

Research Paper

Adverse Childhood Experience and Problematic Social Media Use Among Young Adults

Shivangini Singh^{1*}, Dr. Mamta Mahapatra²

ABSTRACT

Childhood problems like emotional, physical, or sexual abuse are examples of adverse childhood experiences (ACE). Teens that use social media too much run the risk of being distracted, having their sleep interrupted, and being subjected to bullying, gossip, unrealistic expectations of others' life, and peer pressure. In this context, the aim of the present study was “to explore negative childhood experiences and problematic use of social media among young people”. To this end, three objectives and hypotheses were formulated to investigate the relationship, across gender and familial lines, between adverse childhood experiences and problematic social media usage in young adulthood. To investigate this, 100 participant responses were collected and analyzed using SPSS software. Descriptive statistics were calculated for data analysis, such as the correlation between two variables based on gender and household, mean and standard deviation, etc. After conducting the statistical analysis, a significant relationship was found between negative childhood experiences and problematic social media use among young adults. Based on gender, male participants received more attention than female participants. Thus, according to the third hypothesis, the contribution of the nuclear family is greater than that of the joint family.

Keywords: *Childhood Experience, Problematic Social Media*

Childhood experiences are our foundation.

Our brain perceives words and phrases heard in our early childhood as facts.

However, if you recognize negative beliefs and reactions that interfere with your life, then you can break your absurd and ridiculous limits, and move forward.

True freedom starts with your mind!

Observe your beliefs, patterns, habits, and allow yourself to call them into question. Abuse of a kid on an emotional, physical, or sexual level as well as dysfunction in the household are examples of adverse childhood experiences (ACE). They are Domestic Substance Abuse, Domestic Mental Illness, Confined Family Member, Verbal Abuse, Physical Abuse, Relationship Sexual Abuse, Abusive Mother, Confined Family Member, and Parental Separation or Divorce. Based on extensive governmental and private sector efforts to limit their prevalence and prior research showing severe negative health or

¹M.A. (Counselling Psychology), Amity University, Uttar Pradesh, Noida

²Professor, Amity University, Uttar Pradesh, Noida

*Corresponding Author

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social implications, several practises have been chosen. Such adverse childhood experiences (ACEs) have been linked to long-term health issues, according to scientific research. According to research, childhood exposure to abuse and severe kinds of family dysfunction triggers the stress response, which may impair the growth of the child's neurological system, immunological system, and metabolism. Cardiovascular disease, chronic obstructive pulmonary disease, autoimmune illness, drug misuse, and depression are among the long-term physical and mental health issues that are linked to ACE that emerge in adolescence and last into adulthood. A notion that affects kids or kids under 18 and causes mental or bodily harm is "unfavourable experience of kids."

Prevalence

All facets of society encounter traumatic childhood events frequently. As part of the Behavioural Risk Factor Surveillance System (BRFSS), the CDC started gathering information on the prevalence of ACEs in 2009.[10] Over 24,000 people took part in the first year's data collection, which included information from five US states. Each ACE had a different prevalence, ranging from a high of 29.1% for domestic substance abuse to a low of 7.2% for relatives who were in prison. 25.9% of those surveyed reported verbal abuse, 14.8% reported physical abuse, and 12.2% reported sexual abuse. 26.6% of respondents to the ACE, which assesses family dysfunction, reported having divorced or separated parents. 19.4% of respondents said they shared a home with a sad, mentally ill, or suicidal person. 16.3% of respondents claimed to have seen domestic violence. The health outcomes comes as:-

Youth

For several years, the relationship between actors who have experienced or witnessed potential events. Some side effects are different from stress and difficulty.

Maturity

In adults, adults are important in important signs of mental, physical, disease and poor life of adults. All the depression of adults is the result of childhood. It can be depressed from childhood, depressed, depressed, often depressed or often from childhood. Parental mental health and childhood neglect appear to be major causes of depression in children. biological change

Biological health

Because of the many early stressors caused by ACE exposure, individuals exposed to ACE showed body changes compared to those with little or no exposure to ACE. physical health

Physical health

ACE is associated with many negative health and lifestyle problems during adulthood in many countries and regions. Individuals with 4 or more ACEs had considerably more of these lifestyle difficulties, indicating a dose-response link between these lifestyle problems and ACEs. People who experience responses at comparable doses also experience health issues. Chronic illness symptoms include those for asthma, arthritis, cardiovascular disease, cancer, diabetes, stroke, and migraines.

Behavioural health

The impacts of ACEs and mental health concerns are both well-known in the context of childhood trauma. A large-scale study in 21 countries found that a third of mental disorders in adulthood are directly related to negative experiences in childhood.

