

Nature of Using Social Media among the School Going Adolescents and Its Effects on their Mental Health

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Abstract:

In recent studies have shown that Social Medias are very popular among the Children's and Adolescents, they spending majority of their time daily life in social media pages. However this Social Medias has become a touchy part of the daily life of the Adolescents and they are used to access regularly for a prolong time periods for different purposes like communicate with people, share information and any other perspective. In the present study an attempt has been made by the investigators to study the Nature of Using Social Media among the school going Adolescents and its effects on their Mental Health in the district of Purulia, West Bengal, India. The investigators have used Descriptive Survey method for the present study. The sample consists of 300 students who were reading in the different secondary schools which are situated in the district of Purulia, West Bengal, India. The random sampling technique has been used for the selection of sample. The investigators used two self made questionnaires, one for knowing the nature of using social media and another one for measuring mental health.. For the analysis of data Mean, S.D, 't'-Test, ANOVA and Graph to analyze have been used by the investigators in the present study. This study revealed that those students who use Social Media in one day in a week they are good on their mental health and those who use social media one day after they have facing mental health problem.

Keywords: *Nature, Using Social Media, School going Adolescents, Effects, Mental Health.*

I. INTRODUCTION

Around the world more than eighty percent (80%) of our youths are spending a large amount of time on internet. For the simple reason that the internet was introduced at a very young age into their lives, the new generation of children and adolescents became the first groups to use internet on a large scale and among the first to begin experiencing problems associated with excessive internet use (**Subrahmanyam, Greenhold & Tyres, 2004**). In the early 2000's, the Web became much more personal as social networking websites were introduced and embraced by the masses. Social networking sites (SNS) are defined as web-based services that allow individuals to construct a public or semi-public profile within a limited system, articulate a list of other users with whom they share a connection, and view and traverse their list of connections and those made by others

within the system. The nature and terms of these connections may vary from site to site (Abdulahi, Samadi & Gharleghi, 2014). In the context of 21st century Students use social media tools for many purposes such as access to information, group discussion, resource sharing and entertainment (Wang, Chen & Liang, 2011). Social media has become pervasive, impacting the social fabric of our society and changing the nature of social relationships. It has revolutionized the way we communicate, interact and socialize. New technologies help facilitate and provide flexibility in communicating and sharing of resources. This new approach to consuming and creating information is in particular attractive to youths as a platform and space for activities not possible in the face-to-face context (Leea, Chena, Lia & Lin, 2015). Social Networking has changed the way the youth-lives, socializes and shares. It is a socially networked life. It has occupied an important place in our lives which is obvious from our gestures of enquiring social networking ids like facebook id, twitter handle, etc and also mentioning some on our visiting cards as well. The bonus of using these websites are aplenty, the youth recognizes those and uses it to its potential (Arora, 2014). Engaging in various forms of social media is a routine activity that has shown to benefit children and adolescents by enhancing communication, social connection and even technical skills. The Internet is a research site for testing theories of technology diffusion and media effects capable of integrating modes of communication and terms of content. Social media sites such as (Facebook Whatsapp and Myspace) offer multiple daily opportunities for connecting with friends, classmates and people with shared interest. Records have shown during the last five years, the number of preadolescents and adolescents using such sites have increased dramatically - John and MacArthur, 2010 (Undiyaundeye, 2014).

SOCIAL MEDIA:

Social Media are computer mediated technologies that facilitate the creation, ideas, career interest and other forms of expression via virtual communities and networks.

Social Media is the collective of online communications channels dedicated to community based input, interaction, content sharing and collaboration..

- Social media is defined as “forms of electronic communication (as Web sites for social networking and micro blogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos).” - *Merriam-Webster (2014)*,
- The Social Media go-to reference created by the public in the form of thousand of contributors define social media as “Media for social interaction, using highly accessible and scalable communication techniques. Social Media is the use of web-based and mobile technologies to turn communication into interactive dialogue” - *Wikipedia*
- Social media is defined as “forms of electronic communication through which users create online communities to share information, ideas, personal messages, and other content like videos – *Smith (2013)*

MENTAL HEALTH:

Mental health includes our emotional, psychological and social well-being. It effects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

According To **World Health Organization (WHO)** “Mental Health is a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community”.

According to **Medilexicon’s Medical Dictionary** ,Mental Health is “emotional, Behavioral, and social maturity or normality; the absence of a mental or Behavioral disorder ; a state of psychological well-being in which one has achieved a satisfactory integration of one’s instinctual drives acceptable to both oneself and one’s social milieu; an appropriate balance of love, work, and leisure pursuits”.

