



How maladaptive cognitions contribute to the development of problematic social media use

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ABSTRACT

Introduction: The current study investigates the effects of perfectionism discrepancies (PD) and social hopelessness (SH) on problematic social media use as conceptualized by the cognitive-behavioral model. **Methods:** A sample of 400 university students (52.3% women; mean age = 22.01 ± 1.99) completed measures assessing PD, SH, and problematic social media use. **Results:** Structural equation modeling showed that both social hopelessness and feeling discrepant from personal and prescribed standards predicted the preference for online social interactions (POSI). POSI predicted the motivation to use online social media as a means of alleviating distressing feelings, the inability to regulate social media use and the negative outcomes resulting from use of SNS. **Conclusions:** In line with the cognitive-behavioral model of problematic Internet use, the present study suggests the primary importance of maladaptive cognitions about the self (i.e. perfectionism discrepancies) and the world (i.e. social hopelessness) for the development of a preference for online social interactions. In particular, the present study shows that individuals are likely to opt for online social interactions as a function of their pessimistic social expectations and the sense of inadequacy that comes from perceptions of falling short of expectations.

1. Introduction

The use of social networking sites (SNSs) has increased dramatically over the last few years. Many scholars (e.g., Kuss & Griffiths, 2017) argue that SNSs use may be addictive because some individuals experience symptoms similar to those experienced by those who suffer from other forms of addiction. Mood modification, salience, tolerance, withdrawal symptoms, conflict, and relapse appear to be present in people who use SNSs excessively (Kuss & Griffiths, 2011; Andreassen, 2015; Möller, 2016). Andreassen and Pallonen (2014) define SNS addiction as “being overly concerned about SNSs, to be driven by a strong motivation to log on to or use SNSs, and to devote so much time and effort to SNSs that it impairs other social activities, studies/job, interpersonal relationships, and/or psychological health and well-being” (p. 405–6).

There are a number of theoretical perspectives which can explain the development of SNS problematic use (Turel & Serenko, 2012), most of them deriving from models on generalized problematic Internet use. The social skill model (Caplan, 2005) suggests that individuals might

use Internet excessively (especially Internet communicative services) because of a preference for online social interaction over face-to-face communication resulting in problematic (i.e. unregulated) SNS use. This preference for online social interactions (POSI)- i.e. the belief that one is safer, more efficacious and more confident with online interpersonal interactions than with traditional face to face relationships - has been conceptualized as the cognitive precursor of the tendency to use the Internet for regulating negative mood states, the compulsive use of Internet (i.e. deficient self-regulation), and the presence of negative outcomes in real life (Caplan, 2010). Various studies found empirical support for the predictive role of POSI levels on the inability to regulate one's own use of Internet services (Caplan, 2010; Casale, Fioravanti, & Caplan, 2015). It has been argued that the social focus in Caplan's cognitive-behavioral model, evidenced by the inclusion of POSI, makes it a good model to study the use and abuse of SNSs (Ryan, Chessor, Reece, & Xenos, 2014). In fact, subsequent research found empirical support for the predictive role of POSI levels on the inability to regulate one's Facebook use among both emerging adults (de Veiga et al., 2019; Minerva & Booda, 2018) and adolescents (Araújo & Matos, 2017).

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Table of Contents Psychology Sciof Behav W Cdcanadian

1. Understanding the eBook Psychology Sciof Behav W Cdcanadian
 - The Rise of Digital Reading Psychology Sciof Behav W Cdcanadian
 - Advantages of eBooks Over Traditional Books
2. Identifying Psychology Sciof Behav W Cdcanadian
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Psychology Sciof Behav W Cdcanadian
 - User-Friendly Interface
4. Exploring eBook Recommendations from Psychology Sciof Behav W Cdcanadian
 - Personalized Recommendations
 - Psychology Sciof Behav W Cdcanadian User Reviews and Ratings
 - Psychology Sciof Behav W Cdcanadian and Bestseller Lists
5. Accessing Psychology Sciof Behav W Cdcanadian Free and Paid eBooks

- Psychology Sciof Behav W Cdcanadian Public Domain eBooks
- Psychology Sciof Behav W Cdcanadian eBook Subscription Services
- Psychology Sciof Behav W Cdcanadian Budget-Friendly Options
- 6. Navigating Psychology Sciof Behav W Cdcanadian eBook Formats
 - ePub, PDF, MOBI, and More
 - Psychology Sciof Behav W Cdcanadian Compatibility with Devices
 - Psychology Sciof Behav W Cdcanadian Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Psychology Sciof Behav W Cdcanadian
 - Highlighting and Note-Taking Psychology Sciof Behav W Cdcanadian
 - Interactive Elements Psychology Sciof Behav W Cdcanadian
- 8. Staying Engaged with Psychology Sciof Behav W Cdcanadian
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Psychology Sciof Behav W Cdcanadian
- 9. Balancing eBooks and Physical Books Psychology Sciof Behav W Cdcanadian
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Psychology Sciof Behav W Cdcanadian
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Psychology Sciof Behav W Cdcanadian
 - Setting Reading Goals Psychology Sciof Behav W Cdcanadian
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Psychology Sciof Behav W Cdcanadian
 - Fact-Checking eBook Content of Psychology Sciof Behav W Cdcanadian
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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