The influence of social media engagement on self-esteem of female COED students of Laguna University A.Y. 2022-2023

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Abstract

This study aims to examine the influence of social media engagement on the self-esteem of female COED students at Laguna University. The primary objectives of this study were to determine the frequency of social media usage among female COED students, assess their self-esteem level, and establish whether a significant relationship exists between social media engagement and self-esteem. Through a quantitative research approach, **data was be collected via survey questionnaires** at the Laguna University, Sta. Cruz, Laguna. The study collected data from 420 female COED students, equally distributed across all four academic years. The hypothesis tested that there is a significant relationship between the frequency of social media and level of self-esteem. This research contributes valuable insights and aim to deepen our understanding of how social media engagement influences the self-esteem of female COED students enrolled at Laguna University during the academic year 2022-2023.

Keywords: social media engagement; self-esteem; female; COED students

1. Introduction

Social media has become an integral part of every college student's life. It provides a platform for communication, information sharing and self-expression. As such, it is of interest to mental health researchers, educators, and professionals who wish to understand the impact of social media on mental health personal well-being, and self-esteem. Social media can affect one's self-esteem, both positively or negatively. But it also provides opportunities for self-expression, social support, and personal growth. On the one hand, overuse, social comparison, and development of ideal online personality can lead to feelings of inadequacy and low self-esteem.

The purpose of this study was to investigate the impact of social media engagement on the self-esteem of Laguna University College of Education (COED) students in A.Y. 2022-2023. Self-esteem refers to an individual's overall assessment of one's own worth, and plays an important role in shaping emotional well-being, academic performance, and social interactions.

This study aims to contribute to the existing literature on this topic by investigating the relationship between social media engagement and self-esteem. Findings provide insights about the potential impact of social media use on self-esteem of COED students. The goal is to raise awareness and encourage educators, mental health professionals, and policy makers to understand the impact of social media use on students' well-being.

1.1. Background of the Study

In recent years, the rise of social media has transformed the way individuals perceive and interact with their bodies. As of January 2019, there are reportedly 3.5 billion active users of social media around the world, and this number continues to grow each year (Kemp, 2019). Given social media's increasing popularity over the last decade, academics have begun to study how social media use may or may not be connected to various psychological factors. As mentioned in the study of Saiphoo and Vahedi (2019), a substantial portion of these studies focused on the link between social media use and body image; One's multidimensional impression of one's own body: this perception is made up of cognitive, behavioral, emotional, and evaluative elements.

The influence of social media on self-esteem has become a topic of interest among researchers and educators. Self-esteem, which refers to an individual's evaluation of their self-worth and value, plays a crucial role in academic performance, mental health, and social relationships. Studies examining the relationship between social media use and self-esteem have produced mixed results. Some research suggests that higher social media engagement is associated with lower self-esteem, as individuals may compare themselves to others and feel pressure to conform to idealized standards portrayed on social media. These comparisons and the presentation of curated online personas can lead to feelings of inadequacy and decreased self-worth. However, social media can also provide opportunities for self-expression, social support, and positive feedback, which may enhance self-esteem.

In the specific context of COED students at Laguna University during the academic year 2022-2023, investigating the influence of social media engagement on self-esteem is relevant. COED students who are pursuing degrees in education, face unique challenges and opportunities that may impact their self-esteem differently compared to students in other programs. Laguna University is recognized for its commitment to academic excellence and holistic student development, making it an ideal setting to explore the relationship between social media and self-esteem among COED students.

1.2. Statement of the Problem

This study aims to examine the impact of social media on the self-esteem of College of Education students. Specifically, it seeks to address the following problems:
1. What is the frequency of social media usage of female COED students?
2. What is the level of self-esteem of female COED students?
3. Is there a significant relationship between the frequency of social media usage and level of self-esteem?

1.3. Significance of the Study

The study examining the influence of social media engagement on self-esteem among COED female first students in Laguna University is of significant importance for several reasons. First is, understanding the impact of social media: Social media platforms have become an integral part of the lives of young individuals, and play a crucial role in their perceptions of self-esteem. This study can shed light on the specific ways in which social media engagement affects these aspects among COED female students.

Students- This study would benefit students as they are considered to have higher engagement in social media. As physical appearance contributes considerably to youth's self-esteem. Good self-esteem and mental health will lead to a balanced attitude and healthy body. This would enlighten them to be more positive and confident with their own uniqueness and lessen the concerns about how they perceive beauty.

Parents - Being the first teacher of their children with this study, parents can be more sensitive and can think of ways how boost their children's self-esteem and result in the youth's encouragement to discuss their insecurities and have a sense of trust for their parents.

