

Original Article

Enhancing Psychological Wellbeing among Selected Adolescents in Ilorin East Local Government, Kwara State: The Roles of Social Media Engagement and Suicidal Ideation

Emmanuel Bamikole, Agesin, PhD

Department of Psychology, Faculty of Social Sciences, University of Ilorin, Kwara State; Ilorin, Nigeria

Alliu Sadiat Iyabode PhD

Department of Psychology, Faculty of Social Sciences, University of Ilorin, Kwara State; Ilorin, Nigeria

Popoola O.Abiola

Department of Psychology, Faculty of Social Sciences, University of Ilorin, Kwara State; Ilorin, Nigeria

Correspondence: Emmanuel Bamikole, Agesin, PhD, Department of Psychology, Faculty of Social Sciences, University of Ilorin, Kwara State; Ilorin, Nigeria Email: agesin.be@unilorin.edu.ng

Abstract

Optimal psychological functioning is fundamental to adolescents and as such, efforts had been made in improving psychological wellbeing. Previous studies on psychological wellbeing had paid less attention to the factors like perceived social media engagement and suicidal ideation which may affect psychological wellbeing of adolescents. In line with the above, the present study investigated the roles of social media engagement and suicidal ideation in predicting psychological wellbeing of adolescents in Ilorin East local government of Kwara State. Cross-sectional research design was adopted and a total of 249 (132 males and 114 females) adolescents were selected using purposive and simple random sampling techniques. Their ages ranged from 11 years to 19 years, (Mean =15.63; SD=2.29). The instruments used in the study were: Social Media Engagement Scale for Adolescents ($\alpha = .88$), Positive and Negative Suicide Ideation scale ($\alpha = .52$) and Scale of Psychological Wellbeing ($\alpha = .87$). 2-Step Hierarchical Multiple Regression Analysis was used to test hypotheses formulated in the study. Results showed that social media engagement significantly predicted psychological wellbeing of adolescents ($\beta = .16$, $t = 2.55$, $p < .05$). Also, suicidal ideation significantly predicted psychological wellbeing of adolescents in Ilorin East local government of Kwara State ($\beta = -.47$, $t = -8.35$, $p < .01$). Further analysis revealed that perceived social media engagement and suicidal ideation significantly jointly predicted psychological wellbeing of adolescents in Ilorin East local government of Kwara State [$F(1, 246) = 4.99$, $R^2 = .24$; $\Delta R^2 = .22$; $\Delta F = 69.68$, $p < .01$]. The study concluded that social media engagement and suicidal ideation are important factors predicting psychological wellbeing of adolescents. The study therefore recommends that seminars on engagement of adolescents on social media and suicidal ideation should be done from time to time.

Keywords: social media engagement, suicidal ideation, psychological wellbeing, adolescents.

Introduction

Adolescence refers to a stage of rapid physical and physiological change in human development that culminated into behavioral

change. It is considered very critical transitional span of life, as adolescents confront a developmental challenges because of the biological, cognitive and social changes taking

place in this span (Olaseni, Ogungbamila, & Ajayi, 2022). Similarly, adolescence is a risky stage with high rates of misery, suicides, drug, alcohol addiction and antisocial conduct (Kaur & Kang, 2020). Expectations of parents, caregivers, teachers, home environment, academic stress, interpersonal problems, worries about the future, and peer pressure are some of the stressors faced by adolescents. It is equally seen as a critical period for emerging and sustaining social and emotional habits crucial for psychological wellbeing. This may include among other things such as healthy sleep patterns; doing regular exercise, problem-solving, and interpersonal skills; and learning to cope with feelings.

Possible factors which can lead to developmental crisis during adolescence include a desire for greater autonomy, pressure to conform to pressures from peers, exploration of sexual identity, and increased opportunity to the usage of technology devices. Insensitive parenting, bullying and socio-economic problems are also recognized risks to mental health (WHO, 2018a). Adolescence is such an important developmental stage in life and understanding their wellbeing from their engagement in social media and consistent thoughts about ending their lives is important not just to psychological research, but also fundamental to the social, physical, and mental development of adolescents (Omaka-Amari., Aleke., Nwafor., Afoke., Ngwakwe., Okeke., Item., Dauda., & Nwankwo, 2021).

The WHO (2021), defined psychological wellbeing as "a state of mind in which an individual is able to develop their potential, work productively, and creatively, and is able to cope with the normal stresses of life".