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The ACE trial is the result of a randomized controlled trial of a major weight loss program that resulted in a nonsurgical weight loss of approximately 135 kg per year using the supplemental fasting method. Unexpectedly, only patients who lost weight successfully left our weight reduction programme, which had a high dropout rate overall. Oldest study is to study weight programs, weight loss and health, health and health health, society and health health and high patients. It is an action, but over time, it is confidently hidden as a social imprint on the study of personal information and specific life experience. The traumatic practices of children and adolescents have been known, the complex has become more frequent and has been based on medical practices, health and social organizations for decades. We have learned to accept that, in the context of routine medical practise, the effects of early infancy and childhood frequently last throughout an individual's lifetime, much like a child's footprints in wet cement. The findings of the ACE research offer tremendous insight into our performance both as a people and as a country. They are crucial for economic, social, and medicinal reasons. Indeed, they have prompted us to reconsider how American social, health, and medical services are organised. About the long-term effects of childhood trauma, a lot is known.

According to a previous analysis of the literature by Brown and Filkenhour (1986), the most often reported long-term effects of abuse and childhood were sadness, feelings of isolation and stigma, low self-esteem, insecurity, drug misuse, and sexual dysfunction. Recent findings suggest the same implications but has a variety of psychopathological disorders such as suicidality, panic disorder, dissociative disorders, post-traumatic stress disorder, and antisocial behaviour (Bensley et al., 2000; De Bellis & Thomas, 2003; English et al., 2004, Johnson and Leff, 1999, Sher et al., 1991, Silverman et al., 1996, Springer et al., 2007, Teicher, 2000, Zeitlen, 1994). According to Watts-English et al. (2006) and Zolotor et al. (1999), neglect and abuse of children hinder brain development, which has long-term effects on cognitive, linguistic, and academic ability.

Childhood trauma has always been associated with mental health problems, and ACE exposure is no exception. A comprehensive research undertaken in 21 nations found that roughly one in three adult mental health issues are directly connected to,

The ACE Study is the result of several unexpected discoveries discovered while running a significant weight loss programme that employs the supplemented fasting strategy, which enables non-surgical weight loss of about 300 pounds (135 kg) each year. Unexpectedly, only a significant portion of patients who successfully lost weight participated in our weight programme, which had a high dropout rate. We eventually realised that weight loss is frequently sexually or physically dangerous and that some of the more difficult public health issues, like obesity, were also unconscious, or occasionally conscious, compensatory behaviours that were put in place as solutions to issues dating back to the earliest years, after investigating the causes of the high prevalence of patients inexplicably fleeing their own success in the weight programme., They are significant from a medical, social, and economic standpoint. In fact, they have caused us to reexamine the fundamental foundations of American medical, public health, and social service practises.

The long-term impacts of childhood trauma are well understood. According to a previous assessment of the literature by Browne and Filkenhor (1986), the most often reported long-term repercussions of child abuse and neglect include sadness, feelings of isolation and stigma, poor self-esteem, mistrust, drug misuse, and sexual maladjustment. More recent studies (Bensley et al., 2000, De Bellis and Thomas, 2003, English et al., 2004, Johnson and

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Leff, 1999, Sher et al.) have found that these effects also include a variety of other psychopathological disorders like suicide, panic disorder, dissociative disorders, post-traumatic stress disorder, and antisocial behaviours.

In instance, the majority of earlier research (such those by Beitchman et al.) concentrated on the long-term effects of sexual assault. Jejeebhoy and Bolt (2003) discovered that those with compulsive sex are more prone to partake in dangerous consensual sexual behaviours during adolescence and early adulthood, such as nonconsensual sex and abortion. According to Dube et al. (2001; 2005), child sexual abuse increases the likelihood of depression, alcohol or drug dependency, panic disorder, post-traumatic stress disorder, and suicide throughout the course of a person's lifetime.

Additionally, compared to women without sexual or behavioural symptoms, teenage or adult homosexuality, and no trauma, adult women with a history of childhood sexual abuse are more likely to become victims again. According to Beitchman et al. (1992), impact sizes varied according on the length of the violence and the danger or use of violence. Additionally, if the father (or stepfather) is at fault and the sexual abuse involves penetration, greater damage is done. Bruises, broken bones, loss of eyesight and hearing, brain damage, bruising, burns, and even death can result from physical abuse (Oyes, 1996). Shaken baby syndrome, which is the violent shaking of infants, can cause serious and lasting brain damage or even death (National Institute of Neurological Disorders and Stroke, 2001), especially when it is linked to cerebral haemorrhage. Numerous psychological issues, such as serious depression, alcoholism, and externalising issues have also been linked to physical abuse (Brownridge et al., 2006; Miller-Perrin et al., 2009).

