

The Relationship of Excessive Use of Instagram and Loneliness

An Autoethnography: A Young Woman's Exploration of Excessive Instagram Use and
Loneliness

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BCSC 203: Assignment #3B

Word Count: 5 829

Instructor: Marlene Wurfel

December 3rd, 2019

Abstract

Studies show that social media, particularly Instagram has been affecting women's feeling of loneliness negatively in the 21st century. Comparing one's self to others negatively and getting addicted to Instagram are some of the suggested connections found between excessive Instagram use and feeling of loneliness. In this paper, I—a busy university student, a young woman, and a part-time worker—examine my own experience of feeling lonely with correlation to my excessive Instagram use through an Autoethnography: Auto-fieldwork, Journaling, Self-examination (Behavioural Activation Treatment, 2019), and Self-improvement (SLaM-IAPT, 2012). The purpose of my Autoethnographic research is to show a personalized way of understanding the power of reflective use of Instagram in developing my identity. My findings show that excessive use of Instagram affects my feeling of loneliness in three ways: comparing myself to the “ideal” society, lack of positive source of wellbeing, and addictive effect of using Instagram excessively.

Introduction

“I feel lonely. I feel disconnected. I feel unproductive. I feel very sad,” I often say this to myself whenever I use Instagram for a minimum of 2 hours to a maximum of 3 hours per day. This is what “excessive use of Instagram” means for me. I am Jane Legaspi. I am a professional communications student who is taking 5 classes this semester. That means I have multiple assignments happening all at once: 2 essays, 1 exam, 2 major projects and other minor assignments. On top of that, I am also a Communications Assistant at MacEwan University Career Development and Experiential Learning department. I work for a maximum of 15 hours per week. Yes, I have a lot on my plate so using Instagram for 2 to 3 hours per day is excessive for me. In this research, I want to know whether daily and excessive use of Instagram affect my feeling of loneliness or not. Here are the guiding research questions of my study:

Research Question 1: Broader question of my study to connect to the Ethno; others

How can daily and excessive use of Instagram affect women’s feeling of loneliness?

Research Question 2: Main question of my study to connect to the Auto; myself

How can daily and excessive use of Instagram affect my feeling of loneliness as a young woman?

When I started studying in the university, I used my social media accounts (such as Facebook, Snapchat and Instagram) more because I procrastinate on my different major projects, presentations and minor homeworks. This is how I deal with my loneliness and heavy workload—I escape through the use of my social media accounts, particularly Instagram. I started feeling lonely, anxious, and disconnected. I started to wonder why I was feeling this way. Is it because I use my social media accounts too much given the workload that I have? Do I have to use my social media accounts less to diminish my loneliness and to feel more connected to my

peers and to myself? Do others feel the same way? I do not know. This is what I am bound to find out.

I will find the answer to my research question by doing an Autoethnography. An Autoethnography is a research method wherein the primary researcher is the main unit of analysis (Byczkowska-Owczarek, 2014). A Sociologists at University of Lodz Poland says that an Autoethnography is when “the researcher is able to understand the experiences and actions of others, because of the fact that he is one of them, unlike in ethnography, which focuses on others rather than on the self,” (Byczkowska-Owczarek, 2014).

I will do this Autoethnography by doing an Auto-fieldwork, Reflective Journaling and Self-examination. My Auto-fieldwork includes using Instagram excessively (2 to 3 hours per day) and not using Instagram at all. I chose Reflective Journaling because an Autoethnography “uses deep and careful self-reflection” to find connection to the self and the world (Adams et al., 2015). I will analyze my data by doing a Self-examination guided by the Behavioural Activation and the Source of Wellbeing chart. The Behavioural Activation (BA) is an effective treatment to loneliness that can lead to depression (Behavioural Activation [BA], 2019). The Sources of Wellbeing chart is a chart that shows the elements a person should have to feel positive (South London and Maudsley-Improving Access to Psychological Therapies’ Sources of Wellbeing [SLaM-IAPT], 2012).

The purpose of my Autoethnographic research is to show a personalized way of understanding the power of reflective use of Instagram in developing my identity as a busy university student, a young woman, and a part-time worker through self-examination and self-improvement.

Literature Review

Excessive and daily use of Instagram can negatively affect women’s mental health because researches propose that Instagram portrays an idealized life, which can relate to the negative comparisons among women and themselves (Sherlock et al., 2019; Yang, 2016). Sherlock et al. and Yang briefly defined the relationship of the social comparison theory and Instagram loneliness in their study (2019; 2016). They suggest that social comparison theory is connected to the feeling of loneliness among women. Social comparison theory is when persons compare themselves to others to get to know themselves more. The outcome of social comparison theory can be negative or positive. The negative outcome often happens when people uses Instagram for long periods of time (Sherlock et al., 2019; Yang, 2016). I agree with Sherlock et al. and Yang’s statements on comparing yourself to others on Instagram may have a negative result because Instagram has a tendency to portray an “ideal” self. These research findings make me contemplate that indeed my excessive use of Instagram (2 to 3 hours per day) can correlate to my loneliness. However, I have to test it out myself to be sure.

