



IMPACTS OF SOCIAL MEDIA ON TEENAGER'S MENTAL HEALTH

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Abstract:

Social media is a big part of our lives nowadays. It has good sides, like chatting with friends, sharing photos, and staying updated with news. But using it too much can make people feel sad or lonely.

This thesis wants to tell students about the good and bad parts of social media. It hopes to help them use it wisely so they can focus on school, learn new things, and be more productive.

To understand how social media affects students, a survey was done online. It found that boys use social media more than girls, and many students spend a lot of time on it. Some students know that social media can make them feel bad, but others don't. The thesis tries to teach those students about the effects of social media on mental health.

1.0 Introduction:

In today's world, technology is everywhere, especially in the lives of teenagers. While it brings convenience and connection, it also raises questions about its effects on mental health. This essay delves into how technology influences teenagers' mental well-being, looking at both the good and the bad, to understand the full picture of its impact.

In recent years, the pervasive influence of social media platforms has reshaped the landscape of human interaction, particularly among adolescents. With the advent of platforms like Facebook, Instagram, Snapchat, and TikTok, teenagers now have unprecedented access to instant communication, information sharing, and social networking. While the benefits of social media in connecting people across the globe are undeniable, concerns have emerged regarding its potential detrimental effects on the mental health and well-being of teenagers.

On one hand, social media provides teenagers with a platform to cultivate friendships, share experiences, and express their identities in ways previously unimaginable. It serves as a virtual social space where adolescents can seek validation, support, and camaraderie from their peers. Moreover, social media facilitates access to information and resources.

2.0 Literature Review

1. Livingstone and Bober (2003) observed that the increased use of social media is the primary reason for the generation gap, leading people to overlook their rituals and traditions due to excessive social media usage.

Brady, Holcomb, and Smith (2010) emphasized the positive impact of social media as a platform for education, noting that students utilize social media for e-learning purposes.

Lusk (2010) highlighted the potential of social media for academic purposes, suggesting that students can enhance their communication skills and learning abilities through the utilization of new web tools.

Kalpidou, Costin, and Morris (2011) noted a correlation between social media usage and academic performance. Conversely, Jacobsen and Forest (2011) argued that social media has a detrimental effect on grades, citing that two-thirds of students who used social media while doing homework experienced negative impacts on their grades. According to a study by Ohio State University, students who spent the most time on social media tended to have lower grades, whereas those who spent less time on social media achieved higher grades.

3.0 Objectives

1. To Understand the specific mental health issues that teenagers may face due to their use of social media.
2. To Explore the relationship between social media use and sleep disturbances among teenagers.
3. To Figure out what issues social media might cause for teenagers' feelings and thoughts.

4.0 Social Media: An Overview

Meaning:

Social media refers to websites and applications that enable users to create and share content or participate in social networking. These platforms allow individuals to connect with others, share information, photos, videos, and ideas, and engage in various forms of communication and interaction.

5.0 Impact of Social Media on Teenagers Psychological Health (Adverse and Favourable)

Positive Impact:

1. social media enables people to connect with friends, family, and communities across the globe. It allows for easy communication to all.
2. Social media platforms serve as sources of news, information, and updates on various topics, including current events, health information, educational resources, and cultural trends.
3. Platforms like LinkedIn are valuable tools for professional networking, job hunting, and career advancement. They enable individuals to showcase their skills and experiences.
4. social media empowers users to express themselves creatively through various forms of content creation, such as writing, photography, art, music, and video production.
5. Social media platforms offer businesses opportunities for marketing, advertising, customer engagement, and brand promotion. They enable companies to reach a wide audience, target specific demographic.

Negative Impacts:

1. social media provides a platform for cyberbullying, harassment, and online abuse, where individuals can be targeted with hurtful comments, threats, or malicious behaviour.
2. social media can be addictive, leading to excessive use and distraction from real-life responsibilities, such as work, school, and personal relationships.
3. Social media platforms often collect vast amounts of user data, which can be exploited for targeted advertising, manipulation, or unauthorized access.
4. Excessive social media use has been associated with various mental health issues, including anxiety, depression, loneliness, and sleep disturbances.
5. Sharing personal information, photos, and updates on social media platforms can result in a loss of privacy and control over one's digital footprint. Once information is posted online, it can be difficult to remove or control its dissemination, leading to potential risks such as identity theft, reputation damage, or cyberstalking.

