



Impact of Social Media Addiction on Mental Health and Psychological Well-Being of Adolescent Students

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ABSTRACT:

Excessive Internet use in the form of social media is prevalent in today's era which to an extent causing problems of social media addiction in young Adolescents. The goal of the study is to assess the different types of Social Media Addiction impact of social media addiction on the mental health and psychological well-being of the young Adolescents. This research study is particularly focusing on the students of private schools and government schools. For that purpose, 50 schools students of both private and government schools were undertaken. Questionnaire Survey method has been used for data collection. This research study is undertaken to determine the effect of social media addiction on the mental health and psychological well-being of the school students. The results show that our hypotheses have been proved right. It shows that the students with higher social media addiction tends to show lower level of mental health and low psychological well-being while the students with lower level of social media usage tend to show higher mental health and psychological well-being.

Keywords: Social media Addiction, Mental Health, Psychological well-being, onlineGaming, Net surfing, Internet Addiction.

INTRODUCTION

In the last decade, the large availability of the internet and the embracing of new digital technologies like smart-phones are changing people's way of life and introducing new social dynamics. Nowadays the use of Social Media is very common in all stages of life and spending time and staying connected or updated is socially healthy but the problem occurs when the students start over spending their time over the use of Social Media which affects their academics in a negative way and this is something parents and teachers want to avoid. Addiction usually refers to compulsive behaviour which leads to negative effects. A social Media addict could be considered a person with a compulsion to use Social Media to excess – constantly checking *Whatsapp, Facebook and Instagram* status updates and spending umpteen no. of hours playing online games like *PubG* and *CandyCrush*. And it's hard to tell when fondness for such activities becomes a dependency and crosses the line into a damaging habit or addiction.

Internet Addiction: Internet addiction is a mental condition characterized by excessive use of the internet, usually to the detriment of the user. Addiction is generally understood to be a mental disorder involving compulsive behaviour. When someone is constantly online, they may be described as addicted to it. Usually people spending more than 5 hours on the internet without any productive or constructive activity are said to be internet addicts.

Social Media Addiction: Social media addiction is a term that is often used to refer to someone who spends too much time on social media like Facebook, Whatsapp, Instagram, Snapchat, Tinder, Tiktok and Twitter or other forms of social media. Nowadays our youth is constantly making videos on tiktok or other similar applications while ignoring all the other productive and constructive activities and believing that they can have a secure future with the use of social media which results in addiction of these social media platforms.

Nature of Mental Health

Mental Health is a level of psychological state or an absence of mental illness. It is an ability of an individual to create a balance between personal and professional life and enjoy both in order to achieve psychological resilience. "It is the psychological state of a person who is functioning at a satisfactory level of emotional and behavioural adjustments." According to WHO, Mental Health includes "Subjective Well Being, Perceive self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others."

Concept of Psychological Well-Being

Psychological Well-Being refers to Positive Mental State like peace and satisfaction. If a person is happy and very satisfied with one's life that means his/ her psychological well-being is quite high. Psychological well-being is concerned with two important aspects: The term hedonic well being normally used to refer to the subjective feeling of happiness and Eudemonic well-being is used to refer to purposeful aspect of psychological well being. Subjective Well Being involves people experiencing positive emotions and feelings of happiness with the need to experience purpose and meaning, in addition to positive emotion.

Difference between Mental Health and Psychological Well-Being

Mental health includes emotional, psychological, and social well-being. It deals with how we think, feel, and act. And helps to determine the ways to handle stress, cope with crisis, and make better choices and make meaningful contribution to their country. The abrupt changes in the thinking mood and behaviour give birth to mental health problems. The factors that cause mental health problems are biological factors such as genes and brain chemistry, life experiences such as trauma or abuse and family history of mental health problems. These are very common but it is curable with the help of proper treatment. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events. Carol Ryff explained a model in which Psychological well-being is categorized as eudemonic well-being and hedonic well-being. Eudemonic well-being is concerned with self-acceptance, environmental mastery, positive relationships, personal growth, purpose in life, and autonomy. Hedonic well-being deals with happiness, subjective well-being, and positive emotions.

APPROACH

Quantitative: Random selection of respondents from different Schools. The respondents will be then categorized into controlled and experimental group according to the Research design. Further, the Obtained data would be analysed quantitatively.

Qualitative: Anin-depth interview session could be done with the selected experimental group in order to assess the factors responsible for the Social Media Addiction in the Students. The qualitative data can be used for the further interpretation and discussion of the obtained results.

Integrated: Both qualitative and quantitative approaches are proposed to be used for the data analyses. For quantitative approach statistical and correlational analyses might be done. For qualitative approach thematic analyses can be done in order to identify various themes and factors that might emerge during data collection.

ASSUMPTIONS OF THE STUDY

The other factors that could affect the study remain constant such as economical condition, socio cultural condition, environmental factors, genetic history, family background, peer group relationships, school environment.

LIMITATIONS

The area is confined to Bhopal City and its periphery which is a growing metropolis. It does not depict about the tribal area and removed regions. The study does not focus on the details of socio-economic status of the families to which selected respondents belong. The study is exclusive of semi-private and semi-government schools. The factors will not be comparable as others have investigated either developed metropolis as Delhi Mumbai and Chennai and some have considered only the rural areas. Thus, no study has been done on developing study in which students adapt and follow the fashion or trend parameters developed there.

