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Influence of Social Media on Health: A Psychosocial Perspective

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Abstract

The study has concentrated on various facets of youth lives and their social usage patterns. Social media is a network where people share ideas, opinions, and introspective thoughts. People now perceive themselves as even more self-assured and independent as a result of the revolution in the idea of being independent. Social media is extremely responsible in many spheres, but how it is used still relies on the individual. Users must take responsibility for their actions and be aware of the negative effects. Users, especially young people, are tremendously engaged and frequently post about their daily activities. They experience a big impact from social media, enabling you to swiftly and effectively alter and reword your material. The study reveals that young people, regardless of age, use social media extensively. Through the various devices they have at their disposal, they spend the majority of their time on social networks. According to their needs, youth use social networking sites. The majority of respondents concur that social media is advantageous since it satisfies their needs whenever and whenever they have access to the internet. They acknowledge too that excessive use prevents users from having physical contact.

Keywords: Youth, Anxiety, Stress, Social Media, Mental Health.

INTRODUCTION

Media technology changes how Study lives in the modern world. The media has such a big effect on society that it has become an extension of our feelings and of who Study is. The technology and medium are what count, not the message or content. The means or technology is what changes the way things happen or how fast they happen. The means is the message because it shapes and controls the size, speed, and shape of how people interact and act.

There are significant changes in the media over the last twenty years. It's mostly because of how quickly

information technology has grown. Like blogs, online forums, and groups, social media lets people talk and share information with each other. It's a three-way street, and everyone is involved. There are now few types of media like standard mass media and social media, also called new media. This is because of changes in technology that have happened in communication. The Finnish Terminology Centre said that social media are "new information technology in which communication is interactive, users can also produce content along with consumption, interpersonal relations are constructed and maintained".

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Social media is an “umbrella term that refers to the set of tools, services and applications that allow people to interact with others using network technologies. It comprises of groupware, online communities, peer-to-peer and media sharing technologies, and networked gaming; instant messaging, blogging, micro-blogging, forums, e-mails, virtual worlds, texting, and social network sites as genres of social media; it sometimes referred to as social software or social computing or computer-mediated-communication which includes one-to-one, one-to-many, and many-to-many interactions”.

People all over the world are using new technologies to make their lives easier and more fun. This has made a big difference in our society and people’s daily lives. These improvements have changed every part of our lives, whether Study are aware of it or not. The industrial revolution was the start of it all. That’s when tools for different kinds of work started to appear. Technology got better and more advanced after the industrial revolution. This caused a lot of changes that had both good and bad effects on people. Those changes happened in our culture and affected every part of people. Society is the web of social ties and the way they interact with each other. Many of the changes happening in society have an effect on these connections and ways of interacting. Different social changes, like industry, have made the difference between primitive society and modern society very big. These steps led to the creation of computers, the internet, and social media. These days, social media is an important part of our daily lives. Everyone in the world uses social media in some way. So, it makes sense that social media affects people’s daily lives, especially young people. People’s eating

and drinking habits, fashion and way of life, how they think and act, how they connect with others and value relationships, how much they know and how much information they have, etc. have all changed because of social media.

Study has habits and rituals that Study do and a way that Study connect with each other every day. Everything in our daily lives follows this steady trend. Everything from the time Study wake up to the time Study go to sleep at night is stimulating us in different ways. Everyday life shapes our minds, how Study see ourselves, and how Study plan for the future. Social media play a big part in our daily lives. The fact that people spend most of their day on social media means that it changes.

LITERATURE REVIEW

The Merriam-Webster dictionary defines social media as “forms of electronic communication (as websites for social networking and blogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos)”According to the Indian Governments Ministry of Communication and Information Technology, “social media in recent times have become synonymous with social networking sites such as Facebook or Micro blogging sites such as Twitter. However, very broadly social media can be defined as any web or mobile based platform that enables an individual or agency to communicate interactively and enables exchange of user generated content”.

From a psychological point of view, Smith et al. (2008) said that social media is “collective goods produced through a computer mediated collective

action.” Further authors stated that “the term social media includes such a diverse a collection of tools and services that systems that should be further distinguished are often confused. Social media can vary along several dimensions. A key dimension is the size of the social group that are producing and consuming social media.”

Mayfield (2007) defined social media as “a group of new kinds of online media, which share most or all of the following characteristics: participation, openness, conversation, community and connectedness.” “A good way to think about Social Media is that all of this is actually just about being human beings. It helps Sharing ideas, cooperating and collaborating to create, art, thinking and commerce, vigorous debate and discourse. It also help finding people who might be good friends. It is spreading very quickly, not because it’s great shiny, whizzy new technology, but because it lets us be ourselves-only more so.

