The Relationship Between Social Media Use and Employment Anxiety among Undergraduate Students in Shaanxi, China

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Abstract –While social media provides more convenience, it also brings some negative effects. In recent years, the employment situation is severe, and the employment anxiety of Chinese undergraduate students has gradually become a common concern. Taking undergraduate students in Shaanxi Province as the research object, the paper attempts to analyse the impact of social media use on employment anxiety, and further reveal the relationship between employment anxiety and social media use. The study designed questionnaires and related scales based on existing maturity scales in the academic field. Measures of social media use intensity, mimetic environment perception, algorithmic recommendation perception, and employment anxiety performance were distributed online, ultimately obtaining responses from 400 undergraduate students in Shaanxi Province. Firstly, the reliability and validity analysis of the data results showed that the internal consistency coefficients of social media use and employment anxiety as well as the questionnaire were both higher than 0.7, and the KMO values of social media use and employment anxiety variables were both greater than 0.8, indicating that the questionnaire instrument has good reliability and validity. Then, SPSS was used for descriptive analysis, correlation analysis and linear regression analysis of the data results. The results are divided into the following aspects: First, the employment anxiety of college students in Shaanxi Province shows a high level. Second, many aspects of social media use are significantly associated with employment anxiety, including time spent, imitative environments in social media, and algorithmic recommendations, all of which play an important role in employment anxiety. According to the research results, the following suggestions are put forward for the media: First, adhere to the principles of news reporting and avoid creating negative news. Second, steer the agenda and manage anxiety. In addition, undergraduates should improve their media literacy and correct their perceptions of anxiety.

Keywords – Undergraduate Students, Social Media Use, Employment Anxiety, Mimetic Environment

I.   INTRODUCTION

With the change and rapid development of social environment, anxiety has become the emotional experience and emotional state of most people. Anxiety not only affects people's physical and mental health, but also may trigger extreme illegal behaviour and disturb social order (Wang, 2021). In the media social context, the cause of employment anxiety is worth our careful discussion, which is related to the healthy network environment and media environment, as well as the

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healthy emotional communication environment. Today, social media use plays an important role in the generation of employment anxiety. In view of the current general anxiety of undergraduates, the paper has triggered a reflection on the phenomenon. Based on relevant research methods, the paper explores the root causes of undergraduate employment anxiety and whether undergraduate employment anxiety is related to the use of social media. Therefore, from the perspective of journalism and communication, the study tries to analyse the relationship between the use of social media and the employment anxiety of graduate students in Shaanxi Province. The purpose is to understand undergraduates' social media use, employment anxiety, the relationship between them and the influencing mechanism, and to put forward methods and suggestions for the situation. The paper studies the relationship between social media use and employment anxiety of undergraduates from a new perspective of communication, which has certain theoretical and practical significance.

II.   PROBLEM STATEMENT

The mental health of undergraduate students has become the focus of international research in recent years. According to a Nature survey (2019), nearly 40 percent of doctoral students in China have psychological problems such as anxiety and depression (Evans, Bira, Gastelum, Weiss & Vanderford, 2018). Compared with other groups, undergraduates are more likely to suffer from psychological problems such as depression and anxiety, and the incidence is more than six times that of other groups (Liu, 2019). According to the report on the development of China's national mental health released in 2023, young people are at high risk of depression, the detection rate of depression risk in the age group of 18 to 24 is much higher than other age groups, and the anxiety level of unemployed people is much higher than that of other occupational groups (People's Daily,2023). The survey also shows that the anxiety of undergraduates will increase with the increase of grade, which is mainly affected by factors such as academic and employment pressure (China Net, 2021). With the increase in the number of college graduates, when facing employment difficulties, college students often show signs of anxiety, students complain to each other that the ideal job is difficult to find, some students at the thought of finding a job, they feel depressed and want to escape, some students will lose sleep, lose appetite or overeat because of employment, many students even go to the school psychological counselling room for help. Social media has become an integral part of college students' daily lives.

