

A Study on Mental Health of Students Addicted to Social Networking Sites

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ABSTRACT

In this internet world, social networking sites are undoubtedly a boon for us. It has brought the whole world together where individuals can solve their views and opinions with their friends, family and coworkers. Presently a day interpersonal interaction destinations become an irreplaceable piece of understudy's life and impact their scholastic accomplishment just as emotional wellness. The current investigation attempts to discover the connection between SNS addictive conduct and psychological well-being of under graduate understudies of Udaipur area of Rajasthan, India. The goals of the examination are to discover the relationship of SNS addictive conduct with psychological wellness for young ladies, young men, metropolitan and country understudies. For this examination agent has taken review strategy with self-developed instrument and chose 203 dependent understudies. Also, for emotional wellness MHB was utilized. For examination of connection between SNS addictive conduct and emotional well-being scientist dissected information by utilizing Coefficient of Relationship. The consequence of study shows that there is huge negative connection between SNS addictive conduct and emotional wellness for test.

Keywords: SNS addictive behavior, Addicted students, Emotional stability, Gender, MHB, Rural students, Urban Students.

"We don't have a choice of whether we do social media; the question is how well we do it"
-Eric Qualman¹

Technology in communication began to change very rapidly in the 20th century. The first recognizable social networking was created, in 1994, Geocities. Geocities allowed the users to create and customize their own web page². The first modern SNS was Friendster, founded in 2002³. Its concept was similar to Six degrees which was created in 1997. In 2004, Mark Zuckerberg launched Facebook, was an immediate hit within just 24 hours⁴. This site was very much popular among college students. Yahoo, Youtube and Bebo (2005), Twitter (2006), Whatsap (2009), Google+ (2011), Instagram (2012) become very important part of our lives. Now a day correspondence through social networking services

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got simpler, faster and less expensive. These features of Social Networking Sites attract college undergraduates and influence their lives academically as well as mentally⁵. This examination is being done to study the relationship of SNS addictive behavior with mental health for undergraduate girls and boys and urban and rural students of Udaipur region of Rajasthan state in India.

Objectives of the Study

- To study the relationship of SNS addictive behavior with mental health for girls and boys.
- To study the relationship of SNS addictive behavior with mental health for urban and rural students.

Hypothesis

- H1 There is no relationship between SNS addictive behavior and mental health of girls and boys.
- H2 There is no relationship between SNS addictive behavior and mental health of urban and rural students.
- H3 There is no difference of girls and boys regarding relationship between addictive behavior and mental health.
- H4 There is no difference of urban and rural students regarding relationship between addictive behavior and mental health.

METHODOLOGY

In this chapter, researcher describes that this two-phase study is based on survey, correlation design. For sample of 203, Five-point rating scale for SNS addictive behavior (self-made) and Mental Health Battery developed by Arun K. Singh and Alpana S. Gupta, Department of Psychology, Patna, India, was used. Statistical analysis of data would be done by SPSS Software using for Correlation (Pearson's Product Momentum Method).

RESULTS

In this chapter, researcher describes classification, summary and analyzing of data in scientific manner. These measurements are presented in tables below:

Table 1 Correlation between SNS addictive behavior and Mental Health for Girls

Area of SNS addictive behavior	Area of Mental Health						Total (N = 95)
	A1 emotional stability	A2 over all adjustment	A3 Autonomy	A4 Security - insecurity	A5 self - concept	A6 intelligence	
A1 psycho-physical condition	r = 0.035 p = .734	r = -0.293 p = .004	r = -0.077 p = .461	r = 0.052 p = .616	r = -0.163 p = .114	r = -0.068 p = .512	r = -0.177 P = .087
A2 Studies	r = 0.013 p = .899	r = -0.083 p = .422	r = -0.073 p = .481	r = -0.126 p = .223	r = -0.153 p = .138	r = -0.113 p = .277	r = -0.149 P = .150
A3 Entertainment	r = -0.254 p = .013	r = -0.502 p = .000	r = -0.533 p = .000	r = -0.381 p = .000	r = -0.419 p = .000	r = -0.266 p = .009	r = -0.656 P = .000
A4	r = -0.444	r = -0.616	r = -0.390	r = -	r = -	r = -0.340	r = -