Children frequently display unstable attachment patterns, and adults who suffered physical abuse as children are more likely to hurt their kids (Belsky, 1993; Kaufman & Ziegler, 1987; Newcomb & Locke, 2001; Simons & Co., 1991; van IJzendoorn, 1995). Teenagers who have experienced physical abuse may mistreat romantic partners (Wekerle & Wolfe, 1998; Wekerle et al., 2001). According to research (Egeland & Erikson, 1987; O'Leary, 1999), psychological abuse, like physical abuse and sexual abuse, appears to be damaging enough to put victims at risk of experiencing both physical and mental health issues. According to National Research Council (1996) and Thomison & Tucci (1997), those who endure psychological abuse are more prone to acquire long-term physical and mental diseases such depression, trauma, drug addiction, and alcoholism. Low self-esteem can also result from psychological maltreatment, which reduces the ability to cope with the consequences of future violent incidents (Walker, 1994). A community survey in the Philippines found high rates of depression, shame, suicidal thoughts, and family fragmentation both males and females have experienced psychological abuse. (Philippines Department of Health, 2000a; Philippine Department of Health, 2000b).

Directly or indirectly, family deprivation and dysfunction can have impacts that are psychological and harmful to one's health (Flaherty et al., 2006; Springer et al., 2007). Widespread poverty, which is characterised by a lack of necessities including food, shelter, clothes, education, and health care, is one of these families' disadvantages. Children from homes where food poverty and hunger have occurred on several occasions are more likely to face behavioural, emotional, and academic issues than children from homes where such situations do not exist (Kleinman et al., 1998). Future life outcomes can also be impacted by family dysfunction, such as having an alcoholic, drug addict, mentally ill family member, or living with an alcoholic. For instance, aggressiveness, delinquency, sensationalism,

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hyperactivity, impulsivity, anxiety, negative emotions, and other undesirable behaviours were more common in kids with a family history of substance misuse. A family history of alcohol dependence is associated with neurobehavioral decline in adolescents (Anda et al., 2006; Dube et al., 2006; Tapert and Brown, 2000). It also applies if violence is frequent in the family where the child grows up or if the parents are separated or divorced. Research has shown that children exposed to domestic violence develop clinical anxiety or PTSD (Graham-Berman & Levendoski, 1999). These kids are more vulnerable to criminality, drug misuse, truancy, and relationships. Child abuse and neglect, with its psychosocial consequences, has become a major public health problem. Health outcomes tend to be highly correlated. Strong and differential associations have been reported between adverse childhood experiences ..., 1999; Dietz et al., 1999; Felitti et al., 1998), as well as self-reports of smoking, drunkenness, substance abuse, obesity, suicidal behaviour, and later promiscuous sexual behaviour. Similar to this, having more negative childhood experiences raises the risk of acquiring physical and mental health issues such heart disease, cancer, and depression (Chapman et al., 204; Dong et al., 2003; Dong et al., 2005).

In actuality, child abuse and neglect frequently occur simultaneously and take many different forms (Trickett, 1998). According to Highbins and McCade (2000), experiencing more than one sort of violence is linked to a larger level of impairment. kid abuse could or might not happen again, particularly if the kid stays in the same setting where the first assault took place. This is exacerbated by the fact that in certain cultures, psychological scolding and corporal punishment are seen as necessary forms of child discipline by parents and other educators (Lansford and Dodge, 2008; Orhon et al., 2006; Plan Philippines, 2005).

Currently available information on the effects of bad childhood experiences focuses on experiences in developed countries. Evidence from developing countries is sparse. It is clear that the environmental and social problems of poverty prevent children from reaching their full potential in developing countries. According to Walker et al. (2007), exposure to a number of variables, such as inadequate educational opportunities, may be the cause of the stunting, hunger, and lack of cognitive stimulation that are frequent among children in underdeveloped nations., environmental pollution, heavy metal poisoning, and overcrowded households.

On Social media

Social media makes it easier for people to communicate with one another online. Social media encompasses a wide range of applications and platforms, including Facebook, Instagram, Twitter, and YouTube, that let users share information, communicate online, and create communities. More than 4.7 billion individuals, or nearly 60% of the world's population, utilise social media.

However, kids' use of social media may also have a detrimental impact on them by diverting their attention, preventing them from sleeping, and exposing them to bullying, rumours, unrealistic expectations of other people's lives, and peer pressure.

The hazards might be tied to how frequently kids use social media. According to 2019 research of more than 6,500 12- to 15-year-olds in the U.S., individuals who used social media for more than three hours per day may be more likely to experience mental health issues. More than 12,000 13 to 16-year-olds in England participated in a 2019 study that indicated that accessing social media more than three times per day was associated with poor mental health and wellbeing among teenagers.

