

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH OF STUDENTS

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Abstract— Web-based social networking is an online association site where individuals cooperate to construct, offer and change their thought and remarks with respect to any data. During the previous decade, online long range social networking communication has caused significant changes in the manner individuals convey and cooperate. A descriptive study was conducted among top 2 deemed universities in Chennai with a sample of 90 respondents. It included questions on demographical information, the pattern of social networking usage, social relationship and health effects. The results found that there is a significant associations between time spent on social media and the number of SNS. There is a positive correlation between feeling anxious and serious active on SNS than in real life. This study concludes that more usage of social media, number of SNS and too much of time spent on social networking sites is affecting the student's mental health such as depression and anxiety.

Keywords — Social media, Social networking sites, Web based, Depression, Anxiety, Mental health, Students.

1 INTRODUCTION

Social Media is taking part in different types of online networking; it is a routine movement that inquires about the children and teenagers by upgrading communication, social association, and even specialized skills (Horst H, 2010). Social networking sites offer different day by day openings for interfacing with companions, schoolmates, and individuals with common interests. (Ted Eytan 2010). During the most recent 5 years, the quantity of preadolescents and youths utilizing social networking sites has expanded significantly. As per the recent survey, 22% of adolescents sign on to their top choice social networking sites over 10 times each day, and the greater part of young people sign on to SNS more than once a day. Seventy-five percent of young people presently use phones, and 25% use them for social media, 54% use them for messaging, and 24% use them for instant messaging. Thus, a huge amount of this current age's social and enthusiastic advancement is happening while on the Internet and cell telephones. (Hinduja S, Patchin J, 2010). Recently, a few specialists have related social networking sites with a few mental disorders which include depression and anxiety. Since social networking sites are a moderately new wonder, numerous inquiries concerning the potential effect on mental health remain unanswered. (Igor Pantic, 2014). Therefore this research undergoes the impact of social media on mental health issues of the student. The objective of the study is to determine the impact of social media on mental health issues such as depression and anxiety of students.

2 LITERATURE REVIEW

Barrense-Dias, et al. (2019) shared that social media is the most exceedingly terrible stage for youth where the younger's use for cyberbullying and trolling which is a hazard for youngster's mental health. Williams & Teasdale (2018) studied that the individuals who utilize social media excessively long, they may stick in mental health issue. Oberst, et al. (2017)

have characterized the effects of online networking that particularly impacts on youngsters psychological wellness, the overutilization of internet-based life causes emotional well-being issues. There is another predator's gal; conversely, different researchers have given the pessimistic effect of online life, such as World Health Organization, (2017) disclosed that the individuals who have been utilizing internet-based life for quite a while, they have been refreshing from the dangers, it is additionally considered by them about the future issues of a nation. Pater & Mynatt (2017) depicted that social media causes for hostile and unsafe conduct in this manner it is harmful to the emotional well-being of a person, particularly for youngsters. The impact of internet-based life relies upon its use if an individual who utilizes too much social media as well as whatever can be hurt to him. Parmar (2017) expressed that in 21st-century youth has been investing their energy in various social contraptions, a normal 12-15 hours per day on stimulation media, including, telephones, PCs, workstations, TVs, just as some others gadgets. With the assistance of these gadgets, they use WhatsApp, YouTube, Facebook, Instagram, Twitter and some others. As of 2019 statistics (Felix Richter, 2019), 2.7 billion people used Face book, Instagram, or Messenger each month and more than 2.1 billion people use at least one every day. Among them more than 1 billion who were dynamic client's of Facebook which is the most visited site the utilization of this application the young don't think pretty much all companions, the client's bio information is accessible there and the obscure companion might be hake their information. Just about 1 billion were dynamic clients of YouTube, over 4 million are WhatsApp dynamic clients, likewise 4 million were perpetual clients of Instagram and above 3 million were dynamic clients of twitter. Similarly, the quantity of online life client has been expanding step by step genuine hazard for youth psychological well-being. Dangerous online life use was emphatically and freely connected with expanded depression side effects (Shensa et al. 2017). Thornicroft, et al. (2016) given supposition that online networking is significant for youngsters' lives since it has incredible connection to people groups emotional well-being, however then again some speculative portrayal thought of it as, is extraordinary hazard and perilous for human's psychological wellness, also youth utilizes social networking sites for digital harassing, similar to ridicule others, mimics, and so on as result others lose their confidence, self-