Future Researchers - This study would serve as a reference to those who will conduct research in the same field of interest. Future researchers may even find a solution on the topic and take further steps on addressing the issues and intervention concerning positive self-esteem.

1.4. Objectives of the Study

The researchers' goal is to contribute to the existing body of knowledge on the influence of social media on self-esteem among COED students, providing insights that can inform interventions and support systems to promote positive social media practices and enhance self-esteem in this specific student population.

This study aims to examine the impact of social media on the self-esteem of College of Education students. Specifically, it seeks to:

1. to determine the frequency of social media usage of female COED students
2. to determine the level of self-esteem of female COED students
3. to identify the significant relationship between the frequency of social media usage and level of self-esteem.

1.5. Hypothesis

Ha: Social media engagement has a significant relationship with self-esteem of the college of education female students.

1.6. Scope and Limitations

This study focuses on the influence of social media engagement on self-esteem among COED students. The respondents were first year to fourth year College of Education female students of Laguna University. Instead of keeping track on Facebook usage, the respondents were asked to estimate the number of hours they spend each day on the social media platform.

The fact that this study only focused on College of Education student was another draw back from the outcome which may vary depending on the Laguna University in the Brgy. Bubukal Sta.Cruz, Laguna.

Target Population: The study focused on female College of Education students enrolled in Laguna University. The participants were selected from various faculties and programs for a diversed representation.

Survey Instrument: The researchers used a self-report questionnaire to collect data on social media engagement and self-esteem. The survey included validated scales and items to ensure the reliability and validity of the measures.

1.7. Definition of Terms

The following words and phrases are defined for the readers to have a better understanding of the study.

Social Media Engagement. Social media engagement refers to the level of involvement, interaction, and participation of individuals with social media platforms. It encompasses activities such as posting, sharing, liking, commenting, and messaging on platforms like Facebook.

Self-Esteem. Self- esteem is an individual's subjective evaluation and perception of their own worth, value, and overall sense of self. It involves feelings of self-confidence, self-acceptance, and self-respect. High self-esteem is characterized by positive self-regard, while low self-esteem is associated with feelings of inadequacy and low self-worth.

COED Students. COED stands for College of Education. COED students are individuals who are pursuing degrees and education programs in the field of education. In the context of this study, it specifically refers to students enrolled in the College of Education at Laguna University.

Laguna University. Laguna University is an educational institution located in the province of Laguna. It is known for its commitment to academic excellence and holistic student development. The university offers

various degree programs in different fields of study, including education.

Well-being. Well- being encompasses an individual's overall state of physical, mental, and emotional health and happiness. It reflects the individual's subjective perception of their quality of life, life satisfaction, and overall sense of well-being.

2. Review of Related Literature

This chapter presents the literature and related studies after the researchers carried out a detailed study. This chapter presents the synthesis as well as the theoretical and conceptual framework of the research.

Social Media. This is an online platform where users may develop social networks or social relationships with others who have comparable personal or professional interests, hobbies, backgrounds, or real-life connections. Social media have a huge influence on young people. Platforms of social media such as Facebook, Twitter, Instagram, Tiktok etc., allow users to have conversations, share information and even create a web content.

Self-esteem. This is about the entire you, not just your physical looks. When you value yourself and understand that you deserve respect and care from both yourself and others, you have a high sense of self-worth. You don't put yourself down if you make a mistake, and you can recognize and enjoy your skills and abilities. When you have high self-esteem, you maintain the belief that you are deserving of praise even in the face of challenging emotions or situations.

Most teenagers today consider technology to be a necessary component of daily life. The entire world is at their fingertips, and social media is increasingly overtaking other forms of communication and media consumption for teenagers because to the rising popularity of apps like Tiktok, Instagram, and Snapchat. However, excessive social media use among teenagers, particularly adolescent girls, may have a negative effect on their self-esteem (NewFolks, 2022). People now communicate with the rest of the world through social media. Social media platforms, such as users can reveal intimate details of their lives on Facebook, Instagram, Snapchat, Twitter, and TikTok. They can also submit photos, start and maintain relationships, organize social gatherings, and express their feelings, opinions, and values. The last ten years have seen a lot of articles few studies, however, have concentrated on the connection between social media use and mental health. Self-esteem has received a lot of attention in research, particularly among teenage girls (Amanda Perkovich, 2021).