Dhanabhakym & Sarath (2023) defined psychological wellbeing as a person's personalized experience of favorable and supporting psychological states, such as pleasure, life fulfillment, and a sense of purpose. According to Huta & Waterman (2014) psychological wellbeing is one of the indicators of mental health and is referred to as the quality of life in terms of positive psychological performance. Psychological

wellbeing involves all the short-term and long-term mental functioning and positive wellbeing affect, self-confidence and morale, as well as, negative wellbeing that is often characteristic of depression, discouragement and anxiety (Kim & Plester, 2019). Furthermore, it is a holistic concept that encompasses diverse traits of a person's mental and emotional health, including healthy relationships, self-guided improvement, transformation, positive self-esteem and self-acceptance, and a feeling of being in charge of one's life.

It safe to state that, psychological wellbeing is about feeling good about oneself and one's life, having fulfilling's relationships and a sense of purpose in life pursuit, and the courage of managing life's challenges. Its complexity is beyond just the absence of psychological illness and encompasses a person's complete sense of happiness, contentment, and fulfillment in life functioning, and sense of purpose and significance in life. (Huppert 2009).

The previous studies in Nigeria have looked into psychological wellbeing vis-à-vis personality type ("A and B"), socio demographic factors such as age, birth order, gender and likewise self-**efficacy** (Aderonke 2018). However, there is dearth of literature on the influence of social media engagement and suicidal ideation jointly studied on psychological wellbeing among adolescents in the country. The present study, therefore aims to fill this gap in knowledge by investigating the connections of social media engagement and suicidal ideation and how they influence adolescents' psychological wellbeing in Nigeria.

The first variable that is being considered on its effect on psychological wellbeing among adolescents is social media engagement.

Social media could be said to be any internet-based platform or service(s) (such as Facebook, WhatsApp, Instagram, Snapchat, TikTok, and Twitter), through which individuals can interact with each other verbally and/or nonverbally (Asibong Okafor, Asibong, Ayi, Omoronyia, & Owoidoho, 2020). Through social media, it has become convenient and easy to reach many friends and family members simultaneously,

regardless of location or distance (Olola, Asukwo, & Odufuwa, 2022). Social media engagement involves the regular involvement in social activities and the performance of meaningful social roles, such as socializing, sharing information, and posting users-created contents, occupational, and community roles. It involves getting together with friends, attending social functions, participating in group recreation, and church attendance. Adolescents, especially those in schools benefit from social media in a tremendous way, as social media provide students the opportunities to connect with friends and peers and have access to educational resources such as learning materials, online tutoring, study and educational tips. However, the use of social media is also problematic, especially for adolescents because they spend more time on social media than on real world connections (Agbo, 2021). Adolescents in Nigeria according to researches spend less time with their friends in persons, less time reading their books or sleeping and more time on digital media (Addullahi & Abdulquadri, 2018). Social media engagement exerts both positive and negative impacts on individuals and it does that in different ways (Zamir & Shaheen, 2018). In the same breath, social media engagement has been considered as risk factor to psychological wellbeing (Agbo, 2021).

Findings on the link between social media engagement and psychological wellbeing have reported conflicting results. Findings shows that social media debilitate wellbeing while other rejects social media effects on peoples' lives (Kross, Verduyn, Sheppes, Costello, Jonides, & Ybarra, 2021). Moreover, higher usage of social networking sites through smartphones decreases the subjective wellbeing (Koç & Turan, 2021). Other study reported that WhatsApp usage has positive impact on wellbeing of students (Bano, Cisheng, Khan, & Khan, 2019). Digital disconnection may also give benefit to people in enhancing sense of wellbeing (Nguyen, 2021). Similarly, Olola et al. (2022) reported that the use of social media had a significant effect on the psychological wellbeing of the students in Minnesota, United States of America. Social media was found to

be a threat to mental wellbeing in a study conducted on adolescence (O'Reilly, Dogra, Whiteman, Hughes, Eruyar, & Reilly 2018). It was also suggested that more research should be done in this area to explore how social media promotes wellbeing (O'Reilly et al., 2018). Higher usage of social networking sites through smartphones decreases the subjective wellbeing (Koç & Turan, 2021) while Bano, Cisheng, Khan, & Khan, (2019) reported that WhatsApp usage has positive impact on wellbeing of students. Similarly, digital disconnection may also give benefit to people in enhancing sense of wellbeing (Nguyen, 2021).