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Other research has found associations between heavy social media usage and signs of sadness or anxiety. More than 450 teenagers participated in a 2016 study that discovered increased social media use, midnight social media use, and emotional engagement in social media, such as feeling sad.

Childhood maltreatment and problematic social media use

Child abuse is associated with many mental health problems (Cicchetti and Toth, 2005). A recent study found a link between child abuse and problematic social media use. Example: Yer. e.g. (2012) reported that it was a practice of the violence of children reported on the Internet and that it was partially explained by Alexitime that could not be identified and explained. The authors concluded that childhood abuse creates cognitive-emotional vulnerabilities that predispose individuals to problematic social media use. In line with these discoveries, Schimmenti et al. (2017) discovered that in a later teenage sample, the connection between childhood traumatic events and problematic social media usage was partially mediated by medical history. Additionally, Hsieh et al. (2016) showed a connection between problematic Internet use and various types of child maltreatment., with posttraumatic stress disorder (PTSD) mediating this association. The authors hypothesize that abused individuals may engage in virtual worlds to avoid or reduce negative effects and PTSD symptoms, and that frequent Internet use may be used as a coping mechanism by those with childhood adversity. Investigating certain types of abuse, Dalbudak et al. (2014) found that emotional abuse, emotional neglect, and physical neglect were forms of child abuse connected with higher risk of negative Internet usage, with emotional abuse being the primary form of abuse. In addition, child sexual abuse is associated with a 7-fold increased Teenage Internet use poses a risk for problematic behaviour (Schimmenti et al., 2014).

To date, the few studies that have been conducted in this area have consistently reported a connection between child maltreatment and questionable Internet use. There are nonetheless gaps in our present understanding. First off, current research focuses on using the Internet as a single activity, despite the fact that different Internet activities have various advantages (Bergmark et al., 2011). Because of this, actual research on the connection between child abuse and particular Internet usage patterns, such social media, has not been done. Furthermore, theoretically derived characteristics that can explain the connection between child maltreatment and problematic social media use have not been examined in prior studies.

Symptoms

Although there is no formal diagnostic term or scale, problematic social media use can be conceptualized as a non-substance-related disorder that leads to over-engagement and compulsions on social media platforms despite negative consequences. Problematic use of social media has been linked to psychological symptoms such as anxiety and depression in children and adolescents.

Decrease in mood

A 2016 technical report by Chassiakos, Radeski, and Christakis identified benefits and concerns for adolescent mental health related to social media use. He emphasized that the most important factor is not how much time you spend on social media, but how you spend it. Decreased well-being and life satisfaction have been found among older adolescents who passively use social media. However, this did not occur in more active participants. The report also found a U-shaped relationship between time spent on digital media and the risk of developing depression with low or high internet use.

Eating disorder

A study from Flinders University found that social media use is linked to eating disorders. The study found that of the 1,000 participants who used social media, 52 percent of girls and 45 percent of boys had an eating disorder. Widespread use of social media, especially with the proliferation of photo-editing apps that can change the way one's body appears in photos, exposes teenagers to images of unattainable bodies. This, in turn, can affect both the eating and exercise habits of teenagers trying to meet the standards set by social media consumption. Instagram users who engage in social media status searches and compare themselves to others often experience a variety of negative psychological effects, including body image issues and eating disorders.

Excessive use

Social media habits and behaviors can be assessed to determine if you have an addiction. Addiction is a type of impulse control disorder that causes a person to waste time using social media. For example, a person's psychological clock may run slower than usual and the user's self-awareness may be compromised. For example, a study of 157 online students found that students in massive, open online courses spent an average of half of their time online on YouTube and social media, and that less than 2% of websites visited accounted for almost 80% of their online time. Excessive use causes major health problems that can be treated on their own, but if these problems are caused by the use of social media platforms, the addictive nature of these platforms must be addressed in order to reduce or eliminate health or mental health problems. Resulting effects. More research needs to be done, more funding needs to be provided, and addiction to such platforms needs to be treated as a real addiction, not a millennial problem.

Social anxiety

Social media can reveal your feelings, values and thoughts. The platform provided by Users may express themselves freely on social media. However, prejudice and cyberbullying may thrive on social media. In instance, there is a substantial positive association between cyberbullying and social media withdrawal, as well as between social media usage and social anxiety. The hallmark of social anxiety disorder, often known as social phobia, is a profound fear or worry of being assessed, negatively judged, or rejected in social or performance contexts. People with mental conditions like social phobia tend to avoid face-to-face interactions and are more comfortable with online interactions because they use the Internet to escape reality. In general, people behave differently on social media than individuals, and as a result many activities and social groups differ in their use of social media. There are heated debates about the benefits and harms of social media. Although social media can fulfill your personal communication needs, people who use social media a lot have been found to experience lower levels of self-esteem.

