

Abstract

The use of social media as a leisure activity is popular among the young generation. However, there is limited literature investigating the relationship between social media activities and work recovery. This study aims to fill in the gap between online social activities and recovery by studying the relationship between four kinds of social media usage (i.e., active participation, passive following, social searching, and social browsing) and two recovery outcomes (i.e., emotional exhaustion and engagement), with consideration of the possible mediation effects of social capital and recovery experience. Data collected from 145 college students aged between 18 to 24 by self-report online surveys suggested that active participation is negatively correlated with emotional exhaustion, and social capital and recovery experience may moderate the effects of social media usage on recovery outcomes. However, no mediation effect is found for social capital and recovery experience. Theoretical and practical implications, as well as future research directions, are discussed.

Keywords: work recovery, social media, recovery experience, social capital, conservation of resources