The use of social media has increased significantly during the past ten years. It's still unclear, though, whether social media helps or hurts people's mental stability. This study attempts to investigate how people's social anxiety is affected by using Instagram. Based on the cross-sectional online survey study (N = 388) in Singapore with a broad framework of the three-stage model of interactive media usage for health promotion, and empirically investigated a mediation pathway connecting Instagram use to social anxiety. The findings showed that using Instagram did not directly raise social anxiety. Instead, self-esteem, an intermediate outcome, and social comparison, a proximal outcome, played mediating roles, supporting the full mediation effects (Shaohai Jiang and Annabel Ngien, 2020).

According to Amelia Gayle (2022) social media has taken over the lives of young people worldwide during the past ten years. Despite all of the obvious advantages of social media, it has had a profoundly harmful impact on young people, especially young women. Additionally, during the past two to three years, the video-sharing app Tik Tok has completely taken over the social media scene and mainstream culture in general. Nearly every young person in America has a Tik Tok, and the increased accessibility of social media to young females in particular has had a terrible effect on women's self-esteem and led to the hyper sexualization of teenage girls.

Based on the study of Prieler, M. (2019), the article "Social media effects on young women's body image concerns: Theoretical perspectives and an agenda for research" by Perloff (2019) extends the study of

media effects on women's body image concerns by including social media. His article is important because of the adding use and unique nature of social media, and it can give an avenue for unborn research. The main focus of this commentary is to critically examine the arguments of Perloff (2019) and to give suggestions on how to extend his model. We begin by emphasizing the significance of culture on body image and give a theoretical extension based on the theoretical construct of tone- construal. Next, we propose to separate social media use as motivated by general social media use (e.g., socializing and entertainment) from that driven by specific requirements related to body image enterprises (e.g., pro-eating complaint sites).

In addition, researchers suggest secerning bare exposure to content from the active use of social media, similar as opining and posting. Eventually, we recommend advancing the exploration on body image beyond the thin ideal because body dissatisfaction can be related to colorful body corridor (e.g., bone size, skin color, and eye shape), and we recommend including actors beyond adolescence, integrating multiple styles, and conducting exploration on interventions. The end of this commentary isn't to give a frame for specific societies or social surrounds, but to offer suggestions that encourage researchers to broaden the compass of research on body image concerns.

Based on numerous research examining the social media spectrum, it is clear that social media has altered a number of human interacting behaviors, including communication, purchasing, a source of influence over perception, and even information seeking. The purpose of the study is to determine how social media use and body comparison tendencies, levels of self-esteem, and sleep quality are related (Mohammed Abdalqader and Sabrina Alfred Joseph, 2020).

According to Steinsbekk et al. (2021). Social media users are extensively   exposed to photographs displaying idealized self-presentations. This poses a potential threat to youth's appearance self-esteem, but the negative impact may depend upon types of social media engagement. Youth who actively post updates (i.e., self-oriented social media use) may position themselves to receive positive feedback and appearance confirmation and thus show enhanced self-esteem, whereas youths who mostly view and respond to other's posts (i.e., other-oriented social media use) are exposed to these idealized presentations, while not receiving positive feedback on their own appearance, which may result in reduced self-esteem.

According to Kharpal, (2018) as cited by Tiggemann & Zaccardo, (2018) **,** several people who lives have mostly been influenced by social media sites like Facebook. It is essential to determine whether using social media has an effect on one's self-concept, self-esteem, because young adults, young women—are the main users of such platforms. Researchers have started to empirically study these problems, and recent research have produced conflicting results. With an emphasis on Instagram, Facebook, and other well-known image-based platforms, the current article makes an effort to analyze these data and presents potential reasons for effects of social media use on body dissatisfaction. One of the most widely used social media networks is Facebook Users are able to communicate just through sharing and publishing photos. Cassidy Barcome (2023) stated that with its widespread use and ongoing expansion, is one of the most pertinent and current topics. According to research, social media affects self-esteem. There is a significant disparity in gender as well, as social media affects men and women in very different ways. This study's goal is to examine how attractive models' self-esteem impacts.

For instance, according to Busalim et al., (2019) numerous studies have shown that excessive Facebook use might result in addictive behavior, particularly among younger people. The purpose of this study is to investigate how self-esteem and Facebook addiction affect students' academic performance. To gather information from one public university in Malaysia, an online survey was created using the Bergen Facebook Addiction measure and Rosenberg's Self-Esteem measure.

Adolescent girls' current levels of self-esteem may have an impact on how social media use and self-esteem are related (Richards et al., 2015; Saiphoo et al., 2019; Shah et al., 2019). Adolescent girls in particular are more prone to face the negative consequences of social media network use if they have lower levels of self-esteem. Adolescent females who have low levels of self-esteem consequently tend to compare themselves to others and become reliant on other people's acceptance, which lowers their levels of self-esteem even further

(Saiphoo et al., 2019).

