

## Impact of Social Media Use on Mental Health among Youth After Covid-19 Outbreak

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### ABSTRACT

**Background:** The main objective of the study is to compare the mental health of the boys and girls and find out the difference of the affection of the social media. We have to find out the due to the social media whose mental health is more affected boys or girls. There are two types of variable i.e. independent variable-boys and girls and dependent variable-mental health. **Method:** Total sample for the study were collected from Shirampur city. There were 60 students of age range between 15 to 30 years. The sampling method was used for the data collection. **Results:** There is significant difference found in the level of all areas of the mental i.e., Egocentrism, Alienation, Expression, Emotional Unitability, and Social Non Conformity. These factor shows the affection of social media to mental health is more in boys than the girls.

**Keywords:** Social Media, Mental Health, Youth and Covid-19

Virtual entertainments are answerable for exasperating emotional well-being issues. This precise review sums up the impacts of informal organization use on emotional well-being. The most recent twenty years has seen a blast in the utilization of advanced innovation. The Coronavirus pandemic accompanied limitations, guidelines and remain at-home requests. This implied that individuals remained inside, workplaces stayed shut, jungle gyms were vacant and roads stayed desolate of human connection. Training, shopping, working, meeting, engaging and mingling unexpectedly jumped from disconnected to on the web. Simultaneously, delayed screen time affects physical and emotional wellness. Extreme screen time is accounted for to be related with a scope of pessimistic emotional well-being results like mental issues, low close to home solidness, and more serious gamble for misery or tension.

### Mental Health

Psychological wellness incorporates our close to home, mental, and social prosperity. It influences our thought process, feel, and act. It likewise decides how we handle pressure, connect with others, and decide. Psychological well-being is significant from youth and pre-adulthood through adulthood.

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**Social Media:** Web-based entertainment has as of late become piece of individuals' day to day exercises; a considerable lot of them go through hours every day on Courier, Instagram, Facebook, and other famous virtual entertainment. There is no rejecting that web-based entertainment has now turned into a significant piece of many individuals' lives. Online entertainment has numerous positive and agreeable advantages; however it can likewise prompt psychological well-being issues.

**Mental Disorders:** Mental issues are conditions that influence your reasoning, feeling, temperament, and conduct. They might be periodic or enduring. They can influence your capacity to connect with others and capability every day.

**Types of mental disorders:** Nervousness, alarm jumble, fanatical habitual issue, fears, Sorrow, bipolar turmoil and other state of mind problems, Maniacal issues, including schizophrenia.

### Impact of Social Media on Youth:

Weighty web-based entertainment utilize expanded risk for wretchedness, nervousness, depression, self-mischief, and, surprisingly, self-destructive considerations.

### *Effects of Social Media*

- **Spreading News:** News from pretty much any area of the planet can fan out like quickly via virtual entertainment. While this can be overpowering now and again, it can likewise keep us on top of significant occasions.
- **Building a Business:** Online entertainment is likewise an amazing spot for additional laid out organizations to develop and sell through promoting and publicizing.
- **Learning and education:** Online entertainment is likewise an amazing spot for additional laid out organizations to develop and sell through promoting and publicizing.
- **Facebook Depression:** Facebook misery is a personal aggravation related with web-based entertainment use.
- **Anxiety:** The individuals who invest more energy via virtual entertainment become casualties of sadness and nervousness since it unfavourably influences the perspectives.
- **Sleep Deprivation:** Virtual amusement is among the principal wellsprings of absence of rest in young people today.
- **Poor Concentration:** Various errands, like homework, classwork, or schoolwork, require more fixations to manage something significant, yet presently young people have a propensity for all the while utilizing online entertainment.
- **Parenting in the Social Media Age:**
- Youngsters are mud in the possession of their folks. Guardians can shape their youngsters in however they need. In this manner, guardians should assume a fundamental part in melding the fate of their youngster's predetermination.

## REVIEW OF LITERATURE

As per Fazida Kareem and Safeera Khan (January 2020) concentrate on person are social animal that requires the friendship of others to gain ground throughout everyday life. Subsequently, being socially associated with others can ease pressure, uneasiness, and bitterness, yet absence of social association can present serious gamble to emotional wellness. Past exploration found that age didn't have an effect yet orientation did; females were significantly more prone to encounter emotional wellness than guys. Online

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entertainment's job in a client's life has expanded decisively throughout the last 10 years. It is utilized progressively as a relaxation action among youthful grown-ups. The sorts of web-based entertainment have likewise enhanced effortlessly of access is stressing. Point of the ongoing survey is to find the impact of web-based entertainment use on psychological well-being Manoj Kumar Sharma (February 2020).

### *Operational Definition*

**Social media-** It resembles an electric correspondence (long range interpersonal communication) through which clients can make networks and offer the data, messages, video calling, through the virtual entertainment people groups can near one another.

**Mental health-** Psychological well-being is connected with feelings, mental and social prosperity. It influences to our sentiments, thinking and activities. It assists how we with taking care of our pressure and simply decide.

### *Objectives*

- To compare the level of mental health among the girls and boys
- To find out the mean difference for mental health of girls and boys

### *Hypothesis*

- To find out the level of mental health of girls more affect than the boys.
- To find out the level of mental health of boys more affect than the girls.

