

Research Paper

The Association of Social Media with Anger and Psychological Well-Being Among Users and Non-Users

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ABSTRACT

This study investigates the impact of social media usage on anger and psychological well-being by comparing users and non-users. Using standardized psychological measures, including the Bergen Social Media Addiction Scale, Buss-Perry Aggression Questionnaire, and Ryff's Psychological Well-Being Scale, the research assesses the relationship between social media engagement, aggression, and emotional health. Data analysis reveals a significant positive correlation between social media usage and aggression ($r = 0.499$, $p < 0.01$), indicating that frequent users exhibit higher levels of anger. Additionally, a strong negative correlation between social media use and psychological well-being ($r = -0.548$, $p < 0.01$) suggests that excessive online engagement contributes to lower emotional stability and life satisfaction. In contrast, non-users demonstrate lower aggression levels and greater psychological well-being.

Keywords: Social media, Anger and Psychological well-being

Social media has become an important part of modern life, transforming how individuals interact, communicate, and engage with the world. Platforms such as Facebook, Instagram, Twitter, and YouTube offer unmatched opportunities for connection, self-expression, and access to information. However, along these benefits, concerns have come out about the psychological impact of social media usage, particularly its effect on emotions like anger and overall wellbeing. Anger, a complex emotional response often triggered by frustration or perceived injustice, can be amplified in the online environment due to exposure to disharmonious content, cyberbullying, and polarized discussions Kowalski et al. (2018). Similarly, well-being, encompassing both emotional and psychological health, may be compromised by excessive social media use, often linked to social comparison, digital fatigue, and anxiety.

While ample research has examined the psychological effects of social media, limited studies compare these impacts between users and non-users. Social media users are frequently exposed to digital stressors that can influence their emotional states and life satisfaction. On the other hand, nonusers, who abstain from social media, may avoid these

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stressors but might experience different challenges, such as social isolation or reduced access to information and resources.

For *users*, social media can negatively affect well-being by developing social comparison, digital fatigue, and feelings of inferiority due to exposure to idealized portrayals of others' lives. Frequent use is also linked to reduce in-person interactions, sleep disturbances, and increased anxiety or depressive symptoms.

For *non-users*, the absence of social media generally shields them from the negative effects associated with constant connectivity, such as comparison and online conflicts. This contributes to a more stable emotional state and higher levels of life satisfaction. Non-users are less likely to experience digital stress or the pressure to maintain an online persona, promoting better psychological well-being.

The variables in this research *social media*, *anger*, and *Psychological well-being* are intricately linked, influencing one another in complex ways. Understanding their association is critical to exploring the psychological and emotional impact of *social media* on users and non-users.

Social Media and Anger-social media serves as a platform where emotions, including anger, can be easily amplified. Features such as anonymity, Seamless communication, and algorithm-driven content exposure often lead to heightened emotional responses. Users may encounter Provocative posts, divisive political debates, or cyberbullying, which can evoke anger or Amplify pre-existing frustrations. Moreover, the fast-paced and dynamic nature of social media interactions can lead to a cycle where anger spreads rapidly, amplifying emotional distress. For non-users, the absence of these digital stressors may contribute to lower levels of aggression, as they are not exposed to the triggers prevalent in online environments. (Lifang et al., 2020)

Social Media and Well-Being-Social media has a dual impact on well-being. On the one hand, it can promote positive well-being by offering social connectivity, emotional support, and access to information and communities. On the other hand, excessive or uncontrolled use often diminishes well-being, leading to anxiety, depression, or dissatisfaction due to social comparison, fear of missing out (FOMO), and digital burnout. Non-users, by contrast, are less Vulnerable to these negative influences but may face challenges in accessing the benefits of online communities and networks, potentially affecting their overall well-being differently.