Social media is less of a hobby than it once was and more of a manual on how to present yourself to the world. Unfortunately, this has had a negative impact on how women, particularly young women and girls, regard themselves. Unknowingly comparing themselves to what they see as women read through their feeds lowers their self-esteem. Women who compare themselves to false beauty standards they are exposed to online end up adopting harmful tendencies as a result (Jaelen Patrick, 2022). In some recent studies, a woman's self-esteem may suffer if she uses social media. The University of South Wales in the UK discovered that those who spend more than an hour a day on Facebook, Instagram, and Pinterest are less satisfied with their bodies than those who spend less time there. Social media users may be more self-conscious about their appearance and tend to find skinny people to be more appealing, according to lead researcher Martin Graff (Jane Ridely, 2018).

For instance, one key concept surrounding the female body emerged when over 600 individual pictures were examined: slim and toned. The majority of the photos were also found to include aspects that objectified female bodies. We must consider if the blogs are the problem or whether the readers are misinterpreting the information. Are some people seeing a shapely or lean body, comparing it to their own, and then feeling self-conscious about it.

Taylor Bennett (2019) stated that, probably the majority of people would agree that social media can harm one's self-esteem, especially in women. Consider this: Every magazine features a slim lady on its cover and a narrative about how she shed the pounds, along with advice on how you may do the same. In addition, female stars in films and TV shows put pressure on viewers to uphold the frequently unachievable beauty standards to seem equally as appealing. In conclusion, a lot of it comes down to the media, which contributes to the idea that women aren't good enough the way they are. A current study at the University of South Australia provides evidence for this claim: the study discovered a connection between rising social media use among women and their adoption of "the thin ideal," which prioritizes a small physique. Depending on how the site is utilized, some studies indicate that social media's effects are neutral, while others show that they can be quite harmful. One must be aware of the potential risks of social media and learn how to utilize it in a conscious, deliberate, and healthy way because low self-esteem can be harmful (Jessica Fortunato, 2021).

According to Michelle T. Sterling (2023) many Generation Z women's lives now revolve around social media, but it doesn't have to be bad for their self-esteem. Women should actively safeguard their mental health and wellness by being mindful of how social media influences how they see themselves. Young women can acquire true self-love and respect by making little changes like cutting back on social media use or creating healthy coping mechanisms for insecurities.

The use of social media has an impact on people's self-esteem. Social comparisons between users of Facebook, Instagram, and other social networking sites are common. By doing this, users give the impression that others are doing better than them despite the fact that people only show the positive elements of their lives. Social media promotes users' questions about their self-worth and self-images by encouraging comparison with others. Some of the primary causes of low self-esteem are these unfavorable self-evaluations (Admin, 2022).

Neha Chaudhary, MD (2020) stated that it could be challenging to stay away from images and statements that might make you feel unfavorably about your body because social media is populated with people who only exhibit themselves in their best light. Here's how social media can affect body image as well as some advice on how to use it more positively. However, there are ways you can curate your feed to make it a healthy area for you. Body image is your perception of how your physical appearance compares to societal norms. Unrealistic expectations of how your body should look brought on by a negative body image may result in unhealthy behaviors like disordered eating. A small study discovered a link between social media use, disordered eating, and bad body image. This was especially true if participants were browsing appearance-related Instagram accounts, such as those of models or fitness instructors. Social media can damage your self-esteem by exposing you to pictures of "idealized" body types and encouraging you to compare your appearance to them. A child and adolescent psychiatrist at Massachusetts General Hospital and Harvard

Medical School, "people end up constructing unrealistic ideals for themselves based on what they see and feel troubled when they aren't able to match those ideas or self-expectations". This study college students, who identify as female who spent more time on Facebook had worse body images. According to the study's findings, "young women who spend more time on Facebook may feel more anxious about their bodies because they compare their appearance to others (particularly to peers) on the social media site".

According to Laplante (2022), the use of social media magnifies users' inaccurate online social comparisons, which leads to lower self-esteem and increased social anxiety. This author adds that these social comparisons may be ways for people to evaluate their own abilities, successes, emotions, and personalities by comparing them to what others publicly display online.

Low self-esteem and body dissatisfaction are serious problems that many women deal with throughout their lives. Researchers have confirmed the link between body appreciation and self-esteem, with few and contradictory associations between body appreciation and social media use documented. In order to have a deeper knowledge of how self-esteem and participation in social media may affect body appreciation, more research was required.