Yang adds to this study by arguing that the relationship between Instagram and loneliness depends on how a user uses Instagram: Interactive Use, Browsing Use, and Broadcasting Use. Yang’s research presents that Interactive and Browsing Use of Instagram lowers the feeling of sadness because young people (mostly females) feel more connected to their peers when they converse with them online, and they can see the possible peers they can talk to when they browse on their Instagram feed. However, the Broadcasting Use of Instagram hints that this can increase the feeling of sadness because some users who are actively broadcasting their life on social media can use Instagram as a “channel for support seeking” (Yang, 2016), which may result to loneliness when the users’ support expectations are not reached. It is great to be educated on this different ways on using Instagram. With regards to my study, I can apply this three different

ways to use Instagram when I am doing my Auto-fieldwork. I can then compare and contrast whether I can relate to Yang's findings.

Since I will be using Instagram excessively (2 to 3 hours a day), it is great to analyze whether I am getting addicted to Instagram or not. Internet Addiction, like some other addiction, suggests that this can be harmful for some people. This type of addiction is related with Dopamine, a neurotransmitter that is responsible for the feeling of pleasure (Huseyin et al., 2018). When some people overuse Dopamine, it can lead to a potential addiction—Internet Addiction in this case. (Huseyin et al., 2018).

Although these 3 studies show the negative effects of excessive Instagram use and the negative effect of comparing the self to others, I have found 2 studies that state that comparing the self to others can be positive (Kramer et al., 2008; Pittman et al., 2016). These studies suggest that if you receive an appraisal then you can have a positive outcome towards the self. These 2 studies get me thinking that Instagram may not be correlated to my loneliness. Based on these contradicting research findings, I want to see which one can be true for myself.

To understand what loneliness means, I have read Leming's comparative study of loneliness, social isolation and disengagement (Leming, 2016). Leming's paper compares and analyzes the difference of these 3 words (2016). Leming's paper will also help me conduct better analysis on my data (2016).

Research Method

I am doing an Autoethnography research method that includes Auto-fieldwork, Reflective Journaling and Self-examination guided by Adams et al.'s Autoethnography book, Psychology Tools' Behavioural Activation (BA) and South London and Maudsley-Improving Access to Psychological Therapies' Sources of Wellbeing (Adams et al., 2015; BA, 2019; SLAM-IAPT, 2012). This is my method because my research questions aim to answer how my

feelings of loneliness are affected by excessive Instagram use. I am regarding my own feelings with connection to others. This is how autoethnography is; it is a narration of the primary researcher that gives meaning to the self, their relationships and their experiences. It is about creating “relationships between past and presents, tellers and audiences” (Adams et al., 2015). My method of Auto-fieldwork and Reflective Journaling is common on Autoethnography. Autoethnography is looking at the inner self—the self’s “identities, thoughts, feelings and experiences” through journaling and monitoring the self’s mood and experiences daily. Autoethnography is also looking at the outer self—the self’s “relationships, communities and cultures” through self-examination and analyzing the self’s journals or field notes (Adams et al., 2015). After doing an Auto-fieldwork and a Reflective Journal, I will do a self-examination. I will examine all the information that I have collected on my journal and analyze them by using the Behavioural Activation (BA, 2019). Behavioural Activation is a successful treatment to loneliness that can lead to depression (2019). My BA source is focusing on BA as a treatment to depression but I can argue that I can still use BA to analyze my loneliness because “Loneliness has also been associated with the reporting of a mental health diagnosis” (Leming, 2016). BA involves “activity monitoring” and being proactive in doing things that can boost one’s wellbeing (2019). The main point of BA is to suspend the inactivity of a person who’s feeling lonely in a proactive way. The proactive way of doing this is by monitoring one’s activity (in my case, my daily activity) and reflecting on them after. In order to make my self-examination and my data analysis more credible, I will reflect on them by using the Source of Wellbeing chart (SLaM-IAPT, 2012). This Source of Wellbeing chart is created to treat loneliness and depression and to improve one’s self. This chart includes the different significant elements of positive wellbeing among humans: Physical activity, Friendships, Company of family or partner, Sense

of purpose in life, Pleasurable activities, Creativity (music or art), Time outdoors (connection with nature), Meaningful job, Other.

Source of wellbeing	MISSING? Please Tick
Physical activity such as walking or sport	
Friendships	
Company of family, partner	
Sense of purpose or meaning in life	
Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

Figure 1: Source of Wellbeing (SLaM-LAPT, 2012)

The more an individual marks off the different sources of wellbeing, the more that particular individual feels lonely and depressed because these sources of wellbeing are needed to feel happy. The more ticks on the chart, the more things are missing in an individual's life. This chart will make me notice what kinds of actions I am doing productively and what kinds of actions I barely do: Am I using too much Instagram that it affects my sources of wellbeing or not?

