



How Does the Age of First Social Media Exposure Affect Anxiety Levels in High School Students?

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Abstract:

Objective: This study examines whether earlier exposure to social media is associated with higher anxiety levels in adolescents.

Methods: A correlational, cross-sectional survey was conducted with 75 high school students (ages 14–18). Participants reported their age of first social media use and completed the GAD-7 anxiety scale.

Results: A small negative correlation ($r \approx -0.28$) was found, indicating that earlier social media exposure is associated with higher anxiety levels. Participants who began using social media before age 10 reported the highest anxiety scores.

Objectives:

- Examine the relationship between age of first social media use and anxiety
- Identify behavioral patterns linked to anxiety (comparison, sleep, etc.)
- Contribute to research on adolescent mental health and digital exposure

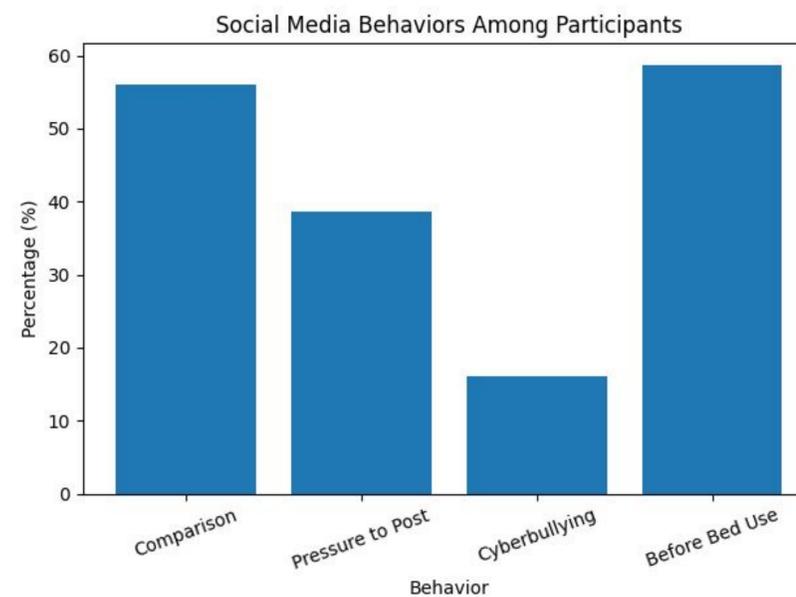
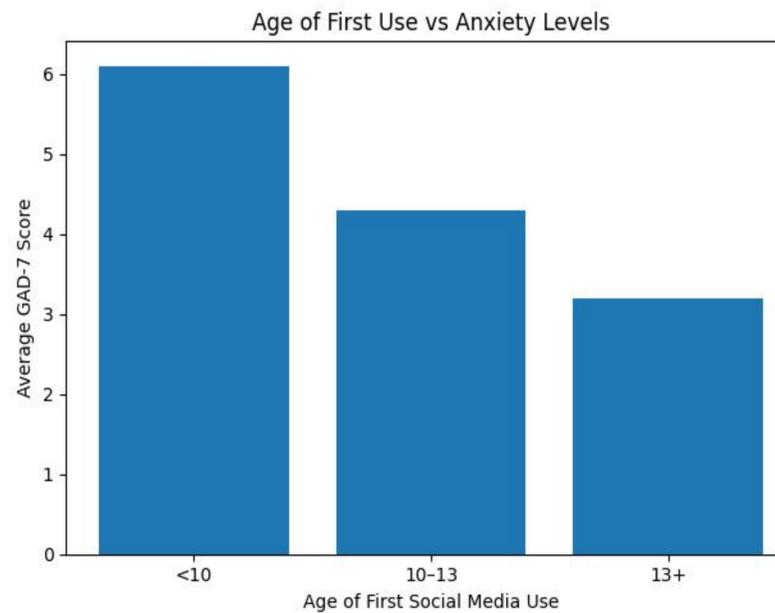
Limitations:

- Self-reported data
- Small sample size ($n=75$)
- Correlational design (no causation)

Conclusions

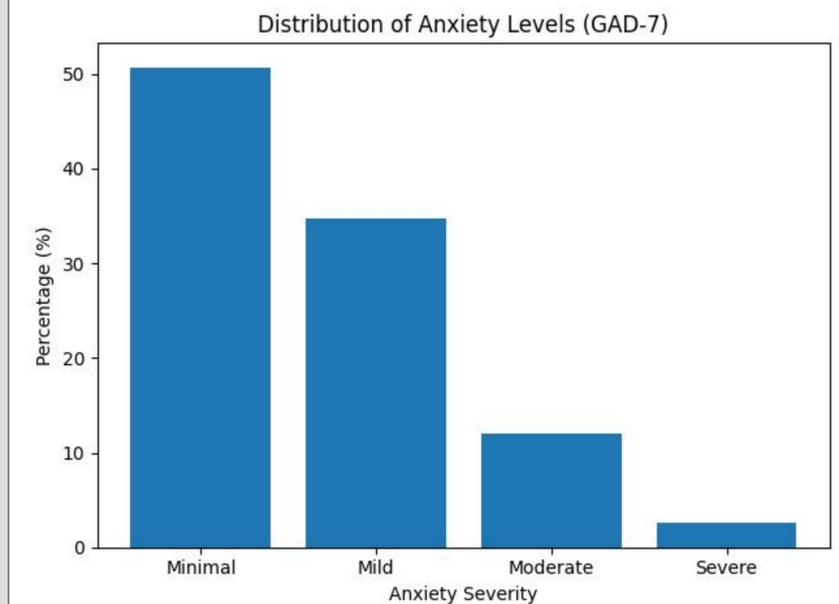
- Early social media exposure is associated with increased anxiety
- Behavior patterns may strengthen this relationship
- Both timing and usage habits are important factors

Results:



Analysis:

- Earlier exposure is linked to higher anxiety scores
- Social comparison and nighttime use are associated with increased anxiety
- Findings align with previous research on adolescent vulnerability



Implications:

- Delaying social media exposure may reduce anxiety risk
- Encouraging healthier usage habits is important
- Findings can inform parents, schools, and mental health support

Methods:

- Design: Correlational, cross-section
- Participants: 75 students (ages 14-18)
- Measures: age of first social media use (self-report), anxiety (GAD-7 scale)