6.0 Research Methodology

In the present study, descriptive type of research is used which describes the characteristics of a group or individuals and their perception about the social media and its impact on youth. The research is qualitative in nature.

Sampling Method:

It is not possible to survey (census) all population. It may be time consuming. The process of sampling is selecting units from a set of students. Data is collected from Students of Amravati division. For collecting data, the 'Simple Random Sampling Method' is used.

Sample Size:

Responds in Amravati City	sample size
Students	50 students
Total Respondents	50 Respondents

Data collection Techniques:

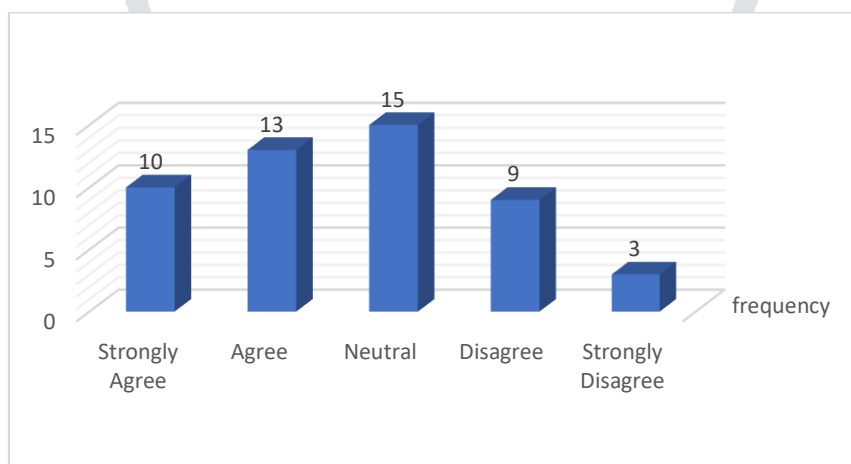
The structured questionnaire was administered to collect primary data from 50 teenage students. These teenagers were considered as sampling units for the study. Additionally, secondary data was gathered from various articles, journals, and magazines to complement the primary data collected through the questionnaire. This mixed-method approach provides a comprehensive understanding of the research topic and allows for triangulation of data to enhance the credibility and validity of the findings.

7. Questionnaire and Observations

For this study, 50 responses were received through survey and the collected data is analysed through Microsoft excel.

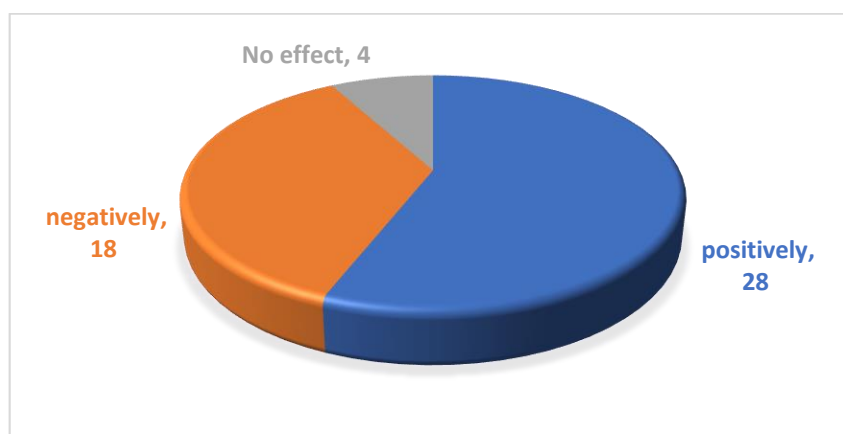
Que.1 Do you think the use of social media is negatively affecting your mental health. ?

Particular	frequency	percentage
Strongly Agree	10	20
Agree	13	26
Neutral	15	30
Disagree	9	18
Strongly Disagree	3	6
Total	50	100



Que 2. Do you feel that using social media affects your mental health?