Method of Data Collection

As an Autoethnographer, I am the primary source of data. I gathered data by doing an auto-fieldwork and writing on my reflective journal for 6 consecutive days (from November 4, 2019 to November 9, 2019): 3 days of Using Instagram Excessively for 2 to 3 hours per day (from November 4 to November 6, 2019) and 3 days of Not Using Instagram at all (from November 7 to November 9, 2019). For the 3 days of Using Instagram Excessively, I will use Instagram differently for 3 consecutive days. According to Yang (2016), there are 3 different ways on using Instagram: Interactive (commenting and sharing posts), Browsing (looking at Instagram feed and other Instagram accounts), and Broadcasting use (actively posting on

Instagram). How people use Instagram varies how it affects their feeling of loneliness (Yang, 2016). Based on this, I used Instagram in an Interactive way on Day 1 of Using Instagram Excessively (November 4, 2019); I used Instagram in a Browsing way on Day 2 of Using Instagram Excessively (November 5, 2019); and I used Instagram in a Broadcasting way on Day 3 of Using Instagram Excessively (November 6, 2019). Everyday I wrote on my journal about how I felt after using Instagram excessively and differently, what are the other activities I did besides using Instagram, and why did I feel the emotions that I felt during that day (either before, during, or after I used Instagram).

Below are the *data that I have collected during my 6-day auto-fieldwork*:

Data Collected – Auto-fieldwork Day 1 Interactive Use of Instagram – November 4, 2019

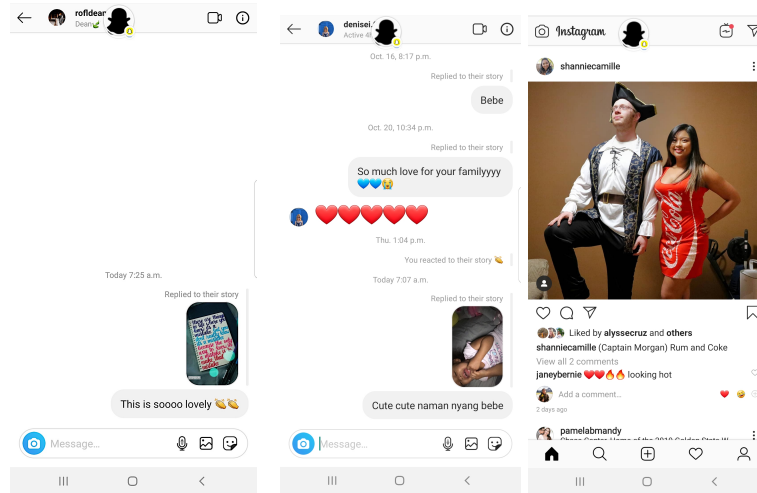
My Reflective Journal

7:00 AM – 8:00 AM (Time I used Instagram)

8:30 AM (Time I wrote on my journal)

“Before I checked Instagram at 7:00 AM, I went to the gym at 6:15 AM until 6:45 AM. It feels good to start the day working out. I feel motivated. At 7:00 AM I checked Instagram for an hour. I felt more anxious rather than lonely. I interact while I was on Instagram. I commented on my friends’ Instagram stories. I said stuffs like, “that’s so funny,” “that is so cute,” “you look hot.” My act of commenting on my IG friends did not make me feel lonely. It made me feel good complimenting them. Although I did not feel lonely, what I felt was an aching amount of anxiousness. Being on Instagram for a full-on 1 hour made me feel very anxious because I felt like I’m being unproductive. It made me feel like I am not doing any schoolwork but technically I am (for BCSC 203). It made me feel very anxious and unproductive because I should be doing schoolwork and assignments for my other classes too, rather than just being on Instagram. I head to class and studied.”

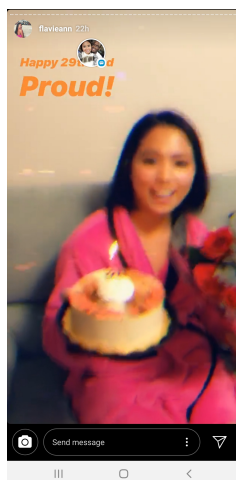
Here are the examples of the photos I complimented on Instagram:



10:00 PM – 11:30 PM (Time I used Instagram)

11:35 PM (Time I wrote on my journal)

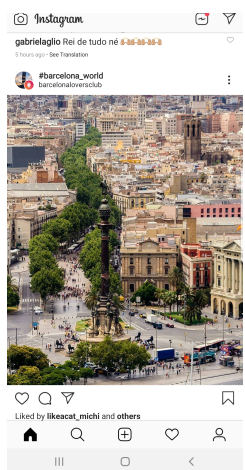
“Before I started using Instagram again, I began one of my assignments in one of my classes. Starting on my other assignment helped me lower down my anxiety level and made me feel better. My anxiety level has been lowered but my lonely feeling has risen. Especially when I saw my friends having fun or they are planning to travel. An example is when I saw on my Instagram stories that my friends surprised one of my friends on her birthday. It made me feel sad that I wasn’t there for the surprise party.”