Anger and Well-Being: Anger, when frequent or unresolved, can negatively impact well-being by contributing to stress, anxiety, and physical health issues. Social media often serves as a medium where anger is both expressed and reinforced, which can reduce life satisfaction and emotional stability among users. For non-users, lower exposure to anger-inducing scenarios may support better well-being, though they might lack opportunities to engage in constructive discourse or access support systems available on social media. (Kross et al., 2021)

Indian and Non-Indian Researchers' Viewpoints: The influence of social media on anger and well-being is a globally relevant issue, but researchers from India and other countries approach this topic differently, reflecting cultural, societal, and technological contexts.

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Below is a detailed comparison of how Indian and non-Indian researchers view the influence of social media on users and non-users regarding anger and well-being.

Indian Researchers' Viewpoint: Indian researchers often analyze the topic through the lens of the country's unique cultural dynamics, rapid digital adoption, and societal challenges.

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- **Users:** Social media is frequently used in India as a platform for political, religious, and social debates. Indian researchers observe that users are often exposed to Provocative content, including misinformation, hate speech, and polarizing narratives, which can escalate anger. This is especially evident during elections or social movements.
- **Non-Users:** Non-users in India are less likely to experience the anger-inducing stimuli present on social media. However, they may encounter indirect exposure through interpersonal discussions or mainstream media influenced by social media trends.

Non-Indian Researchers' Viewpoint

Non-Indian researchers, particularly from Western and developed nations, approach the topic with a focus on psychological mechanisms, technological design, and universal patterns of behavior.

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- **Users:** Non-Indian researchers emphasize how Social Media platforms create "echo chambers" and filter bubbles that reinforce Anger by exposing users to polarizing or like-minded content. Anonymity and lack of accountability on Social Media further exacerbate Anger, especially in contexts such as online trolling or political debates.
- **Non-Users:** Non-users in developed nations are often shielded from the direct triggers of Anger present on Social Media. However, they may feel detached from the societal discourse that increasingly occurs online, leading to a different kind of frustration or disconnection.

Rationale

Social media has become an integral part of daily life, influencing emotional and psychological well-being. While it offers numerous benefits, such as connectivity and access to information, its excessive use has been linked to negative emotional responses, particularly anger. This study aims to explore the association between social media usage, aggression, and psychological well-being by comparing users and non-users. Existing literature suggests that frequent engagement with social media exposes individuals to digital stressors, cyber conflicts, and social comparisons, which may contribute to heightened aggression and reduced well-being. In contrast, non-users, who are not subject to such digital influences, may experience greater emotional stability. The study employs standardized psychological scales to assess the levels of anger and well-being in both groups, providing empirical evidence on the psychological implications of social media engagement. Understanding this relationship is crucial in developing strategies for responsible social media use, promoting digital well-being, and fostering healthier online interactions.

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Objective

- To analyze the impact of Social Media usage on Anger.
- To examine the impact of excessive Social Media use on Psychological well-being.
- Psychological well-being will be high and aggression will be low in non-user of social media when compared to user of social media

Significance

Social Media usage has drastic effect on user and non-user. It also has a negative effect on the psychological well-being and anger on individuals. Several studies have also supported this fact in both Indian and western contexts. However, there has been research gaps where variables such as psychological well-being and anger haven't been studied along in one research coming to users and non-users.

The significance of the study is to prove that there is a relationship between psychological well-being and anger. By doing more research on this topic, most individuals can benefit from the implication of the study.

REVIEW OF LITERATURE

A) Social media and anger

The role of emotions, particularly anger, in shaping social media interactions and communication strategies has been widely examined across various contexts, **Mane et al. (2025)** explored online aggression and its behavioral implications on social media platforms. Their research highlighted how anonymity and digital disinhibition contribute to aggressive behavior, leading to emotional distress and social fragmentation. The study also emphasized the need for integrating sociological insights with computational techniques to improve the detection and management of cyber-aggression.

Similarly, **Lee et al. (2024)** explored the connection between anger and misinformation on social media, particularly in health-related contexts. Through two online experiments, the study examined how anger—both related and unrelated to misinformation—affects users' ability to recall misinformation. Findings revealed that anger appeals tied to misinformation did not significantly impact recall when issue relevance was high. However, ambient anger played a crucial role in increasing misinformation recall, especially for individuals highly engaged with the issue. These results underscore the need to consider emotional influences when designing misinformation mitigation strategies.