However, the negative effects of social media on people are expanding further, with many research findings suggesting that social media use may lead to anxiety, depression, and other bad moods (Chen, 2021). In the context, it is particularly important to study the relationship between college students' social media use and employment anxiety. By exploring the relationship between social media use and employment anxiety, it's better to understand the impact of social media on employment anxiety of college students, and provide scientific basis for the development of effective interventions and support systems to alleviate employment anxiety of college students and promote healthier and more successful career development.

III. LITERATURE REVIEW

Social Media Use

As an Internet application for users to express themselves and interact and share, social media has become the centre of users' life in the era of new media. More and more scholars have devoted themselves to the study of social media use behaviour. As the current media has flooded people's lives for nearly a century, the research direction of social media use has also begun to change, from the study of social media dependence behaviour to the study of social media burnout behaviour. Or the non-persistent and negative use of social media (Fan & Wang, 2022). When people find that their life, energy and time are gradually occupied by social media, their outlook on life, values and world outlook are also subtly affected by social media, so they have the impulse to escape from social media, consciously reduce the use of social media time, and even uninstall some social media tools. Li and Zhang (2017) mentioned the current information overload on social networks. Due to the anxiety of missing out, users need to continuously pay attention to excessive information on social network. With the expansion and popularization of Internet users in China, the number of friends is gradually increasing due to the needs of work and social communication. Both excessive sharing and the energy spent on maintaining social connections on online platforms can cause mental and physical discomfort and burnout. Niu and Chang (2018) have a slightly different view that their intention to not continue to use social media is due to users' concern for their privacy. The reason is that there are not only friends, classmates, and relatives in the current social circle, but also a large number of strangers in the list. From the perspective of social interaction pressure, she found that people's concerns about privacy did not affect social media burnout, but it did affect the persistence of social media use behaviour. Li and Du (2016) noted that the use of social media is related to college students' dependence and procrastination. Due to the portability and interactivity of social media, college students can view and share content for entertainment at any time, thus losing their sense of time and escaping from complex learning tasks. No matter the research on social media in a specific context, the research on the behaviour of using social media in a specific group, or the research

on the characteristics of using social media based on a certain platform, these directions all reflect that the use of social media affects all aspects of people's lives. However, there are still many possibilities for the research on the use of social media. In addition, with the change of the times, the change of the social environment and the update of the media, the use of social media will inevitably show different phenomena and features with the change of the characteristics of the times. Just as McLuhan put forward "media is the extension of people" (Cheng, 2005), relying on mobile social networking, virtual interaction, multiple expression and other functional features, social media has become an extension of individual multi-dimensional life in the era of mobile internet (Wang, 2019). About 90% of young people use social media, and of these, most use two or more social media and visit per cent daily (Perrin, 2015). However, while users are experiencing fast communication and free expression, problems such as information redundancy and social congestion are becoming more and more prominent (Wang, 2019), which brings certain psychological burdens and negative emotions to users, and then stimulates corresponding anxiety emotions.

Employment Anxiety

Domestic attention on employment anxiety first appeared in the article Trait Anxiety of College Students: Structure and Characteristics. In the paper, Yang (2009) investigated 497 college students' trait anxiety by using self-designed trait anxiety questionnaire and Spielberg Trait anxiety questionnaire. The results showed that the self-designed trait anxiety questionnaire could extract five factors, which were named learning anxiety, employment anxiety, interpersonal anxiety, health anxiety and fear of negative evaluation anxiety. For the first time, employment anxiety is taken as one of the focus objects. However, the factors of employment anxiety of college students are only put forward when the anxiety of college students is studied. Later, Pan and Lu (2006) were the first scholars to study employment anxiety as a key concept. The paper gives a clear definition of employment anxiety, and points out the lack of research from the field of psychology to analyse employment anxiety. Then, from the perspective of psychology, Fang (2006) advocated that college students deal with conflicts rationally, that is to say, rationally deal with the conflicts caused by the gap between their inner employment expectations and the real society. Cao (2011) also talked about psychological strategies to prevent employment anxiety from the perspective of psychology, that is, to improve self-efficacy. However, the above studies only stayed in descriptive studies, without specific empirical studies on employment anxiety of college students. Subsequently, studies on employment anxiety using different methods appeared. The first is to use the "state-trait anxiety self-rating scale" and "anxiety-related factors survey table" to investigate, and found that the anxiety of graduate students is a common problem during career selection (Fan, Li, Sheng & Kong, 2007). The second is to use the questionnaire survey method to investigate the students in

the college of Physical education. The research method has clearly presented the problems and causes of employment psychology.