“Another example is when I saw vacation photos of ladies wearing bikinis. It made me feel sad and jealous because I want to go to the beach and chill as well.”



“Last example is when I saw a professional photo of Barcelona on my Instagram feed and it made me feel sad because Barcelona is one of my must see places before I die. I would rather be traveling than just merely staring at these travel photos. Overall, I felt lonely and jealous looking at travel photos, people enjoying their vacations, and gatherings I think I should be part of. I was suppose to comment and interact with these people that I saw on my Instagram but I was too sad to interact so I just browsed. Aside from using Instagram and doing assignments, I talked to my boyfriend a lot and made jokes. I texted my best friend too and asked how she is and her little girl. It was fun talking to them. It made me feel at ease.”



Total Instagram Use = 2.5 hours

Data Collected – Auto-fieldwork Day 2 Browsing Use of Instagram – November 5, 2019

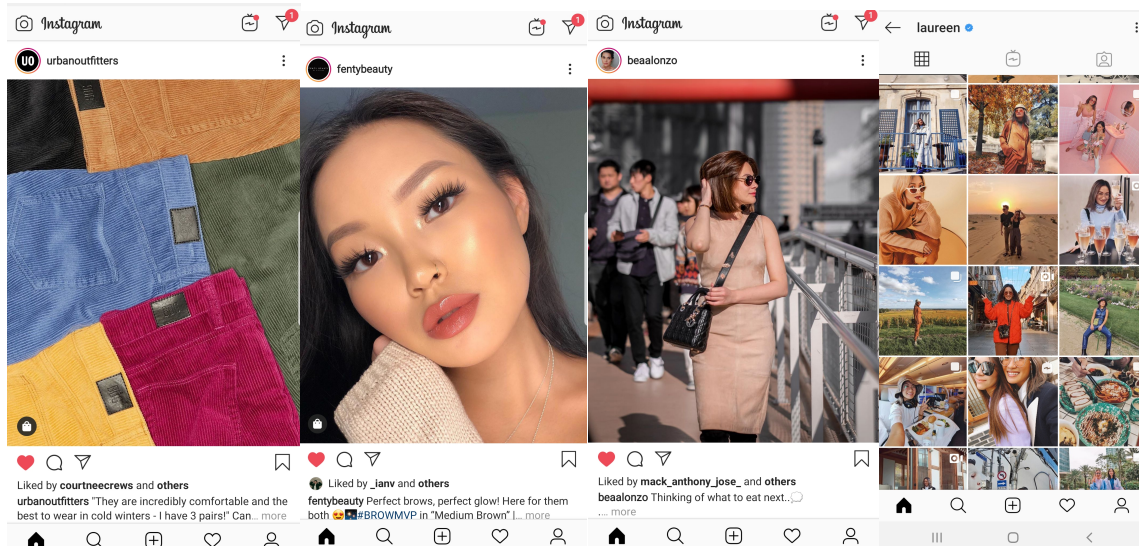
My Reflective Journal

6:00 PM – 9:00 PM (Time I used Instagram)

9:05 PM (Time I wrote on my journal)

“My day was stressful. I didn’t go to the gym because I was too sleepy. No exercise for today. I went to class, studied, did some homework, didn’t go out with friends, just went home and prepared my food tomorrow and then used Instagram. Not so exciting day. I passively used Instagram. I browsed on my feed and looked at other people’s Instagram accounts. I just looked at photos and more photos and more photos. The photos that I looked at are shopping/clothes photos, beauty and face photos (i.e. selfies of pretty and flawless ladies), travel photos (either alone, with their friends, or with their families), and emotional poems. These photos made me feel lonely. I compared myself to them: ‘Why can they travel and I can’t? Why do these ladies look so perfect and flawless? I want that make up but I don’t have budget for that. I want those clothes and these ladies’ outfit but I can’t afford it.’ I have been comparing myself to the people I see on Instagram to the point that I question if I have a nice life—but in reality, I do! I have food to eat 3-5 times a day. I pay my bills even though saving money could be tough. I saved up for my tuition. I am healthy. My life is manageable and comfortable but for some reason Instagram made me feel like I am not living the “ideal” life with the “ideal” face and the ideal “outfits”. I guess this is the effect of just browsing on Instagram; one tend to compare themselves to others and gain a negative outcome towards the self. I am now going to shower and go to sleep! I am tired.”