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assurance. It has small positive effects of online networking among young generation. Miller, et al. (2016) portrayed that internet based life changes the method for correspondence, socialization additionally it keeps companionship. While its advantages to turning into the development bunch part however opposite side it has a few dangers been investing their energy in society that is perilous for their emotional health. Len-Ríos, et al. (2016) have said that social media frequently use for long-range interpersonal communication bookkeeping that is not a kidding hazard for youth for adolescents since ordinary utilization of person to person communication bookkeeping can impact emotional wellness of the adolescents.

Patel, et al. (2016.) pointed out that online networking is creating a problem like uneasiness, sorrow, and dietary issues. Besides, the utilization of social media has been turning out to be a progressively troublesome issue for younger's since more invests their energy looking over however social media applications and they don't get anything as result it is a huge danger of youngster's mental health. It is commonly discovered that unnecessary utilization of SNS can prompt elevated misery, uneasiness, pain, depression, and disappointment with life, in this manner falling apart psychological well-being (Woods and Scott, 2016), SM use was altogether connected with expanded depression (Lin et al; 2016). Despite what might be expected of past explanation Townsend, et al. (2016) thought about that social media becomes a hindrance in vis-à-vis meeting and individuals typically live alone when they converse with others as result it become their propensity that is an indication of stress, sadness, and self-deduction.

GermannMolz and Paris, (2015)described that the adolescent checks out online life in light because the cutting edge innovation engages them, also they contribute their aptitudes to their companions additionally they contact with family, thusly it makes their psychological wellness more grounded.

Gipson, et al. (2015) portrayed that an immaturity period youth's psychological well-being and feeling prosperity, yet they have an absence of data, further requested that how state they are solid or how to keep this condition. Zhang, et al. (2015) correspondence and social association might be encouraged by social media life. Creeks (2015) showed that the youths who utilize increasingly social media generally fall into difficulty and regularly they are troubled and exhausted.

Amedie (2015) expressed that social media become the reason anxiety and depression for young people, when the clients consider other to be as upbeat and more offices then they feel sad as it is become mental issue for youngsters. Like shrewd Clarke, Kuosmanen, and Barry (2015) portrayed that social media builds the feeling of young people.

Jelenchick et al ;(2013) states that there is no verification of interrelationship among SNS and clinical depression. Jelenchick investigated the connection between social networking use and depression in young people. As per their exploration, depression can't be without a doubt related to the person to social networking media utilization among American adolescents. Mustafa Koc (2013) inferred that uncommon compulsion and uneasiness certainly gauge Facebook habit. As per Gabre and Kumar (2012), facebook prompts increment in feelings of anxiety and lost control of things among undergraduates. Depression is a critical hazard factor for an exceptionally common cardiovascular issue and substantially affects suicide occurrence. Likewise, this issue is one of the primary reasons for the powerlessness to work and in this way