Since social networking sites like MySpace, Face-book, and LinkedIn came out in the early 2000s, more and more people are using them to stay in touch with friends and coworkers, make groups to work together, plan events and movements, and share information about all kinds of topics. It’s easy to work together on social media sites and apps, whether It’s for work, for fun, or as part of a political movement. Plus, these sites keep getting better. Social networking is a part of all kinds of contact, like email, chat rooms, micro blogging, texting, webinars, sharing files, videos, and music. No longer can people only talk to each other one-on-one or one-to-many; online tools have made it possible for many to talk to many.

Brussee and Hekman (2009) said that the differences between social media

and traditional media are due to the “high accessibility” of modern media, which is not present in traditional media. People who use traditional or mass media can just take in the knowledge. Newspapers and other forms of classic media like them have a lot of steps that people have to go through before they can reach an audience. In this way of reaching out to people, cost a lot of time, energy, and money for the person who wants to reach more people. In contrast, social media lets people both read and post material, as well as work together on projects at the same time. People who post on social media don’t have to deal with the usual problems that people do when they post on traditional media like newspapers, TV, and radio. People of all statuses, ages, genders, cultures, educational levels, and economic backgrounds have the same freedom and chances to use social media to share information and take part in activities. Study call all of these ways of talking on the internet “Social Media” because of this.

People used to think that social media was replacing or reducing face-to-face interaction. Now, they think that along with face-to-face interaction (Pilch 2009; Waters, Nuttall, & Gelles, 2009), digital cameras create new and more chances to make friends and grow their social circle. People can talk to or reach a lot of people at once on social media, no matter where they are or what time it is. It also doesn’t cost much. People can build communities on social media, but It’s main purpose is still to connect people and groups that have something in common for short periods of time.

Unlike traditional media, social media doesn’t require knowledge of production, direction, writing, etc. To reach a lot of people at any time and from anywhere in the world, all you need is a computer, a tablet, a smart-phone, and a

web browser. The rise of digital cameras, smart-phones, and cameras built into computers and phones has also made social media more popular and easy to use (Brussee & Hekman, 2009). According to Kaplan and Haenlein (2010), there are three parts of social media that separate it from traditional media. They looked at how social media has aspects of self-presentation and self-disclosure, which make it “social” and popular as “social media.”

The amount of information on social media is greater than on traditional media because there is more “social presence,” which makes content creation and information sharing happen faster. There is a difference between “social presence” and “media richness” in social media. Richness in media and social presence go hand in hand. More people in a space means more content creation and sharing. So, communication channels with more social presence have naturally more media diversity (ibid). Self-presentation is another important part of conversation or social interaction. Goffman wrote a book in 1959 called “*The Presentation of Self in Everyday life*” stated that in every “interaction an individual try or attempt to control or guide the impressions that others might take of him by changing or fixing his setting, appearance and manners.” Sharing personal information about yourself, or “self-disclosure,” in a way that fits the picture you want to project is how you present yourself.

“Social presence” is a feature of social media. This means that when people talk to each other online, they want to make a good impact, like when they talk to someone in person. There are different “self-discloser” and “self-presentation” choices on each social media site. For example, Wikipedia is a text-based site that doesn’t give users as many ways to show who they are as a

social networking site like Facebook, which lets users share photos, music, video, text, likes, comments, personal information, and more.

Today Study lives in an age of technology and information, and social media is a big part of it. Even though social media can be good for you, too much of it can also really hurt you. Numerous research papers have found a link between using social media more and being emotionally unstable. It’s clear that social media can have different effects on different people.

Objectives:

The aim of this study is to look at how youth use of social media affects their mental health in terms of anxiety and stress.

Research Question: What is the impact of social media on youth and how it affects their mental health in terms of anxiety and stress?

Hypothesis:

The low and high users of social media will not differ in their level of anxiety and stress.

Method: This research study used the survey method. Sample size for study is a group of 100 students were selected from different colleges in the district Rohtak, Haryana. Information about the time spent by them on social media was recorded and those who devote three hours or less were taken in low usage group and those who spent more than three hours in a day (24 hours) were taken in the high usage group. Finally, 40 students were there in each group. The student’s age ranged from 18 years to 21 years. This researcher used the anxiety and stress measures based on Lovibond and Lovibond (1995) scales for data collection.