SOCIAL MEDIA AND MENTAL HEALTH:

Social Media has become immensely popular, and in recent years mental disorders among young adults has become more common. That doesn’t mean they are related , but the numbers are staggering and deserve attention. Social media plays a huge part in the development of young people, the impact of social media in relation to mental health has both positive and negative aspects. Social Media use among young adults and their relationship with various mental health problems including loneliness, suicidal thoughts, decreased empathy, social anxiety and overall mental health. Social media use is a poor predictor of mental health problems and concerns about social media precipitating a mental health crisis may be unwarranted (**Berryman, Ferguson and Negy (2017)**). Social Media include, behavioural addiction, the decrease in real life social community participation and academic achievement, as well as relationship problems. Stalking and cyber bullying, identity theft, victimization to rumours, missing out attitude, aggressive and callous behaviour and host of other mental and social abnormalities are also the result of excessive use of social media (**Prabhakararao, 2016**).

II. REVIEW OF LITERATURE:

Sponcil & Gitimu (2013) have conducted a study on “**Use of Social Media by College Students: Relationship to Communication and Self-Concept**”. The findings of this study suggested that almost all college students were using some form of social networking website. Communicating with friends and family on social media sites was very common among college students in the current study.

Ndaku (2013) through his study on “**Impact of Social Media on Students Academic Performance**” revealed that a great number of students in the University of Abuja were aware of the social media and had access to various social networking sites. The students of University of Abuja were often online in various social networking activities. A great amount of time is spent on social networking sites than in academic activities by the students of University of Abuja. Due to a great number of times spending on social networking activities, the

academic performance of students suffer setbacks which could lead to a poor performance in the student's academics and therefore, fail to create a balance between the social media and academic activities.

Eke, Omekwu & Odoh (2014) through their study on “**The Use of Social Networking Sites among the Undergraduate Students of University of Nigeria, Nsukka**” explore that undergraduate students use social networking sites for different purposes and the sites often favour them. This study, it was revealed that one of the benefits of using social networking sites is that it helps in research and learning.

Best, Manktelow & Taylor (2014) have conducted a study on “**Online Communication, Social Media and Adolescent Wellbeing: A Systematic Narrative Review**” the findings of the study shows that benefits of using online technologies were reported as increased self-esteem, perceived social support, increased social capital, safe identity experimentation and increased opportunity for self-disclosure. Harmful effects were reported as increased exposure to harm, social isolation, depression and cyber-bullying. The majority of studies reported either mixed or no effect(s) of online social technologies on adolescent wellbeing.

Arora (2014) through his study on “**Social Networking-A Study of Indian Youth**” revealed that students have access to the networks all the time through their smart phones and tablets, so they find it a little difficult to calculate the exact time they were spending online on social networks. One of the symptoms of logging on to social networking websites before going to sleep checks out in majority of users, which further leads to sleep deprivation as they remain hooked on it for long hours, thereby causing harm to their physical and mental health

Shabir, Hameed, Safdar, & Gilani (2014) through their study on “**The Impact of Social Media on Youth: A Case Study of Bahawalpur City**” the findings of the study shows that the social media is widely used by the rural youth living in the urban population while the urban population utilized this with marginalized interests according to this sample survey. The average age groups which are being contacted by this researcher were between 15-30 years. The final results of the survey shows that almost 50 percent users like face book as their primary and favorite social media form followed by Skype 39 per cent and the 11 per cent users use other forms of social media like Twitter and MySpace

Deshmukh, Deshmukh, and Tathe (2014) have conducted a study on “**An Impact of Social Networking Sites on Youngsters**” explored that Social Networking sites are very popular among the youths with the majority of them stating that they were active members of social networks. This study has shed light on the evolving nature of Social Networking sites among youngsters illustrating the reasons why they use Social Networking sites, what information they shared and the impact of Social Networking sites on them.

Shetty, Rosario, and Hyder (2015) have conducted a study on “**The Impact of Social Media on Youth**” the findings of the study suggest that Positive use of social media can develop the youth's academic career, their skills, better living style, to adopt new trends, fashion, and anthropology so on.

Deka (2015) through his a study on “**A Study on Impact of Social Media on Educational Efforts in Guwahati City, Assam**” this study revealed the fact that the degree level students of Guwahati City uses social

networking sites for varied purposes. Their views showed both positive and negative impact of social media on educational efforts.

Malliga (2015) through his study on “**A Study on Effect of Social Network on Mental Health and Academic Achievement of Secondary Students**” the findings of the study shows that there is significant difference between the male and female secondary students in their impact of social network on mental health. There is no significant difference between the rural and urban standard students in their impact of social network on mental health. There is no significant difference between having mobile and not having mobile students in their impact of social network on mental health.

