

Social Media – Effects on the Psychological Health of Adolescence

Laveena D'Mello¹ & Meena Monteiro²

¹Associate Professor, College of Social Science & Humanities, Srinivas University, Mangalore, Karnataka, India.

E-mail: lavyrononha@gmail.com

²Associate Professor, Social Work Department, School of Social Work, Roshni Nilaya, Mangalore, Karnataka, India.

E-mail: monteiromeena@yahoo.com

ABSTRACT

Social media seems to play an imperative part of people lives around the world. The adolescence use Facebook, YouTube, Google, and many others social media and which will make them full busy all the time and to waste their more productive time which can be utilized in doing physical exercise, their school education and studies, and to developing hidden talent. Adolescents are the future citizens and have to focus on their future goal. The research study focuses on the psychological health of the adolescence based on social media which lead to bring change in their behaviour. Adolescence period begins with the physiologically puberty and ends with adult identity. The adolescence starts during the period between 13 years to 19 years. The period of adolescence is considered as crucial and significant period of an individual's life. Psychologically, adolescence is the period when the individual becomes integrated into society. It also includes profound intellectual changes. The main aim of this research study is to understand the impact of the social media on the psychological health of adolescences and the objectives are; to understand the positive and negative effects of social media, and also to assess the effect of social media on their psychological health. The sample size of the study includes 50 respondents of age 13 to 19 years from Mangalore Taluk. The sample was selected through the random sample method. The findings of the study say 96% of the adolescents are more adventurous, 34% of the rarely disturbing thoughts, 50% not at all become preoccupied, 20% of them have a behavioural difference like anger, and 38% are using social media for enjoyments.

Keywords: Social Media, Psychological health, Adolescence, Effects and behaviour.

1. INTRODUCTION :

People are communicating almost whole day and every day through texting, email, and ever-expanding social media. Face book, twitter, WhatsApp etc, with various devices have become very popular and easily available for all the users with unlimited offers and reasonable packages. Easy availability and recharge offer of different companies with latest set of new brand of mobiles with the latest features will attract the adolescent much more than others. It is the fashion, trend and status to adolescents in their peer group to have better set than others.

Without the knowledge, availability and uploading information, they are not recognized in the group and are considered as outdated. There are many websites that are easily accessible and allow people to use quickly and easily share pictures, links, ideas, and messages with other users, with in a second across the globe. Social media has attracted not only children and adolescents but also other individuals including, women, youngsters businessmen, and religious organization [1, 2]. This has a tremendous impact on the personality of the adolescent. His/her mental, emotional, and

social, sexual and physical development will be affected as well. Development is a progressive series and experience, it, influences maturation, is continuous in all areas of mental activity and enables the adolescent to adapt to the environment in which they live. Psychologically and intellectually many changes occur during adolescence. Physical, Cognitive, Emotional, Social and intellectual development are the common features of adolescent. They need social conformity, social loyalty and develop social responsibility. Both social media and the growth of the adolescent go together and this will have more reciprocal effect on their development [3, 4].

2. IMPACT OF SOCIAL MEDIA :

There is growing concern about adolescence psychological health. Children need to be happy and healthy. They should know how they think about themselves and the problems they face. The adolescents are not able to decide for themselves in many instances, they cannot do by themselves and they need support and guidance from the elders. They express their emotions like anger, sadness, fear or anxious and self doubt. There are a number of ways in which the adolescents are influenced [5-7]. The social media is the one which helps them to overcome from their problems. It enhances learning and education. With the help of the internet, now have access to all from of information. Nothing is strange to 'Google'. Some information from elders or parents that cannot be satisfies them or the information in the libraries and research centres are now available online. The use of search engines such as Google scholar has helped many students in their educational life. With the use of social media, the education and learning has become so easy for the students. But many adolescents those who access to internet and they waste their time on it by chatting and surfing the internet for non-educative information [8, 9]. They are become the victims to their phones throughout the day making them lose the sense of time. Some of the adolescents are addicted and loose over to this electronic gadget. They are also unable to concentrate and study. They think smart phones

are guide for them to study during exams and while studying tempted to check the mobile. A few of them are addicted to the music so much they wanted to listen to the music while they are studying which reduce their rate of assimilation and act as a source of disturbance to others around them. Adolescents are nowadays search for information that will not add values to their lives [10, 11]. There is a great decline in student's passion to read for pleasure and enjoyment but instead prefer to seek pleasure from the media by surfing for videos on social media and online gaming with their phones. All these distractions will only fetch them minimum marks in their academics and will not enhance their knowledge fully [12, 13].