The impact of emotions on social media usage and digital behavior has been extensively studied across various contexts. **Nazlıgül et al. (2022)** explored the relationship between problematic social media use and difficulties in emotion regulation. Their research, conducted among university students, highlighted that emotions like shame and anger contribute to excessive social media use, particularly when individuals struggle with regulating their emotions. In contrast, guilt was found to reduce problematic social media behavior by promoting better emotional control. These findings provide insights into the emotional factors influencing social media addiction and the role of self-regulation.

Examining the influence of emotions in shaping online discourse, **Chung & Zeng (2020)** developed a framework to analyze how emotions contribute to social media influence. Using a large dataset of tweets related to U.S. border security, the study identified anger and fear as key drivers of user impact. Trust also played a crucial role in determining which users

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gained influence, suggesting that emotional resonance significantly affects how information spreads online. This research provides a deeper understanding of the mechanisms underlying emotional influence on social media.

Focusing on the mental health implications of digital interactions, **Johnson et al. (2020)** explored how social media can help identify early warning signs of anger-related outbursts among veterans with PTSD. Using Twitter data and a veteran-specific language model, the study analyzed how veterans express anger compared to civilians. The findings emphasized the potential of social media in detecting emotional distress and developing digital mental health interventions for veterans.

Masthi et al. (2018) explored the prevalence of social media addiction among adolescents, comparing students from government and private institutions. Their research identified a 36.9% addiction rate, with health concerns such as eye strain, sleep disturbances, and increased anger being common. Behavioral factors like tobacco use, junk food consumption, and excessive phone-checking behaviors were also associated with addiction, highlighting the need for targeted interventions to address these issues.

Further Singh et al. (2018) further investigated aggression detection in social media texts, particularly in the Indian context. Their research utilized deep learning models to classify Facebook comments into categories such as overt aggression, covert aggression, and non-aggression. Findings suggested that aggression in social media discourse has grown significantly, impacting users' emotional well-being and reinforcing hostile online environments

B.) Social Media and Well-Being

The relationship between social media use and well-being has been a topic of extensive research, yet findings remain inconclusive. **Johannes et al. (2024)** argue that while most studies report minimal associations between social media use and well-being, the continued demand for evidence has led researchers to explore variations in individual experiences. They critique current methodologies and propose a structured framework to improve research interpretations, emphasizing the importance of systematic moderators and personalized approaches, such as N=1 studies and qualitative research, to provide more meaningful insights.

Supporting this, **Valkenburg (2022)** conducted an umbrella review of 27 meta-analyses and systematic reviews to examine the conflicting results on the effects of social media use on well-being. Despite analyzing similar datasets, studies have reached different conclusions, particularly regarding time spent on social media and the distinction between active and passive usage. This review identifies gaps in the literature and offers recommendations for future research to address inconsistencies.

Hall & Liu (2022) explored the concept of social displacement, which suggests that social media use may reduce in-person interactions with close friends and family, leading to decreased well-being. Their research, however, found little direct evidence to support this claim. Instead, they argue that social media primarily replaces other forms of media consumption rather than face-to-face communication. By distinguishing between population-level trends and individual behaviors, the study provides a nuanced perspective on the relationship between social media and social interaction.

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In the realm of social media research, studies have explored its complex relationship with psychological well-being. **Ojha et al. (2021)** examined social networking sites (SNSs) and their impact on social comparison and mental health among university students in India. Their findings suggest that social comparison plays a significant role in mediating the relationship between SNS use and psychological distress, with higher comparison tendencies correlating with increased depression and anxiety.

Similarly, **Upadhyay (2018)** investigated the effects of social media usage on psychological well-being among Indian youth. The study highlighted significant negative correlations between social media use and aspects such as self-control and positive well-being, while no significant associations were found with anxiety, depressive mood, or general health. These findings underscore the nuanced ways in which social media engagement can influence emotional and cognitive states.