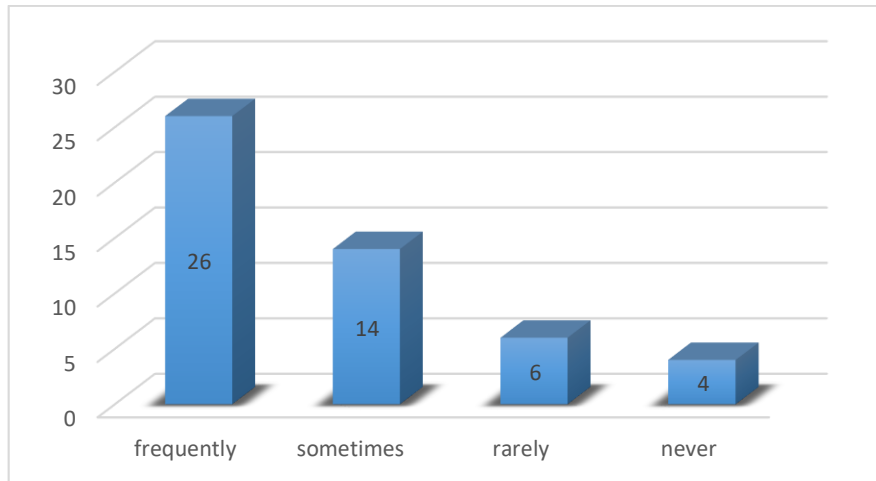
Particular	Frequency	Percentage
positively	28	56%
negatively	18	36%
No effect	4	8%
Total	50	100%



Que.3 Do you feel tired or unrested in the morning after using social media late at night?

Particular	Frequency	Percentage
frequently	26	26%

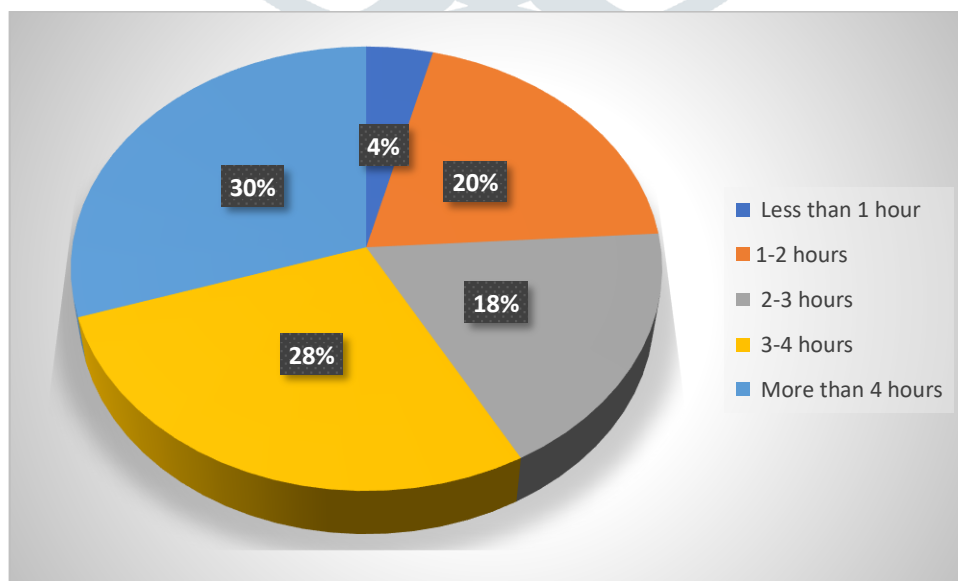
sometimes	14	14%
rarely	6	6%
never	4	4%
Total	50	



Que 4. How many hours per day do you typically spend on social media platforms?

Particular	Frequency	Percentage
Less than 1 hour	2	4%
1-2 hours	10	20%
2-3 hours	9	18%
3-4 hours	14	28%
More than 4 hours	15	30%
Total	50	100%

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8.0 Findings:

The impact of social media on youth was examined in this study. It was found that 20% of the respondents reported experiencing benefits or positive impacts from learning through social media, while another 20% benefited from staying connected with friends. Additionally, 28% of respondents derived benefits such as entertainment and fun, and 18% found opportunities for job searching. The results also indicate that social

media can lead to health problems and affect cultures. It is emphasized that users should remember cultural values and social norms while using social media.

9.0 Suggestion

- Social media users are encouraged to keep in mind the purpose of their usage and maintain focus on informative platforms while being mindful of privacy concerns associated with app usage.
- It is recommended that adolescents utilize their time on social media more effectively for enhanced social networking rather than squandering it on casual conversations and posts across platforms like WhatsApp, Twitter, Facebook, and YouTube. In order to safeguard the future of children, monitoring their activities on social media by both teachers and parents is imperative.

10.0 Conclusion

Studies indicate that social media exerts both positive and negative influences on our teenager's. It is crucial for youths to clarify the purpose of their social media usage and monitor their online duration, ensuring it contributes beneficially to their personal and social networking objectives.

11. References:

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