2.1. Synthesis of the Study

Social media have long been known to be linked in people's self-esteem, and are salient issues for young people, particularly women. Social media can be the cause of low esteem or low confidence because of the "beauty standards" that are usually showcased in these platforms.

In the modern world, social media has a wide variety of people who are using it. In fact, people can't deny that every platform that they use are truly helpful. But of course, it also has a negative effect for some people. Instagram, Twitter, Tiktok, and Facebook, are some of the platforms that are commonly used in the country, especially by young people. Many people enjoy using these apps, but behind the enjoyment that each people feel whenever surfing online, there are also dark activities that are happening.

There are some studies related on what the researchers are focused on. That is why the researchers want to bridge the gap Laguna University students who are having a hard time accepting themselves. By this, the researchers believe and encourage young people to not strive for validation on social media platforms, but accept and flaunt the beauty and personality that they already have.

2.2. Theoretical Framework

The influence of social media on individuals' perceptions of self -esteem has become a topic of growing concern, particularly among women. This theoretical framework aims to provide a foundation for examining the influence of social media engagement on self-esteem of female COED students at Laguna University. By employing relevant theoretical perspectives, this framework will guide the exploration of how social media affects students' perceptions of their own bodies and their overall self-esteem.

Social Comparison Theory: According to Fertinger (1954) as cited by Puglia, (2017). Social comparison theory stated that people look for comparison points for the elements of one self that they value most. Individuals compare themselves to others in order to establish their social standing and work worth, also in understanding the challenges faced by individuals. They seek judgment by comparing themselves to see if they fit in. Social Comparison Theory who popularized by Festinger (1954) people have a primal urge to judge their own beliefs and skills by comparing them to those of others. These comparisons can lead to negative self- esteem if individual perceive themselves as falling short of the perceived ideal standards portrayed on social media.

Figure 1. *A diagram of the Social Comparison Theory. Image courtesy of Theorize it.*
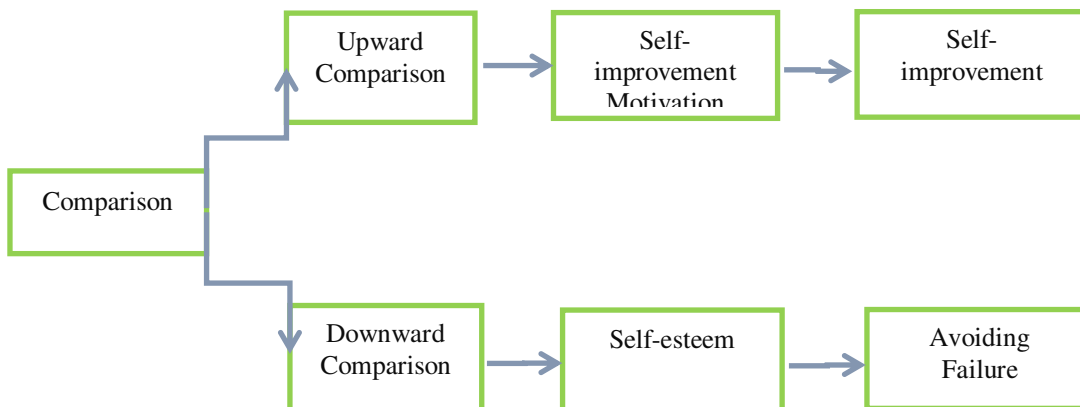

Self-Esteem Theory: The Self-Esteem Theory, proposed by Rosenberg (1965), suggests that individuals' self-esteem is shaped by social interactions and perceptions of their competence and worth. Social media engagement can impact first-year students' self-esteem by exposing them to comparisons with peers and influences who appear to possess desirable body types or traits. Positive feedback and validation received through social media can enhance self-esteem, while negative comments or lack of engagement can lead to diminished self-worth and body esteem.

2.3. Conceptual Framework

The figure below shows usage of social media as the independent variable. On the other hand, level of self-esteem is considered as the dependent variable. This conceptual framework represents the assumed relationship between the usage of social media and the level of self-esteem of the respondents.