To sum up, most academic studies on the relationship between anxiety and social media use focus on social anxiety, missing anxiety, information anxiety, etc., and there are abundant studies on social media use. However, there are few studies on employment anxiety of undergraduate students from the perspective of mimetic environment and algorithm recommendation. The study studied the relationship between undergraduates' social media use intensity, mimetic environment perception and algorithm recommendation perception, and the dependent variable employment anxiety.

IV.   METHOD

In order to comprehensively study and gain an in-depth understanding of the relationship between social media use and employment anxiety of undergraduate students in Shaanxi Province, the paper adopts a carefully selected quantitative research design because it provides the most appropriate and effective method to present the research results through digital representation. As highlighted by Bloomfield and Fisher (2019), the decision to choose a quantitative design is based on its compatibility with accurately describing the findings of the study.

On March 23, 2023, the *Ministry of Education issued the Statistical Bulletin on the Development of National Education in 2023*, with a total of 4,679,400 undergraduates enrolled, 19,656,400 undergraduates enrolled, and 4,715,700 graduates. Among them, Shaanxi province has 62 undergraduate colleges and universities. Ordinary colleges and universities graduate 184,287 undergraduates and enrolled 213,377 students. There are 764,831 undergraduate students (Zhang, 2023). It can be reasonably inferred that the proportion of undergraduates in Shaanxi Province is high. Since the relationship between unenrolled undergraduates and graduated undergraduates and employment problem is not strong, the research population is 184287 undergraduate students in Shaanxi，China. Reference was made to the Krejcie and Morgan tables, and the sample size of the sampling survey is 384. Confidence level is 95% and margin of error is 5%.

The study uses questionnaire as a research instrumentation. Based on the existing maturity scale, ssocial media use questionnaire and employment anxiety questionnaire were prepared, and the selected subjects were investigated by simple random sampling. After receiving the questionnaire data, quantitative analysis was used to analyse the data, and SPSS was used to analyse the data for reliability and validity, descriptive analysis, correlation analysis and linear regression analysis. Through data analysis, the research hypotheses are verified one by one, and preliminary conclusions are drawn to the research problems.

Descriptive Analysis

The study collected a total of 400 valid samples, and the basic information of the samples is shown in table I.

TABLE I: THE BASIC INFORMATION OF THE SAMPLES(N=400)

Characteristic	Basic attributes	Number (person)	Percentage (%)
Gender	Female	248	62.651
	Male	148	37.349
Grade	Non-graduating students	244	61.446
	Senior students	152	38.554
Internship experience	Yes	228	57.831
	No	168	42.169
Post-graduation plan	Employment	202	50.602
	Take the civil service exam.	146	36.747
	Postgraduate entrance examination	36	9.036
	Other	14	3.614
Salary Expectation	6000-8000 RMB	187	46.988
	10000 RMB above	154	38.554
	4000-6000 RMB	52	13.253
	Below 3000 RMB	4	1.205

From the data in Table 1, it can be seen that in terms of gender, although the questionnaires were distributed according to a certain male-to-female ratio, female undergraduate students are more prevalent due to their higher representation in the cohort, and male questionnaires have a higher rate of inefficiency. Therefore, the gender distribution in the study is rather unbalanced, with females accounting for 62.651% and males accounting for 37.349% of the total. The proportion of female students surveyed is significantly higher than that of male students. In terms of graduation year, non-graduating students account for a relatively high proportion (61.446%), while graduating students account for a lower proportion (38.554%). Among them, 57.831% of undergraduate students have internship experience, which is relatively high, while 42.169% of undergraduate students do not have internship experience, which is relatively low. Regarding post-graduation plans, close to half (50.602%) of undergraduate students plan to work after graduation, while 36.747% of undergraduate students plan to take civil service exams, indicating that the competition for civil service exams has become increasingly fierce in recent years. The proportion of graduates planning to pursue postgraduate studies is relatively low. In terms of salary expectations, there is a generally high expectation, with the range of 6000-8000 yuan (46.988%) being the highest, and 3000 yuan and below (1.205%) being the lowest.

