COLLEGE SOCIAL NETWORKING SYSTEM- an approach to reduce the impact of social media on people's mental health

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Abstract— **Social Networking Sites have become a ubiquitous part of the lives of young adults but its no secret that social media can blur the lines on what's real and what's fantasy. Overtime the use of social media has increased which has had a negative impact on people mental health .The main objective of this paper is to increase the awareness among people especially students as to how social media affects their health and how can this effect be reduced by building private social networking site for college students which will not only connect students but also different colleges , helping students explore new opportunities in real life and staying away from the world full of fantasies.**

Keywords— **Social Networking , Mental Health, Model View Controller, Private Social Networking Site, Infotainment System.**

1.INTRODUCTION

This Web project intends to provide a well-established Social Networking system. The project aims to develop an application which provides communication among peoples over the network. The web application is solely handled by the admin and allows users to connect with each other .The application can be used by any organization or a group of people which want their private social platform .It allows several people to stay connected, trade ideas and stay informed.The website provides the features of posting text and images all at one place thus creating awareness among people and a chance to know other person in better way. Thus it is a user friendly social networking site which can be made to work as a reliable and fast management system. Through this site users can create a profile for their business or organization and make advertisements over the internet which could help in the development of their business.

2.PROBLEM DEFINITION

Social Networking is a nice form of entertainment, great for meeting people with similar interest, and can be a very effective business technique. Plenty of studies have found correlations between higher social media use and poorer mental health, including depression, anxiety, feelings of loneliness and isolation, lower self-esteem, and even suicidality.

Some of the key takeaways from the Global Digital Report 2019 include:

- The number of internet users worldwide in 2019 is 4.388 billion, up 9.1% year-on-year.
- The number of social media users worldwide in 2019 is 3.484 billion, up 9% year-on-year.

The first study, carried out at the University of Pennsylvania and published in the Journal of Social and Clinical Psychology, suggested that ," Using less social media than you normally would leads to significant decreases in both depression and loneliness."The research have found that collecting huge amount of "Likes", "Comments" and "Followers" provides an incredibly marker of success and popularity. People get trapped in the vicious world where they await desperately and anxiously for the likes and comments, which affects their mental health.

3.PROJECT OBJECTIVE

The purpose of this application is to let students of a particular institute build their social networks with students of other institutes to build and grow an active online community. This can be achieved by the following series of steps:

- By allowing individuals to create a list of users with whom to share connections, and view and search other peoples and friends in the system.

- By allowing users to share ideas and activities held in their institute by text and images .

- By making the site easy to use with all the inbuild settings.

- By allowing individuals to easily recover password by a security question.

- By allowing only the registered user to use the site to avoid fake profiles.

- By providing means for users to interact over the Internet through instant messaging.

- By reducing the enormous amount of social comparison that happens by eliminating comment sections .

- By making a social networking site which has minimal effect on peoples mental health by removing likes and dislikes options.

4.PROPOSED METHODOLOGY

Project Methodology is based on Model View Controller or MVC. It is a software design pattern for developing web applications.A Model View Controller pattern is made up of the following three parts:

- **MODEL** - The lowest level of the pattern which is responsible for maintaining the data

- **VIEW** - This is responsible for displaying all the portion of the data to the user

- **CONTROLLER** - Software code that controls the interactions between the model and the view

Each of these components are built to handle specific development aspects of an application.

