



# IMPACT OF SOCIAL MEDIA ON NUTRITION AND HEALTH STATUS AMONG THE ADOLSCENTS

By

**SANOOBAR ATHER**

DEPARTMENT OF LIFE SCIENCES

SMT.A. SHYAMALA DEVI DEGREE COLLEGE

FOR WOMEN

## **ABSTRACT**

**INTRODUCTION** - Adolescence is a crucial period of growth and development. They are in need for more nutrients as large number of adolescents suffer from chronic under-nutrition and very little attention has been paid to adolescents. So far, most people have been witnessing a concerning rise for nutritional and health status. This can mainly attribute to unhealthy dietary patterns seen among adolescents. However, another view shows darker sides of social media. The more time you spend on social media the more likely you suffer from mental health therefore a healthy diet is necessary for adolescents. Nevertheless, it is not easy to Maintain a healthy diet for adolescents, as their thinking ability changes from time to time.

## **METHODS AND MATERIALS**

A Cross-sectional study design is used to assess “THE IMPACT OF SOCIAL MEDIA ON NUTRITIONAL AND HEALTH STATUS OF ADOLESCENTS” with the help of questionnaire among the adolescent age group 16 years to 20 years.

## **RESULT**

The results show that the adolescents who constantly use social media for more than two hours were suffering from obesity, depression, anxiety, stress and lack of nutrients compared to those who spend less time on social media i.e. less than two hours and thus the majority of adolescents were observed that they sleep less than 8 hours and also skipping their meals. The

purpose of using social media networking sites were just for fun activities which is leading to them skipping their physical activity.

## **CONCLUSION**

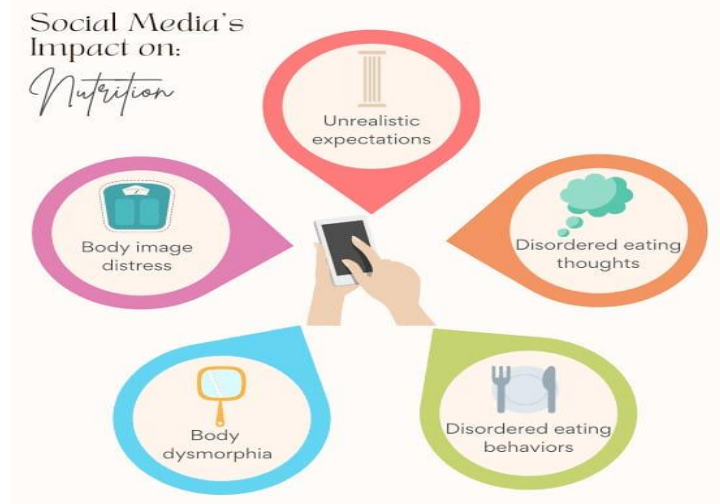
Most of the studies report that the social media was the reason for skipping breakfast, intake of unhealthy snacks and junk foods. It includes some big changes to the body and the way of living among the young person. It is the time period for intense physical and psychological development. The main focus should be on proteins and calories intake in the maximal amount. It concludes that the health effects during the period of adolescents is lowering the main nutrients which includes iron deficiency, vitamin A and calcium deficiency. Hence to overcome this problem usage of social media should be reduced to keep our immune system strong and boost it with all proper nutrients.

## **INTRODUCTION**

Adolescence is the most crucial period of life with various physical and psychological changes in human development. As the Changes increase the demand for nutritious food and physically active life style among adolescents. Social media addiction is very dangerous for both mental and physical health of adolescents. Due to lack of accurate information and improper guidance, adolescents are prone to various nutritional morbidities. Many young girls and women are malnourished and anemic. Excessive use of social media for more than three hours among people are having symptoms like hypertension, body pain, headache, gastro intestinal problems.