Here are the examples of the photos I browsed on Instagram:



Total Instagram Use = 3 hours

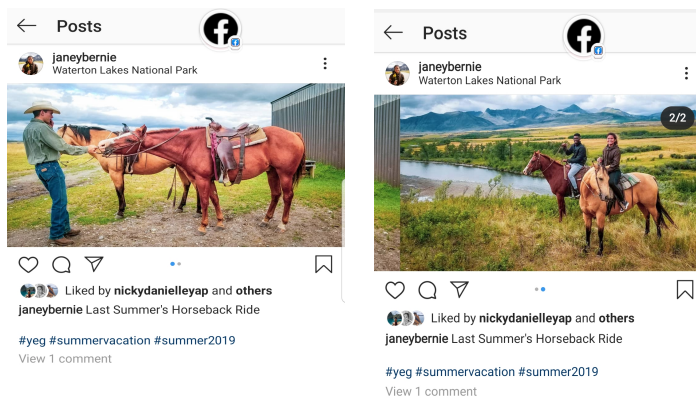
Data Collected – Auto-fieldwork Day 3 Broadcasting Use of Instagram – November 6, 2019

My Reflective Journal

6:00 AM – 8:00 AM (Time I used Instagram)

8:05 AM (Time I wrote on my journal)

“I didn’t work out today again. I went to school and I actively used Instagram before my classes start. I broadcasted some parts of my life to my followers. I posted a photo on my Instagram with a caption that says ‘Last summer’s horseback ride’. I am waiting for likes. I’m waiting to see how many likes I got. I’ll look at my Instagram again at the end of the day and see.”



“I also posted a photo on my story; a funny meme saying ‘5 feet Filipina with attitude’.”

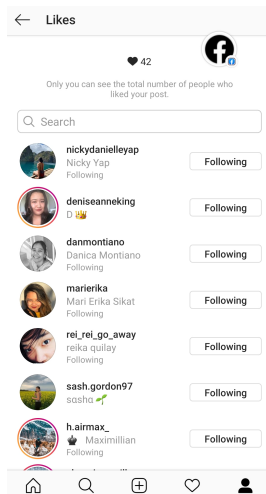


“I did not feel lonely when I was posting these photos. I felt lonely after I stopped using Instagram. I felt that I was unproductive and disconnected to real people. Yes, I was connected to my Instagram people (kind of) but I felt as if I was disconnected to the real world—to the reality. I felt very sad. I stopped using Instagram for the day because it just made me feel very lonely. I will just check out it again tonight to see how many likes I got on my Instagram post (not on my Instagram story, just on my account).”

9:00 PM – 9:15 PM (Time I used Instagram)

9:20 PM (Time I wrote on my journal)

“I got 42 likes on my post. It made me feel okay. Not happy. Just okay. I had very minimal interaction with my friends at work because everybody was doing their own thing. My family was on bed already when I got home so I didn’t have time to talk to them too. I talked to my boyfriend though; that made me feel better.”



Data Collected – Auto-fieldwork Day 1 No Instagram Use – November 7, 2019

6:00 AM (Time I checked Instagram)

6:10 AM (Time I wrote on my journal)

“I failed. I feel disappointed. I opened my Instagram account and I forgot that I was not suppose to. It is my habit to open Instagram when I wake up and check my social media notifications. I realized that I should not be checking my Instagram after 5 minutes. Ever since at 6:00 AM, when I opened my Instagram app, it has been very hard to not check it again.”

7:00 AM – 7:30 AM (Time I went to the gym)

7:35 AM (Time I wrote on my journal)

“I went to the gym and it feels great! I am going to my classes now.”

10:30 AM (Time I wrote on my journal)

“I went to the washroom. Again, I checked my Instagram unconsciously. My hand just aims from my phone and opens the app right away. I opened Instagram for about 10 seconds only just to ease my need to check my account. From that time on, I promised to myself that I will not open Instagram for the rest of the day and for the upcoming 2 days of my auto-fieldwork.”

9:00 PM (time I wrote on my journal)

“I did not check Instagram for the rest of the day (after 10:30 AM) but I went on my other social media accounts (Facebook and Snapchat) to satisfy my Instagram cravings. For some reason, I need to use my social media or the Internet in general. Huseyin et al. can be right. Internet Addiction is a thing. When I am not on my phone, I was studying or doing homework. I talked to my friends on Facebook but very minimal in-person conversation with my friends.”

Data Collected – Auto-fieldwork Day 2 No Instagram Use – November 8, 2019

8:00 AM (Time I wrote on my journal)

“I did not check my Instagram when I woke up! Yay! That is because I added a reminder on my phone to not check Instagram. That reminder really helped with my Instagram habit. I feel happy and accomplished.”

9:00 PM (Time I wrote on my journal)

“I did not use my Instagram and my other social media accounts today (except for work). I went out with friends after school. I binge-watched Netflix when I got home and I feel very relaxed. I still have the urge to check my social media accounts but I conquered that urge by watching TV. I feel victorious and I feel more connected to the real and physical world.”