Furthering this discussion, **Chen et al. (2017)** developed a machine-learning approach to assess subjective well-being using Facebook status updates. By analyzing sentiment and language features, they predicted life satisfaction and emotional affect. Their findings demonstrated a moderate correlation between machine-predicted and self-reported well-being, highlighting the potential of social media language analysis as a tool for psychological assessment. Additionally, the study identified links between predicted well-being profiles and other psychological traits, such as depression.

C). Anger and Well-Being

The link between anger and psychological well-being has been widely studied, as uncontrolled anger can negatively impact personal and professional life. **Dhasmana et al. (2018)** examined this relationship among working adults in Dehradun, using standardized measures like the Clinical Anger Assessment Scale and the General Health Questionnaire (GHQ).

Findings showed a negative correlation ($r = -0.4$, $P \leq 0.01$) between anger and well-being, with higher anger levels linked to anxiety, insomnia, depression, and social dysfunction. These results highlight the need for effective anger management strategies to support mental health and overall well-being.

Kaur (2018) examined the relationship between aggression and psychological well-being among adolescents, highlighting a significant inverse relationship between the two. The study found that individuals with higher aggression levels exhibited lower psychological well-being, with hostility and anger being the strongest predictors of distress. Gender differences were also evident, with males displaying higher physical aggression, whereas verbal aggression showed mixed trends across genders.

METHODOLOGY

The influence of social media on anger and well-being among users and non-users has garnered significant attention in recent years. This correlation study aims to explore how social media can influence anger and well-being, utilizing three questionnaires: Ruff's psychological well-being scale (RPWB), Bergen social media addiction scale (BSMAS) and Buss Perry aggression questionnaire (BPAQ). This study focuses on how social media user are more vulnerable to anger and low to well-being and vice-versa.

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Objective

The primary objective of this study is to examine the correlation between influence of social media on anger and well-being. Additionally, the study aim to investigate whether there is a significant association between social media user, well-being and anger vs non-user well-being and anger.

Hypothesis

- **H1:** Social media usage will be strongly associated with Psychological well-being among user and non-user.
- **H2:** Social media usage will be strongly associated with aggression among user and non-user.
- **H3:** Aggression will be strongly associated with Psychological well-being.

Sample

The study will 60 random participants between user and non-user. Participants will be recruited through online forums, social media platform and random selection from university campuses. Inclusion criteria being fluent in English and having regular access to social media platforms.

Procedure

- a) Recruitment:** potential participant will be provided with information about the study and its objectives. Those who express interest will be screened for eligibility based on the inclusion criteria.
- b) Informed consent:** Participants will be provided with a consent form detailing the purpose of the study, procedures involved, confidentiality measures, and their rights as participants. Only those who provide informed consent will be included in the study.
- c) Questionnaire administration:** Participants will complete three questionnaires: Ruff's psychological well-being scale (RPWB) assess the well-being, Bergen social media addiction scale (BSMAS) assess the addiction and Buss Perry aggression questionnaire (BPAQ) will assess aggression.
- d) Social media usage assessment:** Participant will also complete a self-report questionnaire assessing their frequency and duration of social media usage, including platform commonly used.

Tools:

- a) Bergen Social Media Addiction Scale (BSMAS):** The Bergen Social Media Addiction Scale (BSMAS), developed by Andreassen et al. (2012), evaluates problematic social media use by assessing six key addiction components: salience, mood modification, tolerance, withdrawal, conflict, and relapse. The scale consists of six items, each rated on a 5-point Likert scale ranging from 1 (very rarely) to 5 (very often). Higher scores indicate a stronger tendency toward addictive social media use.
- b) Buss-Perry Aggression Questionnaire (BPAQ):** The Buss-Perry Aggression Questionnaire (BPAQ), introduced by Buss and Perry (1992), is a 29-item self-report instrument designed to assess aggression levels across four dimensions: physical aggression, verbal aggression, anger, and hostility. Participants rate each item on a 5-point Likert scale (1 = extremely uncharacteristic of me to 5 = extremely characteristic of me), with higher scores reflecting greater aggression.

