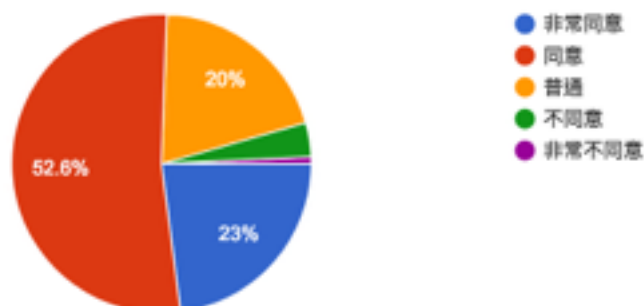


More people(50.4%+30.4%=80.8%) agree that the purpose of posting articles is to record their life. It shows that most of teenagers like to record themselves by posting articles on Instagram.

Figure 7:

### 我po文的目的是抒發心情

(135條回復)

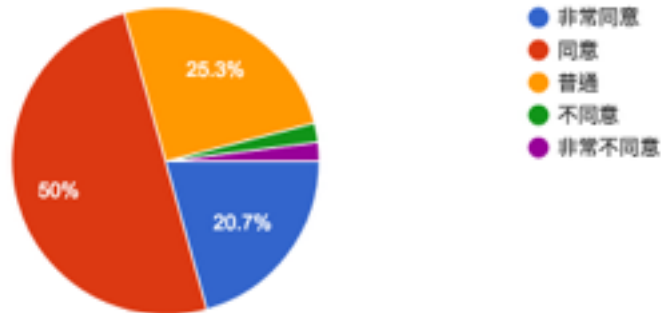


More people(52.6%+23%=75.6%) agree that the purpose of posting is to express the feelings. It shows that most of teenagers choose to write articles on Instagram to convey their feelings.

Figure 8:

### 使用ins可以拉近我跟朋友之間的距離

(150條回復)

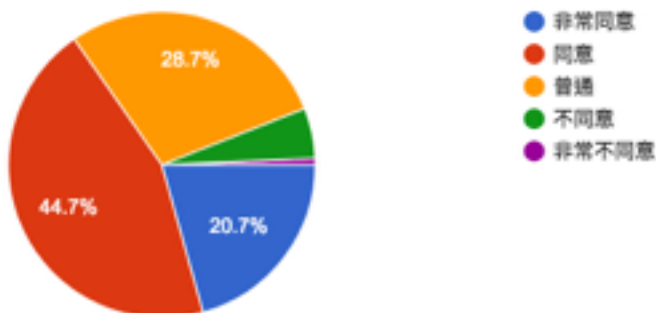


More people(50%+20.7%=70.7%) agree that the purpose of using instagram is to get closer with friends. It shows that Instagram is what most teenagers are using so they choose it to use to bring people closer.

Figure 9:

### 使用instagram會紓解我的壓力

(150條回復)



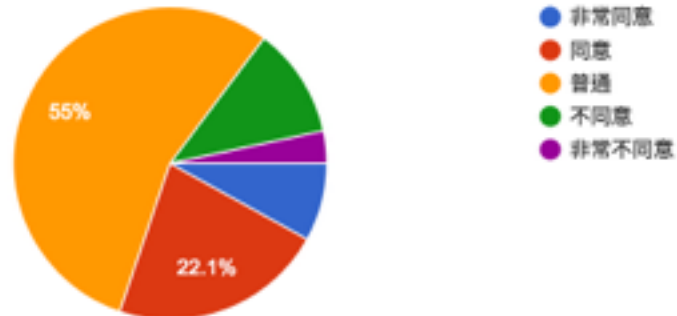
More people(44.7%+20.7%=65.4%) agree that using instagram can release the pressure. It shows that Instagram becomes an outlet for teenagers to let off some steam.

Figure 10:



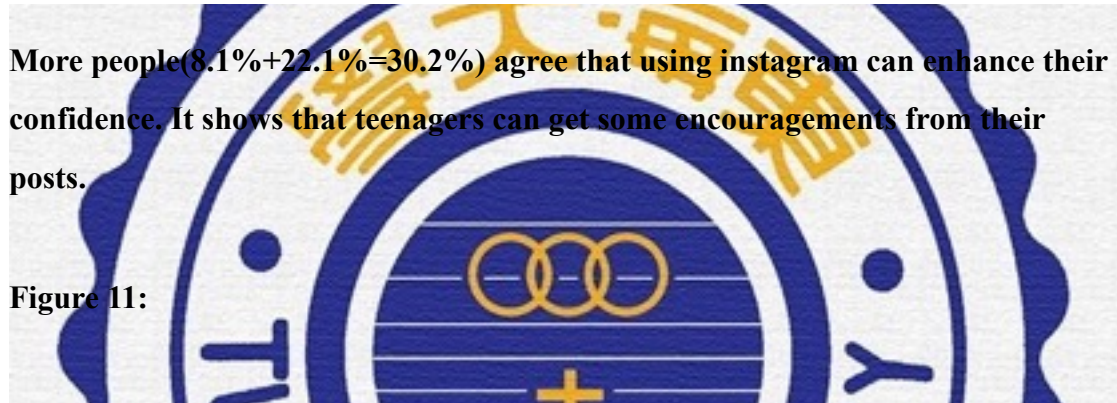
## 使用instagram po文會讓我增加自信

(149條回復)



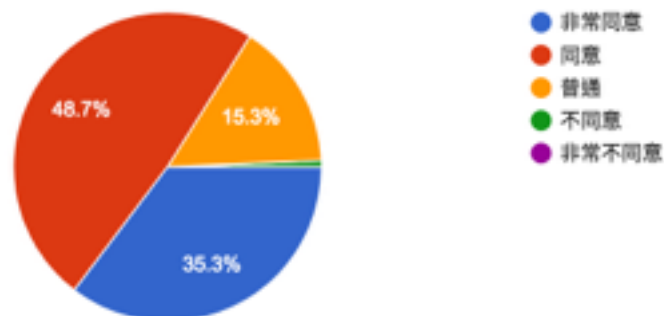
More people(8.1%+22.1%=30.2%) agree that using instagram can enhance their confidence. It shows that teenagers can get some encouragements from their posts.

Figure 11:



## 使用instagram使我可以密切關注我喜愛的人事物

(150條回復)

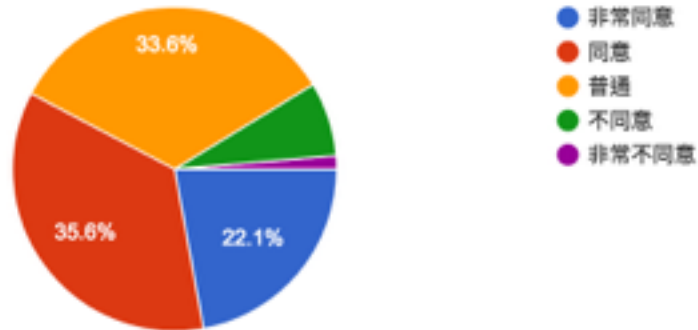


More people(48.7%+35.3%=84%) agree that using instagram can help them to pay close attention to what they like. It shows that most teenagers use Instagram to get the most informations of what they are interested in.

Figure 12:

## 使用instagram擴充我的交友圈

(149條回復)



More people(35.6%+22.1%=57.7) agree that using instagram can expand their friend relationships. It shows that Instagram becomes an imperative platform for teenagers to build friendships with people.

### Analysis:

The primary agreement figures on the questionnaire is 84% of people from 150 participants (126 people) indicates their agreements that using instagram can help them to pay close attention to what they like. The second top statistics is 80.8% of people from 135 participants(108 people) showing agreements that the purpose of posting articles is to record their life. The third top data is 75.6% of people from 135 participants(101 people) revealing agreements that the purpose of posting is to express their feelings.

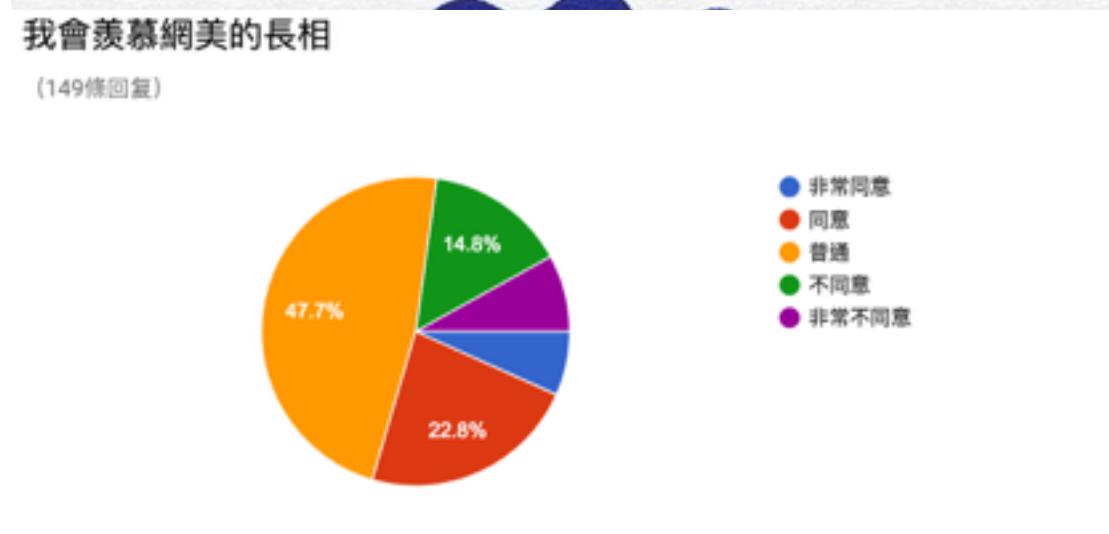
### Brief summary on positive effect questions:

The results pretty correspond with our original expectation. We supposed that Instagram is a platform which most teenagers are using. Therefore, we can see the impact from the statistics that having great friendships and knowing what most of the fellows pursue are what the teenagers value. In addition, Instagram becomes an outlet to let teenagers express themselves or share their life with people. It's self-evident that teenagers in their ages care about how to show

themselves and how important are friendships in their lives.

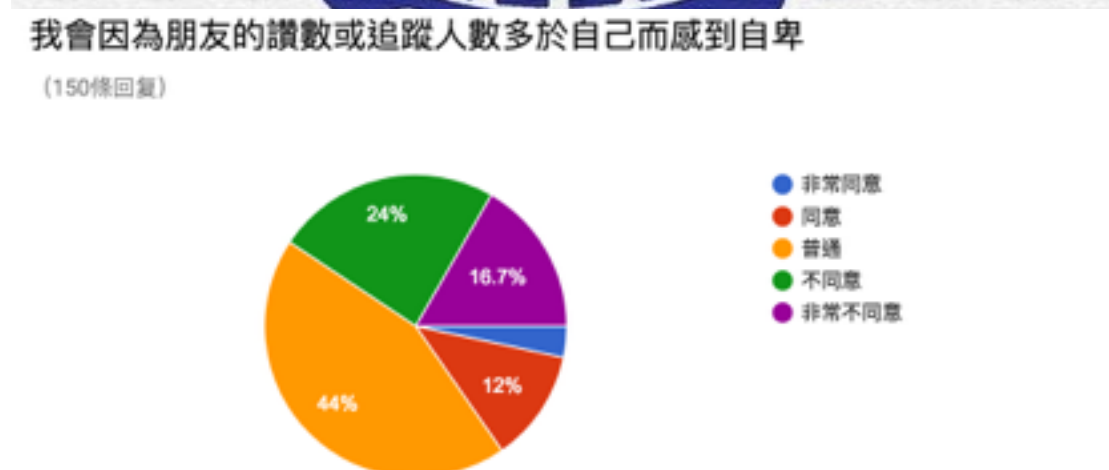
### Instagram negative effect

Figure 13:



More people(22.8%+6.7%=29.5%) agree that they will envy the appearances of internet celebrity. It seems that appearances influence teenagers a lot.

Figure 14 :



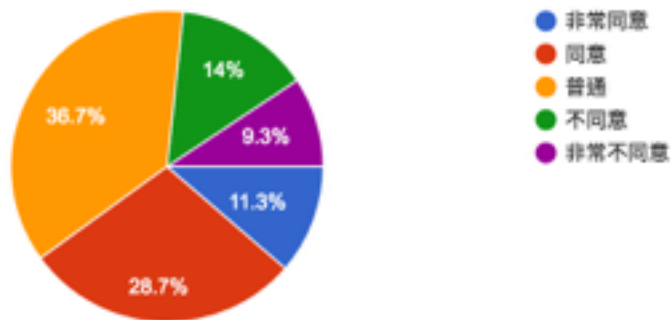


More people(24%+16.7%=40.7%) disagree that they will feel insecure when their friends' likes or followers are more than them. According to the figure, teenagers is not easily upset by the comparison with their peers.

Figure 15:

讀書時我會想滑instagram

(150條回復)

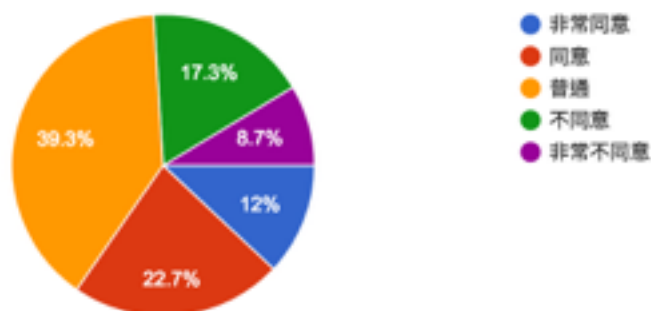


More people agree(28.7%+11.3%=40%) that they would want to use Instagram while studying. To some degree, teenagers are distracted by Instagram when studying. As a result, parents should be aware that Instagram does impact teenagers with their after school studies.