The independent variable includes frequency of social media usage, and social media activity in general. Meanwhile, the dependent variable includes the overall outlook on body image and body-esteem.
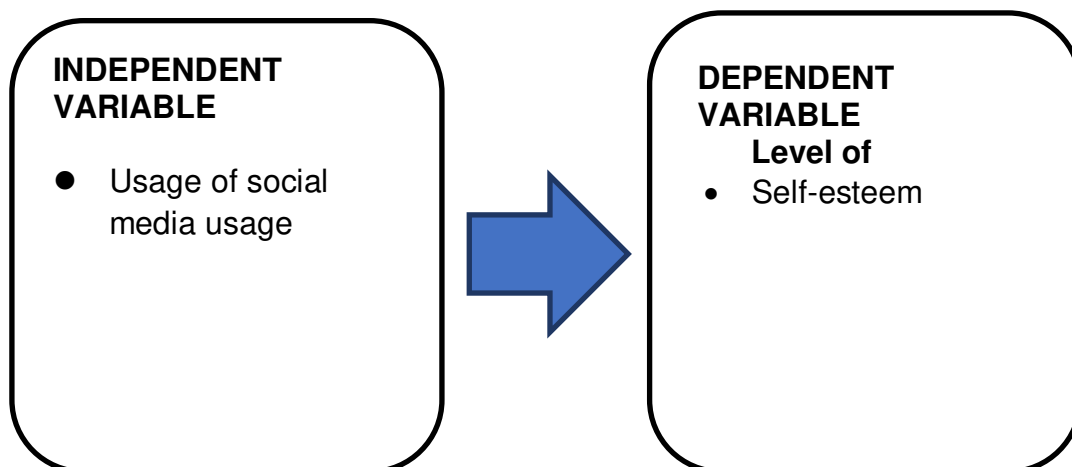
3. Methodology

This chapter outlines the methodology used in this research on the influence of social media engagement on the self-esteem of COED students at Laguna University enrolled in academic year 2022-2023. It provides an overview of the research design, data collection procedures, sample selection, and data analysis techniques used to address the research objectives and answer the research questions.

3.1. Research Design

The research design selected for this study was quantitative in nature. It involved the collection and analysis of numerical data to examine the relationship between social media engagement and self-esteem among COED Female students. The research design allowed the measurement of variables and the exploration of statistical associations between them.

3.2. Research Locale

This research study was conducted at Brgy. Bubukal Sport Complex Laguna Univesity. Laguna University is a public research university located at the Brgy. Bubukal Sport Complex Sta.Cruz Laguna. It is administered by the provincial Government of Laguna, and is committed to pursue a constitutional provision under Article 2 Section 17 to establish a University by virtue of provincial ordinance No. 1 S.2006 the Laguna University(LU) was established on February 16 2006 under the leadership of Hon. Teresita S. Lazaro, the former Governor of Laguna who was elected President and Chairman of the Board Regents under Resolution No. 198 – AS. 2006 date of March 29 2006 of the Sangguniang Panlalawigan of Laguna.

The researchers chose the Laguna University because the goal is to know the result of the influence of social media engagement on self-esteem of COED female students at Laguna University.
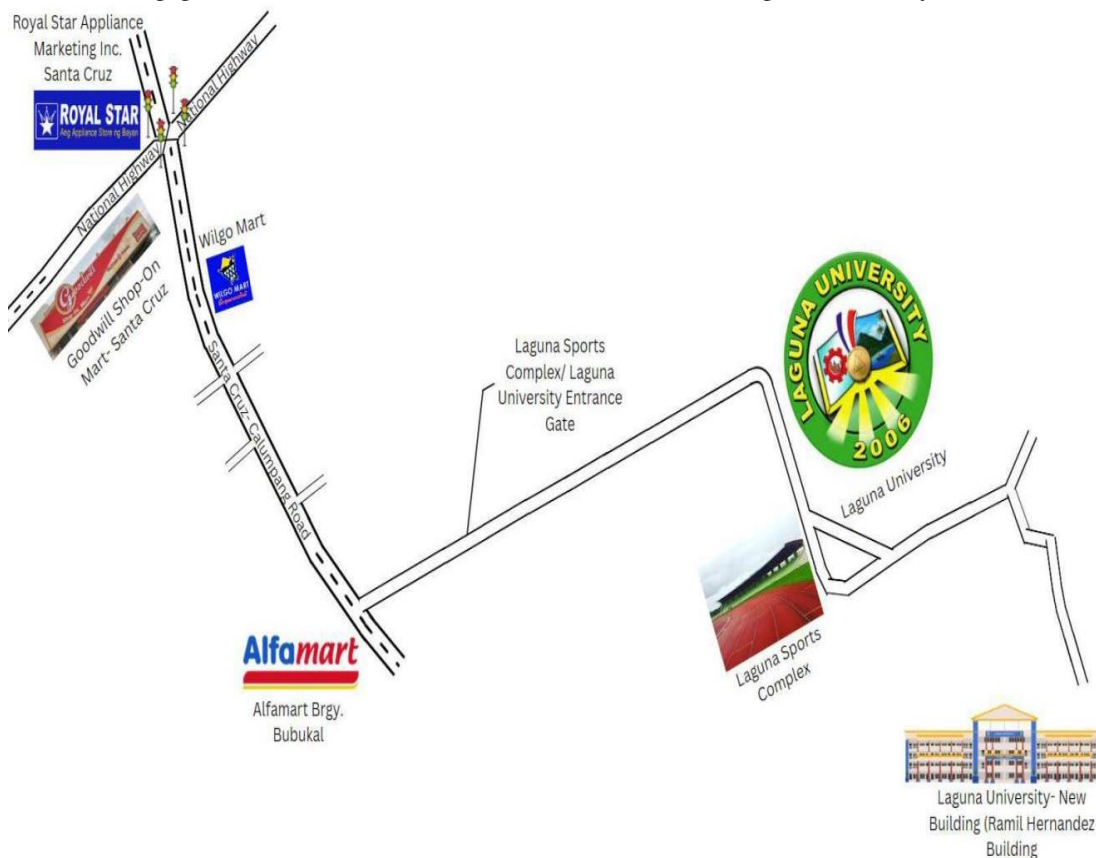
3.3. Population of Data