3. METHODOLOGY :

Methodology is the blue print of the study. Methodology consists of objectives of the study, motivation for the study, scope of the study, research design, universe and sampling techniques, methods and tools of data collection, processing and analysis of data. It is a 21st century. Most of the people are addicted to social media, and the children and the adolescents are most vulnerable groups. Some of them are addicted to social media and they cannot survive without it. Children and adolescent people are most addicted in social media and games. Many of adolescents have been affected the maximum and have disclosed a number of psychological and emotional problems, poor academic performance, and relationship issues are on an increase. This motivated the researcher to further undertake this study. The objectives of the study are to understand the positive and negative effects of social media, understand the effects of social media on their psychological health. The study helps to trace the various reasons for the impact of social media on the psychological health of adolescents. The research design used for the study is descriptive in nature. The universe of the study includes 50 respondents of age 13 to 19 years from Mangalore taluk. The sample was selected through random sample and quota sampling. The data was collected through interview and questionnaire method it consists

of both open ended and close ended questions.

4. ANALYSIS :

Age and sex of the Respondents: The data represents the age and sex of the respondents; this enables us to understand the age and sex profile of the adolescents. In this study the age range is between 13 to 19 years and both male and female were included. The table 1 shows the

age and sex of the respondent's Majority (96%) of the respondents are of the age group 13to 19 years. Only (4%) of the respondents are between 17 to 19 years. It has been found that (96%) of the adolescents like to be more adventurous, curious and explore themselves to the social media. They do not think of what is right and wrong.

Table 1 : Age and Sex of the respondents

Age and Sex	Sex		Total
	male	female	
13-16	23	23	46
17-19	3	1	4
Total	26	24	50

Impact on the psychological health of the adolescents: The table 2 presents how often the respondents block their thinking and getting involved in the internet. This is affected their creativity and they have blocked their way of thinking. We can understand from the above table that a majority (34%) of the rarely disturbing thoughts, (26%) are most being affected and (26%) have frequently disturbing

thoughts, and 14 percent are more vulnerable. To these studies shows they that they are more addicted towards use of social media. When they are offline, they feel mentally disturbed, frustrated since they have addicted to the use of social media. They feel they have lost something important in life and this effect on concentrated and mind set.

Table 2 : Psychological health of the adolescents

Disturbing Thoughts	Frequency	Percent
Not at all	13	26.0
Rarely	17	34.0
Frequently	13	26.0
Always	7	14.0
Total	50	100.0
Preoccupied Thoughts	Frequency	Percent
Not at all	25	50.0
Rarely	16	32.0
Frequently	5	10.0
Always	4	8.0
Total	50	100.0
Feel mentally strained	Frequency	Percent
Yes	11	22.0
No	39	78.0
Total	50	100.0

The table presents to us on the percentage of respondents getting disturbed and preoccupied with thoughts of internet when they are offline. The above table shows that a majority (50%) not at all become preoccupied, 32percent rarely, 10 percent said frequently and 8percent said that they always become preoccupied with the thoughts of internet. Preoccupation of thoughts can reduce the adolescent's concentration on studies. During class times the adolescent may think of internet and this can reduce their attention.

Different Types of Social Media

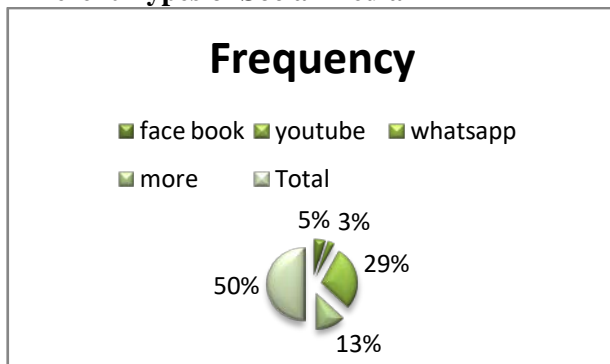


Fig. 1 : Types of Social Media

The chart (figure 1) said that Majority (29%) of adolescent are using too much of social media are WhatsApp, and others only (13%) of people using more social networking sites , in that we can see adolescents are more attracted in various of social media. And (5%) of have the interest on face book, (3%) of people using YouTube. This shows adolescents are more interest and attracted on the social media and they spent too much time in that.

Behavioural changes through Social Media:

The chart (figure 2) shows that the Majority (20%) of respondent shows behavioural

differential like anger, 8 percent said they are frustrated, 14 percent said that they are sad, and 8 percent show the irritable behaviour. The respondent who are more addicted and spent long hours have show behaviour changes like being aggressive, irritable, anger and sadness. Specifically, when they are enabling online games and also when they are defeated.