One of the most important factors contributing to unhealthy dietary attitudes and eating in the obesogenic environment we live in, an environment saturated with messages encouraging unhealthy food consumption and promoting obesity in the form of food messages such as social media images, videos and advertisements, food influencer posts, cooking shows. These messages both virtual and non-virtual often promote unhealthy food. Now a day's adults are increasingly shifting from traditional media e.g. television and magazines to digital and social media. In addition to adult's response to food messages particularly which depends on the practical knowledge.

Maintaining Healthy diets is a challenge for adults. In recent years nutrition education interventions have increasingly relied on computing and information technologies. To reflect a growing number of nutritional interventions with technological components. Therefore, it is needed to educate and train these adolescents girls regarding health and nutritional awareness. India, being a developing country, the transition focuses the dual burden of pre-transition life style related to some diseases such as obesity, diabetes, hypertension, cardio vascular disease and cancer.



## **BACKGROUND**

The excessive use of social media had affected adolescents eating habits and physical activity thereby leading to disordered eating like skipping meals, consuming high calorie foods and skipping their physical activity. Now a days a new trend is happening among adolescents like sharing “tempting foods” pictures & videos, blogs etc. Most pictures would be of foods which are calorie-dense and nutrient deflect. It is believed that they are wasting time as well as causing health concerns due to sleepless nights.

Social media has been widely adopted by young adults, consequently health researchers are looking for ways to leverage this with social media for the delivery of health promotion campaigns. Overweight and obesity is a major public health problem leading to deaths. Many health professionals recognize that social media provides an opportunity to reach and engage with young adults. But they are miss using social media and neglecting their dietary patterns.



## **OBJECTIVES**

- 1.To access impact of social media on nutrition and health among the adolescents living in various region of Hyderabad.
- 2.To create awareness among the adolescents regarding the importance of nutrition and ill effects of social media on their lifestyle changes.

## **REVIEW OF LITERATURE**

“How does social media effect youth”. Social media like a heads and tails, it has both “positive and negative” impact on the adolescents. Social media allows adolescents to express themselves. One of the critical consequences of these platforms is the effect on their academic success. Many adolescents use the internet before or after anything they do, do not engage with their peers, but connect with social friends. Results have indicated that there were many unhealthy eating habits found among the adolescents like eating foods high in sodium. Adolescents never eat breakfast which is a matter of concern. Similar findings were seen in other studies. Students were consuming packed fruit juices daily as they are high in sugar and can contribute to obesity and other non-communicable diseases. There is easy access and availability of fast foods to adolescents as they buy fast food at schools and colleges.

Increased use of social media platform is interlinked to mental health difficulties including anxiety, self-image issues, eating disorders and other challenges. These adolescents make decisions on what to eat based on the influence of four general categories of variables like individual factors, environmental setting, sectors of influence and social and cultural norms. Companies often organize competitions and promote their “digital junk”, as a result some may select junk over healthy foods.

## **SIGNS OF MENTAL HEALTH**



## **METHODS AND MATERIALS**

This study was performed among the adolescent’s boys and girls from various regions in Hyderabad. Telangana

Sample size of 40 from the age group 16 years -20 years. Sampling technique is used here is convenient non-purposive adolescents of age 16 years to 20 years belonging to Hyderabad region through snow balling technique. This study is a cross- sectional study with a well-structured and designed questionnaire which were given to the adolescent’s girls and boys in Hyderabad region.

The questionnaire consists of questions related to social demographic status knowledge towards nutrition and usage of social media. Lack of attention towards adolescent's knowledge, awareness and practice. Where they main reason to choose this age group.

## DATA ANALYSIS

Microsoft word, pie charts, cross tabulations were represented.

## RESULT

### PART 1-

The below cross tabulation shows the data on the age and BMI of the adolescents.

S.NO	AGE	BMI
GIRLS	16 - 20	61% are normal weight, 23% are underweight and 15% are overweight
BOYS	16 - 20	83% are normal weight and 16% are overweight

The data shows that most of them fall under the category of normal BMI. But there are still some adolescents who are falling under the category of underweight & overweight.