Abdulkareem (2020) reported that there was a significant effect of social networking sites usage on undergraduates' moral well-being, social well-being, intellectual well-being, and emotional well-being. In another indigenous study, Nweke & Obumse (2021) reported a moderate relationship among the use of YouTube instagram and depression tendencies amongst in-school adolescents in tertiary institutions.

Apart from social media engagement, another psychological variable of interest in this study that may predict psychological wellbeing of adolescents is suicidal ideation.

Suicidal Ideation which is a precursor to suicide, also known as suicidal thoughts is having thoughts about suicide or unusual preoccupying oneself with suicide is worthy of being investigated as suicide has been reported as the second leading cause of death among the adolescents (WHO, 2018b). Particularly, Zhang, Lei, Song, Lu, Duan & Prochaska (2019) reported that suicide is a major health challenge that is prevalent in individual who are between the ages of 15 and 34 years. Suicidal behavior among adolescents is not only related with major despair, but also with a variety of other mental health problems as well as physical health problems (Kaur & Kang, 2020).

Harmer, Lee, Duong & Saadabadi (2021) described suicidal ideation as person's thought and desire to bring about his or her own death.. There are two kinds of suicidal ideation: passive and active. Passive suicidal ideation implies an existing desire to die, without a specific plan to

carry out death, while active suicidal ideation implies an existing desire to die accompanied by a plan for how to carry out death (Barry, Wakefield, Trestman, & Conwell, 2016). In a related research work, Agesin (2018) in his study on psychosocial predictors of suicidal ideation among prison inmates reported resilience as a predictor of suicidal ideation. Inmate who reported low level of resilience are prone to suicidal ideation. Takwin & Atmini (2018) findings show that suicidal ideation was significantly and negatively related with psychological wellbeing.

Similarly, Ranganathan, Rathnasabapathy, Arumugam, & Jayakrishnan, (2020) reported that, emotional intelligence, school problem and family environmental situation were the determinants of suicidal ideation.

Sambyal & Chaturvedi (2023) examined the effect of suicide ideation on psychological wellbeing among engineering students. Their findings showed that, suicide ideation had significant influence on depression, anxiety and stress. However, most related studies in Nigeria did not examine the extent to which perceived social media engagement and suicidal ideation predicted psychological wellbeing among adolescents. The present study aims to fill this gap in knowledge.

Hypotheses

1. Perceived social media engagement will significantly predict psychological wellbeing among adolescents in Ilorin East local government of Kwara State.
2. Suicidal ideation will significantly predict psychological wellbeing among adolescents in Ilorin East local government of Kwara State.
3. Perceived social media engagement and suicidal ideation will have joint influence on psychological wellbeing among adolescents Ilorin East local government of Kwara State.

Method

Research Design: A cross-sectional survey design was adopted. The independent variables were perceived social media engagement and suicidal ideation while the dependent variable of the study is psychological wellbeing.

Study Setting: This study was conducted among adolescents in Kwara State. Adolescents in some selected secondary schools in Ilorin East local government of Kwara state were used particularly because of proximity of the researcher, easy access to collecting data and the possibility of reaching a large number of adolescents from different backgrounds was possible. All participants were drawn among adolescents using a convenience sample technique in selecting participants. Convenience sample technique was used because the researcher randomly selected a subset of participants from a population of adolescents. This is done in order to ensure that each adolescent has an equal chance of being selected.

Participants: Using a purposive and convenience sample technique, a total number of two hundred and forty nine (249) adolescents were selected from secondary schools in Ilorin East local government of Kwara state. The participants comprised of 132 (53.7%) males and 114 (46.3%) females, (Mean=1.46; SD=.500). The participants were between 11 to 19 years age range, (Mean =15.63; SD=2.29). Their religion affiliation indicated that 135 (54.4%) were Muslim 109 (44.0%) were Christians, and 4 (1.6%) were traditionalists. Also, their family type indicated that 169 (69.3%) were from monogamy while 75 (30.7%) were from polygamy. Birth order of the participants revealed that 26 (10.5%) were first born, 87 (35.1%) were second born, 67 (27.0%) were middle births, 48 (19.4%) were last born, and 20 (8.1%) were only child.

Instruments

The validated psychological instruments used for the process of data collection were three.

