

Social Media as A Coping Tool Amongst Social Studies Pre-Service Teachers

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Abstract

Social media has many uses on a day-to-day basis, like being a coping tool that can be used in different coping strategies. This study aims to describe how Social Studies Pre-service Teachers use social media as a coping tool. A qualitative descriptive study utilized an online semi-structured interview form to gather data from eight (8) social studies pre-service teachers through purposeful sampling with inclusion criteria. The information gathered from their responses was then analyzed using content analysis. Three themes emerged: problem-focused coping, emotion-focused coping, and social coping, and seven categories. Likewise, seven meaningful categories emerged: Seeking Information, outlet expression, Sourcing Relief, Being Mindful of Emotions, Keeping in Touch with Loved Ones, Meeting New People Online, and Collaborating with Classmates. Social media serves as a coping tool in various ways and previous studies show that social media may both be a positive and negative coping tool. Therefore, one must understand the categories of coping tools in the lens of social media to provide adequate emotional and social help, thus using social media for healthier usage.

Keywords: social media, coping tool, pre-service teacher, emotion, social

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Introduction

Social media has become an integral part of daily life as computer-mediated technology that allows one to create, and share information, and opinions using conversational media. Because of social media, most adolescents' health and health behaviors were affected in both positive and negative ways. Social media's interactive features provide opportunities to engage with peers on issues, access support networks, improve social inclusion, and foster healthy eating habits. However, it can also exacerbate anxiety and stress. On the other hand, it is also a relaxation technique for mental health among students although it was ranked as the least beneficial. Social media is found to be a coping tool that can be used in numerous coping strategies.

Coping strategies are the thought patterns and behavioral responses used to address both internal and external sources of stress (Mercer & Thomas, 2024); (Freire et al., 2020). They are either problem-focused coping, which includes addressing the problem actively to work with or eliminate it (Srivastava et al., 2023); emotion-focused coping, which reduces negative emotions toward the problem (Sun et al., 2021) or social coping mechanisms, which is seeking emotional and/or mental support from others. Social media has a positive effect on some (Zsila & Reyes, 2023); (Marciano et al., 2024) and helps placement students cope with stress in improving their wellness (Ching et al., 2020); (Onieva-Zafra et al., 2020). However, most studies reported the inefficiency of social media as a coping tool for those who were addicted to social media could lead to mental health problems (Wolfers & Utz, 2022).

Currently, the studies exploring the effectiveness of social media as a coping tool are scarce. Therefore, this study aims to describe how Social Studies pre-service teachers use social media as a coping tool. This study is anchored on the Health Theory of Coping wherein all coping strategies are considered either healthy or unhealthy depending on how likely it is to have adverse consequences (Rodrigues et al., 2023). Hence, employed a qualitative research design that describes how social media can serve as a coping tool for Social Studies Pre-service Teachers.

Methodology

This study used a qualitative descriptive research design, where it generates data that describe the who, what, and where of events or experiences from a subjective perspective. Furthermore, this study is in relation to the Health Theory of Coping wherein all coping strategies are considered to be healthy or unhealthy depending on how likely it is to have adverse consequences. The theory recognizes that all coping reactions are adaptive and may initially reduce distress.

Informants

The researchers employed a purposeful sampling technique to determine eight (8) informants from four (4) different year levels with two (2) informants from each. The inclusion criteria are as follows: a) They must be officially enrolled as a Bachelor of Secondary Education major in Social Studies in a State University; b) they have the most social media apps used; c) they must either be from a city or province (one from each in every year level); and d) they have the longest daily usage of social media.

Instrument

This study utilized an online semi-structured interview form to gather data from the informants. The semi-structured interview form is composed of basic information questions such as name, age, sex and year level as well as how social media serves as a coping tool.

Table 1. Informants used pseudonyms to maintain confidentiality.