Figure 16:

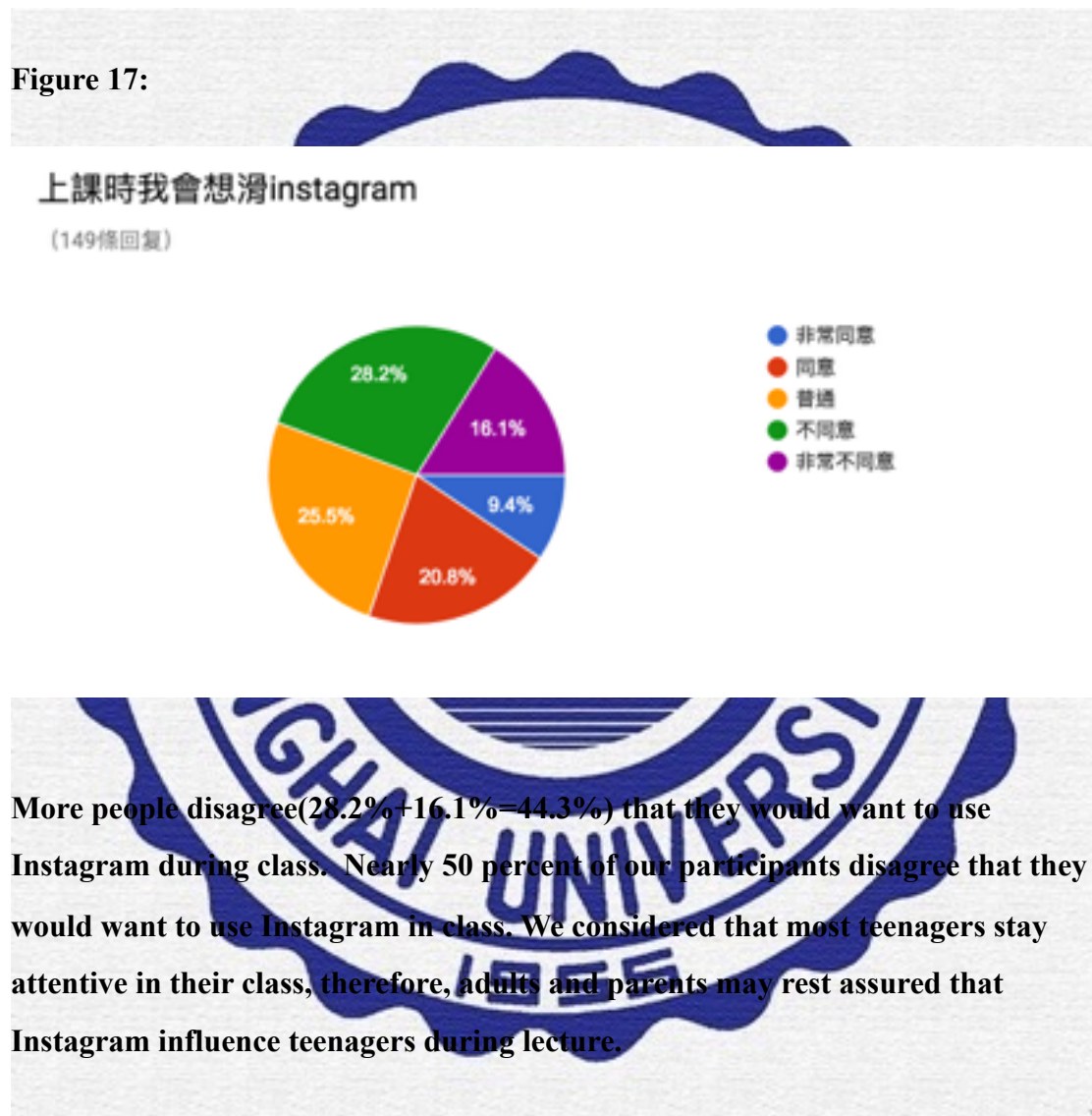
讀書時我會分心去滑instagram

(150條回復)



More people(22.7%+12%=34.7%) agree that using Instagram would distract them during their studying. However, the figure that teenagers will use Instagram during their studying are 5.3% lower than those who want to use but didn't use Instagram eventually.