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- c) **Ryff's Psychological Well-Being Scale (RPWB):** The Ryff Psychological Well-Being Scale (RPWB), created by Ryff (1989), measures well-being through six key domains: autonomy, environmental mastery, personal growth, positive relations, purpose in life, and self-acceptance. The scale is available in multiple versions, including 18-item, 42-item, and 84-item formats. Participants respond using a 6-point Likert scale (1 = strongly disagree to 6 = strongly agree), with higher scores indicating greater overall well-being. Sample items include "I take an active role in shaping my future" (Purpose in Life) and "I feel confident in my personal opinions, even when they differ from others" (Autonomy).

Ethical Considerations: This study will adhere to ethical guidelines outlined by the institutional review Board (IRB). Confidentiality of participant information will be maintained throughout the study, and data will be anonymized during to ensure privacy. Participants will be informed of their right to withdraw from the study at any time without consequence.

DATA ANALYSIS

This study explores the relationship between social media usage, aggression, and psychological well-being between user and non-user. To measure these factors, the Buss-Perry Aggression Scale assesses aggression, the Ruff Well-Being Scale evaluates psychological well-being, and the Bergen Social Media Addiction Scale quantifies social media usage. Using correlation and t-test analyses, this research examines how social media engagement is linked to aggression levels and psychological well-being. The findings aim to highlight potential psychological effects associated with social media usage and differences between users and non-users.

1): Correlation between Social media and Aggression

	Total Social media	Total Aggression
Total Social media	1	.499**
Total Aggression	.499**	1

Table: 1.1 **Correlation is significant at the 0.01 level (2-tailed).

In the **Table 1.1** the results show a significant positive correlation ($r = 0.499$, $p < 0.01$) between social media usage and aggression. This indicates that individuals who perform on social media usage are significantly associated with aggression.

2): Correlation between Aggression and Well-being. Correlations

	Total Aggression	Total well-being
Total Aggression	1	-.485**
Total well-being	-.485**	1

Table: 1.2 **Correlation is significant at the 0.01 level (2-tailed).

In Table 1.2, the findings reveal a significant negative correlation ($r = -0.485$, $p < 0.01$) between aggression and psychological well-being. This suggests that individuals with aggression are more likely to experience lower psychological well-being. The inverse

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relationship indicates that as aggression increases, overall well-being tends to decrease, emphasizing the potential negative effects of aggressive behavior on mental health.

3): Correlation between Well-being and social media.

Correlations (Table: 1.3)

	Total well-being	Total Social media
Total well-being	1	-.548**
Total Social media	-.548**	1

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

In **Table: 1.3**, the results indicate a significant negative correlation ($r = -0.548$, $p < 0.01$) between social media usage and psychological well-being. This suggests that individuals who engage more in social media tend to have lower psychological well-being. The negative association highlights the potential adverse effects of excessive social media use on mental health.

4): Independent sample test Social media

Independent Samples Test (Table 1.4)

	F	Sig	t	df	Sig(2-tailed)	Mean difference	Std.error difference	lower	upper
Total(sm)	1.325	.254	3.585	58	<.001	4.567	1.274	2.017	7.116
			3.585	53.540	<.001	4.567	1.274	2.013	7.121

In **Table 1.4**, shows a significant difference ($t = 3.585$, $p < 0.001$) in social media usage between users and non-users. The mean difference (**4.567**) indicates that users engage more in social media. The confidence interval (**2.017 to 7.121**) supports this variation, suggesting potential impacts on behavior and well-being.

5): Independent Sample test Aggression

Independent Samples Test (Table 1.5)

	F	Sig	t	df	Sig(2-tailed)	Mean difference	Std error difference	Low	upper
Total(ag)	12.214	<.001	2.343	58	.023	9.267	3.955	1.350	17.183
			2.343	38.886	.024	9.267	3.955	1.267	17.267

In **Table 1.5**, presents the independent samples t-test results, showing a significant difference ($t = 2.343$, $p < 0.05$) in aggression levels between social media users and non-users. The mean difference (**9.267**) indicates that users exhibit higher aggression. The confidence interval (**1.350 to 17.183**) confirms this variation, suggesting that social media use may be linked to increased aggression.

