A STUDY OF SOCIAL MEDIA ADDICTION STATUS ON PSYCHOLOGICAL HEALTH

CANDIDATE NAME= SHIKHA RAJ

DESIGNATION- RESEARCH SCHOLAR OPJS UNIVERSITY CHURU RAJASTHAN

GUIDE NAME- DR. SHOWKET AHMAD WANI

DESIGNATION- ASSISTANT PROFESSOR OPJS UNIVERSITY CHURU RAJASTHAN

ABSTRACT

In 21st century, as social media addiction (SMA) is recognized as major cause of declined physical, psychological and social well-being of our society including young population, It has been given central attention in area of clinical and health researches worldwide. In line the present study made its effort to analyze significance of gender and social media addiction status on psychological health aspects including well-being, emotional expression, death anxiety, body image and psychological counselling need for teenagers. The present study further extended to develop cognitive-behavior therapeutic module (CBTM) for social media addiction and to ascertain the significance of this module on social media addiction and its aliened psychological health aspects. Cognitive behavioural therapeutic Module (CBTM) was developed as therapeutic intervention for social media addict teenagers. Tests and scales employed were; Social Media Addiction Checklist (SMAC), Well Being Index (WBI), Emotional Expression Scale (EES), Death anxiety Scale (DAS), Body Image Scale (BIS) and Psychological counselling needs scale (PCNS).

KEYWORDS: Social Media, Addiction Status, Psychological Health, social media addiction, cognitive-behavior therapeutic module, Cognitive behavioural therapeutic Module

INTRODUCTION

In present world social media has been taken as great concern in clinical, psychological and social researches. Despite the fact that engaging in different forms of social media is a routine activity that research has shown to benefit children and teenagers by increasing communication, social connection, and even technical competence. O' Keffe & Pearson (2011) Social media sites such as Facebook, whatsapp, twitter, Instagram and MySpace offer multiple daily opportunities for connecting with people with shared interests. During the last 5 years, the number of teenagers using social media has increased dramatically. Hinduja S, Patchin J. (2007) reported that 22% of teenagers log on to their favorite social media sites more than 10 times a day, and more than half of teenagers log on to a social media sites more than once a day. 75% of teenagers now own cell phones, and 25% for social media, 54% for texting, and 24% for instant messaging. Therefore, a large part of this age group social and emotional evolution is occurring while using Internet and cell phones because of their limited capacity for self-regulation and sensitivity to peer pressure, children and teenagers are at some risk as they navigate and experiment with social networking sites.

Social media is based on internet and social media addiction a type of internet addiction considered as problematic use of social media by all age groups including teenagers. Recent study suggested that there are frequent online expressions of offline behaviors, like bullying, clique-forming, and sexual experimentation, and privacy issues. Other issues that merit

consciousness incorporate Internet addiction and concurrent sleep deprivation. These all aforesaid eventually leads teenagers towards mental issues.

THE PRESENT STUDY ARE INTRODUCED AS FOLLOWS-

Social media

Social Media addiction

Impact of social media addiction on teenagers

Well-Being

Emotional expression

Death Anxiety

Body Image

Psychological counselling need

Cognitive Behaviour therapy

1.2.1 SOCIAL MEDIA

The "social" part: refers to interacting with other people by sharing and receiving information with them. The   "media"   part: refers to an instrument of communication, just like the internet (while TV, radio and newspapers are examples of more conventional forms of media). With these 2 separate terms, we can pull a fundamental definition together: Social media are web-based communication gadget that allows individuals to interact with each other by both sharing and consuming information.

"Social media sites are internet based devices that allow individual or organization to create, share, or exchange information, facts, career interests, plans, and pictures/video in virtual communities and networks "Buettner (2016).

Boyd, D. and Ellison, N.B. (2007) defined social media as "a public web-based service that allows users to create a personal profile, identify other users with whom they'll relate to or have a connection with, read and react to posts made by other users on the site, and send and receive messages either privately or publicly."

"Social media mention to the broad scope of web or mobile based technologies that enable users to involve in online interchange contribute user-generated content or join online communities. According to Boyd and Ellison (2007) the first social networking site (sixdegree.com) appeared in 1997.

The kinds of internet service commonly associated with social media (sometimes referred to as "web 2.0") include the following: (Michael Dewing 2010) Blog can be hosted for free on websites such as Wordpress, Tumblr and Blogger.

Social Bookmarking sites allow us to organize and share links to websites, example include Reddit. Status update services also known as micro blogging services, status update services

such as twitter that allow people to share short updates about people and see updates created by others (Fox, Zickuhr and Smith, 2009).