influences the financial circumstance of the individual, his family, just as the general public all in all (Lépine et al. 2011). Computer use and television viewing have also been linked to anxiety and/or depressive symptoms (de Wit et al. 2011). Depression and sentiment of loneliness may cause due to Facebook among understudies (O'Dell 2011). O'Keeffe, Clarke-Pearson, and Council on Communications and Media (2011) build up the expression "Facebook Depression" recently characterized, was an interrelationship between youthful experience a lot of time via web-based networking media destinations and creating wretchedness side effects. As indicated by Moreno et al (2011a) Facebook articulations may propose the presence of depression side effects client is associated with at the base types of depression. Depression is one of the most continuous mental disposition issues in both created and low-pay nations. Significant melancholy influences around 16% of the all-inclusive community at least multiple times during their lives (Lee et al 2010). Depression was the most generally detailed disease (Burnsed, 2010) as an all-inclusive mental issue in the understudy populace. Depression is an enthusiastic condition of distress, edginess, and disturbance that cut off the part of life and it can bring about suicide if isn't dealt with (McCall, 2007). While one of the significant worries for SNS addiction is that it could impede clients' wellbeing, the current writing on this point is deficient and has a few holes. In the first place, the proof of the pessimistic outcomes of SNS habit on close to home wellbeing is narrative and discrete. Until this point, there is no efficient examination of the pessimistic effect of SNS on close to home wellbeing, including mental health, yet besides to social and physical wellbeing (World Health Organization (WHO), 2006). More understudies are influencing by depression and the repeat of understudies taking treatment for misery manifestations (Voelker, 2003). The psychological conduct model additionally recommends that innovation compulsion can fortify clients' current maladaptive insights including depression, anxiety, and low confidence (Davis, 2001).

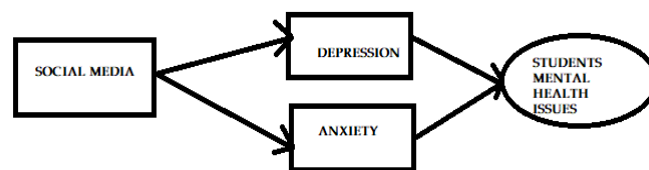


Fig 1: Theoretical Framework

H₀₁: There is a significant relationship between depression and students mental health issues

H₀₂: There is a significant relationship between anxiety and students mental health issues

3 MATERIALS AND METHODS

A Descriptive research was considered for the present study. Both primary and secondary data was collected for study purpose. Primary data was collected from the questionnaire and secondary data was collected from websites, magazines, and journals. The sample size collected was 90 MBA students. A simple random sampling was used. A structured questionnaire was distributed to the participants. The first section included questions on demographic data and the second section included fred choice questions which comprise various constructs like pattern of social networking usage, time spent, everyday activity in social networking sites, engagement of SNS and health related issues such as difficult

in sleeping and eating, depression, anxiety. The statistical tools adopted for the study was Crosstabs, Anova and Correlation. Analysis was conducted by using SPSS_v (16.0) software.

4 RESULTS

Testing of Hypothesis

Table 1: Reliability Reliability Statistics

Cronbach's Alpha	N of Items
0.713	13

The reliability test was conducted using cronbach's alpha. The overall reliability score is 0.713 (Goerge and Mallery, 2003). Hence the questionnaire can be used for further analysis.

Table 2: Multiple response analysis: \$Purpose Frequencies

		Responses		Percent of Cases
		N	Percent	
\$Purpose of SNS ^a	Academics	68	21.7%	75.6%
	Games	49	15.7%	54.4%
	Movies	51	16.3%	56.7%
	Sports	42	13.4%	46.7%
	Entertainment	74	23.6%	82.2%
	Serials	29	9.3%	32.2%
Total		313	100.0%	347.8%

a. Dichotomy group tabulated at value 1.

From the above table 2, 21.7% of students are using social networking sites for academics, 15.7% of students are using social networking sites to play games, 16.3% of students using SNS to watch movies, 13.4 % of students are using SNS for sports, 23.6% of students are using it for entertainment and 9.3% of them are using it for serials. According to Mustafa (2017), the purpose of social media was identified to be on the educational purpose, and this is followed by the purpose of entertainment. Students have a low level of social usage concerning the purpose of social interaction.

H₀₁: There is an association between time spent on social media and number of social networking sites.

From the above Table 3, the significance value is 0.000, which

Chi-Square Tests

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	49.432 ^a	16	.000
Likelihood Ratio	47.715	16	.000
Linear-by-Linear Association	9.875	1	.002
N of Valid Cases	90		

a. 19 cells (76.0%) have expected count less than 5. The minimum expected count is .36.

is less than 0.05. Hence the null hypothesis is rejected and there is an association between time spent on social media and number of social networking sites.