## RESEARCH METHODOLOGY

### *Sample*

The research based on comparison of mental health between girls and boys the sample consist of randomly selected 30 girls and 30 boys, for this age group are 15 to 30. The sample is selected from Shrirampur city.

### *Variables of Research*

Independent variables are Girls and Boys and dependent variable is Mental Health.

### *Tools*

Mithila Mental Health Status Inventory (MMHSI): This test (Aanand Kumar and Giridhar Thakur, 1984) has five scales viz. egocentrism, alienation, expression, emotional unitability as well as social nonconformity.

### *Statistical Analysis*

The activity of young people on social media largely mirrors their lives in the physical world: children and teenagers navigate the streams of their social networks, establishing new relationships, strengthening existing ones, and sometimes minimizing or ending them. Spending more than 3 hours on Social media per day puts adolescents at a higher risk for mental problems.

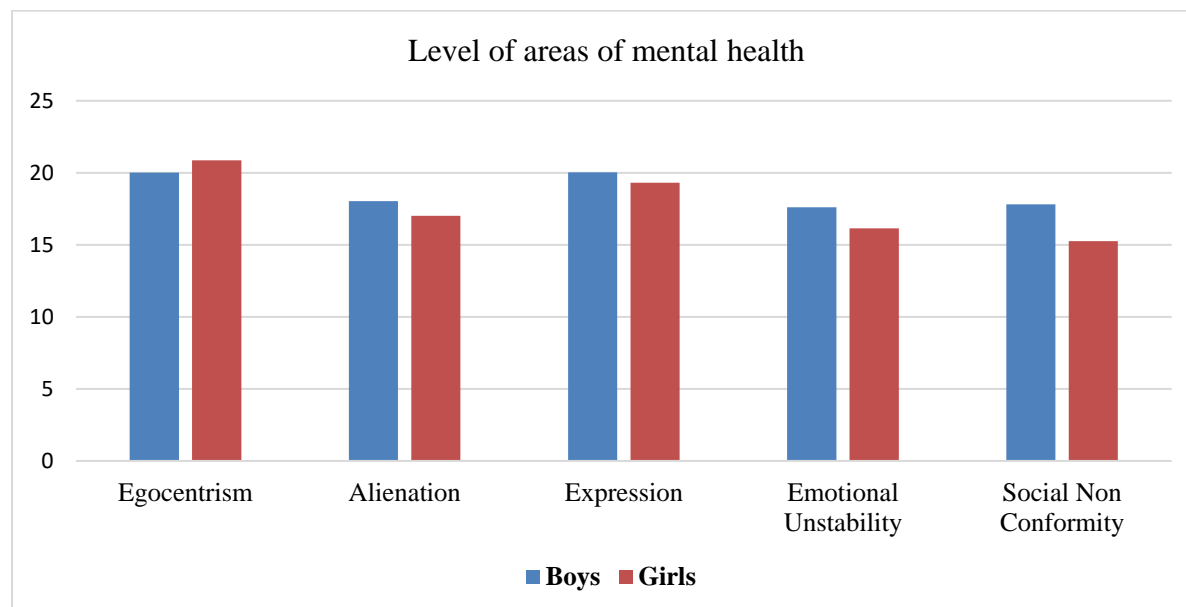
The study is comparative. Main object of the research is to study significant difference of mental health between boys and girls in shrirampur city. So the study used descriptive statistics such as, Mean, SD, and 't' Value for comparison of mental health of girls and boys.

Table shows value of areas of mental health among boys and girls response.

Group Statistics					
Areas of Mental Health	Gender	N	Mean	S D	T
Egocentrism	Boys	30	20.016	2.114	3.95
	Girls	30	20.866	3.059	
Alienation	Boys	30	18.030	3.277	3.73
	Girls	30	17.013	3.386	
Expression	Boys	30	20.036	4.157	2.38
	Girls	30	19.316	3.168	
Emotional unitability	Boys	30	17.603	2.900	5.56
	Girls	30	16.156	3.445	
Social Non-Conformity	Boys	30	17.826	2.517	12.51
	Girls	30	15.263	2.499	

$df=58, 0.01=2.390, 0.05=1.671$

The main purpose of the present study was investigating the level, difference and correlation between the mental health in boys and girls. For the research I have taken 60 students, but we have do this project on large scale. We have to calculate the mental health on the five scales i.e. Egocentrism, Alienation, Expression, Emotional unitability, Social Non Conformity. These five scales are considered cardinal one for estimating mental health of people. Alienation, egocentrism and social non conformity scales are included to assess psychiatric and social problems; expression and emotional instability are put to ascertain personality disturbance. According to collected data we have to calculate the result on the basis of these five scales.



## CONCLUSION

Egocentrism level of girls is greater than the boys. Boy's alienation level is greater than the girls. Expression level of boys is greater than the girls. Emotional unstability level of boys is greater than the girls. Social non conformity-level of boys is greater than the girls. So, the hypothesis, the level of mental health of boys is more affect to social media than the girls is accepted. These factor shows the affection of social media to mental health is more in boys than the girls.

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### ***Acknowledgement***

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### ***Conflict of Interest***

The author declared no conflict of interest.

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