LITERATURE REVIEW

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3. Dr. Patti M. Valkenburg, Jochen Peter & Alexander P. Schouten (2006) Friend Networking Sites and Their Relationship to Adolescents' Well-Being and Social Self-Esteem.
4. Valerie Barker (2009): Older Adolescents' Motivations for Social Network Site Use: The Influence of Gender, Group Identity, and Collective Self-Esteem.
5. Teresa Correa Amber, Willard Hinsley & Homero GildeZúñiga (2009): Who interacts on the Web? The intersection of users' personality and social media use.
6. Kimberley S Young & Robert C Rogers (2009): The Relationship between Depression and Internet Addiction.
7. Cecile Schou Andreassen, Stale Pallesen & Mark D Griffiths (2017) the relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large national survey.

OBJECTIVES

1. To study the different social media types and their addictive nature.
2. To assess the addiction of social media among students.
3. To determine the impact of social media addiction on mental health of students.
4. To assess the impact of social media addiction on psychological well being of students.
5. To determine future trend of social media and its probable addiction levels.

HYPOTHESES

1. There will be positive relationship between higher levels of social media addiction and lower level of mental health.
2. There will be positive relationship between higher levels of social media addiction and lower level of psychological well-being.
3. There will be strong presence of social media addiction among adolescents.
4. There will be diversity among various groups of adolescents pertaining to mental health and psychological wellbeing.

RESEARCH METHODOLOGY AND RESEARCH DESIGN

Sampling Techniques:

A sample of 50 respondents from each type of school (Government and Private) will be taken for the study. Sample will be collected randomly by stratified random sampling method as it is a convenient method and gives accurate results which can be easily measured. The data will be collected through questionnaires which will be first put on a pilot study and will later be amended and elaborated.

Tools and Techniques:

For assessing the level of social media addiction, Mental Health and Psychological well-being, following questionnaires will be used:

1. *Bergen Social Media Addiction Scale* (2016)
2. *Mental Health Scale*- Dr.Kamlesh Sharma (1996)
3. *Psychological Wellbeing Scales* – Carol Ryff (2007)

Research Design:

The study will investigate the level of addiction to social media and the mental health and psychological well being of students from both government and private schools. The research carried out for this study is of exploratory nature. The study includes exploring the types and impact of social media addiction on students. The nature of data obtained for the study will be both quantitative and qualitative. For this questionnaire survey method will be used. The data obtained will be tabulated and interpreted and discussion will be formulated on the basis of the findings.

Statistical Processing:

Statistical processing has been done using tools like coefficient of correlation and regression to understand and establish relationship between social media addiction, mental health and psychological well-being. The validity has been checked with the Theoretical method found to be 0.83 and with Construct method is 0.66 and the reliability has been tested with the test-retest method is 0.69 and Split-half method is 0.94.5-point Likert scale Scoring Pattern is applied for the manual assessment of the scales that have been used. The conduction of this study is objective by nature and individual administration is done. The significance has been calculated at 0.05 levels.

N=60	Mean	Standard Deviation	T-Test Calculations	Level of Significance
Social Media Addiction	172.27	27.40	3.46 > 1.96	Significant @ 0.05 level
Mental Health	170.91	28.25	2.98 > 1.96	Significant @ 0.05 level
Psychological Well-being	188.51	23.48	3.03 > 1.96	Significant @ 0.05 level

Result: As the tables shows the observation and the results depict a significant difference among the concerned variables focussing on the inclusion and exclusion of the extraneous variables that could influence the responses.

Outcome of the Study:

The study investigated the type and level of social media addiction, mental health and the psychological well-being of students from both

government and private schools. For this questionnaire survey method has been used. The research carried out for this study is of exploratory nature. The study includes exploring the types and impact of social media addiction on young adolescents. The nature of data obtained for the study will be both quantitative and qualitative. Based on these earlier findings as well as theoretical consideration, this research study has measured the rate of social media addictionsuffering by young adolescents. Other than the previous studies, this study also looks forward to understanding and assessing the factors responsible for the addiction. During the research it has been noticed that the respondents have suffered different types of internet addiction based on gender, socio-economic status and community as per the availability of internet and smart phones facilities, at different levels which have adverse effects on their Psychological Well-Being and have caused stress and deteriorate their physical and mental health as well. As per the results it is clear that the students who are more prone to internet are using social media excessively and having high scores in social media addiction scale and low score on mental health and psychological well-being scales and vice versa. In this way our hypotheses have been proved right that there is a positive relationship between social media addiction, mental health and psychological well-being. And also, there is a significant difference among the mental health and psychological well-being of the adolescents of both the types of schools.

Conclusion:

According to a survey report in 2018, 3.1 billion people are using social media out of which 210 million people are social media and internet addicts worldwide. In the last few decades, Internet and social media addiction has been announced as one of the major National health problems in various countries. Based on earlier findings and research studies it is said that excessive use of social media causes the symptoms of *low self-esteem, negative mental thoughts, depression* due to the comparison with others, feeling unhappy and isolated. Social media creates a fake image of showing everyone as very happy and living their dream life, which is actually not true; they might be completely different in real life. This *unrealistic life* often results in creating *depressive thoughts* as you are the only one suffering in the world. Overall, it affects the individuals' personality and has hazardous effects on their physical, emotional and mental health and deteriorate their psychological well-being as well, these effects are no less than a *psychological disorder that needs to be treated*.

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