**PART 2-**

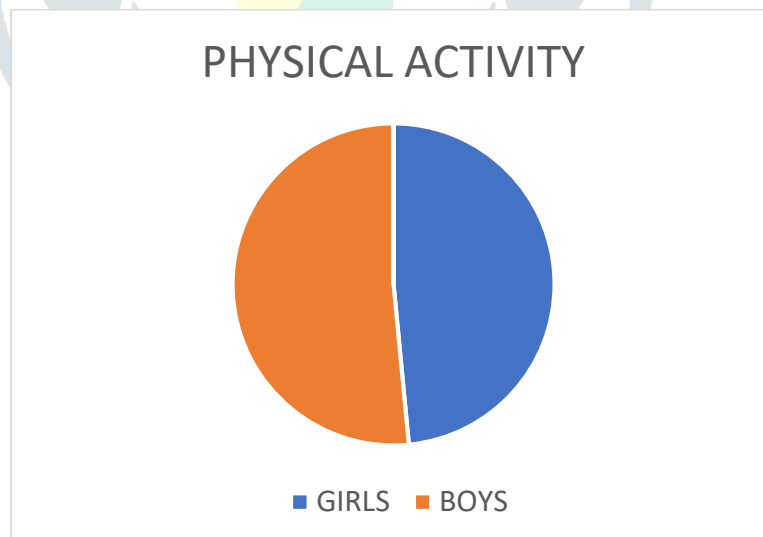
The below cross tabulation shows the data on the social media usage and screen timing of the adolescents.

S.NO	USAGE OF SOCIAL MEDIA	APPROX HOURS PER DAY
GIRLS	All of them use social media	90% of them use social media for more than 4 hours
BOYS	All of them use social media	84% of them use social media for more than 4 hours

The data shows that almost all of them use social media for more than 4 hours in a day. With this we can conclude that the screen time has increased and became apart of their lifestyle changes. This can lead to many health consequences like affect on their eyes and also their academic performance.

**PART 3 –**

The below pie chart gives us the data on their preference over social media for physical fitness.



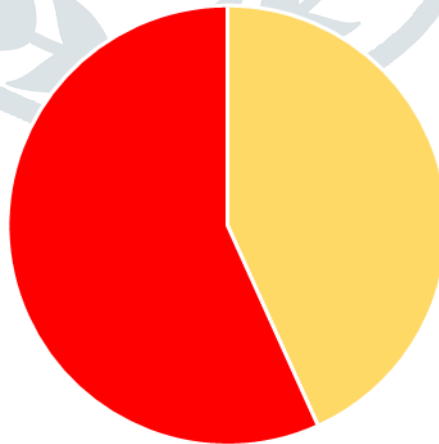
The data shows neither girls nor boys prefer social media for physical activity . There are many social media platforms which are coming up to motivate the public in terms of physical activity. But the results are showing that the adolescents are concentrating only on the entertainment and are not concerned about their physical fitness.



#### PART 4 –

The below pie chart gives us the data on their preference of food.

FOOD PREFERENCE(JUNK FOOD )



■ GIRLS ■ BOYS

The data shows that 84% of girls and 54% of boys prefer junk food while they are surfing social media. This clearly shows that they are giving preference for taste over their health as the junk food contain a lot of calories and unwanted fats. In future their can be accumulation of fat in their bodies as they are not preferring physical activity.

**PART 5 –**

The below cross tabulation gives us data on their meal timings and the number of meals they consume in a day.

S.NO	MEAL TIMINGS	NO. OF MEALS
GIRLS	93% late meals	60% [all three meals]
BOYS	80% late meals	65% [all three meals]

The data shows that majority of girls and boys are not having their meals on time resulting in biological changes in their body and around 40% of them are skipping their main meals resulting in insufficient intake of calories and overloading their body with unhealthy fat by choosing junk over healthy foods.

**PART 6 –**

The below cross tabulation gives the data on using social media while eating and them forgetting their meal while surfing social media.