Higher degrees of psychological suffering.

Normal associations exist between severe mental health disorders including depression and low self-esteem. There have been several research done to see if social networking sites are linked to poor self-esteem. Participants who use Facebook ranked themselves lower in overall self-esteem, as was noted in one of the studies when participants were given the Rosenberg Self-Esteem Scale to score their self-esteem depending on their usage of social media. According to Bronfenbrenner (1979), the family is the most secure and important setting for a child's growth.

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In the development of teenage Internet addiction, family variables are equally crucial (Li, Garland, & Howard, 2014). Adolescent internet addiction is directly linked to parental control, a crucial component of the family structure (Wartberg, Aden, Thomsen, & Thomasius, 2015). According to Fletcher, Darling, and Steinberg (1995), parental monitoring is described as parents being aware of their child's whereabouts, friends, and activities. According to the Social Control Theory (Hirschi, 1969), deviance might be decreased via controlling traditional socialization agents (eg, parents, teachers). Parental monitoring can serve as an important social control mechanism for limiting deviant behavior through awareness and attention to adolescent behavior (Longmore, Manning, & Giordano, 2013). If parents are aware of their adolescent's behavior, they are more likely to respond to inappropriate behavior and intervene in a timely manner (Fosco, Stormshak, Dishion, & Winter, 2012). On the other hand, inadequate supervision encourages early autonomy in adolescents, which raises the likelihood of unfavourable outcomes (Dishion, Nelson, & Bullock, 2004). Adolescent Internet addiction is thought to be adversely correlated with effective parental supervision, according to a large body of research (Kwon et al., 2011; Lin et al., 2009; Xu et al., 2012; Yen et al., 2009). For instance, Xu et al. (2012) reported that in a sizable sample of Chinese teenagers, lower levels of Internet addiction were related with better parental knowledge of adolescent education and activities. Similarly, Yen et al. (2009) discovered little parental involvement in a sample of Taiwanese teenagers. control to be an important discriminator for Internet addiction.

REVIEW OF LITERATURE

Assessing problematic social media usage in adolescents and young adults: a systematic review and meta-analysis Shannon H, Bush K, Villeneuve PJ, Helleman KG, Guimond S (2022). *Ment Health JMIR* 2022. The usage of social media worsens anxiety and stress symptoms.

A second meta-analysis from the year 2019 that looked at Facebook use and depressed symptoms similarly discovered a link with a negligible impact size.

A thorough study and meta-analysis conducted in 2018 revealed that unreliable Facebook usage negatively affects adolescent and young adult well-being and the psychological distress associated with problematic use. A cohort study of 15- and 16-year-olds found that frequent social media use was associated Throughout a two-year period, with self-reported signs of attention deficit hyperactivity disorder.

The objective of Ramiro, L.S., Madrid, BJ, and Brown's (2010) study was to investigate the connection between traumatic childhood experiences, health risk behaviours, and the presence of chronic diseases in adulthood. This cross-sectional study involved 1,068 men and women 35 years of age and older living in selected metropolitan communities in the metropolitan Manila area. The results showed that 75% of respondents had at least one negative childhood experience. 9% have experienced four or more forms of dysfunction and domestic violence. The psychological/emotional abuse, physical neglect, and psychological neglect of fundamental requirements were the most often reported forms of unfavourable childhood experiences. many respondents said they lived with a (problem) alcoholic and experienced domestic violence. The health consequences of risky behaviors were mainly in the form of smoking, alcohol and sexual risky behaviors.

Ruggieri, S., Santoro, G., Pace, U., Passanisi, A. & Schimmenti, A. (2020) examine this relationship in the context of social networks (SM). We tested 152 pairs of mothers and their

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adolescent children (12-14 years) for the amount of social anxiety connected to SM usage and problematic Facebook use (PFU). The amount of S&M social anxiety in children was positively correlated with mothers' PFU scores, according to an actor-partner codependency model. We talk about our findings in the context of social anxiety between generations and improper technology use.

Mahas, E. (2019) investigated the relationship between frequency of adolescent. Use of social media and subsequent mental health as well as any potential mediating factors. They found that much of the harm caused by social media "is not directly related to social media use," but rather to the content consumed and its use leading to decreased sleep or physical activity.

