

## THE PSYCHOLOGICAL AND ACADEMIC IMPLICATIONS OF SOCIAL MEDIA ADDICTION: INTEGRATING EMOTIONAL EXHAUSTION AND MINDFULNESS-BASED ANALYSIS WITH ISLAMIC PERSPECTIVES

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### Abstract

*This study examines the impact of social media addiction on mindfulness, academic performance, and emotional exhaustion, while incorporating an Islamic perspective on moderation and self-regulation.*

*Social media paradox theory, postulates excessive engagement with social media increase emotional exhaustion, thereby impairing mindfulness and academic outcomes. Empirically results show that Cronbach's alpha value is 0.807. Furthermore, results indicate that social media escalate emotional exhaustion while academic performance negatively related with media addiction. It is also revealed by the finding, mindfulness is the most affected variable in selected variables of present study.*

*Likewise, research provides evidence that over-use of social media negatively affects one's ability to be mindful and mental health and academic achievement. To improve digital wellbeing in students, awareness programs regarding digital wellbeing, access to counseling, and implement mindfulness training programs, with ethical and spiritual development programs should be conducted in educational institutions.*

### Keywords

Social media, addiction, mindfulness, academic performance, emotional exhaustion, Islamic perspective

### 1. Introduction

According to a recent survey study on the digital habits of university students, more than 80% use social media networks regularly, while more than 50% dedicate at least three hours daily to such activities (China Youth Net, 2023). In this age of fast-developing communication tools, social media networks are vital components of the everyday lives of university students, providing easy access to sources of entertainment, socialization, and communication (Tulin et al., 2018).

In the academic world, there arises a problem that relates to lack of concentration and poor performance in addition to stress and anxiety problems. With respect to Islam, people ought to have behavior based on moderation, responsibility, and purposive actions. This makes the Islamic point of view applicable in modern times with reference to the use of technology. The research emphasizes that people should realize that social media plays an influential role in their lives; therefore, the individual should navigate the Internet space in line with Islamic ethics (Chowdhury, 2024). Though the academic conversation surrounding excessive social media use has thoroughly examined related concepts including problematic use, addictive use, compulsive use, social media addiction, and social media fatigue, excessive use is different. Excessive social media use has been linked to mental problems such as anxiety, depression, and poor self-image (Prowse et al., 2021).

This study aims to:

1. Examine the relationship between social media addiction and mindfulness

2. Analyze its impact on academic performance
3. Investigate the role of social media addiction in emotional exhaustion
4. Integrate Islamic principles into the conceptual framework

## **2. Literature Review**

### **2.1 Social Media Addiction**

Social media addiction refers to a behavioral addiction where one is overly preoccupied with online engagements. It results in poor productivity and time management skills and causes psychological problems. Up until now, research into the effects of social media usage has produced inconsistent results. It is no longer disputable nowadays that social media, such as Facebook, have revolutionized the way people all around the world interact with each other. Social media make it possible to bring people much closer together irrespective of where on earth they come from. Furthermore, social media can be utilized to enhance communication in order to bring close the organization to its customers (Kietzmann et al., 2011). However, despite the many advantages social media may offer, it is rather unfortunate to note that many people today are highly hooked up on social media, particularly the youth. In most places across the globe today, it is common place to find many people constantly looking at their social media through their handsets while walking (Koc & Gulyagci, 2013).

### **2.2 Impact on Academic Performance**

In the educational context, the association between social media usage and academic performance has been studied in the past few years. According to Krasilnikova and Smirnova (2017) the usage of social media could enhance learning processes such as knowledge acquisition and problem-solving skills, leading to higher academic performance. It is also revealed a strong inverse correlation between excessive social media usage and academic performance through meta-analysis, that compulsive social media usage was associated with learning problems. Students' academic performance might be impacted due to the lack of effort and attention devoted to learning. Low academic performance is, therefore, an essential behavioral consequence of stress induced by social media usage in the educational environment.

### **2.3 Impact on Mindfulness**

Zewude et al, (2025) stated that the negative consequences of social media addiction and internet addiction on students' psychological well-being have been proven and elaborated on the complex interplay of mindfulness and social capital in buffering against the negative consequences of the aforementioned factors. It was found that SMA and IA had direct negative impacts on mindfulness, social capital, and mental well-being among students.