This statistics show that teenagers may have some temperance when it comes to using Instagram.



More people disagree(28.2%+16.1%=44.3%) that they would want to use Instagram during class. Nearly 50 percent of our participants disagree that they would want to use Instagram in class. We considered that most teenagers stay attentive in their class, therefore, adults and parents may rest assured that Instagram influence teenagers during lecture.

Figure 18:

More people (27.7%+18.9%=46.6%) disagree that they would get distracted and check the Instagram during class. Again, the statistics show that most teenagers will not use Instagram during class, consequently, Instagram does not impact teenagers on their lecture immensely.

上課時我會分心去滑instagram  
沒有使用instagram我怕會疏離與朋友之間的距離

(150條回復)

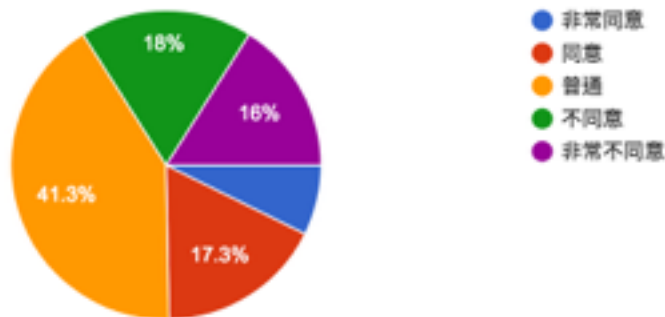


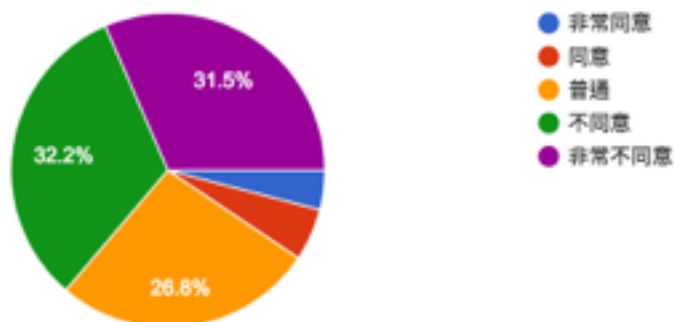
Figure 19:

More people(18%+16%=34%) disagree that without using Instagram they are afraid of being alienated with friends. The statistics show that not using Instagram does not affect much on teenagers' feelings of being alienated with friends.

Figure 20:

沒有定期發文會害怕自己的存在感降低

(149條回復)

