

# IMPACT OF SOCIAL NETWORKING SITES ON ATTITUDE AND MENTAL HEALTH – A SURVEY

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**Abstract:** Social media can be defined as the interactive and computer-oriented technologies which enables users of various age groups to share information like personal interests, careers, achievements, pictures, videos etc. Social media can be easily used by any individual if he/she has access to internet and a smart device, it can be a tablet, a phone or a laptop. Besides having many positive aspects like making new friends, giving platform for upcoming talents, promotional works, building contacts this comes with a lot of negative aspects specially on easy targets of the society like teenagers and children who often don't know how much information and what kind of information is to be shared over social media. This paper specially focuses on the impact of social media on the mental health of students, the various factors which may affect or may not affect adversely to the students.

**Keywords:** Social Media, Mental health, Social Networking.

## 1. Introduction

Human Beings are social by nature. They feel an essential need to join and increase their networks. There is an inherent requirement among people to share. In previous times, due to g distances between countries and financial concerns, networking between people was restricted. A social system is constructed of people who are connected to each another by a specific type of interdependency. It could be opinions, morals, skill, etc. India is one of the largest countries in terms of internet customers inside the globe, with an excessive social and cellular target audience. Social media work on numerous levels. Firstly, social networking used to happen mostly at family get togethers where all friends and distant family members would get under one roof. Social gatherings and networking have always been extensive; it is just that in this time, the aspect of social networking has transformed. Where in past, the process was long drawn, which used to involve a chain movement where in one person is connected with another through a web of social links, today the method is highly specific.

The social networking sites and social media have changed the sector, which leads to bring us closer than ever it was before. However, students can take advantage of this and use it for a better purpose, a better tomorrow. It must be used to attach, live in touch, percentage perspectives.

Initially, SixDegrees.com was launched in 1997. Mostly used SNSs today are: Facebook, Instagram, Twitter, WhatsApp, Snapchat etc.



Figure 1[7]. Most used Social Networking Sites

## 2. Literature Review

Author	Journal/ Year	Findings/Observations
Alwagait, E.[1]	Computers in Human Behavior, 2015 - Elsevier	Survey on students of Saudi Arabia was conducted to assess which SSN is used the most and it was concluded that time management is also a key factor for the effects on study.
Boyd, D et al.[2]	Journal of Computer-Mediated Communication 13(2), 68-73, 2007	Addressed the issues of privacy in social networking and discussed about mending the gap of online and offline social networking.
Greenhow, C et al.[4]	Educational Researcher, 2009 - tecfa.unige.ch	Study laid stress on Web 2.0 and included a comparison the statistics and figures of an average teenager spending time on social networking sites.
Kuppuswamy, S et al. [5]	International Journal of Virtual Communities and Social Networking (IJVCSN), 2(1), 67-79, 2010	Presented the study of impact of the social networking sites on students and debated its positive and negative aspects.

Cheung, C. M. et al. [6]	Computers in Human Behavior, 2011 – Elsevier	Showcased the factors which attract students towards social networking sites
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### 3. Social Media Boon or Bane for Students

Students can progress in studies by sharing common ideas, relevant information with the students who are located miles away, furthermore students or professors can make learning groups online to proceed in a common study area. Many upcoming companies look for recruiting fresh minds based on their achievements which students often share online (LinkedIn). Social networking provides students with a lot of opportunities to build their career and to work with dedication with help of friends sharing common interests.

On the other hand, it can also prove to become bane for students, when students start comparing their lives with the lives of over achievers, they may feel stressed and de motivated. Privacy of these naïve users is of great concern as students are not much aware about what kind of information is to be shared online and maybe later on it may cause harm to their personal space. Teenagers specially spend a lot of time in front of screens which causes damage to mental health and physical health as well which affects the academic performance of a student.

It can be concluded that it depends on how we use a particular social media platform to share out our interests, but children and teenagers should be monitored and guided before they come out on such platforms.

### 4. Conclusion

The studies done before points out the recognition of social networking websites among college students, and was focused on students of foreign universities and very limited research is presented on Indian students specially who are studying in universities. Moreover, studies presented the reports based on impact of social media on study and academics only, but there are many other factors to be assessed such as behaviour, mental health, communication channels etc.

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