Through investigation and statistics on the total duration of social media use among undergraduate students in Shaanxi Province, it was found that 23.75% of undergraduate students spend more than 4 hours per day on social media, 25.5% spend 3 to 4 hours, over 20% spend 2 to 3 hours, and 23.25% spend 1 to 2 hours. The survey reveals that the average daily use of social media is 3.3 hours. It indicates that undergraduate students spend a considerable amount of time on social media. On one hand, it is due to academic needs, as they require a large

amount of information from social media for their studies. On the other hand, it is because of the significant academic pressure, leading them to use social media to communicate with friends and classmates for emotional support and relaxation. For detailed information, please refer to table II below.

TABLE II: AVERAGE DAILY TOTAL DURATION OF SOCIAL MEDIA USE(N=400)

IV	Maximum Value	Minimum Value	Mean	Standard Deviation	Median	Variance
The Total Duration of Social Media Use.	5	1	3.377	1.241	3	1.539

Regarding the survey on the mimetic environment in social media use, concerning the question "Do you think the employment situations you see on social media are consistent with your actual experiences?" 27.25% of undergraduate students somewhat disagree, representing the highest proportion, indicating that the mimetic environment of social media has a certain impact on undergraduate students. Regarding the various information constructs in the mimetic environment of social media, there are both positive and negative aspects. For the positive employment-related information presented in the mimetic environment, 45.75% of undergraduate students believe it has a significant impact, while 33.75% believe it has a relatively minor impact. For the negative employment-related information presented in the mimetic environment, 48.5% believe it has a significant impact, while 32% believe it has a relatively minor impact. In comparison, undergraduate students perceive negative information presented in the mimetic environment of social media more strongly.

TABLE III: AVERAGE PERCEPTION SCORE OF MIMETIC ENVIRONMENTS IN SOCIAL MEDIA(N=400)

IV	Mean	Standard Deviation	Median	Variance
Perception of the overall mimetic environment information	3.268	1.194	3	1.425
Perception of positive information in the mimetic environment	3.292	1.206	3	1.456
Perception of negative information in the mimetic environment	3.315	1.214	3	1.474

Due to the pursuit of traffic data by news media, various self-media, or institutional marketing accounts, they are more likely to engage in actions that attract attention and sell anxiety through headlines or employment information. Therefore, negative information perception is more pronounced for undergraduate students. Moreover, the pleasure brought by positive information is generally temporary. The positive employment information brought by social media use often does not solve the employment problem and the fleeting pleasure quickly returns to the mindset of employment confusion. Conversely, anxiety is persistent, especially with heavy academic tasks, making negative emotions and their effects more easily perceived by undergraduate students. For detailed information, please refer to table III.

TABLE IV: AVERAGE PERCEPTION OF SOCIAL MEDIA ALGORITHMIC RECOMMENDATION(N=400)

IV	Max Value	Min Value	Mean	Standard Deviation	Median	Variance
Algorithmic recommendation perception	5	1	3.353	1.184	3	1.402
Algorithm Recommendation Awareness	5	1	3.297	1.214	3	1.473
Acceptance of algorithmic recommendations	5	1	3.322	1.11	3	1.232

According to a survey on the perception of algorithmic recommendations in undergraduate social media use, it shows that nearly half of the respondents are often surrounded by employment-related content, indicating that a significant number of undergraduates are influenced by and can perceive algorithmic recommendations. When asked "Are you aware that the social media platforms you use employ algorithmic recommendations?" about 46.5% answered quite clearly, while 32% answered somewhat unclearly. Overall, there are more people with a high perception of algorithmic recommendations compared to those with a low perception. Despite many people being influenced by algorithmic recommendations, when asked if they can accept "some social media platforms recommending employment-related content to you based on your personal characteristics (such as gender, interests, geographical location, and browsing history)", over 40% of respondents agreed, while 24.5% somewhat disagreed, and only 3% strongly disagreed. It indicates that within the undergraduate population, the majority are receptive to algorithmic recommendations. It is partly because people prefer to see content that interests them, leading to a higher level of acceptance. Additionally, the more undergraduates are concerned about employment-related issues and fear missing out on job information, the more social media's continuous delivery of employment information can satisfy their motivation to obtain job-related information. For detailed information, please refer to table IV.