Social Networking Sites (SNS) as web-based services that allow construct a public or semipublic profile within a bounded system. Individuals use their account to connect with other users. Most Popular SNS is facebook. Media sharing sites allow users to post videos or pictures such as YouTube, pinterest and Instagram. Difference between Social Media and Social Networking sites

Abubakar Mahmuduas divulge earlier, a lot of people use the terms social media and social networking interchangeably as if they mean the exact same thing. Even though the differentiation is subtle, they are not the same. Social networking sites are actually subcategory of social media sites.

The easiest way to understand the difference between social media sites and social networking sites are by thinking about the terms "media" and "networking" separately. Media mention to the information you are actually sharing–whether it is a link to an article, a video, an animated GIF, a PDF document, a simple status update or anything else.

Networking, adversely, has to do with who your audience is and the relationships you have with them. Your network can incorporate people like friends, relatives, colleagues, anyone from your past, present customers, mentors and even complete strangers.

They actually overlap, which is why it gets confusing. For example, you can share media with your social network to gather likes and comments–a form of social networking sites. But you'll also simply up vote a link on Reddit, which is a social media platform, to help out the community and give your say in the matter without any intention of building relationships with another user.

Try to think of social media like fruit. Apples, bananas, oranges, grapes, berries, melons and pineapples are a part of the wide range of fruit category, in the same way that social networking sits, social news, social bookmarking, wikis, blogs and private online messaging apps are part of the broader social media category.

1.3 COMMON SOCIAL MEDIA FEATURES

User accounts: Social media Sites allows visitors to create their own accounts that they can log into, then that's a good sign there's going to be social interaction. You can't share information or interact with other online users without doing it through a user account.

Profile pages: A profile page is often necessary to represent an individual. It includes information about the user, like a profile photo, bio, website, and feed of recent posts, recommendations, recent activity and more.

Friends, followers, groups: Individuals use their accounts to connect with other users also use them to subscribe to certain forms of information.

News feeds: Social Networking sites users connect with another user on social media sites like facebook. They're saying, "I want to get info from these peoples." That info is updated in real-time their news feed.

Personalization: Social media sites generally give users the flexibility to configure their user settings, customize their profiles to look a specific way, organize their friends or followers, and manage the information. They see in their news feeds and even give feedback on what they do or do not want to see.

Notifications: Any site or app that notifies users about specific information is definitely playing the social media game. Users have total management over these notifications and can choose to receive the kind of notifications that they need.

Information updating, saving or posting: A social media site allows you to post absolutely anything, with a user account. It could be a simple text-based message, photo, and video, or anything else.

Like and comments: Two of the most common ways we interact on social media via buttons that represent a likeand comment sections where we can share our opinion.

SOCIAL MEDIA ADDICTION

American Psychological Association- Addiction is a complex condition that leads to negative effects. In other forms of addictions like drugs, gambling, video gaming, overeating etc., people feel bound to particular activities such that they become harmful habits, which can obstructs in their lives and this can be said of individual who use social media sites excessively.

Social media addiction is a term used to describe a situation wherever a user spends excessive time on social media sites (e.g. Facebook, Twitter, and Instagram). It negatively affects different aspects of his/ her daily life like school, work or different social obligation and relationship with others.

Social media users the world over are estimated at about 2 thousand 2 hundred and 6 billion, a global diffusion of 30% which is a rise in number of users by about 100 and 76 Million users in the last year alone (www.socialmediatoday.com). Impact of social Media addiction on teenagers Social media addiction appears as a potential problem in teenagers. Asia has the highest number of Internet users in the world, approximately 922.3 million, representing 44% share of the world's Internet user population, according to data by Internet World Stats.

Research and clinical practice suggested that the concept of social media Addiction is not to be taken lightly as a number of negative consequences of excessive use of social media in adolescents, which have been identified in the literature. Teenagers seem to be a population in danger for developing social media addiction (Leung, 2007) because of variability in developing their cognitive control (Casey, Tottenham, Liston, & Durston, 2005)

The use of social media is associated with many benefits for teenager's health and development, as they look to social networking sites as a key source of information, communication and entertainment. Social media offers important benefits to psychological health. Facebook provides opportunities for increased social capital, social interaction with others, and identity development. In terms of social capital, studies shows that certain types of Facebook use allow for students to be better integrated into the college community, insofar as it provided a venue for acquiring information about social occurrence and for strengthening social ties with newly introduced schoolfellows (Ellison, Steinfield, & Lampe, 2007). In terms of identity development and psychological health, research found that young users report increased self-esteem and general well-being following instances of positive feedback on social networking sites (Valkenburg, Peter, & Schouten, 2006).