Berryman, Ferguson and Negy (2018) have conducted a study on “**Social Media Use and Mental Health among Young Adults**” and revealed that, overall, social media use is a poor predictor of mental health problems and concerns about social media precipitating a mental health crisis may be unwarranted. The exception was vague booking, which predicted loneliness and suicidal thoughts. It is possible that some forms of social media use may function as a ‘cry for help’ among individuals with pre existing mental health problems.

Kelly, Zilanawala, Booker and Sacker (2018) through their study on “**Social Media Use and Adolescent Mental Health: Findings from the UK Millennium Cohort Study**” found an association between social media use and depressive symptoms and that this was stronger for girls than for boys. The magnitude of these associations reduced when potential explanatory factors were taken into account, suggesting that experiences of online harassment, poorer sleep quantity and quality, self-esteem and body image largely explain observed associations. An association between social media use and depressive symptoms – a finding that has been replicated using several cross sectional and longitudinal data sources.

Katie (2018) through his study on “**Social Media and Teens: How Does Social Media affect Teenager’s Mental Health**” revealed that Social Media is a medium of entertainment for joy it provides help to teens in learning to maintain the balance with social media with real life friendship is to keep the lines of communications open and keep talking. Social Media is very time consuming it fells affect on mental health or can be causes of mental disorders.

III. NEED OR SIGNIFICANCE OF THE STUDY

Like other studies, the present study has the following contributions or significant aspects in the field of education:

1. The present study helps to know that the nature of using social media among the school going adolescents in the district of Purulia.
2. The present study helps to know that the level of mental health of school going adolescents in the district of Purulia.
3. The present study helps to know the significant effects of nature of using social media on mental health of the school going adolescents in district of Purulia.

4. The present study helps to know that difference places where the school going adolescents using social media of Purulia district.
5. The researchers, scholars and readers will be able to know that the highest percentage of the school going adolescents how many times spent on using social media in per day in the district of Purulia.

IV. OBJECTIVES OF THE STUDY

The researcher has conducted his study on the basis of the following objectives:

1. To find out the percentage of school going adolescents who are using social media.
2. To know the pattern of using social media among the school going adolescents.
3. To find out the time duration spent by the school going adolescents in using social media per day.
4. To find out the time preference of school going adolescents in the use of social media.
5. To find out the Effects of Use of Social Media on Mental Health of the school going adolescents.
6. To find out the Effects of Pattern of using Social Media on Mental Health of the school going adolescents.
7. To find out the Effects of Time Duration of using Social Media on Mental Health of the school going adolescents.
8. To find out the Effects of Time Preference of using Social Media on Mental Health of the school going adolescents.

V. RESEARCH QUESTIONS

1. Do you use social media?
2. What is the pattern of using social media of the school going adolescents?
3. How much time does the school going adolescents spend on social media?
4. When do the school going adolescents prefer to use social media?

VI. HYPOTHESES OF THE STUDY

H0₁: There would not have any significant Effects of Use of Social Media on Mental Health of the school going adolescents.

H0₂: There would not have any significant Effects of Time Preference of using Social Media on Mental Health of the school going adolescents.

H0₃: There would not have any significant Effects of Time Duration of using Social Media on Mental Health of the school going adolescents.

H0₄: There would not have any significant Effects of Pattern of using Social Media on Mental Health of the school going adolescents

VII. OPERATIONAL DEFINITION OF THE TERMS

Nature of using Social Media:

Here in this study the researcher has used the term “Nature of using Social Media” to mean the different styles or ways or patterns that every School going Adolescents applying in case of using Social Media.

Mental Health:

Here in this study the researcher has the term “Mental Health” to mean the mental conditions or ability of School going Adolescents Students in respect to their certain psychological aspects i.e. Emotional stability, self-confidence, dependent & in dependent, adjustment, security-insecurity, depression and anxiety etc.

School going Adolescents:

Here this study the researcher has used the term “School going Adolescents” to mean those Students who were studying class XI and XII in Higher secondary Schools under the West Bengal Council of Higher Secondary Education (WBCHE) in the District of Purulia, West Bengal.

VIII. METHODOLOGY OF THE STUDY

Method of the Study:

The present study is Descriptive type in nature. The researcher has used Descriptive type survey method in the present study.

Population of the Study:

All the School going Adolescents of Higher Secondary Schools under the West Bengal Board of Secondary Education (WBCHE) of the district of Purulia have been treated as population for the present study.

Sample of the Study:

The researcher has selected only 300 Students among the all Students from the sixteen selected Higher Secondary Schools which are situated in the Purulia district as a sample for his present study.

Sampling Technique:

The Random sampling technique has been used in the selection of the sample.