The younger generation serves as an emerging population in today's world, and they are at the early developmental stages of their lives, making them more vulnerable to developing severe mental health conditions. Younger generation in today's world is actively utilizing social media platforms that have an affinity for mental health issues. The current critical scenario necessitates greater awareness, but the association between social media usage and mental health disorders is only a starting point. The next step would be to explore and comprehend the mechanism by which social media impacts the mental health of the current younger generation (Bashir & Bhat, 2017)

### **2.4 Impact on Emotional Exhaustion**

Emotional exhaustion refers to feelings of being emotionally drained due to prolonged stress. Continuous online engagement creates cognitive fatigue, sleep disturbances, and emotional burnout. The worrying rise in social media use poses a threat to our mental well-being and, by extension, our community, especially among the youth. A survey carried out among students

at Pakistani universities found that high social media use was linked to higher levels of stress, anxiety, and depression (Sarwar et al., 2022).

### 2.5 Islamic Perspective on Moderation and Self-Control

According to religious leaders' views, the application of FB-Pro should be done within the bounds of the values of Islam, where social media would be used for the purposes of da'wah, education, and the spread of informative content. From the viewpoint of Islamic Education, the application of social media should be done based on ethical norms in digital space, gender equality, and the sense of responsibility, where the use of FB-Pro would lead to both economic benefits and value enhancement in society. The harmful impact of the media and social media is diverse; however, not only Muslims and their religion, i.e., Islam, suffer from its negative impacts, but there is an advantage of the plays too (Islam, 2019).

### 3. Conceptual Model and Hypotheses

#### Proposed Relationships

H1: Social media addiction negatively affects mindfulness

H2: Social media addiction negatively affects academic performance

H3: Social media addiction positively influences emotional exhaustion

### 4. Results and Discussion

The current study employed a quantitative research design and adopted a cross-sectional survey strategy for studying the targeted phenomenon among university students. The target population included students registered at universities, and respondents were identified through convenience sampling methods. There were a total of 230 respondents in this study. Questionnaire was used as the instrument for collecting data from the respondents.

#### 4.1 Reliability Statistics

Reliability Statistics	
Cronbach's Alpha	N of Items
.807	44

Table shows the Reliability Analysis results after complete data collection. Cronbach's Coefficient Alpha value of variables is 0.807 by using 44 items.

#### 4.2 Correlation Analysis

Correlations		S.Media	Mindfulness	A.P	E.Exhaustion
S.Media	Pearson Correlation	1			
	Sig. (2-tailed)				
Mindfulness	Pearson Correlation	-.742**	1		
	Sig. (2-tailed)	.000			
A.P	Pearson Correlation	-.328**	.691**	1	
	Sig. (2-tailed)	.000	.000		
E.Exhaustion	Pearson Correlation	.548**	.720**	.662**	1
	Sig. (2-tailed)	.000	.000	.000	

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

Table shows that social media is negatively correlated with mindfulness, academic performance and emotional exhaustion.

#### 4.3 Regression Analysis Social, Media and Mindfulness

Model Summary					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
1	.742 <sup>a</sup>	.551	.549	.38987	
a. Predictors: (Constant), S.Media					

Table 4.3.1

ANOVA						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	55.550	1	55.550	365.456	.000
	Residual	45.297	298	.152		
	Total	100.847	299			

a. Dependent Variable: Mindfulness  
b. Predictors: (Constant), S.Media

Table 4.3.2

Coefficients						
Model		Unstandardized Coefficients		Standardized Coefficients	T value	Sig.
		B	Std. Error	Beta		
1	(Constant)	.883	.156		5.667	.000
	S.Media	-.780	.041	-.742	19.117	.000

a. Dependent Variable: Mindfulness

Table shows that as Mindfulness has taken a dependent variable with Social Media as independent variable, results indicated that Social Media effects Mindfulness with coefficient of  $-.742$  which tells that for one unit change in Social Media there will be  $.742$  unit change in Mindfulness. ANOVA table shows that model is significant. Adjusted  $R^2$  shows that 54.9% variation is explained by independent variable. Social media addiction takes up cognitive energy, and directs the person's cognitive energy towards activities that cause social media addiction, thus reducing the amount of cognitive energy available to carry out activities that improve psychological well-being (Moqbel, 2024).

