

**Notification No.: 600/2026**

**Notification Date: 26/05/2026**

**NAME OF SCHOLAR: SAMEER**

**NAME OF SUPERVISOR: Prof. Naved Iqbal**

**NAME OF DEPARTMENT: PSYCHOLOGY**

**Title of Thesis: Social Media Usage and Wellbeing: Examining the role of Boredom and Social Cohesion**

### **Findings**

Social media has become an integral part of daily life, yet its relationship with well-being remains unclear. Existing research has largely conceptualized well-being through mental health indicators and often overlooks well-being as an independent positive construct.

Moreover, social media use is increasingly distinguished into active and passive forms, which may have different implications for well-being. Limited research has simultaneously examined these modes alongside contextual factors such as social cohesion and boredom, particularly among adults in non-Western settings such as India.

This study examined relationships among active and passive social media use, well-being, social cohesion, and boredom among 211 Indian adults aged 18 years and above using structural equation modeling. Results indicated that neither active nor passive social media use was directly associated with well-being. Social cohesion neither mediated nor moderated the relationship between active use and well-being, although it emerged as a strong independent predictor of well-being. In contrast, boredom fully mediated and significantly moderated the relationship between passive social media use and well-being. Passive use increased boredom proneness, which subsequently reduced well-being, with stronger negative effects at higher levels of boredom. The findings highlight boredom as a key mechanism linking passive social media use and well-being.

*Keywords: Social media use, well-being, boredom, social cohesion, digital use*