Tools Used in the Study:

The researcher has used one Questionnaire as a tool for collecting the data in the present study:

- Mental Health Measuring Questionnaire
- Social Media Usage Related Questionnaire

Techniques of Data Analysis:

The present researcher has used SPSS followed by these techniques to analyze the data:

- i) MEAN
- ii) S.D.
- iii) 't'-test
- iv) ANOVA
- v) Graph

Data Collection Procedure and Scoring:

As per previous planning the tool was administered upon the School going Adolescents Students of 16 (Sixteen) selected Public under the West Bengal Council of Higher Secondary Education (WBCHSE) in the district of Purulia, West Bengal. The authority and the concerned classes of each school were informed well in advance by the researcher for the purpose of collection of data. On the everyday and moment of data collection the researcher clearly and categorically explained the instruction to the students in the class regarding what to do and how to answer the items of the Questionnaire within the time frame. After completion of the answering by all the students, the filled in copies of the Questionnaire were collected from all the students carefully. After completion of the task, manuscripts were collected; all the students and authority of the School were thanked by the researcher for their heartiest cooperation they extended for the purpose of the study.

After collecting the all Questionnaires (300) from the sixteen selected schools, the researcher has calculated the total score on a Questionnaire by computing the score against the each and every items. In computing the score of each items of the Questionnaire, the researcher has used a preselected method. In case of positive item, direct scoring method that was 5-4-3-2-1 has been used and in case of negative items, reverse scoring method that was 1-2-3-4-5 has been used by the researcher in computing the score of each and every items of the Questionnaire. This total process of computing of the Questionnaire has been done by the researcher very carefully and sensitively.

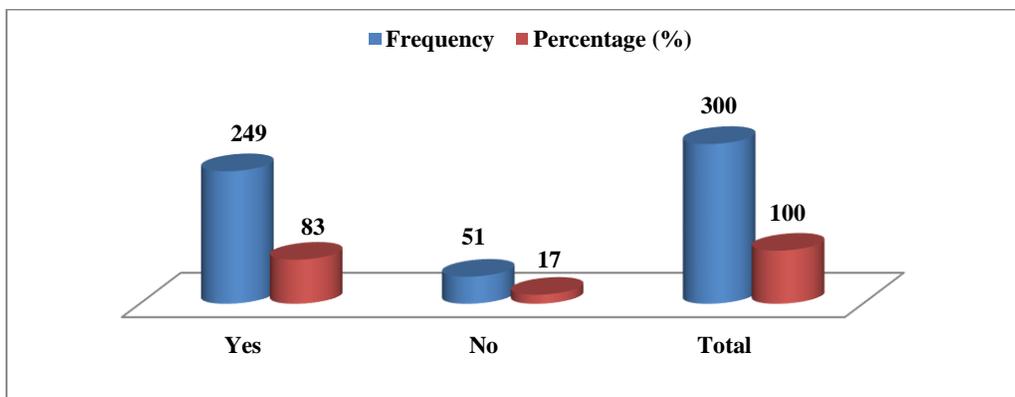
IX. RESULTS AND INTERPRETATION

Research Question-1: *Do you use Social Media?*

Table No – 1 Shows the Frequency and Percentage of the school going adolescents who Are Use Social Media or Not

Use Social Media	Frequency	Percentage (%)
Yes	249	83
No	51	17
Total	300	100

Figure No-1 Shows the Graphical Representation of Frequency and Percentage of the school going adolescents who are use Social Media or Not



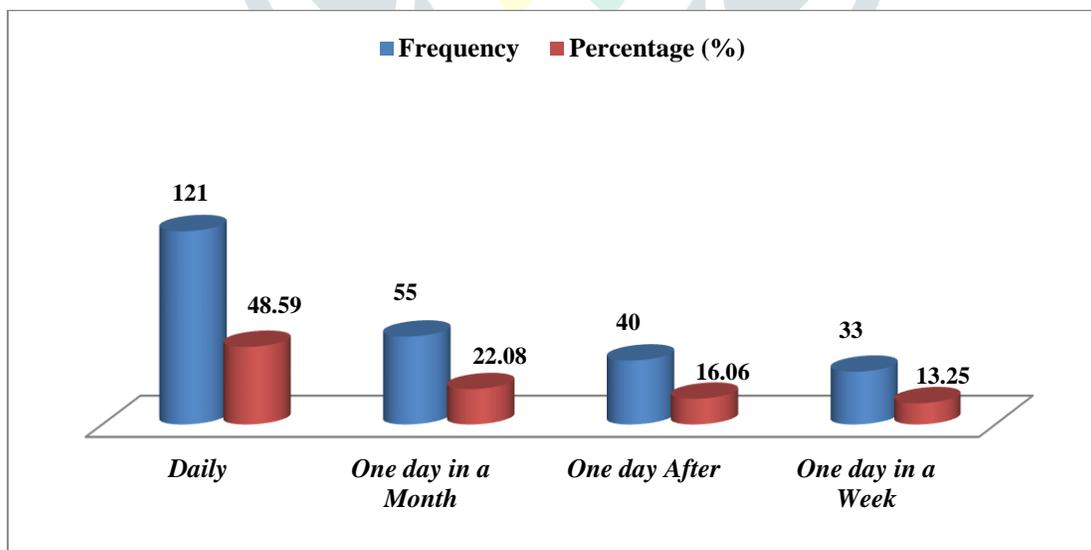
The above table and figure show that out of 300 students, 83% students are using social media and 17% students are not. Therefore, it can be said that the highest percentage (83%) of the school going adolescents are using social media.