Name	Permanent Address	Age	Year Level	Sex	Social Media Apps Used	Used Social Media Apps	Daily Usage Length
Jessie	Barotac Viejo	19	1	Male	Facebook, Instagram, Messenger, YouTube, Viber, etc	More than 8	More than 8 hours
Blake	Banate, Iloilo	20	2	Female	Facebook, YouTube, Instagram, Skype, TikTok, Messenger, Telegram, WeVerse, Twitter	More than 8 apps	More than 8 hours
Rory	Jaro, Iloilo City	19	1	Female	YouTube, Discord, Messenger, Pinterest, Twitter, Instagram, TikTok	7	6 hours
Sam	Arevalo, Iloilo City	20	2	Female	Weverse, Facebook, Twitter, Instagram, Messenger, YouTube	6	More than 8 hours
Alex	Barotac Nuevo, Iloilo	21	3	Female	Twitter, Facebook, Messenger, Tiktok, Discord, Telegram, WeVerse, YouTube, Instagram	More than 8 apps	More than 8 hours
Jamie	Passi	23	4	Female	Facebook, Instagram, TikTok	3	More than 8 hours
Jan	Molo, Iloilo City	21	3	Male	Facebook, Messenger, Instagram, Twitter	4	8 hours
Kyle	Tanza, Iloilo City	22	4	Female	Facebook, Messenger, Twitter, Instagram, YouTube, Spotify	6	More than 8 hours

Data collection

This study was administered through an online semi-structured interview form using Google Forms to obtain written responses from the informants. In comparison to other methods, online forms offer a quicker and more affordable method of collecting data (Singh & Sagar, 2021). The information and communication with the informants were done through Facebook, Messenger, and informants emails. Moreover, before the data was collected from the informants, they were made aware of the study's purpose, benefits, and risks. Before this study, the informants were not subjected to harm in any way. Approved letters of information and consent forms were obtained from them. In addition, their anonymity and confidentiality were preserved and guaranteed. Informants have the option to refuse, participate, or withdraw if they wish to do so.

Data analysis

Upon completing the interview form, the data was retrieved, analyzed, and interpreted using content analysis, a research tool for quantifying and examining the occurrence, significance, and connections of specific words, themes, and concepts. Their responses were coded into categories made based on the themes chosen to be examined, and presented in the research questions. The informants' responses were highlighted in different colors according to which theme they fit into. The responses were then organized into a table separated into different themes. Responses in each theme were then highlighted and further organized into categories of their own. After this, one table was made for each of the three themes with their categories under it. The categories were highlighted and further organized into sub-categories.

Results and Discussion

The informants' responses fit into three themes namely, Problem-Focused Coping, Emotion-Focused Coping and Social Coping. From these themes emerged seven (7) categories and eleven (11) subcategories.

Social Media as a Problem-Focused Coping Tool

In the first theme, social media as a problem-focused coping tool, one category emerged namely Seeking Information. Social media is used to learn new things even outside of school and can help people stay up to date with new information.

Rory: *"I scroll through many sites and one thing that I am very thankful of is that I could learn something even just by lazing around and scrolling through different feeds. If I have to be honest, social media has taught me lots of things that the education system has not yet provided me."*

Jan: *"Social Media also made me feel up to date in terms of new information and situation the world was facing."*

Social Media as an Emotion-Focused Coping Tool

From the second theme emerged three (3) categories and seven (7) subcategories. One of the categories is Outletting Expression wherein social media is used by informants as a way to express themselves. One way social media is an outlet of expression is by being a platform for Advocating Causes.

Jessie: *"...it became my platform to post my causes as a student leader and active citizen."*

Additionally, social media can be used as a platform for Creating Content.

Jessie: *"Also, it serves as my outlet because I am the type of person who loves to capture content and post it in my story or on my Facebook feed if I am satisfied with the quality."*

Furthermore, social media can also be an outlet for Venting Feelings such as those that one might have trouble expressing.

Jessie: *"...[social media has] become my outlet when I feel stressed"*

Alex: *"When I can't tell my friends and family about some issues I have, social media has been my outlet of expressing myself and saying the things I really want to but I just can't talk about in real life."*

Blake: *"It also helped me in expressing myself..."*

Kyle: *"Twitter serves as my journal or virtual diary..."*

Kyle: *"It has always been an effective coping mechanism of mine to write what I feel..."*

Kyle: *"I am using it as intimate as I can for me to freely express myself and cope with the circumstances I feel vulnerable [with] throughout the day."*

Jan: *"Whenever I feel strong emotions, that's the time I use Twitter and pour everything that's on my mind, may it be a message for someone, myself, or just a random poem that formed within my mind. I don't use Instagram often but whenever I do, I just usually use it as a dump where I post random things that I normally wouldn't post on other social media platforms."*

Rory: *"Above all, social media is a coping tool for me because this allows me, in some ways, to vent. I do practice discretion there are other means to vent in social media that are not entirely inappropriate, if unavoidable to the pov [point of view] of others."*

Sourcing Relief is another category of how social media is an emotion-focused coping tool as it helps to obtain positive emotions and put negative emotions at ease. Social media sources relief by being a tool where one can go about Seeking Positive Emotions.

