

**YOUTH'S  
SOCIAL MEDIA USAGE,  
Economic Hardship &  
Mental Health Conditions  
During Five Months of  
Military Coup**

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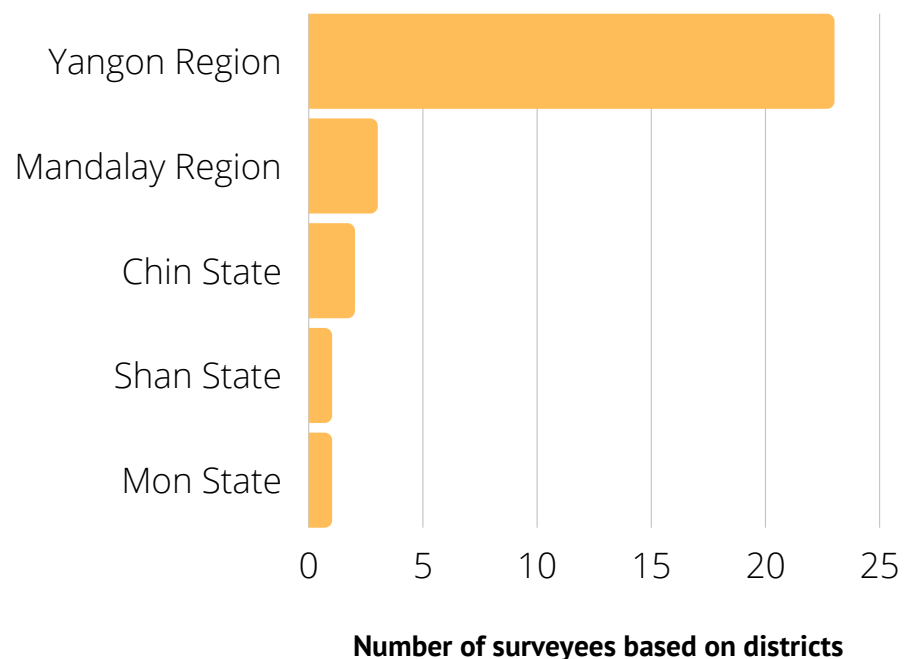
*Vung Hau Dim*

## THE OBJECTIVE OF THE STUDY

Since February, 2021, Myanmar has collapsed in the political, economic, and social sectors by means of leading to the failed state because of the military coup. In addition, unexpected daily news and events led people to mental breakdown, hopelessness, and pain in advance. So, we are writing this article with the main objective to support and understand the mental conditions emphasizing on youth by initiating the organizations that can give a hand to them. Moreover, another objective is that we encourage future research and development works by providing some findings through this article.

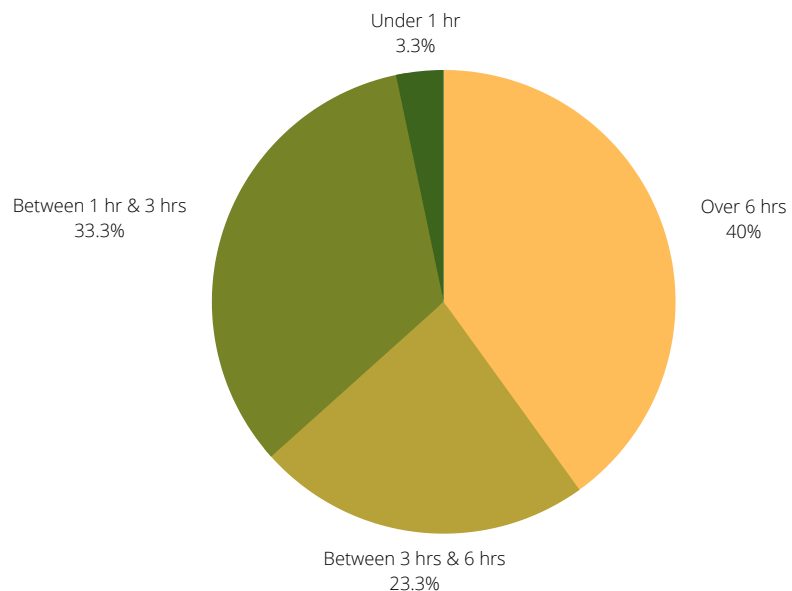
## METHODOLOGY & STUDY AREA

In this content article, we mostly highlight the facts and data based on our survey results which were conducted in ages between 18 and 35. We also describe the youths' social media usage and levels of economic hardship in this article. To be able to analyze their general health conditions, we used **Patient Health Questionnaires 15 (PHQ15)** as an indicator. We conducted our survey through an electronic survey form(Google Form) by using the Simple Random Sampling method. Most of our surveyees are from Yangon and we also found that some of them are also from Mandalay Region, Shan State, Mon State and Chin State as follows:



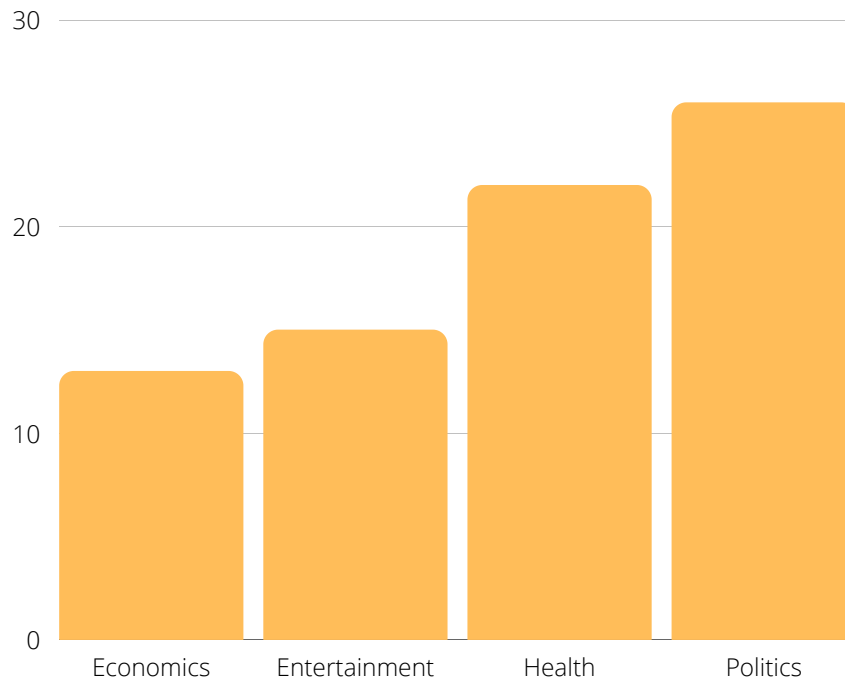
## SOCIAL MEDIA USAGE

In this digital world, people use social media for the purpose of communication, sharing information, doing business, studying, and so on. According to the DATAREPORTAL's 2021 January report, there were 29 million social media users in Myanmar. Based on our survey, we found out that 96.7% are Facebook users, 50% from Instagramers, and 40% use Twitter respectively. Moreover, another finding is that Myanmar's young people mainly use social media for accessible information during the five months after the military coup.



**Daily Social Media Screen Time**

The above figure shows the daily screen time of young people. 40% of them use more than 6 hours, 23.3% in between 3 and 6 hours, and 33.3% in between 1 and 3 hours alternatively.