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Sociality	p = .000	p = .000	p = .000	0.309 p = .002	0.326 p = .001	p = .001	0.690 P = .000
A5 daily work	r = -0.240 p = .019	r = -0.400 p = .000	r = -0.396 p = .000	r = -0.304 p = .003	r = -0.260 p = .011	r = -0.306 p = .003	r = -0.535 P = .000
Total	r = -0.352 p = .000	r = -0.712 p = .000	r = -0.547 p = .000	r = -0.396 p = .000	r = -0.478 p = .000	r = -0.411 p = .000	r = -0.826 P = .000

- There is significant negative correlation between SNS Addictive Behavior Area1 and Mental Health Area2 and Total Mental Health for Girls.
- There is no significant correlation between SNS Addictive Behavior Area1 and Mental Health Area1, Area3, Area4, and Area5 for Girls.
- There is no significant correlation between SNS Addictive Behavior Area2 and Mental Health Area2, Area4, Area5, Area6 and Total Mental Health for Girls.
- There is significant negative correlation between SNS Addictive Behavior Area3 and Mental Health Area1, Area2, Area3, Area4Area5, Area6 and Total Mental Health for Girls.
- There is significant negative correlation between SNS Addictive Behavior Area4 and Mental Health Area1, Area2, Area3, Area4Area5, Area6 and Total Mental Health for Girls.
- There is significant negative correlation between SNS Addictive Behavior Area5 and Mental Health Area1, Area2, Area3, Area4Area5, Area6 and Total Mental Health for Girls.
- There is significant negative correlation between Total SNS Addictive Behavior and Mental Health Area1, Area2, Area3, Area4, Area5, Area6 and Total Mental Health for Girls.

Table 2 Correlation between SNS addictive behavior and Mental Health for Boys

Area of Mental Health							
Area of SNS addictive behavior	A1 emotional stability	A2 over all adjustment	A3 Autonomy	A4 Security - insecurity	A5 self concept	A6 intelligence	Total (N = 108)
A1 psycho-physical condition	r = -0.503 p = .000	r = -0.588 p = .000	r = -0.247 p = .010	r = -0.191 p = .048	r = -0.491 p = .000	r = -0.177 p = .067	r = -0.600 P = .000
A2 Studies	r = -0.247 p = .010	r = -0.460 p = .000	r = -0.231 p = .016	r = -0.153 p = .114	r = -0.348 p = .000	r = -0.314 p = .001	r = -0.479 P = .000
A3 Entertainment	r = -0.198 p = .040	r = -0.418 p = .000	r = -0.395 p = .000	r = -0.201 p = .037	r = -0.261 p = .006	r = -0.232 p = .016	r = -0.447 P = .000
A4 Sociality	r = -0.246 p = .010	r = -0.466 p = .000	r = -0.319 p = .001	r = -0.283 p = .003	r = -0.393 p = .000	r = -0.233 p = .015	r = -0.514 P = .000
A5	r = -0.446	r = -0.382	r = -0.268	r = -	r = -	r = -0.170	r = -

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daily work	p = .000	p = .000	p = .005	0.311 p = .001	0.342 p = .000	p = .078	0.490 P = .000
Total	r = -0.618 p = .000	r = -0.827 p = .000	r = -0.517 p = .000	r = -0.427 p = .000	r = -0.668 p = .000	r = -0.390 p = .000	r = -0.914 P = .000