Informants reported finding Comfort in social media.

Rory: *"...[social media] lessens the discomfort I get from life"*

Alex: *"...social media apps have been with me through any ups and downs of my life, may it be in escapism or to seek comfort."*

Additionally, it is notable that informants have described the comfort they get from social media as being derived from browsing through the apps or by keeping social media accounts private.

Jessie: *"I am comfortable scrolling through it watching videos, and seeing pictures online, especially on Instagram, Facebook, and TikTok."*

Kyle: *"Since I chose to keep my accounts private, the more I find comfort in using it. And the more I find comfort, the more I cope up with my feelings and my rational self."*

Informants also shared finding Gratification in social media apps.

Blake: *"For me, social media made me feel better"*

Blake: *"...it somehow helps me have fun"*

Blake: *"...[through social media we] explore a lot of things that will give us pleasure"*

Blake: *"Every time I visit them [YouTube and Facebook], they improve my mood personally. Also, I have accounts on Twitter, Instagram, and Weverse, which make me feel better every time I visit them."*

Social media is found to provide gratification through browsing humorous content or positive feedback from others online.

Jamie: *"I also watch funny videos to get a daily dose of laughter."*

Jessie: *"...I am feeling overwhelmed upon reading the comments online that I had imparted knowledge with my fellow youth and that I had inspired them to do so"*

Other than sourcing relief by being a place to seek positive emotions, informants also use social media in Easing Negative Emotions. One negative emotion is Stress, especially with academics in particular.

Blake: *"After engaging myself in activities that easily drain my energy, I used social media as my way of relaxing and as a means to unwind. It temporarily eases and relieves my stress, which I needed since we are always bombarded with schoolwork that makes us feel pressured."*

Alex: *"...when I need to relax from academics, social media has helped me cope and be occupied"*

It is also notable that browsing through social media is shown to lessen the feelings of stress.

Rory: *"With this being said, the existence of reels, memes, and other social media tools and platforms helps me a lot especially when trying to destress myself helps me a lot especially when trying to destress myself"*

Jamie: *"Every time I browse my Socmed accounts, I can somehow lessen the stress that I feel..."*

Jan: *"All these various activities [using Twitter and Instagram] somehow relieve all the pent-up stress, frustrations, and emotions I've been bottling up throughout the day, which helps me function as a decent human being."*

Social media is also found to be a temporary distraction from stressful circumstances.

Jan: *"... it [social media] helped my situation by leading my attention away from all the stress and problems I was facing"*

Jan: *"Whenever I feel stressed and want to divert my attention to avoid feeling burned out, I usually open Facebook to scroll down and watch some videos until I'm ready to go back and finish the task at hand."*

Additionally, an informant specifically mentioned that social media helps in easing negative emotions of Loneliness.

Blake: *"...it [social media] makes us feel less lonely"*

Creating content and browsing on social media is also found to help lessen loneliness.

Jessie: *"...as I take videos on TikTok when I feel lonely"*

Jamie: *"Every time I browse my Socmed accounts, I can somehow lessen the stress that I feel and as well as the longing that I have for my family at home."*

And last but not the least, the informants shared that social media helps them relieved their Boredom.

Jamie: *"As a pre-service teacher, Social Media serves as a source of entertainment for me whenever I had a long and tiring day..."*

Rory: *"Also thanks to social media, I get entertained..."*

Jessie: *"I feel awake as long as I can scroll throughout the day..."*

Alex: *"When I'm feeling bored and in need of something to entertain me or when I need to relax from academics, social media has helped me cope and be occupied."*

The last category in social media as an emotion-focused coping tool is Being Mindful of Emotions wherein social media is found to help one be aware of and manage their emotions. One way social media helps in being mindful of emotions is helping one in Having Awareness of emotions.

