



Social Networking Addiction and Its Effects on Frustration among Adolescents

Pramod Wagh¹, Dhammaratna Jawale²

¹Assistant Professor, Yashwantrao Chavan Maharashtra Open University, Nashik Maharashtra, India

²Assistant Professor, Yashwantrao Chavan Maharashtra Open University, Nashik Maharashtra, India

ABSTRACT

Virtual platforms such as Instagram, Facebook, and WhatsApp have been integrated into daily adolescent lifestyles, while social media expansion speeds continue to transform adolescent behavior patterns. Research investigates social networking addiction patterns alongside related psychological frustration manifestations among Nashik City Indian adolescents. A total of 100 14-19-year-old adolescents received the Social Networking Addiction Scale (SNAS) and Frustration Test assessment. Research data indicates that social networking addiction exists at a high level (60%), while girls (65%) experience these symptoms more frequently than boys (55%). Adolescents who struggled with addiction demonstrated notably greater frustration scores when compared with students who did not struggle with addiction. Frustration measures across adolescents showed a significant positive connection ($r = 0.68$; $p < 0.001$) to addiction severity levels, while girls demonstrated a slightly higher correlation. These findings demonstrate how huge amounts of social media usage negatively affect young people emotionally, which demands culturally based interventions to help Indian adolescents develop better online behaviour.

Key Words: Social Networking Addiction, Frustration, adolescents

1. Introduction

Like many things, social media has changed the way people communicate and interact. Among teenagers, while Facebook, Instagram, and Snapchat serve their purpose to connect with others and engage their identities, long hours spent on these sites can also amount to addiction—somebody is becoming unable to control it, and compulsive behaviors are being performed.

The rapid expansion in the field of digital technologies has modified communication patterns across the world; India now stands as one of the most significant consumer bases for social networking sites. Social media applications like Instagram, WhatsApp, Facebook, and TikTok, before being banned in India, have been embedded in the everyday life of Indian teenagers, providing them spaces of interaction, self-expression, and social validation (Statista, 2023). India has the highest number of internet users worldwide; out of this more than 600 million, a large part is contributed to the adolescents who counted on social media (IAMAI, 2022). While these efforts aim to alter people's social interaction practices, they also raise concerns about "social networking addiction," specifically the overuse of these platforms. Addiction to social networking refers to a person's addiction to the emotional and behavioral damage on social media platforms (Andreassen, 2015). Healthy access to smartphones and affordable internet combined with the availability of Jio has increased the screen time of Indians even among adolescents (Kumar et al., 2021). These adolescents, generally susceptible to high influence from their peers, yearn for social approval, and develop their self-identity, which often leaves them vulnerable to addictive behaviors. India is an enormous and culturally diverse nation with values governing family systems and expectations of academic standards. Against such a sociocultural backdrop, the influence of social media poses unique challenges, as pointed out in this study (Nayar & Kuppuswamy, 2018). One of the critical yet underexplored consequences of social networking addiction is its impact on frustration levels among adolescents. Being frustrated means that your needs aren't being met or your goals are getting in the way. This is especially true for teens who have to deal with peer pressure, family expectations, and school pressure (Beranuy et al., 2020). In the context of social networking, frustration can stem from several factors, such as exposure to curated and idealized online lives, negative social comparisons, cyberbullying, and the constant need for validation through likes, comments, and shares. For instance, the pervasive "fear of missing out" (FOMO) has been identified as a significant driver of emotional distress among Indian adolescents (Przybylski et al., 2013).

India's highly competitive academic environment and societal expectations of success often leave adolescents with little time for play or stress relief (Mukherjee, 2020). Social media degenerates this interaction even further by interfering with sleep cycles, increasing procrastination, and lessening face-to-face socializing with family and friends (Twenge et al., 2018). Such cumulative effects can raise frustration and ruin their emotional well-being, academic achievements, and peer relationships.

In the Indian social context, the phenomenon of cultural collectivism, societal norms, and parental control continues to define the social networking experiences of the adolescents (Sundararajan, 2019). Sometimes, societal embargo may influence emotional confrontation with the individualistic goal

of modernity, which the characters reflect in their social media revenge. Therefore, Indian adolescents tend to experience an acute sense of inadequacy and frustration.