- There is significant negative correlation between SNS Addictive Behavior Area1 and Mental Health Area1, Area2, Area3, Area4, Area5 and Total Mental Health for Boys.
- There is no significant correlation between SNS Addictive Behavior Area1 and Mental Health Area 6 for Boys.
- There is significant negative correlation between SNS Addictive Behavior Area 2 and Mental Health Area1, Area 2, Area 3, Area 5, Area 6 and Total Mental Health for Boys.
- There is no significant correlation between SNS Addictive Behavior Area 1 and Mental Health Area 4 for Boys.
- There is significant negative correlation between SNS Addictive Behavior Area 3 and Mental Health Area1, Area 2, Area 3, Area 5, Area 6 and Total Mental Health for Boys.
- There is significant negative correlation between SNS Addictive Behavior Area 4 and Mental Health Area1, Area 2, Area 3, Area 5, Area 6 and Total Mental Health for Boys.
- There is significant negative correlation between SNS Addictive Behavior Area 5 and Mental Health Area1, Area 2, Area 3, Area 5, Area 6 and Total Mental Health for Boys.
- There is significant negative correlation between Total SNS Addictive Behavior and Mental Health Area1, Area 2, Area 3, Area 5, Area 6 and Total Mental Health for Boys.

Table 3 Correlation between SNS addictive behavior and Mental Health for Rural Students

Area of SNS addictive behavior	Area of Mental Health						Total (N = 99)
	A1 emotional stability	A2 over all adjustment	A3 Autonomy	A4 Security - insecurity	A5 self concept	A6 Intelligence	
A1 psycho-physical condition	r = -0.147 p = .147	r = -0.424 p = .000	r = -0.112 p = .271	r = -0.189 p = .061	r = -0.330 p = .001	r = -0.242 p = .016	r = -0.416 P = .000
A2 Studies	r = -0.142 p = .161	r = -0.388 p = .000	r = -0.171 p = .091	r = -0.190 p = .060	r = -0.261 p = .009	r = -0.360 p = .000	r = -0.426 P = .000
A3 Entertainment	r = -0.187 p = .064	r = -0.411 p = .000	r = -0.324 p = .001	r = -0.414 p = .000	r = -0.301 p = .002	r = -0.161 p = .112	r = -0.485 P = .000
A4 Sociality	r = -0.232 p = .021	r = -0.428 p = .000	r = -0.264 p = .008	r = -0.294 p = .003	r = -0.251 p = .012	r = -0.178 p = .078	r = -0.456 P = .000

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A5 daily work	r = -0.368 p = .000	r = -0.392 p = .000	r = -0.323 p = .001	r = -0.327 p = .001	r = -0.197 p = .051	r = -0.216 p = .032	r = -0.485 P = .000
Total	r = -0.425 p = .000	r = -0.763 p = .000	r = -0.451 p = .000	r = -0.527 p = .000	r = -0.490 p = .000	r = -0.424 p = .000	r = -0.849 P = .000

- There is significant negative correlation between SNS Addictive Behavior Area 1 and Mental Health Area 2, Area 5, Area 6 and Total Mental Health for Rural Students.
- There is no significant correlation between SNS Addictive Behavior Area 1 and Mental Health Area1, Area 3 and Area 4 for Rural Students.
- There is significant negative correlation between SNS Addictive Behavior Area 2 and Mental Health Area 2, Area 5, Area 6 and Total Mental Health for Rural Students.
- There is no significant correlation between SNS Addictive Behavior Area 2 and Mental Health Area1, Area 3 and Area 4 for Rural Students.
- There is significant negative correlation between SNS Addictive Behavior Area 3 and Mental Health Area 2, Area 3, Area 4, Area 5 and Total Mental Health for Rural Students.
- There is no significant correlation between SNS Addictive Behavior Area 3 and Mental Health Area1 and Area 6 for Rural Students.
- There is significant negative correlation between SNS Addictive Behavior Area 4 and Mental Health Area 1, Area 2, Area 3, Area 4, Area 5 and Total Mental Health for Rural Students.
- There is no significant correlation between SNS Addictive Behavior Area 4 and Mental Health Area 6 for Rural Students.
- There is significant negative correlation between SNS Addictive Behavior Area 5 and Mental Health Area 1, Area 2, Area 3, Area 4, Area 6 and Total Mental Health for Rural Students.
- There is no significant correlation between SNS Addictive Behavior Area 5 and Mental Health Area 5 for Rural Students.
- There is significant negative correlation between Total SNS Addictive Behavior and Mental Health Area 1, Area 2, Area 3, Area 4, Area 5, Area 6 and Total Mental Health for Rural Students.