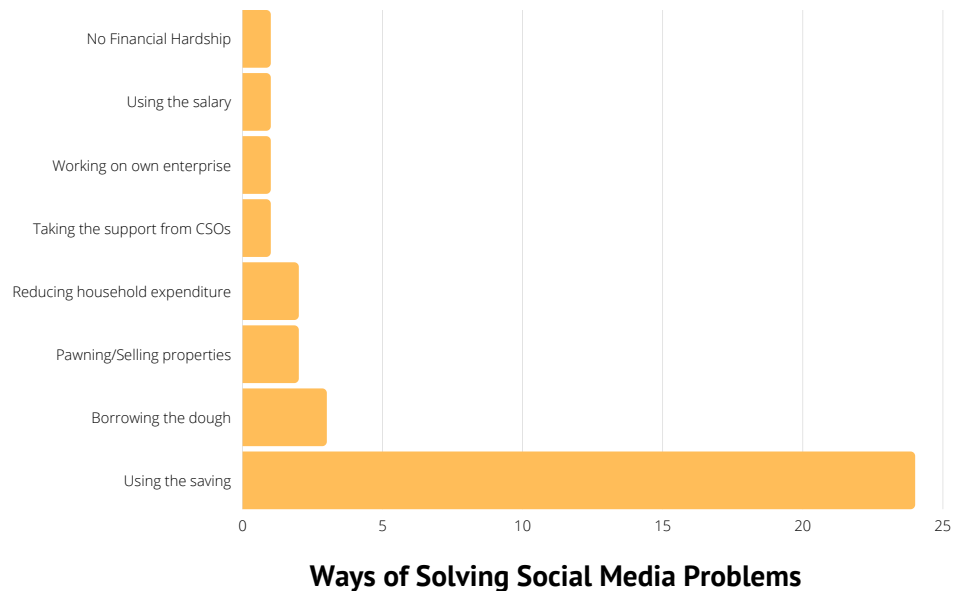
**Reasons for using Social Media**

As in the above chart, we observed that the young people in Myanmar mostly use social media for receiving political information since February. Otherwise, their interests in health and economic information are rising.

By this way, the impact of receiving different kinds of information through social media has led them to changing emotional responses from time to time. With these emotional responses, they used to explode their feelings with hate speech online, aggressive responses, and then faced stressful situations accordingly.

## ECONOMIC HARDSHIP

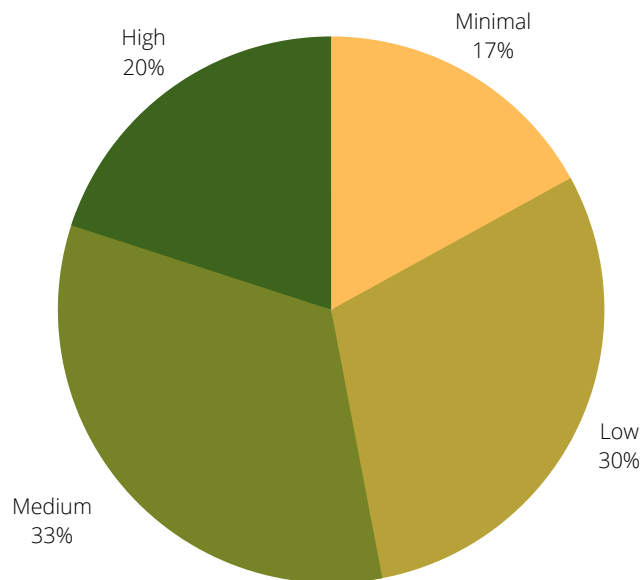
When the Covid-19 virus started spreading in Myanmar in March 2020, the businesses started facing many difficulties and obstacles in Myanmar. Next, the elected government arranged for Covid-19 Vaccination in February 2021, and then the businesses started preparing to overcome their difficulties to some extent. But the February military coup led to the recession in all sectors such as economic, health, and education. According to our survey results, 96.7% of young people are decreasing in income and 80% have been facing mental breakdown conditions as impacts.



As we mentioned in the above figure while solving the economic hardship, 80% of the families of the young people used the savings money, 10% of them used to borrow and 13.4% used to pawn and some of them reduced the household expenditures than normal. Moreover, some of them used to solve their economic hardship by receiving financial support from the charities and using the salary.

## MENTAL HEALTH CONDITION

The coup created a huge impact on people's mental health conditions. So, we use PHQ 15 for general analysis by means of measuring their physical conditions as impacts of the mental conditions.



**PHQ 15 Measurement Outcomes**

According to the chart we mentioned above, 50% of the youth suffered serious somatic signs because of the military coup. Also, they felt pain in arms, legs, or joints, headaches, dizziness, feeling tired or having low energy, trouble sleeping, and shortness of breath mostly. For their self-resilience, most of them used to pay attention to the entertainment.

## CONCLUSION:

Through this article, you can find how the military coup created impacts in different sectors. Correspondingly, young people have suffered the pains because of these impacts. In addition, the families' incomes are decreasing and some of them don't even have plans for facing economic hardship in the future due to unstable political and economic conditions. However, some of them have plans to sell their property and reduce their daily expenditures as much as they can for the purpose of getting some extra money in the future. So, because of the 2Cs, the military coup, and the Covid-19, the young people are needing supports, encouragement to continue to survive from different sides. Moreover, when Myanmar needs to take much time to recover in different sectors, young people will play a key role in the future. Thus, mental support and physical support are the special requisites for the young people by giving a hand to each of them during this time more than other prosperity.





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