6: Independent Sample test Well-being.

Independent Samples Test (**Table 1.6**)

	F	Sig	t	df	Sig(2-tailed)	Mean difference	Std error difference	Lower	upper
Total(wb)	2.115	151	-4.540	58	<.001	-19.600	4.318	-28.243	-10.957
			-4.540	56.167	<.001	-19.600	4.318	-28.249	-10.951

In **Table: 1.6** presents the independent samples t-test results, showing a significant difference ($t = -4.540$, $p < 0.001$) in psychological well-being between social media users and non-users. The mean difference (-19.600) indicates that users have lower well-being. The confidence interval (-28.243 to -10.957) supports this finding, suggesting a negative impact of social media use on psychological well-being.

DISCUSSION

The present study aimed to examine the relationship between social media usage, aggression, and psychological well-being among users and non-users. The findings suggest that social media has a complex influence on emotional health, with notable variations between those who actively engage with these platforms and those who abstain from them.

1): Correlation between Social Media and Aggression between user and non-user

Finding: The Pearson correlation analysis revealed a significant positive correlation between social media usage (total social media) and aggression (total aggression) ($r = .449$, $p < .01$). This indicates that increased time spent on social media is associated with higher aggression levels. This finding supports previous research that links excessive social media exposure to heightened emotional responses, particularly anger, due to frequent exposure to provocative content, online arguments, and cyberbullying. Ferguson (2021) explores how social media contributes to depression, aggression, and societal polarization, exacerbating negative emotions and division. Ferguson (2021) highlights how social media fosters depression, aggression, and polarization by amplifying negativity and division. Exposure to online conflicts and echo chambers intensifies emotional distress, emphasizing the need for digital literacy and mental health awareness.

Further, the independent samples t-test comparing aggression between users and non-users showed a significant difference ($t = 2.343$, $p = .023$), with users reporting higher aggression levels ($M = 78.40$, $SD = 19.98$) than non-users ($M = 69.13$, $SD = 8.37$). The large effect size (Cohen's $d = 0.605$) further emphasizes the meaningful impact of social media on aggression. These findings align with the hypothesis that users of social media are more likely to experience aggression due to exposure to polarizing content and negative social interactions.

Theoretical Understanding:

Various psychological theories highlight the influence of social media on aggressive behavior. Social Learning Theory (Bandura, 1977) suggests that individuals acquire aggression through observation and imitation. On Social media platforms users expose to aggressive interactions like political debate, Religious debate, online conflicts, and hate speech, reinforcing hostile tendencies and normalizing aggression in digital communication. Similarly, the Frustration-Aggression Hypothesis (Berkowitz, L. (1989)) posits that

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frustration often leads to aggression. Social media users may experience frustration due to cyberbullying, negative social comparisons, Fear of missing out, or feeling unheard in debates, which can escalate into aggressive behavior and reinforce negative emotional patterns. Additionally, the Disinhibition Effect (Suler, 2004) explains how the anonymity and physical distance provided by social media reduce social constraints, allowing individuals to express aggression more freely. Without immediate consequences, users may engage in hostile online behavior that they would typically suppress in face-to-face interactions.

2): Correlation between Social Media and Psychological Well-being between user and non-user

Finding: A significant negative correlation was found between social media usage (total social media) and psychological well-being (total well-being) ($r = -.548$, $p < .01$). This suggests that excessive social media consumption is linked to lower psychological well-being. Factors such as social comparison, digital fatigue, and the pressure to maintain an online presence likely contribute to this decline in well-being.

The independent samples t-test comparing well-being scores between users and non-users also yielded significant results ($t = -4.540$, $p < .001$). Non-users exhibited higher well-being scores ($M = 184.30$, $SD = 15.13$) compared to users ($M = 164.70$, $SD = 18.17$), with a substantial effect size (Cohen's $d = -1.172$). This indicates that those who abstain from social media experience less emotional distress, possibly due to the absence of digital stressors and reduced exposure to negative content.