In the study, the measurement of employment anxiety levels referred to the Employment Anxiety Diagnosis Questionnaire for College Graduates (Zhang & Chen, 2006), which is divided into four aspects: emotion, cognition, employment process, and employment outcomes, comprising twelve questions in total. Each question is scored from 0 to 4, with a total score of 48. Through surveying and measuring the employment anxiety of 400 graduate students, the average score for employment anxiety was found to be 31.108, indicating a generally high level. Upon categorizing and summarizing the employment anxiety levels with the academic years of undergraduate students in Shaanxi Province, it was found that the overall employment anxiety level of graduating students is higher than that of non-graduating students. For detailed information, please refer to tables V.

TABLE V: AVERAGE OVERALL EMPLOYMENT ANXIETY LEVEL FOR GRADUATE STUDENTS(N=400)

DV	Max Value	Min Value	Mean	Standard Deviation	Median
Employment anxiety level	47	12	31.108	7.11	29

Correlation Analysis

In the study, the intensity of social media use is represented by the total duration of use. From the correlation analysis in the following table, it can be observed that there is a significant correlation between the total duration of social media use and the level of employment anxiety, with a correlation coefficient of 0.444, which is positively significant at the 0.01 level (two-tailed). Therefore, it can be inferred that the level of employment anxiety increases with the duration of social media use. For detailed information, please refer to tables VI below.

TABLE VI: CORRELATION ANALYSIS BETWEEN SOCIAL MEDIA USE INTENSITY AND EMPLOYMENT ANXIETY(N=400)

	Level of Employment Anxiety	Total Duration of Social Media Use
DV: Level of Employment Anxiety	1(0.000***)	0.444(0.000***)
IV: Total Duration of Social Media Use	0.444(0.000***)	1(0.000***)

Note: ***, **, * represent the significance levels of 1%, 5%, and 10%, respectively

As shown in Table VII, the perception of positive information mimetic environment regarding employment is negatively correlated with the level of employment anxiety, while the perception of negative information mimetic environment regarding employment is positively correlated with the level of employment anxiety. The perception of overall mimetic environment regarding employment is negatively correlated with the level of employment anxiety. That is, "the employment environment you encounter on social media is inconsistent with the real employment environment." Agreement with the statement indicates the ability to distinguish between the employment environment constructed by social media information and the actual employment environment. The higher the overall perception of the mimetic environment, the better the ability to distinguish between the mimetic environment and reality, resulting in lower levels of employment anxiety.

TABLE VII: ANALYSIS OF THE CORRELATION BETWEEN PERCEPTION OF SOCIAL MEDIA MIMETIC ENVIRONMENT AND EMPLOYMENT ANXIETY(N=400))

	Level of employment anxiety	Overall perception of mimetic environment	Perception of positive mimetic environment information	Perception of Negative Information Mimetic Environment
Level of employment anxiety	1(0.000***)	0.444(0.000***)	-0.44(0.000***)	0.446(0.000***)
Overall perception of mimetic environment	0.444(0.000***)	1(0.000***)	0.661(0.000***)	0.651(0.000***)
Perception of positive mimetic environment information	-0.44(0.000***)	0.661(0.000***)	1(0.000***)	0.65(0.000***)
Perception of Negative Information Mimetic Environment	0.446(0.000***)	0.651(0.000***)	0.65(0.000***)	1(0.000***)

Note: ***, **, * represent the significance levels of 1%, 5%, and 10%, respectively

The following table presents the correlation analysis between the perception of algorithmic recommendations and employment anxiety. From the table VIII, it can be observed that both the perception of algorithmic recommendations and the understanding of algorithmic recommendations are positively correlated with the level of employment anxiety. Specifically, the p-values for both are less than 0.01, indicating a significant correlation. Among them, the correlation coefficient between the understanding of algorithmic recommendations and employment anxiety is the highest at 0.385, while the correlation coefficient between the perception of algorithmic recommendations and employment anxiety is the lowest at 0.378. There is no significant correlation between the acceptance of algorithmic recommendations and employment anxiety, as the p-value is greater than 0.05. It can be inferred that a lower perception of algorithmic recommendations indicates less awareness of being surrounded by employment-related information, resulting in less pronounced employment anxiety.