Dagher, M., Farchah, Y., Barbar, S., Haddad, S., Akel, M., Hallit, S. and Obade, S. (2021) The relationship between problematic social media use, depression and anxiety. Compliance is assessed. Memory versus stress and insomnia in the Lebanese sample. This cross-sectional In order to test social media addiction, the study employed the Memory Perception Rating Scale (MARS), the Hamilton Depression Rating Scale, the Problematic Social Media Use Scale, and the Hamilton Depression Rating Scale. The Lebanese sleeplessness Scale measures sleeplessness, whereas the Anxiety Scale, Depression and Anxiety Scale, and Beirut Distress Scale measure stress. Using SPSS software version 25, data analysis was carried out. The memory performance metric was used as the dependent variable in a linear regression.

To fill this gap, Mius, A., Eggermont, S. and Belens, K. (2019) investigated parental intervention styles related to smartphone and tablet use problems in adolescence and early adolescence. We also expect self-determination from self-determination, which will increase self-regulation through more internal exploration in children. Two transport studies found that autonomy restrictions and intervention restrictions were negative with use. However, these relationships did not emerge through autoregulation. In contrast, controlling and maladaptive coping styles were more frequently associated with problematic substance use indirectly through emotional and behavioral self-regulation.

Gao, J., Zheng, P., Jia, Yu., Chen, H., Mao, Yu., Chen, S., ... și Dai, J. (2020) assessed the relationship between mental health problems and exposure to social networks. A cross-sectional poll of Chinese nationals ages 18 and above was carried out between January 31 and February 2, 2020. The fast assessment was conducted using an online survey. A total of 4872 people from 31 provinces and municipalities took part in the study. The Generalised Anxiety Disorder Scale (GAD-7) and the Chinese version of the WH0-5 Well-Being Index (WH0-5) were used to measure depression and anxiety in addition to demographic and social network effect (IMM). According to our research, the COVID-19 pandemic had a significant frequency of mental health problems that are frequently related to small companies. These findings imply that governments should focus more on mental health problems, especially generalised anxiety and depression, and battle the "infodemic" when dealing with public emergencies.

Li D, Zhang W, Li X, Zheng X, Wang Y. (2020) This study investigated organ conditioning and sensory recovery, A sample of 660 teens' difficulties and stressful life events (M age = 14.14 years, 55% women). Internet use was investigated. Use (PIU). A mediator controlled model was studied. , and these regulatory effects were due to inadequate knowledge. Our results suggest that intensive therapy protects women from the risk of

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stressful life events in PIU and that this effect is mediated by maladaptive cognitive processing. The risk buffering effect of the unaffected control group attenuated the maladjustment risk observed in PIU, but was nonsignificant in males. The risk-increasing effect of sensory exploration was not significant in adolescent or adolescent girls. Men have a higher risk of CHD than women, but weaker protective factors may explain the differences between men and women in CHD.

Address, SE and Book A.L., Wilke N. (1999). kk Hills Howard, A. (2021) describe investigate the association between problematic media usage and ACEs in this cohort and identify signs of problematic media use in high-risk adolescents. 348 parents or legal guardians of children aged 5 to 18 participated in an online survey to get this data. Nearly all were adopted. Parents and guardians completed the relevant Occupational Use Information Form (PMUM-SF) and provided the CAOT with their child's medical history. 48.9% of the participants said that their kids had a history of four or more ACEs. Guardians of adopted and adoptive children are more likely to report symptoms of problematic media usage than the guardians of their biological children. After adjusting for covariates, ACE scores predicted problematic media use but showed high variability by demographics and viewing hours. Compared to kids without ACEs, kids with ACEs experienced more issues with media use.

Wilk, N., Howard, A. H., Morgan M., & Hardin M. (2020) linked childhood adversity to a range of maladaptive outcomes, including insecure attachment, mental health problems, and misuse of the media. The association between negative childhood experiences and problematic media usage, according to this study's sample of adults ($n = 616$) was mediated by attachment anxiety, attachment avoidance, or attachment anxiety. The two dissipating attachments seem unconnected to one another. I ensured that I was of normal height. impulsive. Impulsive. The findings show that higher problematic media use is significantly connected with a history of negative childhood experiences. Addiction to television in particular was linked to reduced problematic media use, but anxiety was linked to greater problematic media use. Some of the correlations between negative childhood experiences and problematic media usage are explained by dissociation and impulsivity as well as anxiety and impulsivity in the cascade. These findings imply that attachment may influence people either directly or indirectly.

Wilk, N., Howard, AH, Morgan, M. Zhane Hardin, M. (2020) found that childhood Adversity has been linked to a variety of maladaptive behaviours, such as uneasy attachment, mental health issues, and problematic media usage. Insecure attachment may be a psychological mechanism connecting childhood trauma to problematic media usage since attachment is a crucial developmental process that can be altered by it. Furthermore, the disruption of connection owing to trauma in childhood may be linked to an increase in impulsivity linked to problematic media usage.

