

Abstract

The purpose of this study is to investigate the relationship between personality traits, mental health, and cyber obsessional pursuit among social media users. A purposive sample of (N = 217) participant with the age range of 18 and 40 were conveniently drawn from universities. Warwick-Edinburgh Mental Well-being Scale (Tennant et al. 2007), the 10-Item Personality Inventory scale (Renau et al., 2013), and the Cyber-Obsessional Pursuit scale (Spitzberg & Rhea, 1999; Spitzberg et al., 2001) were used to collect data. Findings indicated that cyber obsessional pursuit is significantly positively correlated with conscientiousness. Mental health has positive correlation with conscientiousness, openness to experience, and emotional stability. Mental health, conscientiousness, and openness to experience significantly predicted 13 % variance in cyber obsessional pursuit. Findings showed that there is a significant gender difference in terms of agreeableness, emotional stability, and conscientiousness. Girls scored higher on conscientiousness and agreeableness than boys. Boys scored higher on emotional stability than girls. Findings showed that there is significant mean difference of family system in openness to experience; that openness to experience was higher in nuclear system than the joint system. It was concluded that by enhancing the mental health, conscientiousness and openness to experience could be reduced cyber Obsessional pursuit. This study has important implication in education and policy making.

Keywords

Cyber Obsessional Pursuit, Mental Health, Personality traits, Social Media User