Increasing consumption of social media in India and its repercussions on adolescent behavior make it incumbent that the dynamics of social networking addiction influencing frustration are understood. This understanding will be useful for formulating culturally appropriate interventions to meet the special needs of Indian adolescents. Such interventions could be developed to help parents, educators, and policymakers nurture healthy digital habits while lowering the negative impact of social networking addiction on the individual, family, community, and society.

This study is done to disclose the level of social networking addiction and frustration, which contribute to different levels among Indian adolescents, showing the mental, social, and cultural processes taking place. By treating this subject through the Indian side, the investigation tries to yield actionable information about the positive, productive, and healthy use of social media among the young people of the country.

2. Literature Review

2.1 Social Networking Addiction

Kuss and Griffiths (2011). Social networking sites (SNSs) are virtual communities where users make profiles, chat with friends in real life, and share interests. They have been a global phenomenon, with folk knowledge that it may be a mental health problem. The goal of this literature review is to give a fair picture of SNS addiction by talking about the types of people who are addicted, how they become addicted, how they are identified, and how they interact with other addictions. The findings of this research show that SNSs are predominantly used for social purposes, where extraverts are using them for social improvement and introverts for compensation.

Zhong et al. (2024) have argued that RF is a significant predictor of SNSA among college students, predicting AA and AA predicting SNSA. Researchers observed that conscientiousness and neuroticism intensified the effect of RF on SNSA. In other words, higher levels tend to enhance the positive effects. This indicates a type of disconnection from face-to-face relationships and a quest for online sites; hence, the energy should be channelled toward online attachment avoidance and burying the seeds of SNSA.

Wagh, P. D., & Dongare, N. (2022). It looked into the link between social networking sites (SNS) and addiction in five research papers. These papers took a wide range of views on the issue, including how SNS only allow information to flow in one direction, how constant use of SNS can lead to addictive behaviors (using Facebook as an example), fear of missing out and mobile addiction, and how SNS can cause addiction. The paper examines methodological issues that require attention.

Guedes et al. (2016). conducted a study on Facebook addiction. Facebook addiction is an issue that is growing at an alarming rate among users, with abuse apparently having repercussions on their psychological and behavioral states. The much-studied cause of addiction is the expectations and fulfillment they obtain; some addicts end up forming abusive relationships to feel better and be more confident. This prevalence varies from country to country due to a lack of consensus and inconsistent naming practices. It is critical to examine the level of impairment under open Facebook use to see if it is a new classification or a subset of some existing disorders.

Jawale, D. & Nair, B. (2023) conducted a research to study the impact of partial ban on social networking sites among Indian Army officers and soldiers. The Indian Army's partial ban on social media platforms has not had a significant impact on soldiers' social lives, but the ban is likely to face future challenges due to the induction of soldiers from a generation habituated to sharing all aspects of their lives on social media. The study suggests that a long-term solution lies in educating soldiers on good, safe social behavior, coupled with clear guidelines and punishments for violating them. The impact of social media on society cannot be denied, and Armed Forces need to harness its strengths as a force multiplier. The military should analyze how soldiers use social media and educate them for using it for tactics and intelligence gathering. However, cultural differences exist between military and online society, and improper or immature posts can alter public perceptions and compromise operational security. The Army's hierarchy needs to change the mindset of soldiers to understand the importance of using social media responsibly. Education, trust, and training can create rules of online behavior to encourage responsible use by military personnel and their families. Survey results reveal that nearly half of the respondents believe the ban was imposed to prevent soldiers from being targeted on social media, some to prevent soldiers from sharing posts that go against the ethos of the army, and a minority to avoid soldiers sharing opinions on controversial national topics.

2.2 Psychological Effects

Andreassen and colleagues' (2016) Social networking dependency is linked to increased stress, depression, and anxiety levels. Particularly video gaming and social networking sites, addictive technology has been linked to comorbid psychiatric disorders. Method Invent data analysis found strong and positive relationships between addictive technology use and signs of mental illnesses in a study of 23,533 adults.

