

The Effects of Prolonged Social Media Use on Student Health: A Focus on Computer Vision Syndrome, Hand Pain, and Headaches and Mental Status

Authors : Augustine Ndudi Egere, Shehu Adamu, Esther Ishaya Solomon

Abstract : As internet accessibility and smartphones continue to increase in Nigeria, Africa's most populous country, social media platforms have become ubiquitous, causing students of 18-25 age brackets to spend more time on social media. The research investigated the impact of prolonged social media use on the physical health of students, with a specific focus on computer vision syndrome, hand pain, headaches and mental status. The study adopted a mixed-methods approach combining quantitative surveys to gather statistical data on usage patterns and symptoms, along with qualitative interviews into the experiences and perceptions of medical practitioners concerning cases under study within the geopolitical region. The result was analyzed using Regression analysis. It was observed that there is a significant correlation between social media usage by the students in the study age bracket concerning computer vision syndrome, hand pain, headache and general mental status. The research concluded by providing valuable insights into potential interventions and strategies to mitigate the adverse effects of excessive social media use on student well-being and recommends, among others, that educational institutions, parents, and students themselves collaborate to implement strategies aimed at promoting responsible and balanced use of social media.

Keywords : social media, student health, computer vision syndrome, hand pain, headaches, mental status

Conference Title : ICCIT 2025 : International Conference on Computing and Information Technology

Conference Location : Goa, India

Conference Dates : December 09-10, 2025