MVC is popular as its isolates the application logic from the user interface layer and supports separation of concerns .The MVC abstraction can be graphically represented as follows:
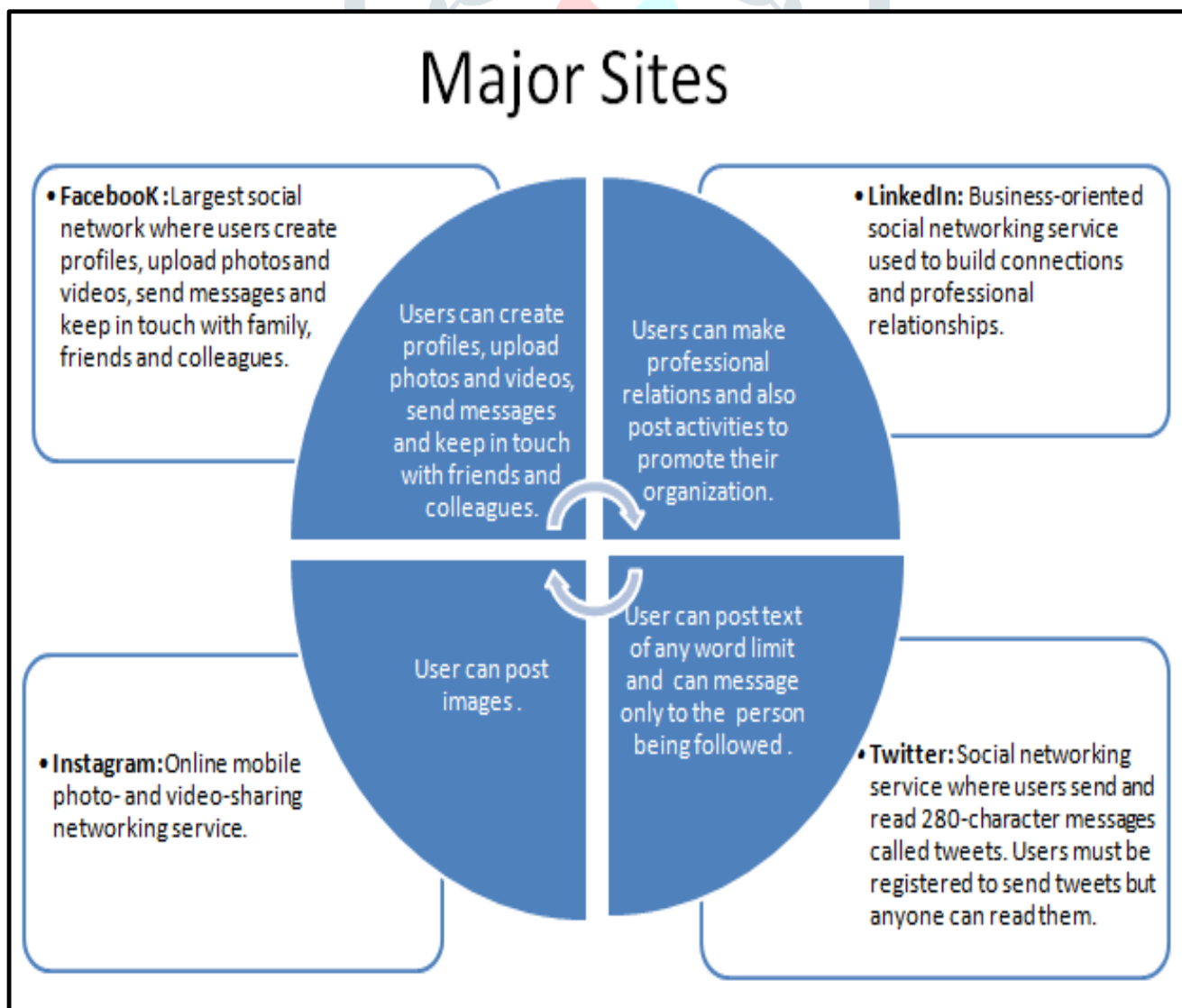

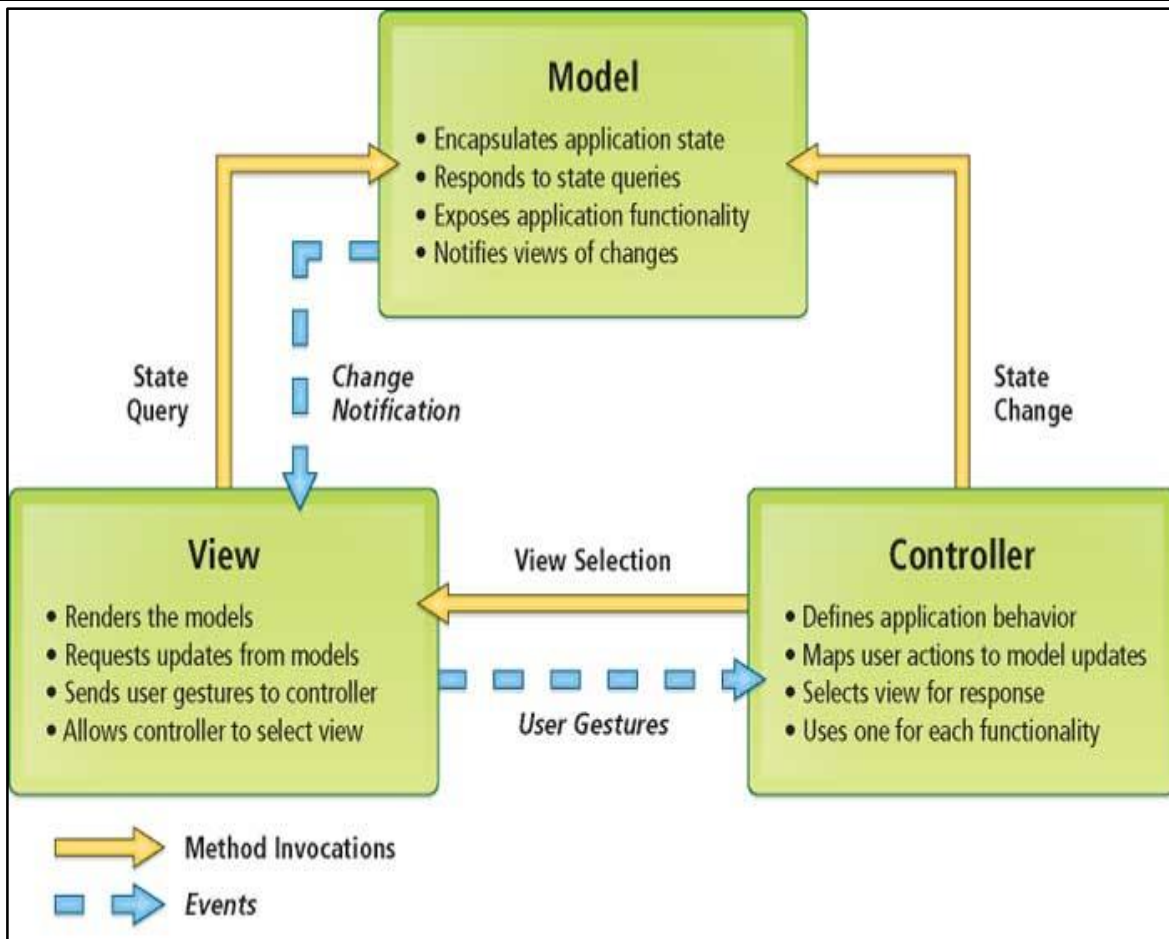Figure 1.Comparison of different social networking sites with features of College Social Networking Site in circle.