(Gmiro, 2024). The research looks at how social media use affects mental health psychologically. It seeks to find out whether the connection between mental state and SMU screen time rests on first psychological need satisfaction and frustration. Involved in the study were an experimental group of 100 undergraduate students and a control group. Results showed that reducing SMU improved positive affect and depression in people with above average SMU-based need frustration, therefore reducing SMU might be most advantageous for those with very need frustrating SMU.

Lin et al, (2023). This study examined the relationship between social media addiction (SMA) and aggressive behaviors in adolescents, as well as the mediating roles of sleep quality and nighttime social media use in the relationship. A sample of 773. In the larger study, a self-report questionnaire showed that aggressive behaviors were positively related to SMA and sleep quality showed a negative relationship in Italian secondary school students. they discovered social media use before going to sleep at night correlated with worse quality sleep and increased aggression functionality. Both SMA and sleep quality were influential factors in the use of social media at night.

Fioravanti et al, (2021). A positive association was found in a meta-analysis of 21,473 people with Fear of Missing Out (FoMO) and Social Networking Site (SNS) use and Problematic SNS use (PSNSU). FoMO was found to be positively associated with depression, anxiety, and neuroticism, but negatively associated by consciousness in the study. Age, sex, and geographic region did not moderate these associations. FoMO is believed to have a construct validity in these results, which was introduced to explain why social media are attractive to certain individuals. People who are motivated by the goal of establishing connections and improving their social skills may resort to using Facebook and Twitter as a compulsive tool for communication.

2.3. Frustration.

Chitrakar and Nandita (2023). The research examines how frustration affects students' motivation and academic achievements. Through the use of secondary data, such as research papers and government news sources, educators policymakers, and researchers can enhance strategies to reduce frustration while also increasing student engagement and success.

Wagh, P. D. (2024). A survey was conducted to determine the levels of frustration experienced by Indian college students in the fields of arts, sciences, or commerce. The research was descriptive. The level of irritation experienced by male students was significantly lower than that of female students, with an increased tendency towards frustration.

Pandey (2019) Kewalramani & S. Despite the internet's explosive growth, mental health problems have been linked to the 4.54 billion active users. Young adults may develop internet addiction due to both frustration intolerance and emotional maturity. According to the study, males are more prone to internet addiction than females, and it is also true that both genders experience this type of addiction.

Zhong, et al (2024). They examine University students' addiction to social networking sites (SNSA) is associated with attachment avoidance and personality traits such as Conscientiousness and Neuroticism, according to the study. The prediction of SNSA was found to be influenced by RF in a study of 489 students, with AA partially accounting for this effect and an increased risk of Conscientiousness and Neuroticism. Individuals with heightened levels of these traits may avoid social interactions in the real world.'

Li et al, 2020. Self-determination theory was applied to the effects of social networking sites (SNSs) on Chinese university students, looking at their profiles of basic need satisfaction and frustration. The outcomes were mixed. The research revealed that. Those who were satisfied and dissatisfied, as per the results, had higher levels of well-being and lower rates of SNS addiction, while those who are not content or frustrated decreased their well being and increased their SNR addiction. The results support the social enhancement hypothesis.

3. Methodology

3.1 Objectives

1. To determine the prevalence of social networking addiction among adolescents in Nashik City.
2. To analyze the psychological impact of social networking addiction, specifically frustration.
3. To study the connection between the degree of addictive social networking use and the intensity of frustration experienced by adolescents.

Hypothesis

1. There is a high prevalence of social networking addiction among adolescents in Nashik City.
2. There is a social networking addiction that affects the psychological state of adolescents significantly in the form of frustration.
3. There is a relationship between the intensity of addiction to social networking and frustration among adolescents.

3.1 Research Design

This study is quantitative research, and data is collected through survey methods among 14-19-year-old adolescents in Nashik City.

3.2 Sample Selection

A sample of 100 adolescents was selected using stratified random sampling to ensure representation across different socio-economic backgrounds.