Sample:

An initial sample of 100 students (age range from 18-21 years) were asked about their time spent on social media and they were divided in two groups i.e. those who spent less than three hours and those who spent more than three hours. There were 40 students in each group and the rest of the students were dropped as they did not fall in any of the group. The participants in this study mostly used social media on their cell phones. All the participants were administered specially designed checklists for measuring the anxiety and stress. The obtained data were analyzed using

descriptive (mean and SD) and inferential statistics i.e. t- test.

RESULTS AND DISCUSSION

Mean, standard deviation and the t-test were used to see if the students who use social media for less than three hours and youth who use it for more than three hours are differently effected by anxiety and stress.

What are the main points of this paper? Students who use social media for less than three hours are less likely to be depressed than youth who use it for more than three hours as shown in Table 1.

Table 1: Mean, SD and t value

Social Media Usage	Mean (Anxiety)	SD	t-value	df	Significance level
Less(> 3 hours)	9.95	3.7	5.37	88	0.01
More(<3hours)	15.5	5.6			

Table1 explains the average anxiety level of youth who use social media for less than three hours is 9.95 (SD=3.7) and 15.5 (SD=5.6) for those who use it for more than three hours. The t-ratio between youth who use social media for less than three hours and youth who use it for more than three hours is 5.6 which is greater than the t-value at the 0.01% level of significance. That means the first theory was wrong, and there was a significant difference in depression between youth who use social media for less than three hours and youth who use it for more than three hours.

The results show the youth who use social media for less than three hours and who use it for more than three hours what they feel about anxiety. Students who use social media for less than three hours are 5.37 times more likely to be anxious than youth who use social media for more than three hours. It's more than the t-value at the 0.01 level. This means that the second theory is not true. Instead, there was a significant difference in anxiety levels between youth who use social media for less than three hours and youth who use it for more than three hours. Figure 1 shows it.

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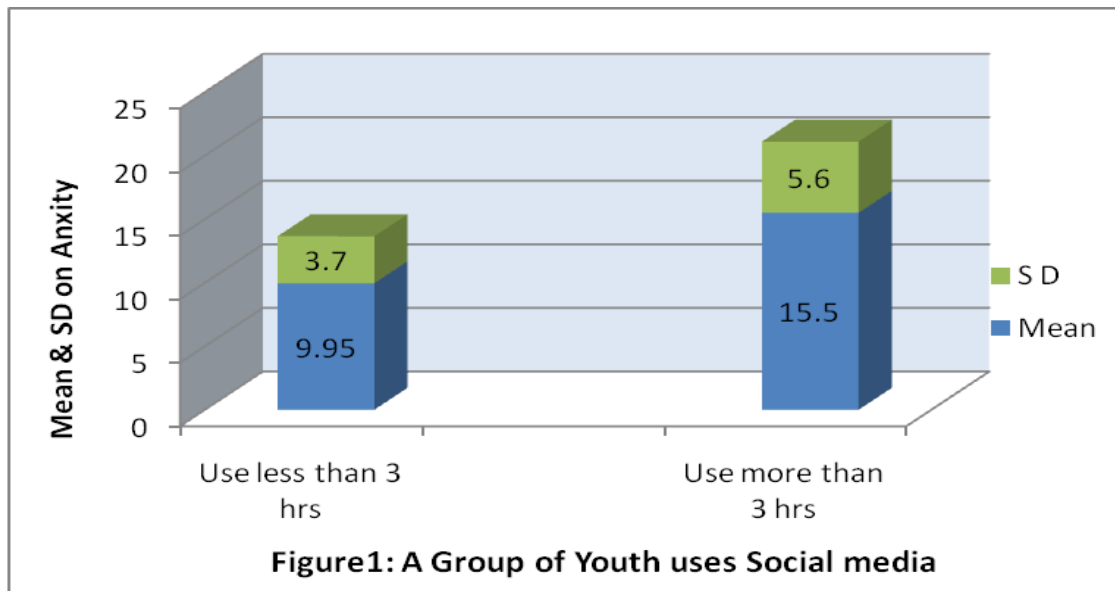


Figure1 express the different level of youth who use social media for less than three hours and youth who use it for more than three hours have different levels of anxiety.

