

Cluster Innovation Centre, University of Delhi

Impact of Swipe Based Dating Applications (SBDAs) on the Self Esteem and Mental Well Being of Young Adults

Aim: This study aims to analyze the relation between self-esteem and mental wellbeing levels as per the usage frequency of SBDAs.

- Objectives:**
- 1) To study if there is any significant correlation between the usage of SBDAs and self esteem.
 - 2) To find out if there is any correlation between usage of SBDAs and mental health wellbeing.
 - 3) To get an insight if the frequency of usage affects the levels of self esteem and mental health wellbeing.

Methodology: Survey questionnaire was administered to gather data in this quantitative research study. Rosenberg scale and Mental Health Continuum Short form was used to measure mental health outcomes.

Findings: The results showed a non-significant correlation between the frequency of online dating and self-esteem. A negative correlation between frequency of usage and mental well being was found.

Suggestions: The research makes a significant turn from the outcomes of previous researches. In terms of practical implication, there is a need to educate users and providers about possible positive and negative effects the frequent usage of SBDA has on well-being. a tentative suggestion could be to integrate warnings against highly frequent use directly in the app.

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