Conversely, a higher perception of algorithmic recommendations indicates a greater awareness of social media constantly pushing employment-related information and one's level of concern about employment, leading to higher levels of employment anxiety. It suggests that the level of employment anxiety among undergraduate students is correlated with the perception of algorithmic recommendations, regardless of the degree of acceptance of algorithmic recommendations.

TABLE VIII: CORRELATION ANALYSIS BETWEEN SOCIAL MEDIA ALGORITHM RECOMMENDATIONS AND EMPLOYMENT ANXIETY(N=400)

	Level of employment anxiety	Perception of algorithmic recommendations	Understanding of algorithmic recommendations	Acceptance of algorithmic recommendations
Level of employment anxiety	1(0.000***)	0.378(0.000***)	0.385(0.000***)	0.441(0.000***)
Perception of algorithmic recommendations	0.378(0.000***)	1(0.000***)	0.576(0.000***)	0.627(0.000***)
Understanding of algorithmic recommendations	0.385(0.000***)	0.576(0.000***)	1(0.000***)	0.604(0.000***)
Acceptance of algorithmic recommendations	0.441(0.000***)	0.627(0.000***)	0.604(0.000***)	1(0.000***)

Note: ***, **, * represent the significance levels of 1%, 5%, and 10%, respectively

Linear Regression Analysis

The correlation analysis indicates that there is a significant relationship between the level of employment anxiety and the total duration of social media use. The linear regression analysis of undergraduate students' total duration of social media use and employment anxiety is shown in the table below. The regression F-test value for the total duration of social media use and employment anxiety is 97.912, with a significance p-value of 0.000, indicating significance at the 0.01 level. Therefore, the model meets the requirements. The R-squared value is 0.197, meaning that the total duration of social media use among undergraduate students has a significant impact on employment anxiety, explaining 19.7% of the variance in employment anxiety. Since the VIF is less than 5, there is no issue of multicollinearity in the model. The regression coefficient for the total duration of social media use and employment anxiety is 3.961, indicating a positive impact on employment anxiety.

TABLE IX: THE IMPACT OF SOCIAL MEDIA USE INTENSITY ON EMPLOYMENT ANXIETY

	Unstandardized Coefficients		Standardized Coefficients	t	P	VIF	R²	Adjusted R²	F
	B	Standard Error	Beta						
Constant	28.489	1.44	-	19.783	0.000***	-			
IV: Total Duration of Social Media Use	3.961	0.4	0.444	9.895	0.000***	1	0.197	0.195	F=97.912 P=0.000***

Linear Regression Analysis Results N=400

DV: Level of Employment Anxiety

Note: ***, **, * represent the significance levels of 1%, 5%, and 10%, respectively

The correlation analysis indicates that there is a significant relationship between the level of employment anxiety and the mimetic environment in social media use. Linear regression analysis was conducted with three dimensions of mimetic environment in social media use, including overall perception, perception of positive information, and perception of negative information, as independent variables, and employment anxiety level as the dependent variable. The results are shown in Table 10, where the regression F-test value for the mimetic environment and employment anxiety is 45.311, and the R-squared value is 0.256. It means that the impact of mimetic environment in social media use on employment anxiety among graduate students is significant, explaining 25.6% of the variance in employment anxiety. Additionally, the VIF test values are all less than 5, indicating no multicollinearity issues in the model. The significance p-value is 0.000, showing significance at the 0.01 level, indicating that the model largely meets the requirements. Looking at specific dimensions, the significance value for overall perception of the mimetic environment is less than 0.01, indicating a significant positive relationship between overall perception of the employment environment and employment anxiety. The significance value for perception of positive information in the mimetic environment is less than 0.01, indicating a significant positive relationship between perception of positive information in the employment environment and employment anxiety. The significance value for perception of negative information in the mimetic environment is less than 0.01, indicating a significant positive relationship between perception of negative information in the employment environment and employment anxiety. Thus, it can be concluded that the perception of the mimetic environment in social media use will have a significant positive impact on employment anxiety.