3.3 Research Tool

1. Social Networking Scale (SNAS) - This scale was established by Mohammad Ghazi Shah Nawaz, Dr. Neevidita Ganguly, and Manchong Limlunthanf Zou. The measure concurrently integrates three addiction factors. 1) Impulsivity contributes to addiction and adverse outcomes. This scale consists of 32 elements. 18 assess impulsivity and 9 evaluate virtual freedom. The final five items evaluate negative outcomes. Inventory typically requires 30 minutes.

2. The Frustration Test, developed by Dr. N. S. Chauhan and Dr. Govind Tiwari in 1972, comprises 40 items, with 10 items corresponding to each of the four categories of distress. There are six options for each item. The scale coefficient of 0.88 on the frustration test demonstrates strong test-retest reliability.

3.4 Data Collection

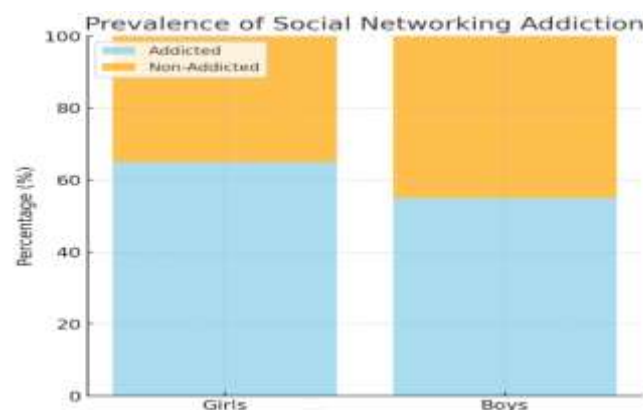
This study included 100 high school students chosen at random from educational institutions in District Nashik. Data were obtained using a survey. Surveys were disseminated to students. Instructions were provided in advance. Students were requested to elucidate their meanings. To minimize errors, if applicable. Statistical approaches were employed to interpret the investigation data.

4. Data Analysis

Data were analyzed with statistical program SPSS. The information was sauced using descriptive statistics, and correlation analysis was done to investigate the link between frustration and social networking addiction.

Hypothesis 1:

There is a highly prevalent of social networking addiction among adolescents in Nashik City.



The Above diagram illustrates how different genders amount of addicted and non-addicted teenagers.

Sixty percent (n=60) of the 100 teenagers polled, 50 girls and 50 boys, scored above the social networking addiction threshold, pointing to a high frequency. Among these, we classified 65% of girls (n=32) and 55% of boys (n=28) as addicts.

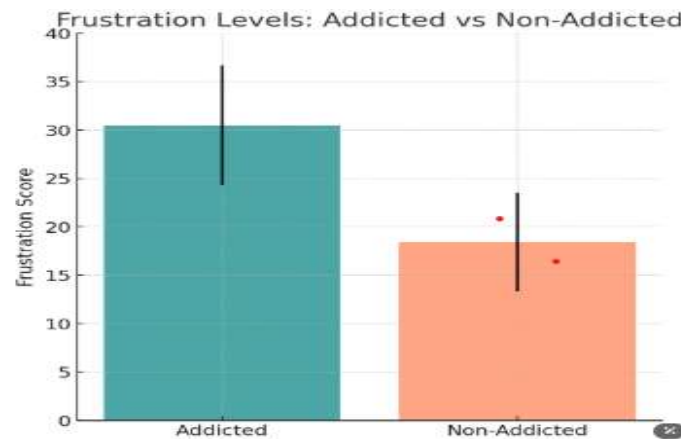
Statistical Test was used: One-sample Proportion Test

Result: $z=5.16$, $p<0.001$ $z=5.16$, $p<0.001$ $z=5.16$, $p<0.001$

Conclusion: The prevalence of social networking addiction among adolescents in Nashik City is statistically significant, supporting the hypothesis.

Hypothesis 2:

There is a social networking addiction affects the psychological state of adolescents significantly in the form of frustration.



The above diagram shows a comparison of the mean frustration scores of addicted and non-addicted adolescents, including error bars for standard deviation.

Compared to non-addicts (mean = 18.4, SD = 5.1), the average frustration score for teenagers with social networking addiction was significantly greater (mean = 30.5, SD = 6.2). Boys had somewhat lower frustration levels (mean = 29.8, SD = 6.4) than girls with addiction (mean = 31.2, SD = 6.0).