Tudore.O.A (2022) set out to look at the connection between ACEs, life happiness, and overuse of technology (including smartphones and the internet). Students ($n = 286$), non-students ($n = 71$), and citizens of Romania ($n = 357$), aged 18 to 59 ($M = 22.42$), participated in the survey. The mediating impact of life satisfaction in the link between ACE and technology addiction was examined using Macromodel 4. As a result, Internet problems (95% CI = 0.437 to 1.240) and mobile phone use were found to have an indirect effect on life satisfaction (95% CI = 0.483 to 2.145). This suggests that at least part of the effect is associated with life satisfaction as a parameter associated with significant adverse events.

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Thus, people with high ACE levels report less life satisfaction. People who are dissatisfied with their lives often say that they use the Internet and cell phones excessively. These findings provide additional knowledge and new insights into comprehending how people relate to these experiences requires a grasp of the psychological characteristics of early traumatic events.

In a large and varied sample of college students, Yates, TM, Gregor, MA, and Haviland, MG (2012) investigate the phenomenological and developmental aspects of problematic Internet use (PIU). (b) Assess a model of how child maltreatment develops as a result of neglect, in which the alleged link between ADHD and child maltreatment manifests itself. (c) Examine these connections in terms of race and gender. PIU was greater among male and Asian students than among female and other ethnic groups, respectively. PIU is associated with maladjustment, including decreased self-esteem, reduced social support, and increased intergroup psychopathology. Experience of child abuse was associated with increased EGR, and intervention analyzes indicated that highs contributed to the explanation of this connection. These associations were true for both male and female respondents as well as Asian and non-Asian respondents. This review demonstrates cognitive-emotional deficiencies in young adults' comprehension of the crucial contribution of childhood trauma and the IBD route.

Benjamin tried., S. for research. middle. (2021) Worsley, JD, McIntyre, JK, Bentall, RP, et al. (2018) Foster, M., Rogers, SJ, Sussman, S., Watts, J., Rahman, T., Yu, S. We examined the relationship between PIU and PSU and HHD in college students, as well as potential safeguards such social support. Data were gathered from a varied group of University of California undergraduates (N=1027). Versions of the Internet Addiction Test and the Smartphone Addiction Scale were used to evaluate various facets of addiction. Regression as likely to meet PSU criteria (AOR: 2.03, 95% CI: 1.21 to 3.40). You are twice as likely to meet the PSU criteria. A student who received a grade of 4 or higher was twice as likely to meet their UAP criteria. After adjustment for covariates, HDH was 3- and 6-fold associated with moderate and severe PIU (AOR: 2.03 to 2.46, CI: 1.21 to 3.96). Social support outside the family was inversely related to its UIP and adjusted for the HHD-PSU association of HHD 1–3 students.

Demir, Y. (2021) to explore factors associated with social media dependency. Examining the connections between teenage childhood experiences, happiness, and social media addiction is the goal of this study. Materials/Methods - Using a structural equation model, this study looked at the relationship between teenage social media addiction, happiness, and early events. The Social Media Disorder Scale (SMDS), the Oxford Happiness Questionnaire-SF (OHQ-SF), and the Childhood Experiences Questionnaire (CEQ) were used to gather data from 314 teenagers who took part in the study. The programmes SPSS 21 and AMOS were used to analyse the data. Results - The pathways analysis revealed that negative childhood experiences negatively and directly affect happiness, while positive childhood experiences positively and indirectly influence social media addiction, negatively and directly affect happiness, and negatively and directly affect unhappiness.

Nikken, P. and De Haan, J. (2015) show that problematic parental experiences are linked to media exposure, the presence of siblings in the home and negative attitudes, especially when children are active on social media. Parenting competence increases with positive attitudes toward media exposure, the presence of older children in the household, and the participation of younger children in educational games and media literacy activities. Parents

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feel safer when their children are active on social media. Based on a cross-sectional sample of 1029 young adults aged 17 to 25, there is an association between child abuse and problematic social media use. We specifically looked at whether (i) attachment anxiety, (ii) attachment avoidance, or (iii) depressive symptoms were mediating factors in partnerships when two aspects of attachment were working simultaneously. The findings imply that greater problematic social media use is strongly connected with a history of child maltreatment. The association between child abuse and problematic social media usage is independently mediated by both attachment anxiety and avoidance, but in opposing ways. Anxious attachment was linked to greater problematic social media usage, whereas dissatisfied attachment was linked to less problematic social media use. The findings suggest that child abuse can directly or indirectly influence social media use. People with depressive symptoms may abuse social media to relieve stress. However, a causal relationship with the current design cannot be established.