Kyle: *"It then allows me to be reflective, to regain my strength, and to give validation to what I think and feel."*

Another way social media helps one to be mindful of emotions is to assist in Maintaining Control over them.

Kyle: *"As a pre-service teacher who is currently having teaching internship duties, these social media applications have been of great help for me to keep up with the transitions I am experiencing. Every day is a whole new experience and I should always maintain my composure in order to not let my performance and the learning of my students be compromised."*

Kyle: *"Twitter and Spotify became my safe spaces to deal with the day specifically in terms of handling sudden mental and emotional outbursts."*

Kyle: *"[I am using it as intimate as I can to] cope with the circumstances I feel vulnerable throughout the day"*

It is notable that the basis for this category and its sub-categories were drawn from only one informant.

Social Media as a Social Coping Tool

Social media serves as a social coping tool in three (3) categories. Firstly, it helps with Keeping in Touch with Loved Ones. One way social media helps in keeping in touch with loved ones is by serving as a medium of communication that is readily accessible for Contacting Family.

Jessie: *"It also became my bridge to communicate with loved ones..."*

Jan: *"Social Media serves as a coping tool for me because it helps me get in touch with people who are dear to me whenever, wherever."*

Jan: *"I usually start my day by opening my Messenger and message my mother, knowing that she is also susceptible to feeling lonely while working away from Iloilo."*

For one informant in particular, social media helped them contact loved ones during the pandemic which helped lessen their fear.

Alex: *"[Social media helped me stay in touch with] loved-ones, and has made the lockdown period less scary and tolerable."*

Social media also helps in keeping in touch with loved ones by being a mode of communication for readily Connecting with Friends where they can spend time with each other.

Alex: *"It allowed me to stay in touch with friends and loved-ones, and has made the lockdown period less scary and tolerable."*

Jessie: *"[Social media became my bridge to communicate with] my friends, as I could easily have a video call with them if I was stressed and missed them."*

Jessie: *"We do virtual bonding, especially with my classmates when I was in junior high school."*

Other than being a medium of communication, social media is also a venue for connection with friends.

Sam: *"One, me and my friends communicate thru social media. Our similar interests lie on social medias that we use. Our conversations always has a touch of social media and also the topics revolve around the latest controversies or updates about our favorite artists, shows, or literacies."*

The second way social media serves as a social coping tool is by helping in Meeting New People Online. The new people met online are found to have connected with informants due to their Corresponding Interests.

Alex: *"...I met a lot of people who became my friends that have made life fun and bearable for me. It also gave me the chance to get to know individuals who share the same interests with me."*

Sam: *"As a fan of global icons, most, if not all, of my fellow fans are scattered worldwide"*

In addition to this, social media also helps as another form of communication wherein one informant is more comfortable in utilizing.

Sam: *"I feel more confident in communicating online as opposed to in-person communication. I just feel more comfortable since most of the people I communicate in the online world are people who have the same interests as mine."*

Other than similar interests, informants have also met new people online who have relating problems.

Rory: *“I can find people I can relate to, especially when it comes to the problems I deal with. It is comforting that this weird, unconventional issues I face, are actually faced by others too.”*

The third way social media serves as a social coping tool is by being a medium for Collaborating with Classmates by providing easy communication.

Blake: *“[I also use social media] for my studies (collaborate easily with other classmates)”*