Scales of Psychological Wellbeing (SPWB):

Scale of Psychological Wellbeing (SPWB) developed by Gao & McLellan (2018) was used to measure psychological wellbeing. The SPWB contains 33 items. There are six subscales matching to the six aspects of positive functioning. Items were rated on a 5-point Likert scale ranging from 1= Least like me; 2=Somewhat like me; 3= A little like me 4= Like me ; 5= Most like me. Gao & McLellan (2018) reported autonomy subscale

(Cronbach $\alpha = .60$), the other five sub-scales had acceptable internal consistency of items (Cronbach $\alpha \geq .70$). This current study recorded Cronbach's Alpha of .87 and a mean score of 102.05. High scores above the mean value on the scale represent higher levels of psychological wellbeing and vice versa.

Social Media Engagement Scale for Adolescents: Perceived social media engagement was measured using the Social Media Engagement Scale for Adolescents (SMES-A) developed by Ni, Shao, Geng, Qu, Niu, & Wang. (2020). The SMES-A consists of 11 items that measure three factors in adolescents (behavioral, cognitive and emotional social media engagement). Sample items include "Using social media is my daily habit", "I browse social media whenever I have time", "I feel anxious when I can't use social media", "The support and encouragement of others on social media is very important to me" and "Even if it's late, I'll take a look at social media before sleep". All items on the SMES-A were 4 items rated on a 5-point scale ranging from 1 = strongly disagree; 2 = disagree; 3 = undecided; 4 = agree; 5 = strongly agree. The Cronbach's Alpha of the three factors ranged from .71 to .80 (Ni et al., 2020). The current study used the composite score of social media engagement and reported a Cronbach's Alpha of .88. High score on SMES-A indicates higher levels of perceived social media engagement and vice versa.

Positive and Negative Suicide Ideation Inventory: Suicidal ideation in this study was measured using the Positive and Negative Suicide Ideation Inventory (PANSI) developed by Osman, Barrios, Gutierrez, Wrangham, Kopper, & Truelove, (1998). The scale consists of 14 validated items that measure adolescents' thoughts and ideas about committing suicide. The scale contains 2 dimensions: Negative

Suicide Ideation –negative risk (PANSI-NSI; 8 items) and Positive Ideation –protective factors (PANSI-PI; 6 items). Sample items are "Considered killing yourself", "Felt confident about ability", "Thought you could not accomplish". Items were scored on a 5-point scale ranging from 1= none of the time; 2= a little of the time; 3= some of the time; 4= most of the time; 5 = all of the time. Cronbach's Alpha coefficients of .95 and .82 were obtained for the PANSI-NSI and PANSI-PI, respectively (Osman et al., 2002). The composite score was used in the present study. This current study recorded Cronbach's Alpha of .52. High score on PANSI indicates higher level of suicidal ideation and vice versa.

Procedure: After permission had been sought and approval given by the Institutional Ethical Review Board (IERB) of the Department of Psychology University of Ilorin with number IERB-224 signed on 23/12/2024 which conducted a thorough ethical review and approved the research process., the IERB assessed the study's design, consent procedure, risk mitigation techniques, and general ethical correctness. Participants were duly briefed about the purpose of the study. They were adequately informed that participation in the study was voluntary and not compulsory and that there were no known physical and psychological harm attached to the study. They were assured that they are free to discontinue with the study if they felt highly uncomfortable at any point in the course of participating in the study. Questionnaires were distributed to those who were willing to participate in the study

Data Analysis: Pearson Product Moment Correlation (PPMC) was used to determine the extent and direct of relationships among the study variables. Hypotheses 1-3 were tested using multiple regression analysis and the analysis was conducted using 20.0 SPSS version.

Results

Test of Relationships among Study Variables

Pearson Product Moment Correlation (PPMC) analysis was conducted to test the relationship among the studied variables. The result is presented in Table 1.

The result in Table 1 showed that perceived social media engagement had a significant positive relationship with psychological wellbeing among adolescents in Ilorin East local government of Kwara state., [$r(249) = .16, p < .05$]. This implies that the levels at which adolescents are cognitively, behaviorally and emotionally connected to their online community is related to their psychological wellbeing, such that as social media engagement increases, psychological wellbeing of adolescents also increases. However, the result in the table above showed that suicidal ideation is negatively related to psychological wellbeing of adolescents in Ilorin East local government of Kwara State. [$r(249) = -.48, p < .01$]. This gives an indication that as adolescents' thoughts and ideas about putting an end to their lives is related to significant decrease in their psychological wellbeing.

The result also revealed that age, [$r(249) = .04, p > .05$], gender, [$r(246) = .01, p > .05$], and family type, [$r(244) = -.03, p > .05$] all had no significant relationship with psychological wellbeing among adolescents in Ilorin East local government of Kwara State. This simply implies that personal factors like age, gender, and family type cannot be attributed to the variation of psychological wellbeing among adolescents in Ilorin East local government of Kwara State.