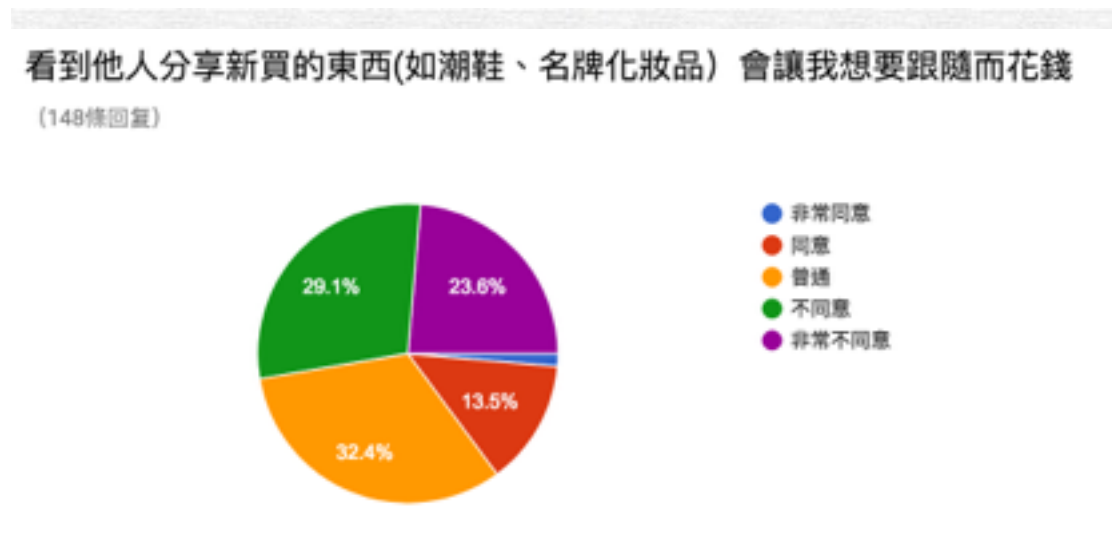


More people(31.5%+32.2%=63.7%) disagree that they would feel low existence if



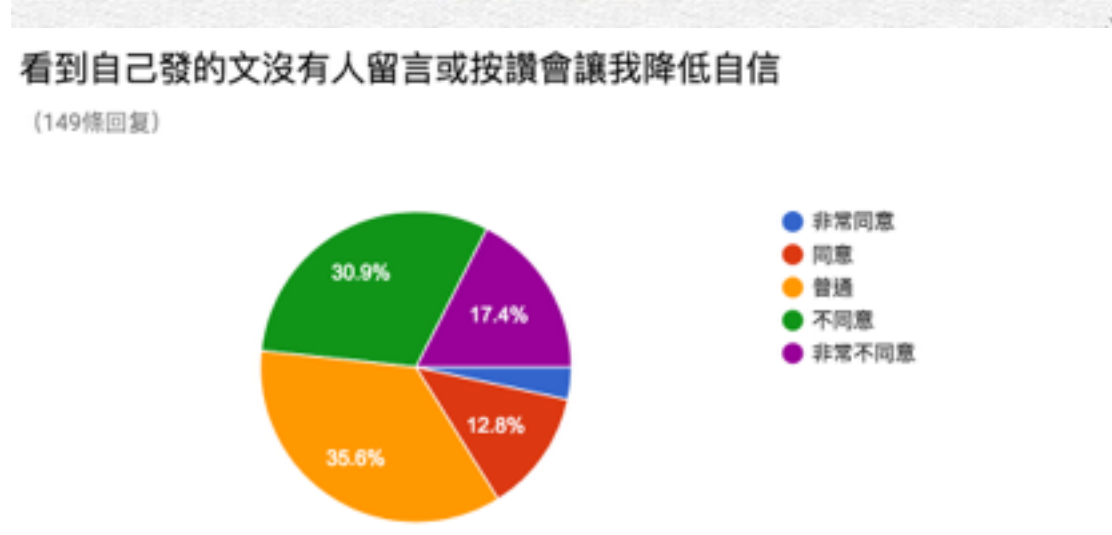
they didn't post on Instagram regularly. Over half of our participants indicate that not posting Instagram regularly does not make them feel insecure. In other words, posting on Instagram regularly or not does not affect teenagers relationships with people.

Figure 21:



More people disagree (29.1%+23.6%=52.7%) that they would want to follow others to buy something fancy when using Instagram. We originally supposed that many teenagers would like to buy fancy stuffs when seeing others have one. However, it seems that teenagers don't easily squander money at will. Thus, those enterprises targeting on teenagers should think twice when they want to Instagram as a channel for marketing.

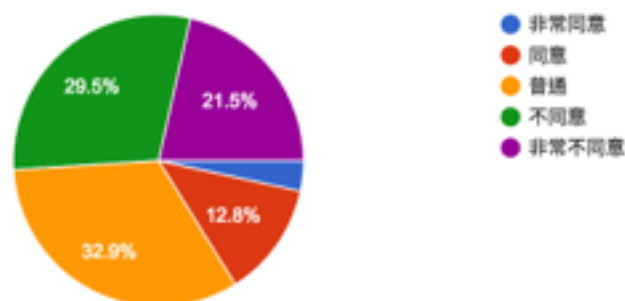
Figure 22:



More people disagree (30.9%+17.4%=48.3%) that they would feel unconfident when finding nobody like their post or leave a message. It seems that most teenagers do not build their confidence on the numbers of likes on Instagram. Perhaps teenagers understand that the likes on Instagram does not exactly show how much friends they have in reality.



Figure 23:  
看到他人照片或文章內容會覺得他人生活比自己精采豐富而感到失落  
(149條回覆)



More people disagree (29.5%+21.5%=51%) that they would feel depressed when seeing others' lives are more brilliant than theirs. It seems that most teenagers don't feel depressed when seeing other people's life are better than theirs. We supposed that they don't feel depressed but probably other emotions.

#### Analysis:

The primary disagreement figures on the questionnaire is 63.7% of people from

149 participants(94 people) indicates their disagreements that they will feel low self-esteem if they did not post on Instagram regularly. The second top statistics is

52.7% of people from 148 participants(77 people)showing disagreements that they would want to follow others to buy something fancy when using Instagram. The third top date is 51%of people from 149 participants (75 people)revealing disagreements that they would feel less confident because their friends are more popular than them.

**Brief summary on negative effect questions:**

We supposed that Instagram will cause much negative impacts on teenagers, however, the statistics show that teenager is not emotionally affected by Instagram easily in general situation.

We are amazed at the self-control of teenagers when talking about using Instagram while studying or during class. We received more disagreement than agreement on the issue that they will get distracted by Instagram.