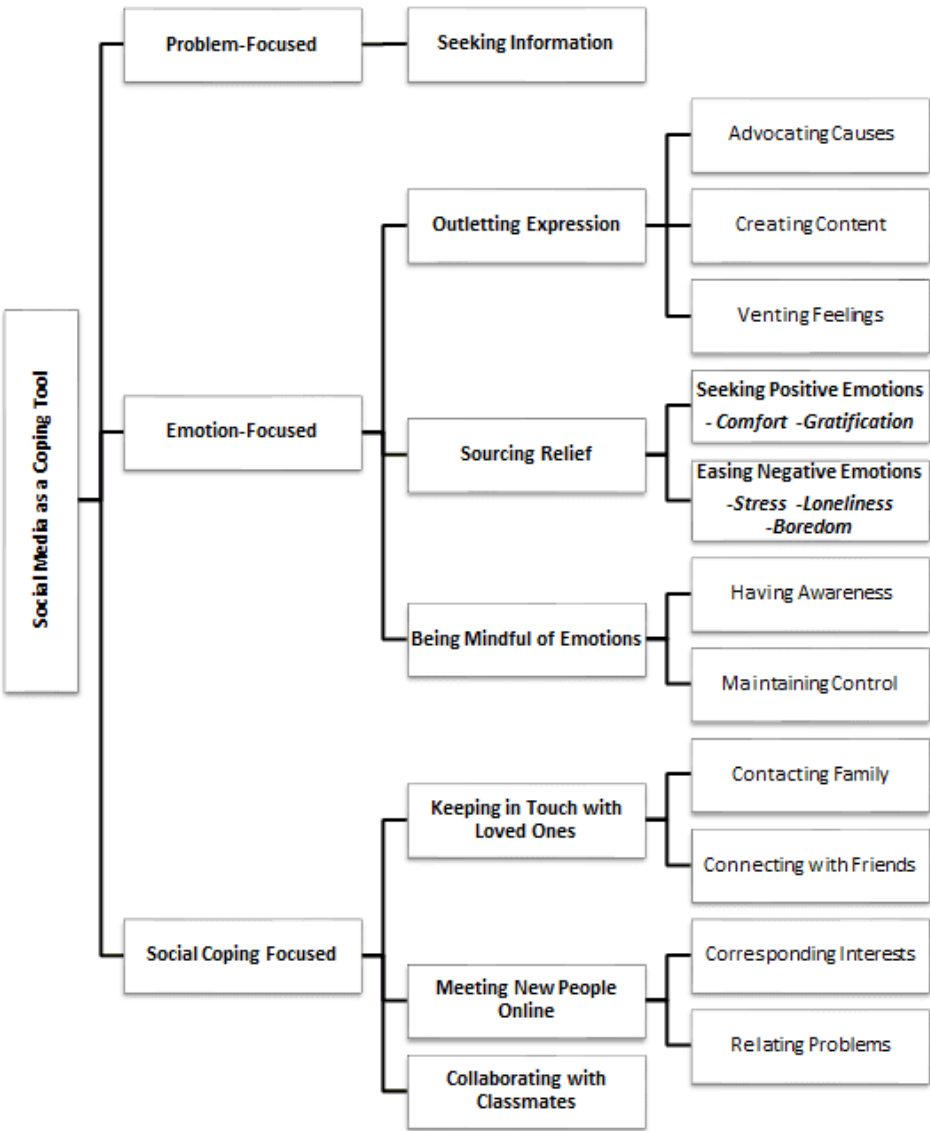


Figure 1. The diagram shows the overall outline of social media as a coping tool with all the themes, categories and sub-categories.

In the 21st century, social media has many uses, one of which is being a coping tool for different coping strategies. This study described in particular how social media serves as a problem-focused coping tool, emotion-focused coping tool and social coping tool for Social Studies pre-service teachers. The informants’ responses show that: (1) social media serves as a problem-focused coping tool by helping them in seeking information; (2) social media serves as an emotion-focused

coping tool by being a platform for outletting expression, sourcing relief and being mindful of emotions; and finally (3) social media serves as a social coping tool by assisting informants in keeping in touch with loved ones, meeting new people online and collaborating with classmates. This study shows that seeking information is one of the many ways social media serves as a problem-focused coping tool. Similarly, it provides diverse and relevant data that helps obtain knowledge, increase one's sense of control, reduce an aversive sense of uncertainty, and help guide actions. Also, searches for pertinent information on social media by users may provide evidence of platform use for problem-coping. Likewise, individuals may use social media for problem-focused coping in response to COVID-19-related pressures and to engage in COVID-19-related information-seeking behavior as it allows them to access the most recent information regarding the virus at their convenience.