Theoretical Understanding:

Several psychological theories explain the impact of social media on individuals' mental well-being. Social Comparison Theory (Festinger, 1954) suggests that people evaluate themselves by comparing their lives to others, a process amplified by social media, where users are constantly exposed to fake and perfect version of other life. This can lead to feelings of inadequacy, low self-esteem, and dissatisfaction. Additionally, Cognitive Load Theory (Sweller, 1988) highlights how excessive exposure to vast amounts of online information can result in cognitive overload, leading to digital fatigue, reduced attention span, and a decline in overall mental well-being. Uses and Gratifications Theory (Katz, Blumler, & Gurevitch, 1973) explains that while social media fulfills needs such as entertainment, socialization, and information-seeking, overuse can result in compulsive behavior, digital addiction, and emotional consequences such as anxiety and depression, which can effect psychological well-being of an individual

3): Correlation between Aggression and Psychological Well-being

Finding: The study also identified a significant negative correlation between aggression (total aggression) and psychological well-being (total well-being) ($r = -.485$, $p < .01$). This means that individuals with higher aggression levels tend to have lower well-being. This finding is consistent with psychological theories suggesting that heightened anger and emotional distress can negatively impact overall mental health.

Users who engage more frequently with social media may be at higher risk of experiencing these negative effects due to the reinforcement of aggressive tendencies in online environments. In contrast, non-users, who are less exposed to anger-inducing digital interactions, report better well-being.

Theoretical Understanding:

Various psychological theories highlight the relationship between aggression and psychological well-being, particularly in the context of social media. Stress-Appraisal Theory (Lazarus & Folkman, 1984) explains that when individuals perceive aggression as a stressor, it negatively impacts their mental health. Exposure to aggressive interactions on social media may be appraised as a threat, leading to heightened emotional distress and decreased overall well-being. The Broaden-and-Build Theory (Fredrickson, 2001) further suggests that positive emotions enhance psychological resilience, whereas negative emotions, such as aggression, can limit cognitive and social resources, making emotional flexibility more challenging. Additionally, Psychodynamic Theory posits that aggression is an inherent human drive, and if not properly managed, it can contribute to negative psychological outcomes. Repressed aggression may manifest as emotional distress, anxiety, or depression, further lowering psychological well-being. Collectively, these theories illustrate how aggression, particularly in digital spaces, can have profound effects on emotional regulation, stress perception, and overall mental health.

CONCLUSION

This study explored the impact of social media on anger and psychological well-being by comparing users and non-users. The findings indicate that frequent social media use is closely linked to increased aggression and lower overall well-being. Users often experience greater emotional distress due to exposure to divisive content, online conflicts, and social comparisons, while non-users tend to have lower levels of anger and more stable psychological well-being.

The study highlights the dual nature of social media—it facilitates communication and self-expression but can also contribute to emotional instability when overused. Constant digital interactions may reinforce negative emotions, leading to increased aggression, while frequent exposure to idealized portrayals of others' lives can create feelings of inadequacy and dissatisfaction. These patterns emphasize the importance of adopting healthier online habits and setting boundaries on social media usage.

While social media offers benefits such as connectivity and self-expression, excessive use may disrupt emotional regulation and negatively impact mental health. Therefore, it is crucial to promote mindful social media engagement to reduce its adverse psychological effects and support overall well-being.

Implications

The findings have significant implications for mental health professionals, educators, and policymakers. Given the strong association between excessive social media use and increased aggression, interventions focusing on digital literacy and emotional regulation strategies can help individuals develop healthier online behaviors. Additionally, social media platforms could implement algorithmic changes to reduce exposure to distressing content and promote positive interactions. Educational institutions can integrate awareness programs about the psychological effects of digital engagement, encouraging students to practice balanced social media consumption.

Limitations

Despite its valuable insights, this study has some limitations. Firstly, the sample size was relatively small, limiting the generalizability of the findings to a broader population.

Secondly, the reliance on self-reported measures introduces the potential for response bias, as participants may not always accurately report their social media usage or emotional states.

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Conflict of Interest

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