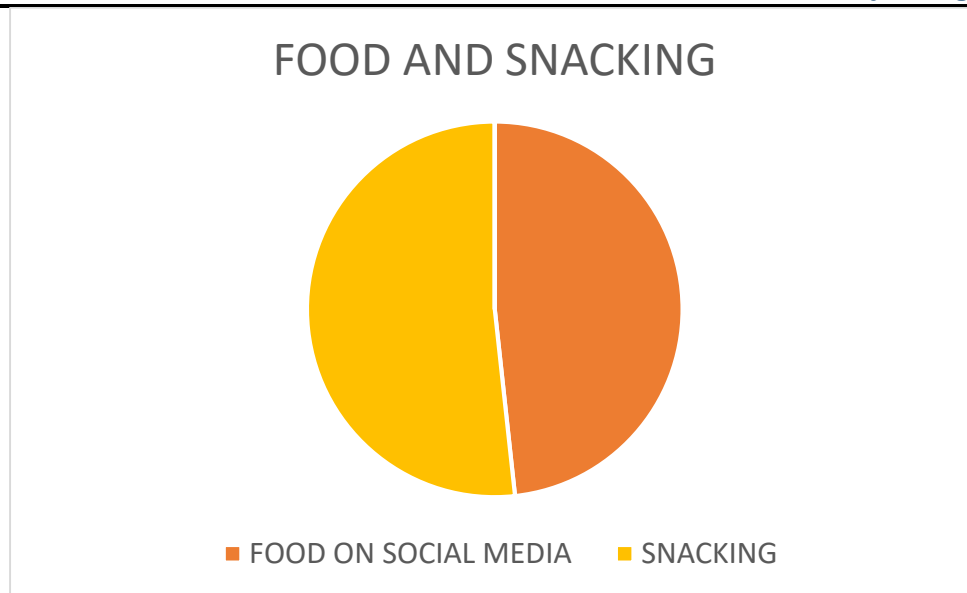
S.NO	EATING WHILE SURFING SOCIAL MEDIA	FORGETTING MEALS WHILE SURFING SOCIAL MEDIA
GIRLS	84% of girls use social media while eating	90% of girls forget their meals while surfing social media
BOYS	90% of boys use social media while eating	95% of boys forget their meals while surfing social media

The data shows that majority of the adolescents use social media while eating resulting in skipping their meals as they often forget taking their meals while they are surfing social media. This can affect their health as they do not know how much calories they are consuming and what they are consuming as their concentration is on the screen.

**PART 7 –**

The below pie chart shows the data on their view about food shown in social media and their snacking while surfing on social media.





The data shows that most of them snack while surfing social media and think that food shown on social media is not beneficial for the health.

### **PART 8 –**

The below cross tabulation shows the data on the adolescent's time spent with their family and whether they prefer eating alone or with their family.

S.NO	TIME SPENT WITH FAMILY	MEAL WITH FAMILY OR ALONE
GIRLS	80% of them spend only 1 hour with their family	90% of them prefer eating alone
BOYS	75% of them spend only 1 hour with their family	95% of them prefer eating alone

The data shows that 80% of the girls and 75% of the boys spend only 1 hour with their family. The data also shows that 95% of both girls and boys prefer eating alone. This shows that they are missing out the bonding between their family leading to distance among their family members which is showing an impact on their emotional feelings resulting in depression.



### PART 9 –

The below cross tabulation gives us the data on the time spent on physical fitness and the type of physical activity preferred.

S.NO	TIME SPENT ON PHYSICAL ACTIVITY	PHYSICAL PREFERED ACTIVITY
GIRLS	Only 5% spend time for physical activity	They prefer to go for activities like walking
BOYS	Only 4% spend time for physical activity	They prefer to go to gym

The data shows that only 5% of girls and 4% of boys spend time on physical activity. The data also shows that the girls prefer activities like walking while boys prefer going to gym. This can result in negligiance towards their physical activity and can cause lifestyle diseases.