Research Question-2: What is the Pattern of Using Social Media of the School Going Adolescents?

Table - 2 Shows the Frequency and Percentage of pattern of using Social Media of the School going Adolescents

Pattern of using Social Media	Frequency	Percentage (%)
Daily	121	48.59
One day in a Month	55	22.08
One day After	40	16.06
One day in a Week	33	13.25

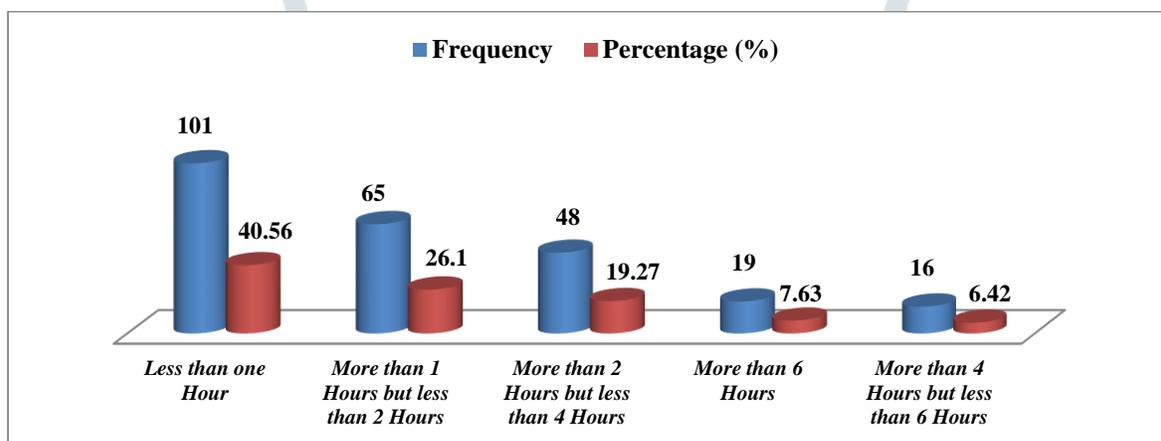
Figure No - 2 Shows the Graphical Representation of Frequency and Percentage of pattern of using Social Media of the School going Adolescents



The above table and figure show that out of 249 Students, 48.59%, 22.08, 16.06% and 13.25% Students are using Social Media Daily, One Day in a Month, One Day after and One day in a Week. Therefore it can be said that the highest percentage (48.59%) of School going Adolescents, most of the Students use Social Media Daily.

Research Question-3: How much Time does the School Going Adolescents spend on Social Media?**Table no - 3 Shows the Frequency and Percentage of Duration of Time spending on Social Media by the School going Adolescents**

Duration of Time Spending	Frequency	Percentage (%)
Less than one Hour	101	40.56
More than 1 Hours but less than 2 Hours	65	26.10
More than 2 Hours but less than 4 Hours	48	19.27
More than 6 Hours	19	6.42
More than 4 Hours but less than 6 Hours	16	7.63

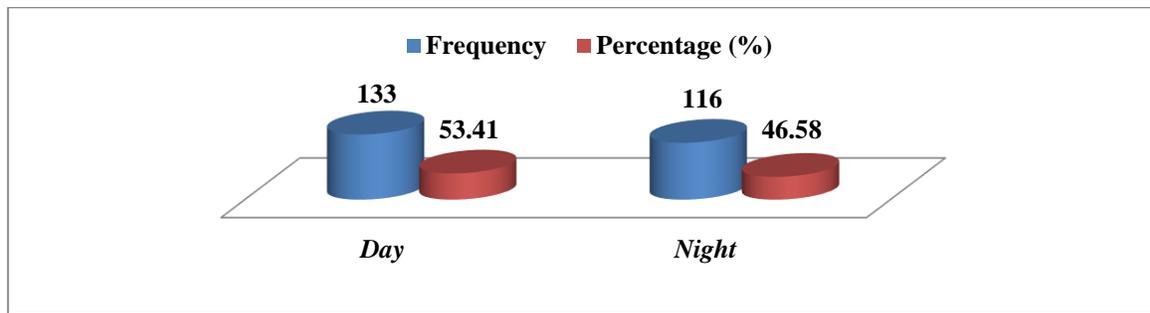
Figure No - 3 Shows the Graphical Representation of Frequency and Percentage Duration of time spending on Social Media by the School going Adolescents

