

A Study on Social Networking in Relation to Hopelessness among Young Adults and Middle Adults

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ABSTRACT

Social network is the interaction with the social environment and maintain interpersonal relationship with family, friends, neighbors and colleagues in a working situation. The conflicts of social interaction may trigger hopelessness. Hopelessness a soulful emotion which affects the positive emotions of a person, the expectations of future perspectives and achieving a goal. On the other hand, the lower level of social network too causes lack of hope and effects cognitive function in an individual. The study aims to evaluate the relation between social network and hopelessness among young and middle adults in and around the districts of Trichy, Madurai and Sivagangai. 250 samples were collected through simple random sampling techniques by using Lubben Social Network Scale developed by Lubben et.al (2006) and Adult Hope Scale developed by Synder, Harris et.al (1991). The result indicates that social network correlates with hopelessness of young and middle adults. From the analysis it is concluded that social network of the person is increasingly effects the hope of an individual. When a social network decreases an individual are prone to lack hope termed as hopelessness. Hence the need of the study is to understand the importance of social network.

Keywords: *Social network, Hopelessness, Hope and theories of social network and hopelessness*

In today's technologized and modern society, making up time for the family, relatives, neighbor and friends were difficult. "Social network is the platform through which social interaction and support are gained" (Langford, 1997). Now a day's hopelessness becomes one of the common phenomenon which was lack of hope on oneself and others. "Hopelessness that diffuse emotion was uncertain and unstable to explain, which consist of negative expectancy on one self and future" (Stotland, 1969). Due to rapid innovation in the mode of getting connected with others in everyday life, we are drawn away from close relations, leading to lack of hope and affecting the nature of being pessimistic. In India, a survey (2020) reported that 43% of Indian adults are in depression which relates to lack of hope for the future.

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Role of social network is influencing the hopelessness based on their social connection such as relationship with family, friends, neighbors and colleague. Poor social interaction triggers the hopelessness and affects the quality of sleep (Quingxiu Dang, Baoshan Zhang and Alejandra Nunez, 2020). Support of the family and friends decreases the risk of hopelessness which also strengthens the life satisfaction and self-esteem than the one who has less social interactions. Higher social support helps to free a person from hopelessness and depression. While hopelessness was reducing the life satisfaction and self-esteem and increases the risk of depression in an individual but prevented by larger number of people in social network to support during their period of crisis and sharing their emotions with close contacts. (Andrea P. Chioqueta and Tore C. Stiles, 2007).

Due to rapid growth in technology, people began engaging themselves long hours in internet rather than being in a physical contact and sharing their emotion with others, that may affect the mental health of the individuals. One of the most common problems is depression, in-depth beyond depression is lack of hope and negative emotion which was termed as hopelessness.

Aim

To evaluate the social network relation with hopelessness among young adults and middle adults.

Objectives

- Primary objective of the study is to find the relationship between social network and hopelessness among young adults and middle adults.
- Secondary objective of the study is to find the relationship between social network and hopelessness on the basis of demographic variables among young adults and middle adults.

Hypothesis

H1: There will be a significant relationship between social network and hopelessness among young adults and middle adults.

H2: There will be a significant relation between social network and dimension of hopelessness among young and middle adults.

H3: There will be significant differences on social network and hopelessness on the basis of demographic variable age.

H4: There will be a significant difference on social network and hopelessness on the basis of demographic variable gender.

H5: There will be a significant difference on social network and hopelessness on the basis of demographic variable locality.

H6: There will be a significant difference on social network and hopelessness on the basis of demographic variable working status.

METHODOLOGY

This study adopted survey method which is descriptive and associative in nature. The present study aims to find out the social networking in relation to hopelessness among young adults and middle adults.

Sample

The researcher used 250 samples collected through simple random sampling techniques.

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Variables

Independent Variables: Social network is considered as the independent variable of the study.

Dependent Variables: Hopelessness is considered as the dependent variable of the study

Demographic Variables

- Age: 18-35/ 36-55
- Gender: Male/ Female
- Locality: Urban/ Rural
- Working status: Unemployed / Employed

Tools Used

1. Personal data sheet- Personal data sheet was used to gather information about the respondents regarding age, gender, locality and working status.

2. Lubben Social Network Scale developed by Lubben et.al (2006). The tool used to measure the social network of individuals. It consists of 6 items. It has six responses: none, one, two, three or four, five to eight and nine and more.

Reliability:

The scale consist of Internal Consistency Reliability is 0.83

Validity:

The scale consist of Content Validity of the scale is 0.80

Administration:

The scale was administered to an individual. The scale consists of 6 items for each item there are 6 responses such as never, one, two, three or four, five to eight and nine or more. You read each items carefully and respond it by marking a tick on any of the responses which suits you the best. There is no right or wrong responses in this items. Your responses were kept confidential. Don't neglects any of the items and try to finish it as early as possible.