H₀₂: There is an association between usage of social media and number of social networking sites.

Table 4: Cross tabs Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	47.226 ^a	16	.000
Likelihood Ratio	38.327	16	.001
Linear-by-Linear Association	18.865	1	.000
N of Valid Cases	90		

a. 18 cells (72.0%) have expected count less than 5. The minimum expected count is .04.

From the above Table 4, the significance value is 0.000, which is less than 0.05. Hence the null hypothesis is rejected and there is an association between usage of social media and number of social networking sites.

H₀₃: There is a difference between number of social networking sites and symptoms of depression.

Table 5: Anova ANOVA

Number of SNS	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	14.172	4	3.543	2.554	.045
Within Groups	117.928	85	1.387		
Total	132.100	89			

From the above Table 5, the significance value is 0.045, which is less than 0.05. Hence the null hypothesis is rejected and there is a difference between number of social networking sites and symptoms of depression.

H₀₄: There is a relationship between feeling anxious and serious active on social networking sites than in real life.

Table 6: Correlation Correlation

	Feel anxious	More seriously active on SNS than in real life
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Table 3: Cross tabs

Feel anxious	Pearson Correlation	1	.178
	Sig. (2-tailed)		.094
	N	90	90
More seriously active on SNS than in real life	Pearson Correlation	.178	1
	Sig. (2-tailed)	.094	
	N	90	90

From the above Table 6, the significance value is 0.094, which is greater than 0.05. Hence the null hypothesis is accepted and there is a linear positive correlation between feeling anxious and serious active on social networking sites than in real life.

H₀₄: There is a relationship between symptoms of anxiety and symptoms of depression.

Table 7: Correlation: Correlation

		Symptoms of anxiety	Symptoms of Depression
Symptoms of anxiety	Pearson Correlation	1	.193
	Sig. (2-tailed)		.068
	N	90	90
Symptoms of Depression	Pearson Correlation	.193	1
	Sig. (2-tailed)	.068	
	N	90	90

From the above Table 7, the significance value is 0.068, which is greater than 0.05. Hence the null hypothesis is accepted and there is a linear positive correlation between symptoms of anxiety and symptoms of depression.

5 DISCUSSION

A recent study has already found that excessive time spent on social media leads to depression. (Igor pantic, 2012). In this study, there is an association between time spent on social media and the number of social networking sites. Day by day consumption of media negatively affects the children, preteens, and adolescents by making them increasingly inclined to depression, anxiety, and other mental issues, just as making them progressively defenseless to future medical issues. (APA, 2011). In this study, the result shows that there is an association between usage of social media and the number of social networking sites. "What we found overall is that if you use less social media, you are actually less depressed and less lonely, meaning that the decreased social media use is what causes that qualitative shift in your well-being," (Jordyn Young, 2018). In this study it was found that there was a difference between number of social networking sites and symptoms of depression. Excessive use of SNS can lead to heightened depression, anxiety, distress, unhappiness, and dissatisfaction with life, thus deteriorating mental health. (Suryakant C. Deogade, 2018. Primack et al., 2017. Shensa

et al., 2017.) In this study, it was found that there is a relationship between symptoms of anxiety and symptoms of depression. And also there is a relationship between feeling anxious and serious active on social networking sites than in real life).

6 CONCLUSION

The study was conducted to examine the impact of social media on student's mental health issues. The study revealed that majority of the respondents using number of social networking sites and they are spending time more than four hours in a day for using social networking sites. In this study it was found that there was a difference between number of social networking sites and symptoms of depression. In addition the study revealed that there is a strong relationship between symptoms of anxiety and depression. Further confirmed that there was a relationship between feeling anxious and serious active on social networking sites than in real life. As a result, the more usage of social media, number of social networking sites and too much of time spent on social networking sites is affecting the students mental health such as depression and anxiety.

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