While media use is a vital part of the daily life of teenagers, there are a number of risks related to social media uses, specifically, negative effects on mental health. The obstacle in self-regulation and sensitivity to peer pressure makes teenagers helpless to such evils as

facebook depression and cyber bullying, which are realistic threats. Other issues like social network-induced obesity, Internet addiction and sleep deprivation are issues that continue to be under acute scrutiny for the contradictory results that have been obtained in various studies. Cyber bullying ranges from direct threatening and unpleasant emails to anonymous activities like trolling. Sexting, the action of sending sexually revealing pictures of themselves or sexually explicit messages to another individual or group, is another common activity among the teen community in social media. Facebook depression, elucidate as emotional disruption that develops when pre-teens and teens exceedingly time spend on social networking sites. Other risks of substantial social networking sites among adolescents are losing privacy, sharing too much info, and detach from reality. Social comparison on social networking sites, under certain circumstances, has also been associated with mental health problems. In a recent study of teenagers, Nesi and Prinstein (2015) assessed the role of technology-based "social comparison and feedback-seeking" (SCFS) in the development of depressive symptoms.

DVANTAGES OF SOCIAL NETWORKING SITES

- **Ability to connect to other people all over the world**

A social networking site is that the convenience of connecting with individuals from any other place. Use Social media to stay in touch with your old friends who have settled everywhere the country, relatives or meet new individuals from cities or regions you have ne'er even heard of before.

- **Easy and instant communication**

Now that we are connected wherever we go, we don't have to rely on our at-home telephone answering machines or snail mail to contact somebody. We can simply open up our laptops or pick up our mobile phones and instantly communicate with anybody on platforms like whatsapp, Twitter or many other social networking sites.

- **Real-time news and information discovery**

Gone are the days of waiting around for the six o'clock news to come on, or for the deliverer to bring the newspaper. If you wish to know what is going on within the world, all you wish to do is jump on social media. An added bonus is that we will customize our news and knowledge discovery experiences by selecting to follow precisely what we want.

- **Opportunities for businesses**

Business owners and other alternative professional organizations are ready to connect with current customers, sell their merchandise and expand their reach using social media. There are literally many of entrepreneurs and businesses out there that thrive nearly entirely on social sites and would not even be ready to operate without it.

- **General fun and enjoyment**

You have to admit, social networking sites will be pretty fun. A lot of individuals address it once they are ready to catch a break at work or simply need to relax at home. Since individuals are naturally social creatures, it's often quite satisfying to see comments and likes show up on our own posts, and it's convenient to be ready to see exactly what our friends are up to while not having to ask them directly. Disadvantages of Social Networking Sites.

- **Information overwhelm**

With so many people now on social media, tweeting links and posting selfies and sharing YouTube videos, it will get pretty noisy. Becoming overwhelmed by too many facebook friends or too many Instagram photos to browse through isn't all that uncommon. Over time, we have a tendency to rack up a great deal of friends and followers, and that can lead to lots of bloated news feeds with excessive amount of content we're not all that interested in.

- **Privacy issues**

With such a lot of sharing occurring, problems over privacy can continuously be an enormous concern. Whether it's a question of social networking sites owning your content after it's posted, becoming a target after sharing your geographical location online, or even getting in difficulty at work after tweeting something inappropriate sharing too much with the public can open up all sorts of issues that sometimes cannot ever be undone.

- **Social peer pressure and cyber bullying**

Overwhelming pressure to suit in with everybody posting on social media or changing into the target of a cyber-bullying attack can lead to self-esteem problems.

- **Online interaction substitution for offline interaction**

Since people are now connected all the time and you can pull up a friend's social profile with a click of your mouse or a tap to your smart phone, it's becoming a lot easier to use online interaction as a substitute for face-to-face interaction. Some individuals argue that social media truly promotes delinquent human behavior.

- **Distraction and procrastination**

How often do you see somebody checkout their phone? People get distracted by all the social apps and news and messages they receive, resulting in all types of issues like distracted driving or the shortage of gaining someone's full attention during a conversation. Browsing social media may feed procrastination habits and become something individuals communicate so as to avoid certain responsibilities.

- **Sedentary lifestyle habits and sleep disruption**

Lastly, since social networking sites is all done on some sort of computer or mobile device, it can sometimes promote too much sitting down in one spot for too long. Likewise, staring into the artificial light from a pc or mobile screen at midnight will negatively have an effect on your ability to urge a actual night's sleep.