The above table and figure show that out of 249 Students, 40.56%, 26.10%, 19.42%, 7.63% and 6.42% time spent by Students on Social Media is that Less than one Hour, More than 1Hours but Less than 2 Hours, More than 2 Hours but Less than 4Hours, More than 6 Hours, More than 4Hours but Less than 6 Hours. Therefore it can be said that the highest percentage (40.56) of School going Adolescents, the time spent by the Students on Social Media is Less than 1 Hour.

Research Question-4: When do the School Going Adolescents prefer to use Social Media?**Table no – 4 Shows the Frequency and Percentage of the School going Adolescents prefer to use Social Media**

Time Preference of Time of using Social Media	Frequency	Percentage (%)
Day	133	53.41
Night	116	46.58

Figure No-4 Shows the Graphical Representation of the School going Adolescents prefer to use Social Media



The above table and figure show that out of 249 Students 53.41% and 46.58%, Students prefer to use Social Media at Day and Night. Therefore it can be said that the highest percentage (53.41%) of School going Adolescents, most of the Students are use social media at Day.

Table-5: Results of t-Test between different groups of School going Adolescents regarding their Nature of Using Social Media

Groups	N	Mean	S.D	Mean Difference	SED	df	t-value	Result
Social Media Use Group	249	135.10	19.94	1.850	2.903	298	0.64	NS
Social Media Not Use Group	51	133.25	12.42					
Social Media Use in Day Time	133	137.46	19.91	-5.053	2.518	247	2.007	S
Social Media Use in Night Time	116	132.41	19.71					

*Significant at 0.05, ** Significant at 0.01 and @ Not Significant [Table Value of 't' against df-308 at 0.05 level and 0.01 level are 1.97 & 2.59 respectively]

Table No-6: Shows the Number, Mean and S.Ds of different groups of School going Adolescents regarding their Nature of Using Social Media

Pattern of using Social Media			
	N	Mean	S.D
Daily	120	133.02	19.38
One Day after	40	125.50	15.42
One Day in a Week	55	144.18	21.79
One Day in a Month	33	138.82	17.36
Total	249	135.10	19.94
Time Duration of use of Social Media			
Less than 1 Hour	101	137.20	19.50
More than 1 Hour less than 2 Hours	65	136.65	18.69
More than 2 Hours less than 4 Hours	48	127.73	19.16
More than 4 Hours less than 6 Hours	16	128.06	17.82
More 6 Hours	19	143.26	24.65
Total	249	135.10	19.94

Table No-7: Shows the results of ANOVA on different groups of College Students regarding their Nature of Spending Leisure Hours based on Time Duration

Different aspects of Using Social Media	Sum of Squares		Mean Square		F-value
	Between Groups	Within Groups	Between Groups	Within Groups	
Pattern of using Social Media	9199.261	89219.058	3066.420	365.652	8.386**
Time Duration of Using Social Media	5266.283	93319.002	1316.571	382.455	3.442*

*Significant at 0.05, ** Significant at 0.01 and @ Not Significant [Table Value of 'F' against df-244/3, and 244/4 at 0.05 and 0.01 level are 2.65, 3.88 and 2.42, 3.41 respectively]

Figure No – 5 Graphical Representation of the Pattern of using Social Media on Mental Health of School going Adolescents