TABLE X: THE IMPACT OF SOCIAL MEDIA MIMETIC ENVIRONMENT PERCEPTION ON EMPLOYMENT ANXIETY

	Unstandardized Coefficients		Standardized Coefficients	t	P	VIF	R²	Adjusted R²	F
	B	Standard Error	Beta						
Constant	24.456	1.568	-	15.592	0.000***			-	
Do you think the employment situation you understand on social media is consistent with your actual employment situation?	1.792	0.581	0.193	3.087	0.002***	2.089			
How much do you think the positive employment-related information you have encountered on social media has affected you?	1.648	0.574	0.18	2.87	0.004***	2.087	0.256	0.25	F=45.311 P=0.000***
How much do you think the negative information about employment you encounter on social media has affected you?	1.849	0.564	0.203	3.279	0.000***	2.039			

DV: Level of Employment Anxiety

Note: ***, **, * represent the significance levels of 1%, 5%, and 10%, respectively

TABLE XI: THE IMPACT OF SOCIAL MEDIA ALGORITHM RECOMMENDATION PERCEPTION ON EMPLOYMENT ANXIETY

Linear Regression Analysis Results N=400

	Unstandardized Coefficients		Standardized Coefficients	t	P	VIF	R²	Adjusted R²	F
	B	Standard Error	Beta						
Constant	24.502	1.702	-	14.399	0.000***			-	
Do you often find yourself surrounded by employment-related information when using social media?	1.116	0.559	0.119	1.994	0.047***	1.831			
Are you aware that the social media platforms you use employ algorithmic recommendations?	1.365	0.534	0.15	2.558	0.011***	1.751	0.224	0.219	F=38.192 P=0.000***
Some social media platforms recommend job-related content to you based on personal characteristics such as gender, preferences, geographical location, and browsing history. What is your attitude towards this?	2.746	0.612	0.276	4.485	0.000***	1.928			

DV: Level of Employment Anxiety

Note: ***, **, * represent the significance levels of 1%, 5%, and 10%, respectively

The correlation analysis indicates a significant relationship between employment anxiety levels and algorithmic recommendations in social media use. Linear regression analysis was conducted with the dimensions of algorithmic recommendations in social media, including understanding, perception, and acceptance, as independent variables, and employment anxiety levels as the dependent variable. The results, as shown in Table XI, reveal that the overall algorithmic recommendations and employment anxiety have a regression F-test value of 38.192, with a significance p-value of 0.000, indicating significance at the 0.01 level. Therefore, the model largely meets the requirements. The R-squared value is 0.224, meaning that the effect of social media algorithmic recommendations on employment anxiety is significant, explaining 22.4% of the variance in employment anxiety. From the table below, it can be observed that the variance inflation factors (VIFs) for all three dimensions are less than 5, indicating no issue of multicollinearity in the model. Looking at specific dimensions, the significance value for understanding of algorithmic recommendations is less than 0.01, indicating a significant positive effect of understanding on employment anxiety. The significance value for perception of algorithmic recommendations is less than 0.01, indicating a significant positive effect of perception on employment anxiety. The significance value for acceptance of algorithmic recommendations is less than 0.01, indicating a significant positive effect of acceptance on employment anxiety.

V. FINDINGS

Through an analysis of several dimensions of social media use variables, the results indicate that social media use has an impact on employment anxiety. It includes the intensity of social media use, perception of mimetic environment, and perception of algorithm recommendation, all presenting varying degrees of influence on employment anxiety. Linear regression analysis revealed that the higher the intensity of social media use among undergraduate students, the more severe their employment anxiety. Thus, the intensity of social media use has a significant negative impact on employment anxiety levels. Additionally, it was found through linear regression analysis that the higher the perception of mimetic environment in social media use, the higher the level of employment anxiety. Moreover, within the mimetic environment of social media, negative environments have a greater impact on undergraduate students, while positive environments have a smaller impact. Consequently, the mimetic environment of social media significantly contributes to negative employment anxiety levels. Similarly, algorithm recommendation on social media has a pronounced negative impact on employment anxiety levels. Through linear regression analysis, it was observed that the higher the perception of algorithm recommendation in social media use, the more severe the employment anxiety. Surveys indicate that undergraduate students generally have a high perception and acceptance of algorithm recommendation, with most