Data Collected – Auto-fieldwork Day 3 No Instagram Use – November 9, 2019

4:00 PM (Time I wrote on my journal)

“I feel productive today! I woke up at 10 something AM and I went to the gym with my friend and my boyfriend. I ate breakfast with my family and I cleaned my room while listening to lit musics. I have not used Instagram and my other social media accounts. I’m still very tempted but I have been fighting the temptation by exercising, doing house chores and talking to my family. I feel light and rad.”

Data Analysis

After I have written these information on my journal (what I felt before, during or after I used Instagram excessively, why did I feel these emotions, what other activities I did before using Instagram), I laid out my information on my journal in three ways:

1. Creating a chart of my daily activities and mood (BA, 2019)
2. Marking off the activities that I did not do that day based on the Source of Wellbeing chart (SLaM-IAPT, 2012)
3. Answering reflective questions provided by the Source of Wellbeing chart (SLaM-IAPT, 2012)

I laid them out this way because it would be easier for me to differentiate them, reflect on them and to analyze how does Instagram correlate to my loneliness. I will compare and contrast what activities make me feel more lonely and why.

Below is *Figure 2*—My daily activities and mood chart template (BA, 2019)

Date:		
Time	Activity	Mood

Below is *Figure 2A*—Source of Wellbeing chart template (SLaM-IAPT, 2012):

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	
Friendships	

Company of family, partner	
Sense of purpose or meaning in life	
Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

Below is *Figure 2B*—Reflective Questions on Source of Wellbeing (SLaM-IAPT, 2012)

What things were you doing when your mood was most positive?

What things were you doing when your mood was most negative?

Discussion

As a whole, the more I use Instagram the more lonely I get. I felt lonelier, miserable even, on Day 3 Broadcasting Use of Instagram (Nov. 6, 2019) compared to Day 1 Interactive Use of Instagram (Nov. 4, 2019). “I stopped using Instagram for the day because it just made me feel very lonely,” I wrote on Nov. 6, 2019 at 8:05 AM after using Instagram for 2 hours. I felt very down to the point that I had to stop using Instagram on my third day of Instagram-Use-Auto-fieldwork. I also compared myself negatively to others a lot when I was on my Day 2 Browsing Use of Instagram. This shows that excessive use of Instagram is correlated to my loneliness. I also felt I was getting addicted to Instagram after I finished my 3 consecutive day use of Instagram. Day 1 of No Use of Instagram was very hard for me. “Ever since at 6:00 AM, when I opened my Instagram app, it has been very hard to not check it again,” I wrote on Nov. 7, 2019 at 6:10 AM.

Overall I learned that I felt more positive when I use less Instagram and when I have less ticks on Source of Wellbeing Chart (SLaM-IAPT, 2012). The more different activities I did, the more happy and positive I felt. The charts below show detailed analysis of the data I collected.

Day 1 Interactive Use of Instagram – November 4, 2019

Figure 2—My daily activities and mood chart (BA, 2019)

Date: November 4, 2019; Monday		
Time	Activity	Mood
6:15 AM – 6:45 AM	Gym	Frisky, Happy, Motivated
7:00 AM – 8:00 AM	Interactive Instagram Use	Anxious (because I should be doing other homework instead of being on Instagram) & Happy (because I get to compliment on people on Instagram)
8:30 AM – 9:00 PM	Studying, Doing homework, Talked to best friend and boyfriend	Okay, Felt at ease when I talked to my best friend and boyfriend
10:00 PM – 11:30 PM	Suppose to be Interactive Instagram Use but it ended up to be a Browsing Instagram Use because I was too sad to comment and interact.	Lonely

Figure 2A—Source of Wellbeing chart (SLaM-IAPT, 2012)

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	
Friendships	
Company of family, partner	
Sense of purpose or meaning in life	

Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

Figure 2B—Reflective Questions on Source of Wellbeing chart (SLaM-IAPT, 2012)

What things were you doing when your mood was most positive?

I felt positive when I went to the gym to exercise, when I was talking to my boyfriend and my best friend through text, and when I was complimenting my Instagram friends.

What things were you doing when your mood was most negative?

I felt negative when I was using Instagram for 1 full hour. I felt anxious and unproductive. I also felt negative when I was using Instagram at the end of the day on Nov 4, 2019 (Day 1 Interactive Use of Instagram) because I used it passively. I was browsing through my feed and I was about to comment but I was too sad and jealous to comment.

Day 2 Browsing Use of Instagram – November 5, 2019

Figure 2—My daily activities and mood chart (BA,2019)

Date: November 5, 2019; Tuesday		
Time	Activity	Mood
9:00 AM – 4:00 PM	Studied, Did homework, Went home & Prepared for tomorrow	Agitated, Restless
6:00 PM – 9:00 PM	Browsing Use of Instagram	Lonely, Down, Gloomy

Figure 2A—Source of Wellbeing chart (SLaM-IAPT, 2012)

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	
Friendships	
Company of family, partner	
Sense of purpose or meaning in life	
Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

Figure 2B—Reflective Questions on Source of Wellbeing chart (SLaM-IAPT, 2012)

What things were you doing when your mood was most positive?
 I did not feel positive today and I realized that I was missing a lot in Whalley et al.'s Source of Wellbeing chart (2019). I think this one of the reasons why I was feeling lonely.