Table 2: Mean, SD and t value

Social Media Usage	Mean (Stress)	SD	t-value	df	Significant level
Low(> 3 hours)	10.2	4.5	6.15	88	0.01
High(< 3hours)	18.6	5.15			

Results (Table 2) revealed that the youth who use social media more than 3 hours a day were found to have scores high on stress (Mean 18.6) than those who use less (Mean 10.2). When compared for significance of mean difference using t test, it was found that the obtained t value is 6.15 and it is significant at .01 level of confidence. It clearly indicates that the group of youth

who spent more time on social media are more stressed. It is graphically depicted in Fig. 2. It is clearly indicated through several researches that high level of prolonged stress is associated with poor general health and also increase the probability of several psycho-physiological disorders currently known as stressgenic disorders.

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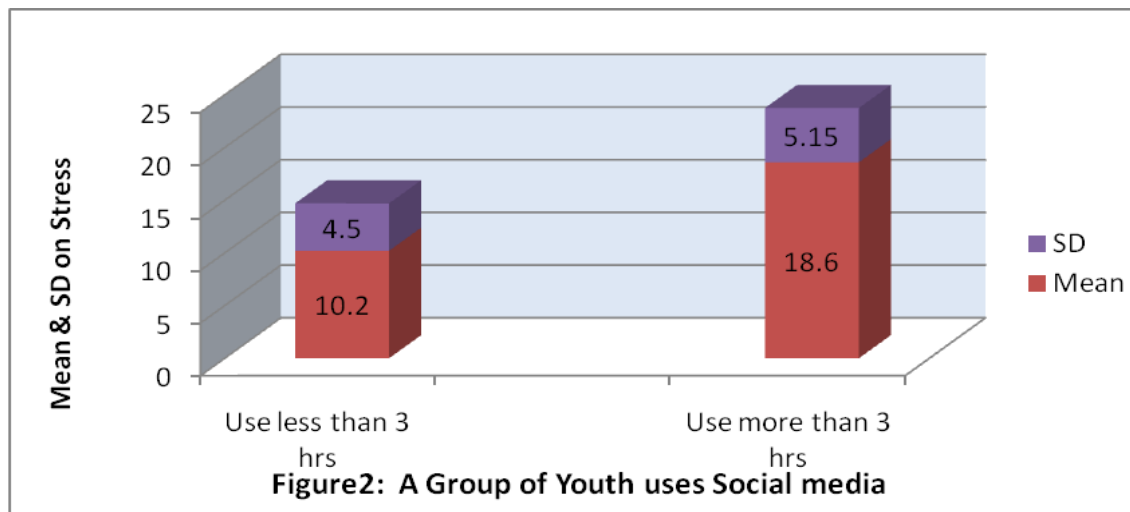


Figure2 shows the stressed level of youth who use social media for less than three hours and who use it for more than three hours.

Conclusion:

The research result shows that the levels of anxiety and stress were significantly different between youth, who use social media for less and more than three hours. So Study can say that youth who use social media for longer than three hours are less mentally healthy than youth who use it for less than three hours.

The high or more use of social media i.e. more time spent on social media is found to elevate the level of anxiety and stress among youth. The literature reveal that social the high use of social media is not only associated with heightened anxiety and stress rather it is found to be associated with poor general health and mental health. As the high usage reduce meaningful social contact and outside/ physical activity. The activity theory also indicates that high activity is associated with reduced level of stress and depression. Though social media usage may increase the virtual contacts but it actually does not have the meaningful social contacts and thus the gains are very less.

India has been open to the internet for a long time. Over the past ten years, the number of people using the internet in India has grown quickly, and now there are over 711 million active digital citizens. Emails were the first form of digital communication. Now, there are a lot of social networking giants like Google, WhatsApp, Face-book, and Twitter. Millions of Indians now do it every day.

People who use the internet use social media all the time. But youth and young adults can get a lot out of using social media. Students can improve their social skills and conversation by using social media. Social networking sites and apps can help youth make new friends, share thoughts and pictures, find a new hobby, and try out new ways to express themselves. Young people can learn simple technical and social skills that they will need to get by in everyday life. Most youth use social media to keep in touch with friends they make at school, in sports, and at other events, and to bring those relationships into the online world.

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Students who are addicted to social media are putting their mental and physical health at great risk. Students use social media to connect with others, but this mindset of comparison can be bad for their mental health. Several studies have shown that youth who are addicted to social media sites like Snapchat, Face-book, Twitter, Instagram, and WhatsApp have more of the bad effects listed above. These include eye strain, social withdrawal, not getting enough sleep, depression, anxiety bad body image, loneliness, cyber-bullying, low self-esteem and many more problems.

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