Table 4.4 Regression Analysis Academic Performance and Social Media

Model Summary					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
1	.328 <sup>a</sup>	.108	.105	.53920	

a. Predictors: (Constant), S.Media

Table 4.4.1

ANOVA						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	10.449	1	10.449	35.938	.000
	Residual	86.641	298	.291		
	Total	97.090	299			

a. Dependent Variable: A.P  
b. Predictors: (Constant), S.Media

Table 4.4.2

Coefficients						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.821	.216		13.091	.000
	S.Media	-.338	.056	-.328	5.995	.000

a. Dependent Variable: A.P

Table shows that as Academic Performance has taken a dependent variable with Social Media as independent variable, results indicated that Social Media affects Academic Performance with coefficient of  $-.328$  which tells that for one unit change in Social Media there will be  $.328$  unit changes in Academic Performance. ANOVA table shows that model is significant. Adjusted  $R^2$  shows that 10.5% variation is explained by independent variable. The results of presents study are consistent with other studies like the use of social media by adolescents and kids can spoil their life as well as their academic performance. The reason behind this is that the use of social media distracts the focus of students from academic activities to those which are irrelevant to studies (Tariq, 2012).

#### Model 4.5 Regression Analysis, Emotional Exhaustion and Social Media

##### Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.548 <sup>a</sup>	.300	.298	.47219

a. Predictors: (Constant), S.Media

##### Model 4.5.1

##### ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	28.516	1	28.516	127.897	.000
	Residual	66.443	298	.223		
	Total	94.959	299			

a. Dependent Variable: E.Exhaustion

b. Predictors: (Constant), S.Media

##### Model 4.5.2

##### Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.823	.189		9.658	.000
	S.Media	.559	.049	.548	11.309	.000

a. Dependent Variable: E.Exhaustion

Present table shows that as Emotional Exhaustion has taken a dependent variable with Social Media as independent variable, results indicated that Social Media affects Emotional Exhaustion with coefficient of  $.548$  which tells that for one unit change in Social Media there will be  $.548$  unit change in Emotional Exhaustion. ANOVA table shows that model is significant. Adjusted  $R^2$  shows that 29.8% variation is explained by independent variable. Similarly, the findings reveal that social-media-related variables (information overload and system overload) and user-related variables (privacy invasion and cyberbullying) significantly affect emotional exhaustion. These social-media-related and user-related variables have an indirect effect on social media fatigue through emotional exhaustion (Sheng et al., 2023).

## 5. Conclusion

This study concludes that social media addiction is a multidimensional issue affecting psychological well-being and academic success. Integrating Islamic principles into educational interventions can enhance self-regulation and digital discipline. Data were analyzed using SPSS for descriptive statistics and regression analysis.

The results show that social media contribute to emotional exhaustion whereas academic performance shows negative correlation with media addiction. The finding also indicates that mindfulness is the most affected among all variables in this study. Moreover, literature also suggests that excessive use of social media can impair one's ability to maintain mindfulness and can harm one's mental health and academic performance.

The study suggests that social media addiction significantly disrupts cognitive and emotional functioning. Reduced mindfulness leads to poor academic engagement, while emotional exhaustion further deteriorates performance. The Islamic framework provides a holistic solution by promoting discipline, purpose, and moderation.

#### 6. Policy Recommendations:

A university needs to implement a strategic plan that will help to deal with the negative impact that excessive social media use and behavioral addiction have on students. In this respect, one can mention the importance of conducting campaigns about digital well-being awareness which could contribute greatly towards fostering the proper use of technologies. In addition, including courses on ethics and spirituality could assist students in exercising self-discipline and mindfulness in order to promote responsible behavior on the Internet. Educational institutions also need to conduct various times management seminars that would help students become more productive and efficient in terms of their studies.

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