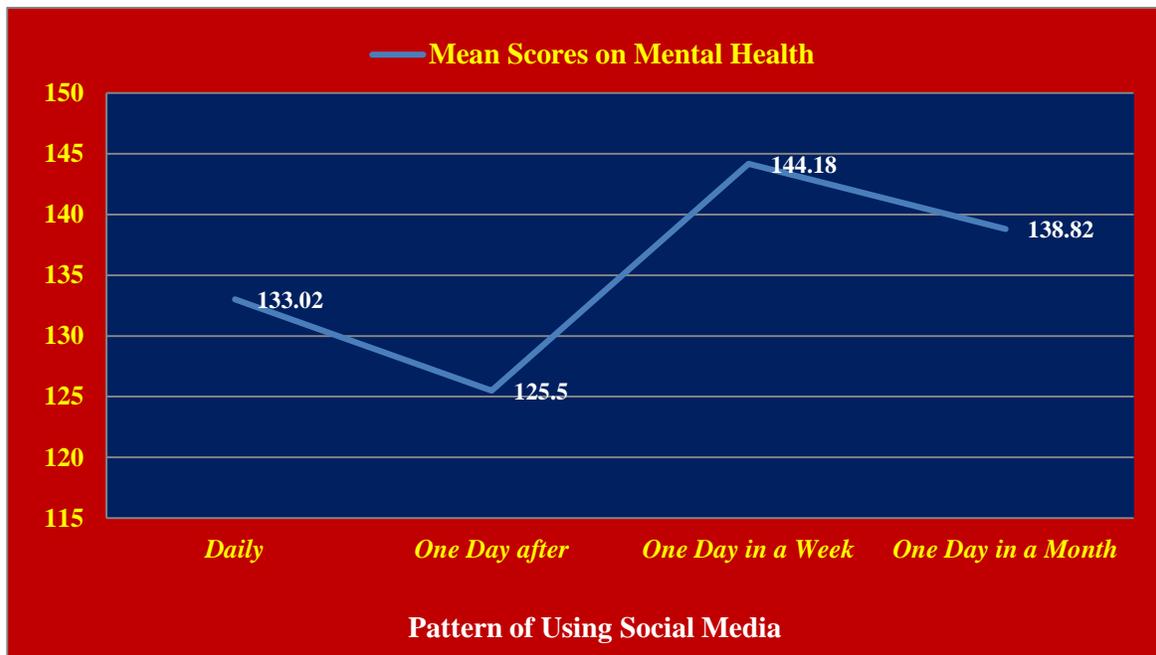
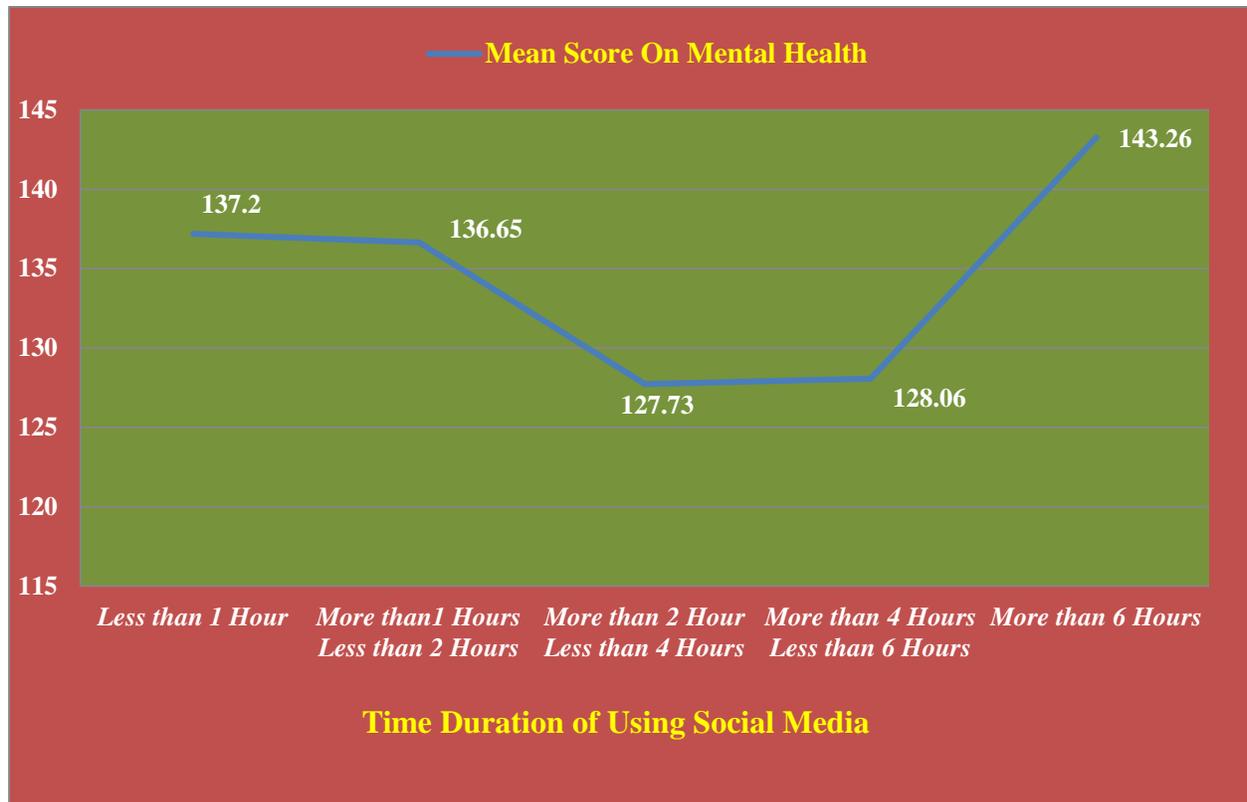


