

Social Media Addiction as a Predictor of Self-Esteem among Nursing Students

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Supplementary Table S1: Complete Sociodemographic and Behavioral Characteristics (N = 158)

Variable	Category	n	%
Residence	Rent	69	43.67%
	Family	51	32.28%
	Hostel	38	24.05%
Religion	Hindu	135	85.44%
	Kirat	12	7.59%
	Buddhist	6	3.80%
	Muslim	2	1.27%
	Christian	2	1.27%
	Others	1	0.63%
Ethnicity	Brahmin/Chhetri	71	44.94%
	Hill Janajati	53	33.54%
	Madhesi/Terai	28	17.72%
	Thakuri/Sanyasi/ Dasnami	3	1.90%
	Muslim	2	1.27%
	Dalit	1	0.63%
Income	≤ NPR 240,000	6	3.80%
	NPR 240,001–600,000	88	55.70%
	> NPR 600,000	64	40.51%

Family Type	Nuclear	130	82.28%
	Joint	28	17.72%
Comparison with Others	No	105	66.46%
	Yes	53	33.54%
Validation Seeking	No	93	58.86%
	Yes	65	41.14%
Social Media Before Sleep	Yes	148	93.67%
	No	10	6.33%
Social Media After Waking	Yes	59	37.34%
	No	99	62.66%
Has Social Support	Yes	144	91.14%
	No	14	8.86%
Medication Use	No	153	96.84%
	Yes	5	3.16%

Supplementary Table S2:
Social Media Platform Preferences and Purpose of Use

Platform	n	% of Responses	% of Cases
Instagram	71	35.50%	44.94%
YouTube	57	28.50%	36.08%
TikTok	50	25.00%	31.65%
Facebook	11	5.50%	6.96%
WhatsApp	8	4.00%	5.06%
Others	3	1.50%	1.90%
Total	200	100.00%	126.58%
Purpose			
Entertainment	158	28.94%	100.00%
Communication	143	26.19%	90.51%
Academic	142	26.01%	89.87%
News	100	18.32%	63.29%
Others	3	0.55%	1.90%
Total	546	100.00%	345.57%

Note: Percentages for multiple response questions sum to more than 100% as participants could select more than one response.

Supplementary Table S3:
Bivariate Associations of Sociodemographic and Behavioral Variables with SMA and Self-Esteem

Variable	SMA (Mean $\pm$ SD)	Self-Esteem (Mean $\pm$ SD)
Age (17–20)	94.03 $\pm$ 15.26	17.96 $\pm$ 2.47
Age (21–25)	98.25 $\pm$ 17.85	16.81 $\pm$ 3.09
Appearance (Satisfied)	90.97 $\pm$ 15.59	18.48 $\pm$ 2.38
Appearance (Unsatisfied)	101.84 $\pm$ 15.50	16.23 $\pm$ 2.77
Year 1	95.50 $\pm$ 14.41	17.62 $\pm$ 2.37
Year 2	90.68 $\pm$ 16.71	19.02 $\pm$ 2.26
Year 3	92.23 $\pm$ 14.69	17.79 $\pm$ 2.45
Year 4	107.72 $\pm$ 16.25	14.79 $\pm$ 2.68
Screen (<1 hour)	89.00 $\pm$ 17.11	18.00 $\pm$ 2.16
Screen (1–3 hours)	96.25 $\pm$ 18.05	16.65 $\pm$ 2.94
Screen (3–5 hours)	94.16 $\pm$ 14.65	18.59 $\pm$ 2.40
Screen (>5 hours)	98.38 $\pm$ 15.20	17.92 $\pm$ 2.24
Sleep (<5 hours)	80.67 $\pm$ 4.04	20.33 $\pm$ 0.58
Sleep (5–7 hours)	97.14 $\pm$ 15.79	16.98 $\pm$ 2.71
Sleep (>7 hours)	93.16 $\pm$ 17.83	18.61 $\pm$ 2.63