What things were you doing when your mood was most negative?
 I felt negative when I was on Instagram for full on 3 hours, studied, and did school work for the whole day.

Day 3 Broadcasting Use of Instagram – November 6, 2019

Figure 2—My daily activities and mood chart (BA, 2019)

Date: November 6, 2019; Wednesday		
Time	Activity	Mood
6:00 AM – 8:00 AM	Broadcasting Use of Instagram	Lonely, Down
9:00 AM – 4:00 PM	Studied & did school work	Down, Gloomy, Weak, Lonely

7:00 PM	Talked to my boyfriend	Better
9:00 PM – 9:15 PM	Checked Instagram to see how many likes I got on my post	Sad

Figure 2A—Source of Wellbeing chart (SLaM-IAPT, 2012)

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	<input type="checkbox"/>
Friendships	<input type="checkbox"/>
Company of family, partner	<input type="checkbox"/>
Sense of purpose or meaning in life	<input type="checkbox"/>
Pleasurable activities, fun	<input type="checkbox"/>
Music, art, creativity	<input type="checkbox"/>
Time outdoors, connection with nature	<input type="checkbox"/>
Meaningful job or occupation	<input type="checkbox"/>
Other	<input type="checkbox"/>

Figure 2B—Reflective Questions on Source of Wellbeing chart (SLaM-IAPT, 2012)

What things were you doing when your mood was most positive?
 I felt positive when I was talking to my boyfriend.

What things were you doing when your mood was most negative?
 I felt negative when I was studying, doing schoolwork, used Instagram actively by broadcasting and posting a photo on my account.

Day 1 No Instagram Use – November 7, 2019

Figure 2—My daily activities and mood chart (BA, 2019):

Date: November 7, 2019; Thursday		
Time	Activity	Mood
6:00 AM – 6:05 AM	Checked Instagram	Disappointed
7:00 AM – 7:30 AM	Exercise	Happy
10:30 AM	Checked Instagram	Disappointed & Frustrated
3:00 PM – 7:00 PM	Studied, Did homework, Talked to my Facebook friends	Okay & Pleased

Figure 2A—Source of Wellbeing chart (SLaM-IAPT, 2012)

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	
Friendships	
Company of family, partner	
Sense of purpose or meaning in life	
Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

Figure 2B—Reflective Questions on Source of Wellbeing chart (SLaM-IAPT, 2012)

What things were you doing when your mood was most positive?

I felt positive when I was talking to my friends in the Philippines through Facebook and when I worked out

What things were you doing when your mood was most negative?

I felt negative when I was checked Instagram when I'm not suppose to.

Day 2 No Instagram Use – November 8, 2019

Figure 2—My daily activities and mood chart (BA, 2019):

Date: November 8, 2019; Friday		
Time	Activity	Mood
8:00 AM – 9:00 PM	Hanged out with friends, Watched Netflix	Ecstatic & Relaxed

1

Figure 2A—Source of Wellbeing chart (SLaM-IAPT, 2012)

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	
Friendships	
Company of family, partner	
Sense of purpose or meaning in life	
Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

Figure 2B—Reflective Questions on Source of Wellbeing chart (SLaM-IAPT, 2012)

What things were you doing when your mood was most positive?
 I felt positive when I was hanging out with my friends and watching my shows on Netflix

What things were you doing when your mood was most negative?
 I did not feel negative today.

Day 3 No Instagram Use – November 9, 2019

Figure 2—My daily activities and mood chart (BA, 2019):

Date: November 9, 2019; Saturday		
Time	Activity	Mood
10:00 AM – 3:00 PM	Exercised with my friend and my boyfriend, Ate breakfast with family, Cleaned my room while listening to music & Relaxed	Ecstatic, Happy & Rad

Figure 2A—Source of Wellbeing chart (SLaM-IAPT, 2012)

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	
Friendships	
Company of family, partner	
Sense of purpose or meaning in life	
Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

Figure 2B—Reflective Questions on Source of Wellbeing chart (SLaM-IAPT, 2012)

What things were you doing when your mood was most positive?

I felt positive when I was exercising with my friend and my boyfriend, hanging out with my family, relaxing, and listening to music while cleaning. I also felt positive because I have a job that lets me take weekends off.

What things were you doing when your mood was most negative?

I did not feel negative today.

The less I used Instagram and the less ticks I have in the Source of Wellbeing chart, the more happy I am and the more positive answers I have in the Source of Wellbeing Reflective Questions (2012). To elaborate on this, I have compared and contrasted Day 3 Broadcasting Use of Instagram (Nov. 6, 2019) and Day 3 No Instagram Use (Nov. 9, 2019).