Scoring:

Response	Never	One	Two	Three four	or Five to eight	Nine or more
Score	0	1	2	3	4	5

3. Adult Hope Scale developed by Synder, Harris et.al (1991). The tool used to measure the hope of individuals. It consists of 12 items. This scale consists of two dimensions. It has eight responses: Definitely False, Mostly False, Somewhat False, Slightly False, Slightly True, Somewhat True, Mostly True, Definitely True.

Reliability:

The scale consist of Internal Consistency Reliability is 0.85

Validity:

The scale consist of Concurrent and Divergent Validity of the scale is 0.89.

Administration:

The scale was administered to an individual. The scale consists of 12 items for each item there are 8 responses such as Definitely False, Mostly False, Somewhat False, Slightly False, Slightly True, Somewhat True, Mostly True, Definitely True. You read each items carefully and respond it by marking a tick on any of the responses which suits you the best.

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There is no right or wrong responses in this items. Your responses were kept confidential. Don't neglects any of the items and try to finish it as early as possible.

Scoring:

Response	Definitely false	Mostly false	Somewhat false	Slightly false	Slightly true	Somewhat true	Mostly true	Definitely true
Score	1	2	3	4	5	6	7	8

Methods of Data Collection

The researcher got permission from the college institution and guide, for collecting data from young adults and middle adults from selected region for a study. The researcher met the participants and established the rapport with them. The researcher explained the need of the study and details regarding the items in the questionnaire. Then the investigator distributed the questionnaire that includes personal data sheet to them. The instructions of the questionnaire were given; under the complete supervision of the investigator the data was collected. The present study is descriptive and associative in nature. The population for this study is 255 adults in that 5 data were rejected due to incomplete responses, so 250 samples (132 young adults and 118 middle adults) from Madurai, Sivagangai and Tiruchirappalli region were analyzed. Samples were selected through simple random sampling techniques.

Statistical Techniques

The following statistical techniques were used for analyzing the data as per the objectives of the study the following statistical techniques were used:

Pearson product moment correlation,

Independent t-test,

Linear regression

RESULT AND DISSUSSION

Table 1: Relationship between social network and hopelessness among young adults and middle adults.

Variables	Social network
Hopelessness	0.200**

According to Qingxiu Dang, Baoshang Zhang and Alejandra Nunez (2021) social network and hopelessness were correlated positively. From table 1 it is found that there is significant relationship between social network and hopelessness among young adults and middle adults. Therefore, the stated hypothesis is accepted. It is concluded that social network and hopelessness is significantly related with each other which states that social network influences hopelessness. If hopelessness is high, it makes negative effects on a person's personal and social life. When the negative emotion affects a person's life, a person tries to withdraw from a social relation and the social contact is reduced, for the reason of forced withdrawal of oneself from social group. Thus, the hopelessness is positively related with social network.

Table 2: Relationship between social network and dimension of hopelessness among young and middle adults

Dimension	variable	Unstandardized coefficient		Standardized coefficient	t-value	Model of summary
		Beta	Standardized error	Beta		
Agency	Social network	0.134	0.051	0.164	2.611	F= 6.817 R=0.164 Adjust R ² = 0.027
Pathway		0.137	0.49	0.174	2.775	F=7.699 R=0.174 Adjust R ² =0.030

According to Andrea P. Chioqueta and Tore C. Stiles (2007) Social network helps to reduce the hopelessness and directs them towards success. From table 2 it is found that there is significant relationship between social network and dimension of hopelessness among young and middle adults. Therefore, the stated hypothesis is accepted. It is concluded that social network and hopelessness is significantly related with each other which means that social network influences hopelessness. Through this result we can understand that social network may affect the plan and the accomplishment of a goal. Thus, social network and dimension of hopelessness is positively influencing agency thinking and pathway thinking.

Table 3: Differences between social network and hopelessness on the basis of demographic variable age.

Variables	18-35	36-55	t- score	p-value
	Mean	Mean		
Social network	14.80	14.66	0.179	0.858 ^{ns}
Hopelessness	48.40	50.45	1.96*	0.051

From above table 3 it is inferred that social network is not significantly related with demographic variable age. Hence the hypothesis is rejected. The reason for the result may be social network is based on the social contact of an individual and not based on age group of an individual. In some cases, the social network of an individual is determined by their personality, so age group plays a role in determining the social contact of the person. According to Everson et. al, (2000), it is reported that health condition is affecting the future expectations which triggers lack of hope in them. Middle adults are worried more about their health than young adults. In middle adults they may experience various crisis such as job stress, sarcopenia, issues in health condition like hypertension and heart disease. They work for their family settlement and prepare themselves for retirement. In young adults, they are more curious about their future and have a higher expectation for their goal, when disappointment or failure occurs it causes hopelessness among them. Due to the differences based on their age may influence hopelessness. Result conclude that social network was not affected by age group.