**PART 10 –**

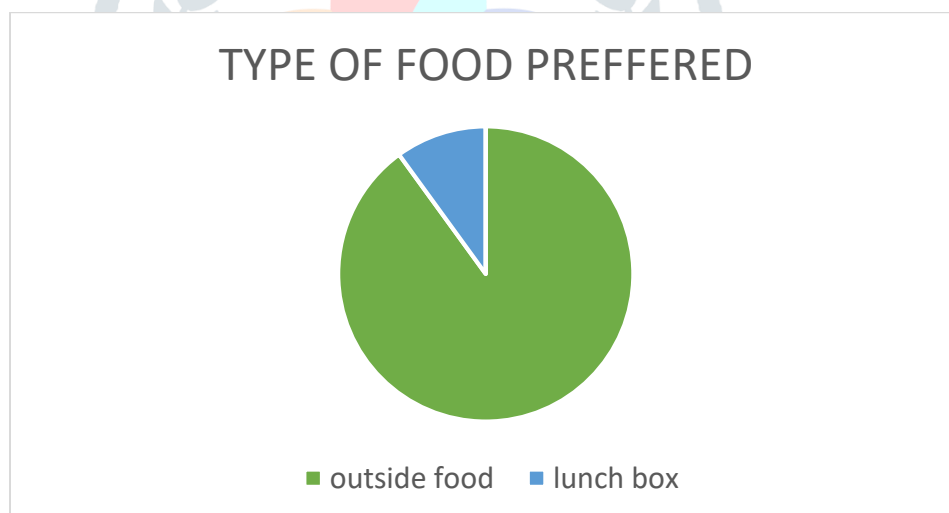
The below cross tabulation shows the data on consumption of fruits and vegetables by the adolescents.

S.NO	FRUIT INTAKE	GREEN VEGETABLE INTAKE	LEAFY VEGETABLE INTAKE
GIRLS	76% do not prefer fruits	85% do not prefer green leafy vegetables	
BOYS	80% do not prefer fruits	90% do not prefer green leafy vegetables	

The data shows that 76% of girls and 80% of boys do not prefer fruits. The data also shows that 85% of girls and 90% of boys do not prefer green leafy vegetables. This is resulting in deficiency of nutrient intake which in turn can cause deficiency diseases in them.

**PART 11 –**

The below pie chart shows whether the adolescents prefer outside food or home-made food [lunch box]



The data shows that 90% of adolescents prefer eating outside food rather than eating home-made food [lunch box]. Due to the current culture and addictions towards social media their preferences are also changing towards the latest trends in the society.

**PART 12 –**

The below cross tabulation shows the data on water and beverage consumption by the adolescents.

S.NO	WATER CONSUMPTION	BEVERAGE CONSUMPTION
GIRLS	70% of them consume 3 liters of water	60% of them prefer beverages
BOYS	75% of them consume 3 liters of water	70% of them prefer beverages

The data shows that 70% of girls and 75% of boys consume 3 liters of water every day. The data also shows that 60% of girls and 70% of boys prefer consuming beverages every day. Most of the adolescents are consuming liquid in the form of beverages in their day to day life.

**DISCUSSION**

This study was done to examine social media usage and eating habits among adolescents and to associate eating habits with various physical parameters like body mass index and their meal timings and their daily routine on nutritional intake and lifestyle. As they are not following the habits of good healthy eating the reason behind this is they are getting influenced by what social media is showing without any research and awareness adolescents are following to the influencers on social media.

This study was done among adolescents aged between 16 years-20 years, the samples includes both girls and boys .The significant difference between the adolescents were found on nutritional and health as they use social media more than 5-6 hours and does not have their value time with their family and loved ones, for adults it is a growing stage as good as they adopt, so they should be more focused on nutrients and healthy diets, they tend to attend alone meals rather than eating with family and have not maintained a healthy lifestyles.