Moreover, people who use problem-focused coping by analyzing information from social media are predicted to have lower uncertainty and show more confidence when planning suitable actions. Additionally, with the existing and overloading information fed by social media, users find the data they get on these platforms to be more up-to-date, informative, and focused on issues important to them. However, during the hype of the COVID-19 pandemic, misinformation and rumors spread widely since clickbait titles and captivating headlines catch people's attention when they search online. Thus, social media misinformation may interfere with the regular functioning of individuals, making it difficult to use the platforms to solve problems. Furthermore, the spread of false information in social media has grown to be a serious threat and undermines users' trust in news and messages. For instance, whatever we see on social media will affect us either positively or detrimentally. Nonetheless, exploration on social media can be either distressing for teenagers when they come across profiles that deliberately discourage positivity or on the other hand, it may also be humoring when some browse Tumblr to lighten up their mood. Moreover, social media serves as an emotion-focused tool for outletting expressions such as; advocating causes, creating content, and venting feelings. Similarly, sharing negative emotions is commonly used as a coping strategy. Adolescents can regulate their emotions through posting and sharing their feelings on social media. Other studies found that posting about death on social media is not only to commemorate but also to express emotions such as grief and sorrow. Nonetheless, a bad emotional environment may be created if negative emotions and feelings are expressed on social media and spread to many other users.

Social media is also an emotion-focused coping tool by sourcing relief through seeking positive emotions (such as comfort and gratification) and easing negative emotions (such as stress, loneliness, and boredom) mostly through browsing. Passively browsing through social media instilled feelings of admiration, entertainment, and humor in teenagers; however, it may also instill feelings of envy when teenagers compare their circumstances with what they see online, as well as feelings of boredom when the content gets old for them. Similarly, adolescent's passive engagement through browsing positive content or purposefully filtering their feed to show positive content gave them happiness and a distraction from issues, but at the same time, may also give them stress because it had adolescents comparing themselves to others and exposed them to negative or controversial content and actively engaging may expose them to negative interactions with others online. A back-and-forth such as this was described as a "social media see-saw" wherein it may tip to either the positive or negative side. In line with this, using social media passively was associated with greater symptoms of anxiety and depressed mood, while using social media in an active way was associated with its decrease among Icelandic adolescents. Most studies, however, tend to tip more on the negative side of the "social media see-saw". For one, YouTube increases perceived information overload which may lead to depressive symptoms that eventually negatively affect one's well-being. Additionally, social media use predicts adolescents' well-being, with adolescents showing high levels of depressive symptoms being more likely to depend on social media to receive approval from others and that more time spent on social media leads to a negative effect on overall emotional well-being and interpersonal relationships. Likewise, those who spend long hours on social media likely have many negative feelings about themselves; however, interestingly enough, short exposure of less than 3 hours a day has a positive effect on adolescents' perception of themselves.

Being mindful of emotions by having awareness and maintaining control over them is another one of the categories of how social media serves as an emotion-focused coping tool. It is important to note, however, that only one informant shared responses that fit into this category. The relation between social media and well-being differs for every adolescent, as their study's results showed that 44.26% did not feel better when using social media passively, but 45.90% felt better, and only 9.84% felt worse. Nonetheless, the effects of social media vary depending on how it is used. For instance, social media is described as a balancing act where it can tip from good to bad depending on the circumstances; therefore, self-reflection and awareness are needed to utilize it best. This is similar to the description of social media usage as a "see-saw". However, the use of Facebook for mood regulation is strongly related to having difficulty in self-regulating Facebook use. Additionally, adolescents use social media more when they suppress their emotions, and using social media is associated with difficulties with emotion regulation. It is possible that some engage in social media to disconnect from their issues in life because they do not want to face or have difficulty facing their emotions.

Social media is also used as a social coping tool to keep in touch with loved ones through contacting family and connecting with friends. Adolescents who use social media sites believe that it helps them feel more informed, more connected to family, and closer to peers, as well as enhances their cognitive abilities. In addition, adolescents utilize social media to foster friendships as it enables individuals to stay in touch and engage with others. Consequently, social media has primarily been used by individuals to engage with the public and get information from the general public (Chao et al., 2020). Social media may encourage open communication between family members and a supportive environment like friends where social media users can mature and successfully handle their evolutionary goals and subsequent stressful situations (Procentese et al., 2019). However, not all social media users feel the same way, as some social media users are ceasing to utilize the platforms, either permanently or temporarily, because they feel like the need to disconnect from social media to recharge themselves from social media usage (Dhir et al., 2018). Interactions on social media platforms can foster closeness while sometimes contributing to desires of disconnection due to the overwhelmingness of messages.