The researchers chose the College of Education females students of Laguna University with the total of 420 students: Therefore, the researchers formulated a questionnaire and collected the data from the respondents.

The respondents from first year were 25% (41) of the population, second year 25% (41) respondents 25% (41), third year 25% (41) and fourth year which have 41 respondents and (25%) of the whole population. Each year level has an equal number of respondents.

3.4. Sampling Technique

To investigate the impact of social media engagement on self-esteem of female COED students at Laguna University, the following sampling technique was used:

A random sampling technique was employed to select participants from the target population, which was made of first-year to fourth-year female students of Laguna University. The university's administration or registrar's office provided the total number of COED students per year. Using sample size by Raosoft, a subset of participants were selected, ensuring that each student has an equal chance of being included in the study.

Informed consent was obtained from the selected respondents, whereby they were provided with a detailed explanation of the research purpose, procedures, potential risks, and benefits. Participants had the opportunity to ask questions and clarify any concerns before voluntarily consenting to participate.

All the data were collected using surveys or questionnaires specifically designed for this study. These instruments assessed social media engagement and self-esteem among first-year to fourth-year students. Validated scales and measures previously used in similar studies were considered to ensure the reliability and validity of the collected data.

3.5. Research Instrument

The survey questionnaire was used in this study as an instrument. According to Pritha Bhandari (2023) a questionnaire is a specific tool or instrument for collecting the data. The purpose of a questionnaire is to collect information from respondents about their attitudes, experiences, and views. The questionnaire will be validated by a psychometrician. Afterwards, the researchers will conduct a dry-run for the questionnaires to be answered by at least 5 college of education students.

3.6. Data Gathering Procedure

The researchers requested a letter of approval to conduct this study in Laguna University. Upon the Approval, the researchers prepared a questionnaire that was distributed to randomly selected first year to fourth year College of Education students. The respondents answered the questions provided by the researchers. After the respondents answered the questionnaire, the researcher collected and tallied the data for interpretation. The researchers used random sampling as the technique in collecting the respondent's data.

The data collection process was conducted online to enhance convenience and accessibility. Participants were provided with clear instructions and deadlines for survey completion. Online survey platforms, such as Google Forms or other survey tools, were utilized to collect the data efficiently.

When the data was collected, statistical analysis techniques were employed to analyze the relationships between social media engagement and self-esteem. Descriptive statistics, correlation analysis, and regression analysis were used to examine patterns, trends, and significant associations within the data.

The findings were interpreted based on the research objectives, highlighting the outcomes of social

media engagement on self-esteem among COED students at Laguna University. The implications of these outcomes were discussed, providing insights into potential interventions, educational programs, or policies that can promote positive self-esteem among COED students.

The research process was concluded by compiling a comprehensive report that includes details on the research methodology, results, and conclusions. Recommendations for future studies or initiatives aimed at addressing the impact of social media engagement on self-esteem among COED students at Laguna University will be provided based on the findings.

By implementing this sampling technique, the research study gathered valuable insights about the influence of social media engagement on self-esteem of COED students at Laguna University, contributing to a better understanding of the subject and informing potential interventions to support students' well-being.

3.7. Treatment of Data

The researchers gathered all the data from survey results and conducted an analysis with an effort to examine the outcomes of Social Media Engagement, Body Image and Body-Esteem among the 1st year to 4th year COED Students in Laguna University.

The researchers used the following statistical procedure to examine and interpret the data.