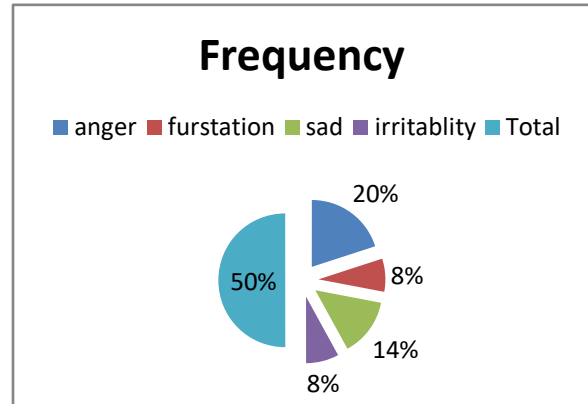


Fig. 2 : Behavioural changes through Social Media

Adverse effects of Social Media: The table 3 shows that the adverse affects of social media on adolescents. Majority (38%) of respondents said that social media only activity for enjoyments. They are wasting time in chatting and watching videos and all. (20%) shows adolescents are following the others life style and try to shows like that. And (16%) have the no direct contact with people and they are lost their way of communication, and other. (16%) of they are low concentration. They can't centre on anything like studies, decision making etc. Only (10%) of respondents has low self esteem.

Table 3 : Effects of Social Media on the Respondents

Signs	Yes	No	Percentage
Low self esteem	2	3	10%
No face to face contact	3	5	16%
Envy of other people life	4	6	20%
Enable to do/ concentrated on anything	3	5	16%
Social media only activity for enjoyment	12	7	38%
Total	24	26	100%

5. SUGGESTION AND CONCLUSION :

Suggestions: Social work intervention to this area of study: Giving awareness on use and misuse of social media, Parents can be guided to help their children to focus more on their goals and life then become easy victims of electronic gadgets, Inputs can be given to teachers in schools to help children towards learning than the materialistic world. Social media is a convenient and important communicative network system for all the people nowadays. The study helps to contribute help the adolescents to understand the impact of the excessive use of social media on the psychological health. Social work intervention will be important to give insight to adolescent on the use and misuse of social media.

REFERENCES :

- [1] Eric W.T. Nagi, Spencer S. C. Tao, Karen K. L. Moon (2015). Social media research: Theories, constructs, and conceptual frameworks. *International Journal of Information Management*, 35(1), 33-44.
- [2] Baumeister, Roy F., Campbell, J. D., Krueger, J. I., and Vohs, K. D. (2005). Exploding the Self-Esteem Myth. *Scientific American*, 292(1), 84-91. DOI: 10.1038/scientificamerican0105-84.
- [3] Laveena D'Mello, Meena Monteiro, & Nelson Pinto (2018). A study on the Self Esteem and Academic Performance among the Students. *International Journal of Health Sciences and Pharmacy (IJHSP)*, 2(1). DOI: <http://dx.doi.org/10.5281/zenodo.1156448>.
- [4] Hill, S.E. & Buss, D.M. (2006). The Evolution of Self-Esteem. In Michael Kernis, (Ed.), *Self Esteem: Issues and Answers: A Sourcebook of Current Perspectives*. Psychology Press, New York. 328-333.
- [5] D'Mello Laveena, Govindaraju B. Meena Monteiro (2016). A Study on the Challenges Faced by Single Parent on Teenager Care. *International Journal of Advanced Trends in Engineering and Technology* (IJATET), 1 (1). 54-59.
- [6] Alexander, F. M. (2001) The use of the Self. Amazon publication, ISBN-10: 0752843915.
- [7] Burke C. (2008). Self-esteem: Why? Why not?. *Homiletic and Pastoral Review*, New York.
- [8] Gaylin, N. L. (1996). The self, the family, and Psychotherapy. *The Person-Centered Journal*, 3, 31-43.
- [9] Stanley Coopersmith (1967, 1981). The antecedents of self-esteem. *Psychologists Press*, Palo Alto, CA.
- [10] Rosenberg, Morris, and R. G. Simmons. (1972). Black and White Self-Esteem: The Urban School Child. *American Sociological Association*, Washington.
- [11] Gururaj G Gouda and D'Mello Laveena (2018). An Introducing "Cap Concept" in a class Room Learning for the Students to Achieve Success. *Srinivas Institute of Management Studies*, ISBN: 978-93-5321-508-8, Mangalore.
- [12] Gururaj G Gouda and, D'MelloLaveena (2018). A Study on the Teacher-Student Relationship and its Impact on the Behaviour of High School Students. *Srinivas Institute of Management Studies*, ISBN No.: 978-93-5321-508-8, Mangalore.
- [13] D'Mello Laveena, Govindaraju B. (2016). Implication of Academic Stress in Adolescents. *International Journal of Scientific Research and Modern Education (IJSRME)*, 1(1). 302-327.