We also supposed that teenagers would be more easier to be distracted by Instagram while studying than in class, nevertheless, the statistics show that teenagers would be more distracted by Instagram during class. Therefore, teachers should be aware the use of Instagram in class.

The sole more agreements on our negative orientation question is the response that teenagers will envy the appearances of internet celebrities.(43 people agree on this question). It seems that teenagers in their ages care about appearances a lot.

#### **IV. Conclusion**

Through our examination, it can be referred that Instagram would both bring up some good impacts but also negative influences on teenagers' mental and



physical health. Based on the statistics, it was found that although the Instagram was a worldwide popular application and be used by various ages people, the significant users of the Instagram were young generation, aging from 12 to 19. Moreover, by examining our questionnaire, it is obviously that the Instagram cause both positive influence and negative ones. Regarding the positive effects, the Instagram did improve teen's friendship and better relaxation, on the contrary, the Instagram also give rise to the negative mental problems such as depression and anxiety. It cannot be said that the Instagram is the worst social media application because it helps teens enliven their lives but it indeed leads some physical and mental problems to teens.

Most of the youngsters agree that Instagram can bring them closer with their friends. Most of them assent with others that using Instagram do provide a way to release their pressure and also record their lives. Furthermore, youngsters can make more friends by using Instagram because of the popularity of the Instagram. According to those findings, the phenomenon are discovered that Instagram shortens the distance between youngsters. On the contrary, teen will be distracted during class by the desire of eagerly to use the Instagram, which would influence their academic performances. On top of that, most of the youngsters would be envious of other people who are more beautiful and handsome than youngsters themselves. More than half of these young interviewees agree that they would feel less confident in finding nobody likes their posts and their friends' posts are more popular than theirs. Most importantly, those youngsters would be afraid of alienating from peer fellows. According to those data, it can be referred to that Instagram do have an negative impact on youngsters.

For young people, using social media and digital technologies as a tool to help with mental health make sense for many reasons. The Instagram is a part of their daily lives and so care could be delivered in a lifestyle-integrated, self-managed approach. The following quotation conveys the main perspective this research

tends to said: “As the evidence grows that there may be potential harms from heavy use of social media especially the instagram, and as we upgrade the status of mental health within society, it is important that people have checks and balances in place to make social media less of a wild west when it comes to young people’s mental health and wellbeing.” said by Shirley Cramer, chief executive of the RSPH.



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## Appendix

### 問卷調查

#### Part 1: Background information

1. Your age  junior high grade 1  junior high grade 2  junior high grade 3   
senior high grade 1  senior high grade 2  senior high grade 3

2. Gender  male  female

#### Part 2: Using behavior

1. How much time I spend on using Instagram a day  less than 1 hour  1-3  
hours  3-5 hours  more than 5 hours

2. My purpose for using Instagram is connecting with my friends  very agree   
 agree  general  disagree  very disagree

3. My purpose for using Instagram is to kill time  very agree  agree  general  
 disagree  very disagree

4. My purpose for using Instagram is to follow my friends' Instagram.  very  
agree  agree  general  disagree  very disagree

5. My purpose for using Instagram is to share my life  very agree  agree  
 general  disagree  very disagree

6. My purpose for using Instagram is to write sponsored post  very agree   
agree  general  disagree  very disagree

7. My purpose for using Instagram is to follow the latest news and information  
 very agree  agree  general  disagree  very disagree

8. My purpose for using Instagram is to let other people understand me more  
deeper  very agree  agree  general  disagree  very disagree

9. I often read posts about foods on Instagram  very agree  agree  general   
disagree  very disagree

10. I often read posts about internet celebrities  very agree  agree  general   
disagree  very disagree

11. I often read my friends' posts on Instagram  very agree  agree  general



disagree  very disagree

12. I often read posts about celebrities  very agree  agree  general  disagree  very disagree

13. I often read posts about traveling  very agree  agree  general  disagree  very disagree

14. Do I write posts?  Yes  No (If you choose no, skip to answer Part 3)

15. My purpose for writing a post is to record my life  very agree  agree  general  disagree  very disagree

16. My purpose for writing a post is to express feelings  very agree  agree  general  disagree  very disagree

17. My purpose for writing a post is to public display of affection(放閃)  very agree  agree  general  disagree  very disagree

18. My purpose for writing a post is to build my image  very agree  agree  general  disagree  very disagree

19. My purpose for writing a post is to share what I've bought  very agree  agree  general  disagree  very disagree

20. How many time do I spend on editing my posts and images?  less than 10 minutes  10-30 minutes  30 minutes -1hour  more than 1 hour