of them not rejecting algorithm recommendation. Furthermore, the study also discovered that the higher the frequency of use of short video social media, the higher the level of employment anxiety. Therefore, algorithm recommendation on social media has a notable negative impact on employment anxiety levels. In summary, the study concludes that firstly, the intensity of social media use significantly influences employment anxiety levels. Secondly, the mimetic environment of social media significantly affects employment anxiety levels. Lastly, algorithm recommendation on social media significantly impacts employment anxiety levels.

VI.   DISCUSSION

Social media platforms are relationship-based platforms that have permeated every aspect of life, greatly increasing use frequency and time. According to research, the global average daily use time of social media has been increasing year by year, reaching 2 hours and 31 minutes as of 2022, hitting a new high (China.com., 2022). Li and Zhang (2017) mentioned the information overload on current social networks, where users continuously need to pay attention to excessive information on social networks due to the anxiety of missing out, causing psychological and physiological discomfort and fatigue as internet penetration and user base in China grow. The longer the time spent on social media, the more information is encountered, and these psychological discomforts gradually shift to employment anxiety with the increase in undergraduate grades, exacerbating the level of employment anxiety.

Mimetic environment is a prevalent phenomenon in today's social media landscape, where the general public seeks a balance between anxiety and relaxed life amidst the continuous battle against anxiety. However, in the fast-paced, information-overloaded, and highly efficient dissemination era, anxiety seems to be increasing day by day. Anxiety can be manufactured and amplified, and it must be acknowledged that media information plays an important role in fuelling employment anxiety. Due to the influence of the mimetic environment, the cognition and responses made by undergraduates are not directed toward the real employment environment but rather a media-created employment environment. That not only constrains the cognition and behaviour of undergraduates but may also prompt them to assess their own value and abilities based on the cognitive environment created by the media. When there is a significant gap between the assessment and reality, undergraduates may experience anxiety due to the psychological discrepancy.

Algorithm recommendation is prevalent in video-based social media platforms, surrounding undergraduates with the job-related information they are interested in. Because big data only pushes videos that people are interested in, the received information becomes more one-sided. Accepting overly singular content can narrow one's perspective and lead to negative emotions. Guo and Wang (2021) pointed out that algorithmic bias imposes a double constraint on users' ability to access information and their psychological well-being, restricting users' subjective

value as information producers, consumers, and dependents, leading to information anxiety among users, which also confirms the role of algorithm recommendation in exacerbating employment anxiety.

VII.   CONCLUSION (OR LIMITATION OR SUGGESTION FOR FURTHER STUDIES)

Compared to existing research findings, th article presents insights that are both similar and different. In terms of similarities, the study, like previous research, increasingly focuses on the social media use of graduates and its impact on mental health. Studies have shown a clear correlation between social media use and mental health, indicating an inseparable relationship. However, the study differs in that it focuses on undergraduate students in Shaanxi Province and specifically contextualizes mental health in terms of employment anxiety, selecting the mental health effects brought about by recent heated discussions on employment issues on social media as the research focus. Nevertheless, the study also has certain limitations: Firstly, there is a limitation in the research sample. Due to the limited number of undergraduate students in Shaanxi Province and their strong independence, only 400 questionnaires were collected, which did not meet the expected sample size. Increasing the sample size in future research can make the conclusions more representative. Future research should focus on expanding and refining the target population. Secondly, the upper limit of employment anxiety measurement is not clearly defined. Although the study found a positive correlation between employment anxiety and dimensions of social media use, it is worth noting that employment anxiety levels can plateau after reaching a certain point, rather than continually increasing. Therefore, it is necessary to accurately measure and assess employment anxiety in subsequent research, clarifying the upper limit of employment anxiety levels.

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