Due to lack of awareness and guidance they are getting ill and are not supposing to build up in a good healthy way. By neglecting these things they are facing difficulties in their life's and they are not maintaining any physical activity in their life routine. The adolescents must balance their fun activity and valuable moments with their family and friends and should be active in socially to live a happy life.

**CONCLUSION**

The purpose of this study was to evaluate whether adolescent's social media use has an impact on their health outcomes. By using data from the cross-sectional study, we were able to ascertain how adolescent's nutrition health is related to their extent of social media use. The results show that the overall effect of social media use on adolescent's nutritional health is

fully mediated through their sleeping and eating behavior and sleeping also effects eating habits.

However, the findings suggest that the negative impact of social media use on nutrition health may be reduced if adolescents learn how to manage their sleeping and eating hygiene regardless of the number of hours that they spend on social media. Thus, with social media use becoming a corner stone of adolescent's life, it is important that policymakers create solutions to deal with the nutrition health and psychological effects that can arise from its use.

Public health interventions can teach adolescents how to better balance social media use with the rest of their lives and particularly with their eating routine. Special attention should be paid to adolescents and some interventions should be focused on them specifically. More research should be done to evaluate which specific types of social media are related to unhealthy eating behaviors.

Our findings show that more students use social media more than 4 hours per day. Results were consistent with other studies which also showed the average usage of social media between 5-6 hours and they are not having proper family time. They are not having breakfast daily skipping their meals, not having nutritional foods even they are influenced by the social media on eating habits.

## **RECOMMENDATIONS**

From this study we would like to recommend a few things: -

1. The screen timings should be reduced so that adolescents can concentrate on their studies and spend more time with their families.
2. They should also change their lifestyle like having nutritious food daily and doing regular physical activity to maintain a healthy life.

## **REFERENCES**

1. <https://pubmed.ncbi.nlm.nih.gov/34687823/>
2. [https://www.researchgate.net/publication/347437746\\_Impact\\_of\\_Social\\_Media\\_on\\_Youth](https://www.researchgate.net/publication/347437746_Impact_of_Social_Media_on_Youth)
3. <https://onlinedegrees.unr.edu/online-master-of-public-health/impact-of-social-media-on-youth-mental-health/>
4. [https://www.researchgate.net/publication/356787922\\_Social\\_Media\\_Usage\\_Eating\\_Habits\\_and\\_Nutritional\\_Status\\_of\\_School-Going\\_Adolescents\\_A\\_Descriptive\\_Study](https://www.researchgate.net/publication/356787922_Social_Media_Usage_Eating_Habits_and_Nutritional_Status_of_School-Going_Adolescents_A_Descriptive_Study)
5. <https://ijip.in/articles/impact-of-social-media-on-adolescents/>
6. <https://www.longdom.org/open-access/impact-assessment-of-nutrition-education-programme-on-nutritional-status-of-adolescent-girls-36332.html>
7. <https://www.sciencedirect.com/science/article/pii/S2451958821000063>
8. <https://www.sciencedirect.com/science/article/pii/S2451958821000063>
9. [https://www.researchgate.net/publication/347437746\\_Impact\\_of\\_Social\\_Media\\_on\\_Youth](https://www.researchgate.net/publication/347437746_Impact_of_Social_Media_on_Youth)
10. [https://www.researchgate.net/publication/343205479\\_Impact\\_of\\_Social\\_Media\\_on\\_Adolescent's\\_Mental\\_Health](https://www.researchgate.net/publication/343205479_Impact_of_Social_Media_on_Adolescent's_Mental_Health)
11. [https://www.researchgate.net/publication/356787922\\_Social\\_Media\\_Usage\\_Eating\\_Habits\\_and\\_Nutritional\\_Status\\_of\\_School-Going\\_Adolescents\\_A\\_Descriptive\\_Study](https://www.researchgate.net/publication/356787922_Social_Media_Usage_Eating_Habits_and_Nutritional_Status_of_School-Going_Adolescents_A_Descriptive_Study)