Day 3 Broadcasting Use of Instagram – November 6, 2019

Figure 2A—Source of Wellbeing chart (SLaM-IAPT, 2012)

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	
Friendships	
Company of family, partner	
Sense of purpose or meaning in life	
Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

On Nov. 6, 2019, I have 7 out of 9 ticks in the Source of Wellbeing chart (SLaM-IAPT, 2012). That means I have 7 things that are missing in my Source of Wellbeing during that day. The only different activity that I did, which are not Instagram-related nor university-related, is talk to my boyfriend. I was on Instagram or studying alone for the most part of the day. No wonder I felt very down, gloomy, lonely and weak that day. This information is based on my answers on the Source of Wellbeing Reflective Questions (SLaM-IAPT, 2012).

Day 3 No Instagram Use – November 9, 2019

Figure 2A—Source of Wellbeing chart (SLaM-IAPT, 2012)

Source of Wellbeing	MISSING? Please tick
Physical activity such as walking or sport	
Friendships	
Company of family, partner	
Sense of purpose or meaning in life	
Pleasurable activities, fun	
Music, art, creativity	
Time outdoors, connection with nature	
Meaningful job or occupation	
Other	

On Nov. 9, 2019, I have 0 out of 9 ticks in the Source of Wellbeing chart. That means I have nothing missing in my Source of Wellbeing that day. I did all the activities in the Source of Wellbeing chart. I exercised with my friend and my boyfriend (Physical Activity, Friendship, Time Outdoors and Company of Partner); I ate breakfast with my family (Company of Family); I listened to music while I cleaned my room (Music and Pleasurable Activities); I felt happy that I don't have work nor school that day as well (Meaningful Job). I felt very happy and ecstatic that day.

In general, I felt negative when I was on Instagram for the most part of the day or when I am only doing 1 activity in 1 day. On the other hand, I felt most positive when I was hanging out and talking with my friends (Pleasurable Activities, Time Outdoors and Friendships in Source of Wellbeing chart), conversing with my family and my boyfriend (Company of Family, Boyfriend

in Source of Wellbeing chart). I also felt positive when I was exercising (Physical Activity in Source of Wellbeing chart), complimenting others, and listening to music (Music, Art, Creativity in Source of Wellbeing chart).

Conclusion & Further Research

To complete my research paper, I mentioned in my Introduction that I used social media accounts more when I started university as a way to escape through my school works; the more I do this, the more I felt lonely. I wanted to find out whether my intensive use of Instagram affects my loneliness and I found out that it does correlate to my feeling of loneliness.

Here are the guiding research questions of my study:

Research Question 1: Broader question of my study to connect to the Ethno; others

How can daily and excessive use of Instagram affect women's feeling of loneliness?

Research Question 2: Main question of my study to connect to the Auto; myself

How can daily and excessive use of Instagram affect my feeling of loneliness as a young woman?

I have learned that women's feeling of loneliness are often connected to the social comparison happening when they are on Instagram for a long period of time (Huseyin et al., 2018; Sherlock et al., 2019; Yang, 2016). My findings show that excessive use of Instagram affects my loneliness as a young woman by making me feel unproductive, insecure about myself, disconnected to the physical world and anxious about not doing my school works. My findings add to Huseyin et al., Sherlock et al., and Yang's negative research outcome on women's excessive use of Instagram (2018; 2019; 2016). On the other hand, my findings detach to Krayner et. al., and Pittman et al.'s positive use of Instagram studies (2008; 2016). My findings show that excessive use of Instagram affects my feeling of loneliness negatively rather than positively.

It made me realize that I am not doing meaningful things in my life because I tend to compare myself to others. I am not doing things I enjoy and I use Instagram intensively to the point that it became addictive for myself (Sherlock et al., 2019; Yang, 2016; Huseyin, 2018; BA, 2019). It is evident that excessive use of Instagram can affect my (a young woman's) feeling of loneliness with the relationship with Social Comparison Theory (Sherlock et al., 2019; Yang, 2016). I compared myself negatively to others' "ideal" photos while I was using Instagram excessively.

I also barely talked to my friends or family. I barely went out to have some fun, which are some of the activities that I need in my (and most human's) wellbeing. Doing less and same activities everyday made me feel as if my life is pointless and meaningless. Hence, the Source of Wellbeing Chart is important to maintain happiness. The BA and the Source of Wellbeing chart is about doing things we enjoy to feel pleasure, challenging ourselves to have a meaningful life, and having positive relationships with others to feel connected and valued (BA, 2019; SLAM-IAPT, 2012).

My research is an autoethnography therefore this paper cannot generalize how all women's feeling of loneliness are effected by excessive Instagram use. Further research and other research method should be done if researchers want to generalize this topic.

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