Test of Hypotheses

In testing the independent and joint predictive power of the independent variables (perceived social media engagement and suicidal ideation) on the dependent variable (psychological wellbeing), a 2-step hierarchical multiple regression was employed in the analysis.

The result in Table 2 above is in 2 steps. The result in step 1 showed that social media

engagement significantly predicted psychological wellbeing of selected adolescents in Ilorin East local government of Kwara State ($\beta = .16, t = 2.55, p < .05$). This was with the indication that the level at which adolescents are cognitively, behaviorally and emotionally connected to their online community will determine their psychological wellbeing. This supports the formulated hypothesis one and it was accepted.

The result in table 2 step 2 showed that suicidal ideation significantly predicted psychological wellbeing of adolescents in Ilorin East local government of Kwara State negatively ($\beta = -.47, t = -8.35, p < .01$). This implies that, adolescents' psychological wellbeing significantly declines as their thoughts and ideas about ending their lives increase. This result was in support of hypothesis two, and it was therefore accepted.

Furthermore, the result in the Table 2 step 2 showed that perceived social media engagement and suicidal ideation jointly significantly predicted psychological wellbeing of adolescents in Ilorin East local government of Kwara State [$F(1, 246), R = .49, R^2 = .24; \Delta R^2 = .22; \Delta F = 69.68, p < .01$]. The result was with the indication that the independent variables yielded 49% ($R = .49$) variance in the measure of psychological wellbeing. This confirms and supports the formulated hypothesis three, and was accepted.

Discussion

This study examined the influence perceived social media engagement and suicidal ideation on psychological wellbeing of adolescents in Ilorin East local government of Kwara State

The result on the predictive power of the independent variables (perceived social media engagement and suicidal ideation) with hypothesis one stating that perceived social media engagement will significantly predict psychological wellbeing among adolescents in Ilorin East was accepted. The findings further confirm the previous result of Chaturvedi (2023) in their study on psychological

wellbeing and suicidal ideation in a sample of engineering students, which discovered that social media engagement was positively correlated to student’s psychological well-being. Social media engagement refers to how much adolescents feel involved, connected, and interactive on social media platforms such as likes, comments, shares, followers. The Positive aspects of social media engagement can boost self-esteem, social support, and connectedness as these are factors that enhance well-being. While the negative aspects such as excessive comparison, cyberbullying, or lack of validation can increase anxiety, loneliness, and self-doubt which is capable of undermining well-being. Hypothesis two which state that suicidal

ideation will significantly predict psychological wellbeing of adolescents in Ilorin East local government of Kwara State was accepted. These findings support the previous findings of Takwin & Atmini (2018) whose findings reported that suicidal ideation was significantly and negatively related with psychological wellbeing. The implication of this is that, as suicidal ideation significantly predicts psychological well-being in adolescents, their lives will be characterized with severe emotional distress and cognitive dysfunction, which undermine key aspects of mental wellness such as self-worth, emotional regulation, and life satisfaction.

Table 1: Correlation Matrix Showing the Mean, Standard Deviation and Relationship among the Study Variables

Variables	1	2	3	4	5	6
1. Age	1					
2. Gender	.02	1				
3. Family Type	-.04	.09	1			
4. Social-Media Engagement	.26**	.03	-.05	1		
5. Suicidal Ideation	-.08	-.04	.03	-.16*	1	
6. Psychological Wellbeing	.04	.01	-.03	.16*	-.48**	1
Mean	15.63	-	-	35.32	37.25	102.05
SD	2.29	-	-	7.91	5.19	15.36

Note: ** p < 0.01, * p < 0.05, N= 249; Gender was coded: Male=1, Female=2; Religious Affiliation was coded: Christianity =1, Islam=2; Family Type was coded: Monogamy =1, Polygamy =2;

Table 2 Summary of 2-Step Hierarchical Multiple Regression Analysis Showing the Prediction of Perceived Social Media Engagement and Suicidal Ideation on Psychological Wellbeing among Adolescents in Ilorin East local government of Kwara State

Predictors	β	t	R	R ²	ΔR^2	df	F	ΔF
Step 1			.16	.02	-	1.247	6.50*	-
Social-Media Engagement	.16	2.55*						
Step 2			.49	.24	.22	1.246	38.99**	69.68**
Social-Media Engagement	.09	1.52						
Suicidal Ideation	-.47	-8.35**						