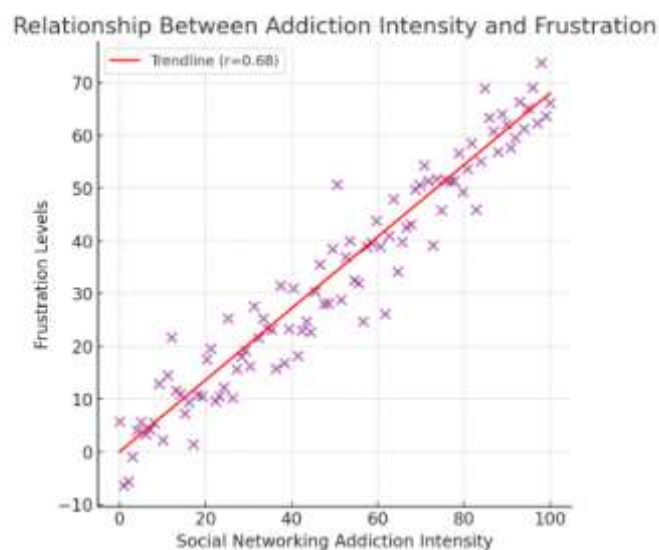
Statistical Test Employed: Independent samples

t-test: $t(98) = 10.43, p < 0.001$

In general, social networking addiction greatly influences adolescents' psychological conditions, exacerbating irritation and therefore validating the theory.

Hypothesis 3:

There is a relationship between the intensity of addiction to social networking and frustration among adolescents.



The above diagram is a scatter plot of social networking addiction intensity against frustration levels, along with a trend line, to show their positive association.

Pearson correlation analysis revealed that social networking addiction scores and frustration levels were strongly positively correlated ($r=0.68, p<0.001$). Girls had marginally stronger correlation than boys ($r = 0.72, p < 0.001$) when analyzed separately; for boys, the correlation was ($r = 0.64, p < 0.001$).

We used the Pearson's correlation coefficient as a statistics test.

Supporting the theory, there is a statistically significant favourable link between frustration levels and social network dependency intensity.

Discussion

The study highlights several important points regarding social networking addiction and frustration among adolescents in Nashik City:

1. **Prevalence of Social Networking Addiction:** The study found that 60% of adolescents in Nashik City show signs of social networking addiction, with girls (65%) experiencing it more than boys (55%). This suggests that social networking addiction is a major issue among teens, likely due to the widespread use of smartphones, peer pressure, and the allure of social media.
2. **Psychological Impact (Frustration):** Teens addicted to social networking reported feeling much more frustrated than those who are not addicted, with girls showing slightly higher frustration levels than boys. This aligns with previous studies indicating that heavy social media use can cause emotional instability, stress, and unhappiness. It appears that social networking addiction might harm emotional well-being by encouraging unhealthy comparisons, dependence, and feelings of inadequacy.

Addiction and Frustration Relationship:

The high correlation ($r=0.68$) of the intensity of social networking addiction and frustration was also reported, and it shows a high correlation between them. This finding highlights that the more teenagers use and emotionally invest in social media, the more they also get frustrated. For girls, the association was somewhat stronger ($r=0.72$) than for boys ($r=0.64$), likely reflecting girls' greater emotional investment in social networking, differential patterns of social networking usage, or different societal pressures.

Conclusion

The study highlights three major points:

1. The use of social networking sites is extensive even in the adolescent population of Nashik City; thus the addiction to social networking sites is of worrisome.
2. This addiction has a huge effect on psychological status with frustration being the most common factor.
3. The results revealed a solid positive relationship between social networking addiction and frustration, meant that the higher the level of addiction, the greater the level of frustration will be.

Such findings encourage interventions to address social networking addiction in adolescents. In order to stem the negative psychological impacts, awareness programs, parental supervision and counselling services can make a vital effort. The result of addiction to social media should be explored in the light of future research, what leads the addiction to social media and how do we promote healthy than social media habits.

This study is an important reminder for all stakeholders, including educators, parents, and policymakers, to recognize the growing impact social networking has on the mental health of adolescents.

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