Mean Weighted. Answers to the questions were provided using this tool. The formula is:

$$ r = \frac{\sum (x_i - \bar{x})(y_i - \bar{y})}{\sqrt{\sum (x_i - \bar{x})^2 \sum (y_i - \bar{y})^2}} $$

Where,

r = Pearson Correlation Coefficient

x_i = x variable samples

$\bar{x}$ = mean of values in x variable

y_i = y variable sample

$\bar{y}$ = mean of values in y variable

4. Presentation, Analysis and Interpretation of Data

In this chapter, the data gathered from the COED student in Laguna University in Sta. Cruz Laguna is presented. This chapter discusses the results of the survey from 164 respondents in the said locale of the study.

Prior to the initiation of the survey process, the purpose, the significance and objectives of the study were relayed to the respondents. They were also assured that all the information they had provided are solely for the purpose of the study while their identities would remain confidential.

This chapter illustrates the analysis, interpretation of the data gathered through the use of the research instruments. The result of the study was presented using the tabular and graphical presentations, and textual interpretation. It also includes the discussion regarding the topic. This chapter provides the meaningful interpretation of the study.

Table 1

Frequency of Social Media Usage of Female COED students

Social Media Usage	Weighted Mean	Standard Deviation	Interpretation
	3.145	0.853	Often

Legend: 3.25-4.00 Always, 2.50-3.24 Often, 1.75-2.49 Sometimes, 1.00-1.74 Never

Table 1 shows the Frequency of Social Media Usage of Female COED students. The overall weighted mean is 3.145 with a 0.853 standard deviation that has an interpretation of "often". This relates to the study of Tus (2021), the usage of social media seems to be here to stay, transforming how students engage, connect, and socialize and becoming an essential component of their social and cultural life. Students consequently spend more time on social media.

Table 2

Level of Self-Esteem of Female COED student

Self-Esteem	Weighted Mean	Standard Deviation	Interpretation
	2.980	0.872	Often

Legend: 3.25-4.00 Always, 2.50-3.24 Often, 1.75-2.49 Sometimes, 1.00-1.74 Never

Table 2 shows the Level of Self-Esteem of Female COED students. The overall weighted mean is 2.980 with a 0.872 standard deviation that has an interpretation of "often". This relates to the study of Laveena D'Mello (2018), she states that the purpose of self-esteem is to feel and think positively about oneself, which is something that people cultivate over time. It was simply said that self-esteem is a judgement of oneself; this impression and evaluation might be pleasant or unpleasant, positive or negative.

Table 3

Relationship Between Frequency of Social Media Usage and Self-Esteem

Pearson r	Interpretation	Critical Value	Analysis
0.9398	Very High Correlation	0.195	Significant

Legend: 0.00-0.20 Very Low Correlation, ±0.21-±0.40 Low Correlation, ±041-±0.60 Moderate Correlation, +0.61-±0.80 High Correlation, ±0.81-±1.00 Very High Correlation

Table 3 shows the Relationship Between Frequency of Social Media Usage and Self-Esteem. The computed r is 0.93 which is interpreted as "very high correlation". In other words, this study shows that there

is high correlation between frequency of social media usage and self-esteem. Using the degree of freedom 160 and alpha level 0.05, the critical value is 0.195. The computed r is greater than the critical value therefore, the relationship is significant. This relates to the study of Laplante (2022), it states that the use of social media magnifies users' inaccurate online social comparisons, which leads to lower self-esteem and increased social anxiety. She also added that these social comparisons may be ways for people to evaluate their own abilities, successes, emotions, and personalities by comparing them to what others publicly display online.

5. Summary, Conclusions and Recommendations

This chapter contains the summary of findings, conclusion, and recommendations of the study.

5.1. Summary of Findings

1. In table 1, it shows the Frequency of Social Media Usage of Female COED students. It shows the overall weighted mean and standard deviation with an interpretation of "often".
2. The table 2 shows the Level of Self-Esteem of Female COED students. It shows the overall weighted mean and standard deviation with an interpretation of "often".

5.2. Conclusions

Based on the findings it concludes by emphasizing the importance of understanding the complex relationship between social media usage and self-esteem. By being aware of influence of social media usage and self-esteem. Therefore, social media engagement has significant relationship with self-esteem of the college of education female students.

5.3. Recommendations

Based on the findings and implications of this thesis, several recommendations were made to address the influence of social media engagement on self-esteem among female students. Educational institutions, particularly those geared toward female students, should incorporate media literacy and digital citizenship initiatives into their curricula. Beyond social media validation, these programs should attempt to improve critical thinking abilities and foster a healthy perspective of self-worth. Women can acquire a more balanced perspective and robust self-esteem if they are given the knowledge and abilities to navigate social media platforms critically.

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