CONCLUSION

Social media is popularized as the most common activity of present generation including children and adolescents. Social media serve today's teenagers a portal for entertainment, communication, academic advancement in the recent time. Hence, it is important for parents, educators, mental health workers, and psychologists to become aware of the nature of social media and its related factors and also its concurrent health outcomes. The advanced and update information regarding social media addiction phenomenon speculated to be conducive to encourage healthy usage and urge parents and educators to monitor for potential problems with social media addiction.

REFERANCES

Borgen, W. &Amundeon, N.(2001). An expanded view of work with adolescents-promoting Competence. Reading for child and youth care workers, 27(24).

Brennan, Lalonde, and Bain (2010). Body Image Perceptions: Do Gender Differences Exist? The International Honor Society in Psychology, 15, (3) ISSN 10894136.

Brittney, E. H., and Schrick, B.S. (2005). Television's Relationship to Body Dissatisfaction in College Women. Thesis Texas Tech University.

Brubeck, D., & Beer, J. (1992).Depression, self-esteem, suicide ideation, death anxiety, and G.P.A. in high school students of divorced and non-divorced parents. Psychological Reports, 71, 755-763.

Buettner, R. (2016). Getting a Job via Career-oriented Social Networking Sites: The Weakness of Ties.49th Annual Hawaii International Conference on System Sciences. Kauai, Hawaii: IEEE. doi:10.13140/RG.2.1.3249.2241

Burke, M., Marlow, C., and Lento, T. (2010). Social Network Activity and Social Well-Being, CHI'10

Casey, B. J., Tottenham, N., Liston, C., & Durston, S. (2005). Imaging the developing brain: What have we learned about cognitive development? Trends in Cognitive Sciences, 9, 104-110.

Cash, T. F. (2004). Body image: Past, present, and future. Body Image, 1, 1–5.

Cash, T. F., & Pruzinsky, T. (2002). Body image: A handbook of theory, research and clinical practice. New York: Guildford Press.

Cash, T. F., Morrow J. A., Hrabosky, J. I., & Perry, A. A. (2004). How has body image changed? A cross-sectional investigation of college women and men from 1938 to 2001. Journal of Consulting and Clinical Psychology, 72, 10811089.

Cash, T.F. (1999). The management of body image problems. In C.G. Fairburn & K.D. Brownell (Eds.), Eating disorders and obesity: Second edition (pp. 599103). New York, NY: The Guilford Press.

Cash, T.F., & Pruzinsky, T. (1990). Body Images: Development, Deviance, and Change. New York: Guildford Press.

Cash, T.F., Ancis, J.R., & Strachan, M.D. (1997). Gender attitudes, feminist identity, and body images among college women. Sex Roles, 36 (7/8), 433-445.

Cash, T.F., Fleming, E.C., Alindogan, J., Steadman, L., and Whithead, A. (2002). Beyond Body Image as a Trait: The Development and Validation of the Body Image States Scale. Eating Disorders, 10, 103-113.

Champion, H., & Furnham, A. (1999). The effect of the media on body satisfaction in adolescent girls. European Eating Disorders Review, 7, 213-228.

Chan, T. H. (2014). Face book and its effect on users' empathic social skills and life satisfactions: A double edged sword effect. Cyber psychology, Behavior and social networking, 17(5), 276-280.

Chandel, P. K. & Gupta, N. (2018). The Impact of Time Spent on Social Media on Emotional Intelligence of Adolescents. Journal of Emerging Technologies and Innovative Research (JETIR), 5, (9), 576-597.

Chaplin, T.M. (2015). Gender and Emotion Expression: A Developmental Contextual Perspective, 7(1): 14–21.

Chelgren, K.D.H. (2000), Death Anxiety In Young Adults: The Predicative Role of Gender and Psychological Separation From Parents .A thesis, Master of Arts in General

Psychology, UNIVERSITY OF NORTH FLORIDA COLLEGE OF ARTS AND SCIENCES.

Chen, G.M. (2015). Losing face on social media: Threats to positive face lead to an indirect effect on retaliatory aggression through negative affect. Communication Research, 42(6), 819-838.

Chouhan ,V.L. &Didwania,R. (2015).General wellbeing scale. National psychological corporation, Agra.2-3.

Chouhan and Joshi, V. (2013). A Study of family as a precipitator of psychological well-being of adolescents. Ph. D. Thesis. MLS University, Udaipur.

Chouhan V.L., Arora G. (2009). Psychological counselling need scale. National psychological Corporation, Agra.