### Part 3: Reflections

1. I can get the latest information from instagram.(ex. fashion)  very agree  agree

general  disagree  very disagree

2. Using instagram can make me get closer with my friends.  very agree  agree  general  disagree  very disagree

3. Using instagram can release my pressure.  very agree  agree  general  disagree  very disagree

4. Using instagram to post articles enhance my confidence.  very agree  agree  general  disagree  very disagree

5. Using instagram make me pay close attention to what I like.  very agree

agree  general  disagree  very disagree

6. Using instagram make me have an outlet to release and share my life.  very agree  agree  general  disagree  very disagree

7. Using instagram help me record my life.  very agree  agree  general  disagree  very disagree

8. Using instagram build up my network.  very agree  agree  general  disagree  very disagree

9. I envy the internet celebrities' appearances.  very agree  agree  general  disagree  very disagree

10. I feel inferior to my friends who have more likes or followers than I.  very agree  agree  general  disagree  very disagree

11. I want to use instagram when I study.  very agree  agree  general  disagree  very disagree

12. I distracted by instagram when I study.  very agree  agree  general  disagree  very disagree

13. I want to use instagram during class.  very agree  agree  general  disagree  very disagree

14. I distracted by using instagram during class.  very agree  agree  general  disagree  very disagree

15. I'm afraid to become alienated from friends without using instagram.  very agree  agree  general  disagree  very disagree

16. I'm afraid to reduce my existence without posting articles regularly.  very agree  agree  general  disagree  very disagree

17. It reduce my confidence if no one writes comments or likes my posts.  very agree  agree  general  disagree  very disagree

18. I want to follow and spend money when I see people share their new stuff.(ex. famous brand) very agree  agree  general  disagree  very disagree

19. I feel depressed if I wanted to post articles but the cell phone is out of power.  very agree  agree  general  disagree  very disagree

20. I feel lost when I see others' photos or articles are more abundant than I.  very agree  agree  general  disagree  very disagree



## The statistics of our research

### The time teenagers spent on Instagram each day

	1小時以下	1~3小時	3~5小時	5小時以上
How much time would I spend on instagram?	<b>41.9%</b>	37.8%	12.7%	7.3%

### Motivation of using Instagram

	非常同意	同意	普通	不同意	非常不同意
Motivation of Instagram Use: To let others know myself better.	14%	35.5%	<b>40%</b>	6.7%	4%
Motivation of Instagram Use: To build the image and characteristic	6.7%	14.3%	<b>44.4%</b>	21.8%	12.8%

### Positive

	非常同意	同意	普通	不同意	非常不同意
I use Instagram to get in touch with my friends.	19.6%	29.7%	<b>41.9%</b>	4.7%	4%
I would look up my friends post on Instagram.	<b>51.3%</b>	40%	6.7%	1.3%	0.7%
Using instagram can bring people closer	20.7%	<b>50%</b>	25.3%	2%	2%
Instagram can help me making more friends.	22.1%	<b>35.6%</b>	33.6%	7.4%	1.3%
Instagram help me closely checking my friends current events.	<b>51.3%</b>	40%	6.7%	1.3%	0.7%
Using the Instagram can release my pressure.	20.7%	<b>44.7%</b>	28.7%	5.3%	0.7%
Using the instagram can help me record my life.	30.4%	<b>50.4%</b>	15.6%	2.2%	1.5%



## Negative

	非常同意	同意	普通	不同意	非常不同意
The purpose I use Instagram is to kill time.	27.5%	<b>47.7%</b>	20.8%	4%	0%
I would get distracted and check the Instagram during class.	8.8%	16.9%	<b>27.7%</b>	<b>27.7%</b>	18.9%
I would get distracted and check the Instagram during studying.	12%	22.7%	<b>39.3%</b>	17.3%	8.7%
I would feel unconfident when finding nobody like my post or leave a message.	3.4%	12.8%	<b>35.6%</b>	30.9%	3.4%
I am envy with other pretty women/men' appearances.	6.7%	22.8%	<b>47.7%</b>	14.8%	8.1%
I would feel less confident because my friends are popular than me.	3.3%	12%	<b>44%</b>	24%	16.7%
Without using the instagram, I am afraid of being <u>alienate</u> from friends.	6.8%	17.6%	<b>41.9%</b>	18.2%	15.5%
I would want to follow others to buy something fancy.	1.3%	13.7%	<b>32.9%</b>	28.8%	23.3%
I would feel depressed when seeing others' lives are more brilliant than mine.	3.4%	12.8%	<b>32.9%</b>	29.5%	21.5%

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