

# SSHRC Explore Final Report

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## Daily Hassles and Uplifts: Adolescents' Positive and Negative Social Media Experiences

### 1.1 Project Summary

Daily uplifts and hassles are micro-experiences that trigger temporary positive and negative affective reactions which overtime can influence well-being. Adolescents (n = 550; 12-16 years old; 50% females) were recruited using Qualtrics to complete an online survey regarding their social media experiences and reactive affect. Differences in the frequency and intensity of affective response to social media experiences in relation to self-esteem, introversion, age, and gender were considered.

### 1.2 Project Outcomes and Impacts

Daily uplifts and hassles are micro-experiences that trigger temporary positive and negative affective reactions which influence well-being, which have been found to be better predictors of well-being compared to major life events. However, uplifts and hassles has yet to be examined the context of social media use. This study is a first step to establishing the hassles and uplifts approach as a useful framework for researchers to study and understand young people's social media use in relation to their well-being. Preliminary analyses indicate that adolescents report more uplifts than hassles when using social media, an effect that is consistent across age and gender. Self-esteem and introversion, however, seem to play a role in social media experiences. Adolescents with higher (compared to lower) self-esteem or who are less (compared to more) introverted report more uplifts and greater intensity of positive response when they encounter uplifting experiences. Similarly, adolescents with lower self-esteem report more hassles and greater intensity of negative response when they encounter hassling experiences. The findings indicate that adolescents with low self-esteem or higher introversion could be at greater risk of the negative effects associated with mundane social media experiences.

### 2.1 Use of Awards Funds

Research Assistant: \$600 - senior psychology student was hired to assist with the literature review and preparation of the survey in Qualtrics. Qualtrics data set: \$3150 USD - Qualtrics services were used to recruit 550 American adolescents to complete the survey

### 2.2 Additional Outcomes/Research Issues

N/A

### 2.3 Dissemination of Project

A poster has been submitted to the Canadian Psychological Association 2024 convention. I am still waiting for notice of acceptance.

### 2.4 Future Research Plans

I am currently working on a manuscript to submit for publication which I intend to submit by the end of 2024.