Table 4: Difference between social network and hopelessness on the basis of demographic variable gender.

Variables	Male	Female	t- score	p- value
	Mean	Mean		
Social network	15.45	14.29	1.515	0.131 ^{ns}
Hopelessness	49.07	49.55	0.439	0.248 ^{ns}

According to the study reported by Zumrut Akgun Sahin, Mehan Tan and Hatice Polat (2013) social network has no significant difference based on gender. From table 4 it is found that there are no significant differences between social network and hopelessness on the basis of gender. The reason for this result may be due to the social support of both the genders resembling same. Females have a slight difference in their social groups but parenting style is also influencing the social skills and interaction with others and it may be same for both the gender. Thus no significant difference with gender of an individual. This might be the reason for the no significant difference between social network and hopelessness on gender basis. It is concluded that hopelessness is not significantly related with demographic variable gender. Hence the hypothesis is rejected. The reason for this result may be due to hopelessness of an individual is based upon the energy to attain the goal and planning to accomplish the goal for the future. In certain situations, both genders face difficulties in planning and attaining a goal. Because of both male and female are working and being independent trying to setup a realistic goal. That might be a reason for this result.

Table 5: Difference between social network and hopelessness on the basis of demographic variable locality.

Variables	Urban	Rural	t- score	p- value
	Mean	Mean		
Social network	15.74	13.76	2.690*	0.008
Hopelessness	50.98	47.81	3.073*	0.002

According to the study of Zumrut Akgun Sahin, Mehan Tan and Hatice Polat (2013) social network is not significantly related with a locality. From table 5 it shows that there is a significant difference occurred in social network. The reason for this result may be because in Turkish culture, people of both localities lived with same level of social support in urban and rural, but in south Indian culture especially for a population of Tamil Nadu the variation may occur because the living area which is influencing social relationship of an individual. Due to cultural differences in the locality of an individual is affecting the social groups and network. Based on study that reported by Zumrut Akgun Sahin, Mehan Tan and Hatice Polat (2013) hopelessness is significantly differ based on an individual's area of living. Because people who lived in urban may experience occupational stress and financial crisis than in rural. From the above table it is inferred that positively significant relation is found between social network and hopelessness on the basis of demographic variable locality.

Table 6: Difference between social network and hopelessness on the basis of demographic variable working status

Variables	Unemployed	Employed	t- score	p- value
	Mean	Mean		
Social network	14.75	14.70	0.076	0.940 ^{ns}
Hopelessness	50.42	47.76	2.518*	0.01

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From above table 6 it is concluded that social network is not significantly related with the demographic variable working status. Hence the hypothesis is rejected. The reason for this result may be because working environment or job situation does not affect a person in a social network. It is highly depending upon time spent with their friends and social groups. Social network may also be influenced by the personality types and parenting style and social economic status. It is inferred that hopelessness is positively significant with demographic variable working status. Hence hypothesis is proved. The reason for this result may be the experiences may differ for the employed and unemployed. Due to working situation people may experience difference in planning and attaining a goal for the future. The unemployed and students may have different understanding of a goal because it is related to themselves. In some cases, dependent upon others for their basic needs make them feel guilty and when expected help is refused feel helplessness leads them to hopelessness.

CONCLUSION

The main objective of the study has proved that social network is related with hopelessness of a young adults and middle adults. The study also found that social network is positively related with hopelessness. It shows that an individual's hope is determined by their social connectedness and the size of the social group which helps and support during the time of needs. The study found that there is no significant relation between social network and demographic variables such as age, gender, and working status. There is a positive significant relation between social network and locality. And there is a positive significant relation between hopelessness and demographic variables such as age, locality and working status, and no significant relation between gender and hopelessness.

Limitations of The Study

Limitations include the inability of the researcher to control the situation. The restrictions of the study include the following:

- The study was carried out in Trichy, Sivagangai, and Madurai district. Limited cultural differences.
- The sample size was less particularly the male.
- Due to insufficient participants few hypotheses were excluded from the research
- Study rely on honesty and integrity of the participant's response.
- The sample size of age group was not a similar.

Suggestions For Further Research

- The future study can be conducted for different region around the world.
- Different sample population may be chosen.
- In further research, contributing variables such as mental wellbeing, depression and so on can be incorporated.
- They may choose either middle age or young age with that they may compare with other population such as old age or teenagers.

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Conflict of Interest

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