Figure No – 6 Graphical Representations of the Effects of Time Duration of using Social Media on Mental Health of School going Adolescents



Testing of H_{01} and interpretation:

From the table no - 5, it is observed that the calculated 't'-value (0.637) is less than the table value at 0.05 level of significance (1.97 at 0.05 level of significance). Therefore, the result is not significant and it indicates that there have no significant Effects of Use of Social Media on Mental Health of the school going adolescents. Hence, the null hypothesis is accepted at 0.05 level of significance. On the other hand, on the basis of Mean Scores it can be said that the Yes Group students who are using Social Media they were comparatively more mentally healthy than the No Group students who are not using Social Media, in the district of Purulia, West Bengal.

Testing of H_{02} and interpretation:

From the table no - 5, it is observed that the calculated 't'- value (2.007) is less than the table value at 0.05 level of significance (1.97 at 0.05 level of significance). Therefore, the result is significant and it indicates that there is statistically significant Effects of Time Preferences of using Social Media on Mental Health of the school going adolescents. Hence, the null hypothesis is rejected at 0.05 level of significance. On the other hand, on the basis of Mean Scores it can be said that the Day Group students who are using Social Media mostly at day they were comparatively more mentally healthy than the Night Group students who are using Social Media at Night, in the district of Purulia, West Bengal.

Testing of H_{03} and interpretation:

From the table no - 6 and 7: It is observed that the calculated 'F'-ratio is 3.442 which is greater than the table value at the both level of significance. Therefore, the result is significant and we can say that there is statistically significant Effects of Time Duration of using Social Media on Mental Health of School going Adolescents. Hence, the null hypothesis is

rejected. On the other hand, on the basis of Mean Scores it can be said that students who are using Social Media is More than 6 hours they have comparatively more mentally healthy than other Groups of Using Social Media.

Testing of H₀₄ and interpretation:

From the table no - 6 and 7: It is observed that the calculated 'F'-ratio is **8.386** which are greater than the table value at the both level of significance. Therefore, the result is significant and we can say that there is statistically significant Effects of pattern of using Social Media on Mental Health of School going Adolescents. Hence, the null hypothesis is rejected. On the other hand, on the basis of Mean Scores it can be said that Students who are using Social Media One Day in week they have comparatively more mentally healthy than other group of using social media.

X. MAJOR FINDINGS AND DISCUSSION OF THE RESULTS

The present study revealed that Effects of Social Media on mental health of the School going Adolescents students is average. Similar finding is also reported by **Malliga (2015)**. But this finding of the present study contradicts the study conducted by **Sampasa-Kanyinga & Lewis (2015)**. They reported that students with poor mental health are greater users of SNSs.

It is found through the present study that School going Adolescents have spent time on Social Media is less than one Hour. But this finding of the present study contradicts the study conducted by **Shetty, Rosario and Hyder (2015)**. The students have spent time on Social Media is more than one Hour.

XI. CONCLUSION

1. It is found that out of 300 students, 83% students are using social media and 17% students are not. Therefore, it can be said that the highest percentage (83%) of the school going adolescents are using social media.
2. It is found that out of 249 Students, 48.59%, 22.08, 16.06% and 13.25% Students are using Social Media Daily, One Day in a Month, One Day after and One day in a Week. Therefore it can be said that the highest percentage (48.59%) of School going Adolescents, most of the Students use Social Media Daily.
3. It is found that out of 249 Students, 40.56%, 26.10%, 19.42%, 7.63% and 6.42% time spent by Students on Social Media is that Less than one Hour, More than 1 Hours but Less than 2 Hours, More than 2 Hours but Less than 4 Hours, More than 6 Hours, More than 4 Hours but Less than 6 Hours. Therefore it can be said that the highest percentage (40.56) of School going Adolescents, the time spent by the Students on Social Media is Less than one Hour.
4. It is found that out of 249 Students 53.41% and 46.58%, Students prefer to use Social Media at Day and Night. Therefore it can be said that the highest percentage (53.41%) of School going Adolescents, most of the Students are use social media at Day.
5. It is found that there have significant effects of the condition of using Social Media on Mental Health of School going Adolescents in the District of Purulia, West Bengal.
6. It is found that there is no significant effects of time duration of using Social Media on Mental Health of School going Adolescents in the District of Purulia, West Bengal.
7. It is found that there have significant effects of time preference using Social Media on Mental Health of School going Adolescents in the District of Purulia, West Bengal.

8. It is found that there have significant effects of pattern of using social Media on Mental Health of School going Adolescents in the District of Purulia, West Bengal.

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