This study also revealed that social media is a social coping tool through expanding one's networks by helping them meet new people online who share either corresponding interests or relating problems with them. Social media can be utilized by students as a way to learn and make friends (Wahdiyati et al., 2023), most people use social media networking sites to communicate with their online and offline friends, both old and new. Furthermore, over two-thirds (64%) of American youths who use social media say they have made new friends, indicating that it allows people to connect who have similar interests, or personality traits. Additionally, users of social media can express themselves and connect with people who share similar interests as there are countless opportunities every day to connect with others (Okab, 2023). Social media is used to connect people, create social connections, and share ideas; these activities can be done between individuals via sites like Facebook, Twitter, and Instagram, or privately on individual blogs.

A study also found that two-thirds of American teens who use social networking sites assert that doing so helps them communicate with people from diverse backgrounds, which increases their acceptance of people from other countries and customs. Furthermore, social media is a social coping tool by being a venue for collaborating with classmates. On a societal level, increased usage of social media makes it possible for people throughout the world to stay in touch as it's being employed more and more in the corporate and educational sectors (Dwivedi et al., 2020). Communication and collaboration between teachers and students have benefited from the remarkable rise of social media in recent years (Al-Rahmi et al., 2022) especially during the COVID-19 pandemic, where social media played a great role as a medium of communication that enables teachers and students to communicate in various online learning applications along with maintaining social distancing (Vordos et al., 2020). Likewise, social media has grown to be an effective tool for fostering relationships between students and their teachers as well as with their peers and including them in the

new distant learning environment. This is in line with the study, which revealed that social media, such as Facebook, is considered an effective tool for improving students' performance (Awidi et al., 2019). Moreover, the importance of social media platforms for fostering student social lives as well as informal scholarly communication, connectedness, community development, and contentment. Likewise, all participants use social networking sites to communicate with friends and connect with classmates for online learning, and as more individuals start using social media for educational purposes, its importance has increased since it improves connectedness and provides opportunities for collaboration. To put emphasis, social media features are regarded as beneficial because social media tools use Internet-based processes to disseminate and exchange information and foster collaboration (Khan et al., 2020).

This study has the following limitations that must be addressed by future research: Firstly, the study's sample size only consists of eight (8) informants who were chosen based only on those who were available to be surveyed on the inclusion criteria, making the results of this study ungeneralizable to the bigger scope of Social Studies pre-service teachers. It is recommended that future studies draw larger sample sizes and have the entire population, not just those who are available, tested against the inclusion criteria. Secondly, this study is specific to Social Studies pre-service teachers from one university in Iloilo, so future researchers must consider these specifics before applying the findings to their study. Thirdly, findings for the category of "Being Mindful of Emotions" and the subcategories under it were generated from the responses of only one informant, and studies confirming those findings were lacking. It is recommended that future research explore more into the potential benefits of social media in regulating and being aware of one's emotions. Lastly, the informants' responses were self-reported, making the results of this study subject to self-report bias.

Conclusion

Social Media is more of an emotion-focused and social coping tool than problem-focused. It relies on the usage of an individual, whether it's good or bad, to fully realize its value for personal growth and in the learning community. Ultimately, healthy usage of social media is geared toward emotional and social help. However, studies outlining how social media serves as a coping tool for different coping strategies are scarce therefore this study aimed to explore how Social Studies pre-service teachers use social media as a coping tool in the previously named different coping strategies. Despite the fact that social media usage is regarded as both positive and negative, this study highlights the utilization of social media more as a coping tool in general. Upon the results of the study, it can be concluded that social media is more of an emotion-focused and social coping tool than problem-focused. It relies on the usage of an individual, whether it's good or bad. Given that there are various uses and effects of social media on different people, there's room for further exploration on how it serves as a coping tool to fully realize its value for personal growth and academia. The learning community must be aware of how these various coping tools serve as problem-focused, emotion-focused, and social coping to ensure a distinctive type of social and learning approach among individuals in social media avenue. Therefore, one must understand the categories of coping tools in the lens of social media to provide adequate emotional and social help, thus using social media for healthier usage. Also, the learning community and support system of Social Studies pre-service teachers may consider the results identified from this study on engaging with them in different social media platforms.

Conflicts of Interest

The authors declare no conflict of interest.

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