Figure 2.Model View Controller

5.MODULE DESCRIPTION

The project has two modules:-

First is the Admin ,all the functionalities work according to the admin .The admin can add or remove any functionality at any point of time.

Second is the User. User can do the following :

- Can change profile picture and cover image.

- Can make personal profile.

- Can check his own post.

- Can search for people.

- Can see other peoples profile.

- Can search for peoples post.

- Can send and receive messages.

- Can change his/her password anytime .
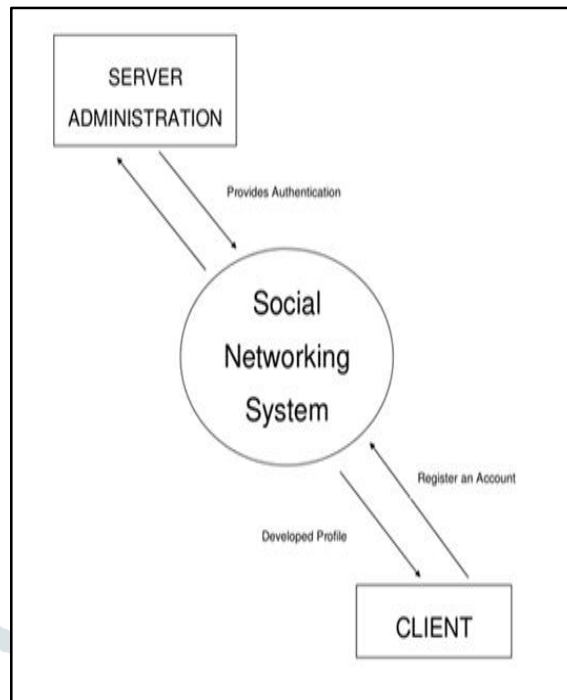
6.DATA FLOW DIAGRAM

Figure 3.0-Level DFD

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7.SOFTWARE REQUIREMENTS

The project is built on Microsoft Windows 10.NETBEANS IDE 8.1 and WAMP SERVER is used to build the application. NETBEANS is an integrated development environment that lets you develop desktop ,mobile and web applications quickly and easily. WAMP SERVER is a web developmemt platform that allows you to create dynamic Web applications with Apache, PHP , MySQL and MariaDB.

8.LANGUAGES USED

The project is built using HTML, CSS, JAVASCRIPT, PHP and BOOTSTRAP.

HTML(Hyper Text Markup Language) is the most basic building block of the web. It defines the meaning and structure of the web content. CSS(Cascading style sheet) describes the style of an HTML document. Javascript is a client side scripting language which is used to make a webpage dynamic. PHP(Hypertext Preprocessor) is a server side scripting language used to develop web applications. Bootstrap(front-end framework) is a free and open-source HTML, CSS and Javascript framework for developing responsive ,mobile first websites.

9.CONCLUSION

This project is unlike other existing social networking sites as it connects various colleges. There cannot be any fake profiles ,making it more secure and reliable, eliminating space for strangers .The site is optimized to be least distractive ,providing the most authentic information among students.

Such a model may be highly successful for collecting otherwise fragmented students and colleges without the resources to reach a border audience with interested and passionate users.

Thus, a College Social Networking System can be turned into a real time infotainment system, which would automate the operations and retain the present functionality available in the current systems i.e. ,to provide information and entertainment with less effect on the mental health of people especially students, which in turn will improve and strengthen the society as a whole.

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