** p < 0.01, * p < 0.05, N = 249

Furthermore, the third hypothesis which states that perceived social media engagement and suicidal ideation will significantly and jointly predict psychological wellbeing among adolescents in Kwara-State was accepted. This result is in consonance with findings of Agbo (2021), Abdulkareem (2020), Oladele & Oladele (2016) with results of their study showing a significant impact of perceived social media engagement and suicidal ideation on psychological wellbeing. The findings of this study indicated that perceived social media engagement and suicidal ideation significantly jointly predicts psychological wellbeing among adolescents in Ilorin East local government of Kwara State. Higher level of engagement combined with high suicidal ideation may show that social media is not acting as a buffer but may even amplify distress, thereby decreasing the adolescent’s psychological well-being. Low suicidal ideation and healthy engagement could jointly contribute to better psychological wellbeing of adolescents. Their joint effect helps understand and unravel the complexity of how online experiences relate to psychological well-being.

Conclusion: The present study examined how perceived social media engagement and suicidal ideation predicted psychological wellbeing among adolescents in Ilorin East local government of Kwara state. The findings of this study shown that perceived social media

engagement predicts psychological wellbeing. Similarly, suicidal ideation predicts psychological wellbeing. Lastly, perceived social media engagement and suicidal ideation jointly exerted significant predictive influence on psychological wellbeing among school adolescents in Kwara-State. In summary, perceived social media engagement and suicidal ideation jointly serve as significant predictors of psychological well-being among adolescents. While healthy engagement on social media may enhance psychological wellbeing, suicidal ideation is a reflection of deep psychological distress that detracts from well-being. These variables jointly offer a more holistic understanding of the internal and external influences on adolescent psychological well-being. Statistical evidence from multiple regression analysis supports this joint predictive relationship, highlighting the need for balanced media habits and targeted mental health interventions

Recommendations

The findings of this study is of great essence for our educational institutions for both public and private establishments. It aids the understanding of perceived social media engagement and suicidal ideation as very crucial components in psychological wellbeing among adolescents.

Hence, the following recommendations were made;

1. Both school based and community level workshops should be developed in order to educate adolescents on healthy medial usage.
2. Organize teaching and lecture for students on how to critically engage with social media content and recognize harmful online behaviors (such as cyber stalking, cyberbullying, and social comparison).
3. School and parents should ensure there is balance between online and offline social interactions to reduce emotional dependency on virtual validation.
4. School counselors, teachers, and parents should be trained to recognise early warning signs of suicidal thoughts or behaviors among adolescents.
5. School management and government should create peer support networks and student led mental health clubs to reduce stigma and encourage openness.
6. Implement regular mental health screenings in schools to identify at-risk students early.
7. Encourage open communication at home about online experiences, emotional challenges, and psychological struggles should be encouraged by various government agencies and religious institutions.
8. Government should restrict adolescents' access to some contents on social media space whereby reducing the chances of coming across contents that can trigger suicidal ideation within their age group.

Limitation of the Study and Practical Implication:

The first basic shortcoming that might affect the generalization of this present study is that the results were based on the information gotten from questionnaires and this might not ensure complete honesty from the adolescents. Future research should make use of other research methods such as longitudinal research design to gather information on psychological wellbeing, perceived social media engagement and suicidal ideation. Another limitation of the present study was the

study setting and subjects used for the research. The sample size is small; only two hundred and forty nine adolescents were selected from a single local government of Kwara State. Therefore, in other to generalize this study, future research should consider increasing the number of participants and that of local government area and if possible carry out comparative studies among adolescents across the country. The study was also limited to two independent variables (perceived social media engagement and suicidal ideation). Further research need to take in cognizance factors such self-efficacy, and self-esteem, coping skills on psychological wellbeing. Therefore, further research need to be conducted in filling the limitations observed.

The study findings have significant practical implications. The current findings showed that perceived social media engagement and suicidal ideation predicted psychological wellbeing among adolescents; this prediction was seen for both male and female adolescents, showing a direction on gender role in psychological wellbeing.

The findings of this study should equally give more insight to adolescents support services within secondary schools. Individualized support services, such as counseling, should be available to all adolescents in secondary schools, fitting with their individual needs.

The findings from this study equally had psychological consequences on adolescents, as it is evident that social media engagement and suicidal ideation are important elements of wellbeing. Consequently, maximum psychological should be given to adolescents in improving their psychological wellbeing.

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