Table 4 Correlation between SNS addictive behavior and Mental Health for Urban Students

Area of SNS addictive behavior	Area of Mental Health						Total (N =104)
	A1 emotional stability	A2 over all adjustment	A3 Autonomy	A4 Security - insecurity	A5 self concept	A6 Intelligence	
A1 psycho-physical condition	r = -0.339 p = .000	r = -0.464 p = .000	r = -0.179 p = .069	r = -0.033 p = .736	r = 0.352 p = .000	r = -0.010 p = .921	r = -0.378 P = .000
A2 Studies	r = -0.064 p = .519	r = -0.150 p = .128	r = -0.087 p = .382	r = 0.093 p = .348	r = 0.256 p = .009	r = -0.072 p = .470	r = -0.197 P = .045

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A3 Entertainment	r = -0.296 p = .002	r = -0.529 p = .000	r = -0.615 p = .000	r = -0.221 p = .024	r = -0.368 p = .000	r = -0.325 p = .001	r = -0.640 P = .000
A4 Sociality	r = -0.412 p = .000	r = -0.616 p = .000	r = -0.449 p = .000	r = -0.288 p = .003	r = -0.438 p = .000	r = -0.371 p = .000	r = -0.710 P = .000
A5 daily work	r = -0.294 p = .002	r = -0.345 p = .000	r = -0.333 p = .001	r = -0.283 p = .004	r = -0.396 p = .000	r = -0.238 p = .015	r = -0.501 P = .000
Total	r = -0.518 p = .000	r = -0.761 p = .000	r = -0.599 p = .000	r = -0.318 p = .001	r = -0.651 p = .000	r = -0.374 p = .000	r = -0.882 P = .000

- There is significant negative correlation between SNS Addictive Behavior Area 1 and Mental Health Area 1, Area 2, Area 5 and Total Mental Health for Urban Students.
- There is no significant correlation between SNS Addictive Behavior Area 1 and Mental Health Area 3, Area 4, and Area 6 for Urban Students.
- There is significant negative correlation between SNS Addictive Behavior Area 2 and Mental Health Area 1, Area 5 and Total Mental Health for Urban Students.
- There is no significant correlation between SNS Addictive Behavior Area 2 and Mental Health Area 2, Area 3, Area 4, and Area 6 for Urban Students.
- There is significant negative correlation between SNS Addictive Behavior Area 3 and Mental Health Area 1, Area 2, Area 3, Area 4 Area 5, Area 6 and Total Mental Health for Urban Students.
- There is significant negative correlation between SNS Addictive Behavior Area 4 and Mental Health Area 1, Area 2, Area 3, Area 4 Area 5, Area 6 and Total Mental Health for Urban Students.
- There is significant negative correlation between SNS Addictive Behavior Area 5 and Mental Health Area 1, Area 2, Area 3, Area 4 Area 5, Area 6 and Total Mental Health for Urban Students.
- There is significant negative correlation between Total SNS Addictive Behavior and Mental Health Area 1, Area 2, Area 3, Area 4 Area 5, Area 6 and Total Mental Health for Urban Students.

DISCUSSION

SNS addiction is a behavioral addiction that is characterized as being overly concerned about SNS, driven by uncontrollable urge to long on to or use SNS and devoting so much time and effort to SNS that it impairs other important life areas. Often use social networking sites too much that it negatively influences on student's psychological condition, sleep, health, daily routine work, sleep quality, relationships and well-being. As per research analysis, researcher found negative correlation between SNS addictive behavior and mental health.

Suggestions

- Manage your screen time and limit the number of apps you use.
- Getting used to an offline world and inspire healthy life style changes.

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- Do not bring your online device to study table, dining table and on bed also.
- Use social networking in proper way.

CONCLUSION

In the last, the researcher has made a sincere attempt to present summary of the result. The suggestion for coping with SNS addictive behavior is a humble effort of researcher to contribute a little bit in the field of research which is globally important. The researcher believes that the qualitative analysis, significance of the study and suggestions would prove useful in upgrading the student's mental performance. This section concludes with suggestion for future study.

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Conflict of Interest

The author(s) declared no conflict of interest.

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