Jackson, D. B., Testa, A. & Fox, B. (2021) examine the association between negative a recent nationwide sample of children and teenagers examined the relationship between early life events and usage of digital media. In order to ascertain the mediating function of family, parent, and child level variables, the Carlson-Holm-Breen technique was employed. Without taking into account confounders, teenagers who experienced at least four traumatic childhood experiences were three times more likely to consume excessive amounts of digital media than those who had none. Approximately 39% of the connection between negative childhood experiences and excessive digital media usage was mediated by factors related to family stability, attachment, and parental stress.

Objectives

1. To study how negative childhood experiences and problematic social media use in young adults are related.
2. To study problematic social media use and adverse childhood experiences based on gender.
3. To study problematic social media use and adverse childhood experiences based on family.

Hypothesis

H1. There will be a significant difference between the Adverse Childhood Experience and Problematic Social Media Use

H2. There will be a significant difference between the Adverse Childhood Experience and Problematic Social Media Use on the basis of gender (male/female)

H3. There will be a significant difference between the Adverse Childhood Experience and Problematic Social Media Use on the basis of family(nuclear/joint)

METHODOLOGY

Aim

To study the Adverse Childhood Experience and Problematic Social Media Use among Young Adults

Design

It is a cross-sectional research since information will be gathered all at once.

Variables

The variables assessed in the present study are:-

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- Adverse Childhood Experience
- Problematic Social Media Use.

Sample and its selection

A sample is a segment of a population that has been chosen in small numbers for observation and examination. One can draw certain conclusions about the features of the population from which the sample is derived by looking at the sample's characteristics. In this study, 100 young individuals (18 to 25 years old) are participating. Simple random sampling techniques were used to pick the sample. A representative sample of the complete population is formed by the sample.

A list of the tools used

The Adverse Childhood Experience Questionnaire (ACE-Q), which consists of 10 items, is used to count the number of negative or traumatic experiences a client experienced before becoming 18 years old. The ACE-Q tracks client exposure to domestic dysfunction, including domestic violence, substance misuse, and imprisonment, as well as psychological, physical, and sexual abuse.

Elphinston and Noller (2011) created the Facebook Intrusion Questionnaire, an eight-item scale, to assess the degree of Facebook addiction (behavioural addiction) among Facebook users. The eight questions evaluate the relationship between Facebook engagement propensity and eight behavioural addiction-related factors, including withdrawal, relapse/recovery, loss of control, euphoria, interpersonal conflict, and conflict with other activities. Higher scores indicate stronger Facebook addiction. Items are assessed on a 7-point Likert scale from 1 (strongly disagree) to 7 (strongly agree), with lower scores denoting less addiction.

Procedure

For purposes of this study, researcher created the Google Demographics modules, The Adverse Childhood Experiences Questionnaire (ACE-Q) and the Facebook Intrusion Questionnaire (Elphinston & Noller, 2011) to collect the data. These modules were distributed to young adults in the 18-25 age group. Participants were asked for their consent and asked to read the instructions carefully before completing the questionnaire. A total of 100 responses were collected from participants and analyzed using SPSS software. For data analysis, descriptive statistics such as the correlation between two variables, the mean and standard deviation according to gender and family were calculated.

Statistical analysis

Descriptive statistics like correlation, mean and standard deviation would be calculated to analyse the variables.

RESULT

Table 1 Shows correlation between Adverse Childhood Experiences Questionnaire (ACE-Q) and Facebook Intrusion Questionnaire

	Correlation	Adverse Childhood Experiences	Facebook Intrusion Questionnaire
Adverse Childhood Experiences	Pearson Correlation	1	.342**
	Sig.(2-tailed)		.001
	N	100	100

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Facebook Intrusion Questionnaire	Pearson Correlation Sig.(2-tailed) N	342** .001 100	1 100
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**-Correlation is significant at 0.01 level (2-tailed)

Table-2 Shows mean and standard deviation of children on the basis of gender

	Gender	N	Mean	Standard Deviation
Adverse Childhood Experiences	1	50	25.94	9.708
	2	50	26.64	9.428
Facebook Intrusion Questionnaire	1	50	2.86	2.657
	2	50	2.22	2.083

Where, 1-male, 2-female

Table-3 Shows mean and standard deviation of children on the basis of family

	Family	N	Mean	Standard Deviation
Adverse Childhood Experiences	1	50	27.02	8.977
	2	50	25.56	7.243
Facebook Intrusion Questionnaire	1	50	2.64	2.734
	2	50	2.44	2.028

Where, 1-joint, 2-nuclear

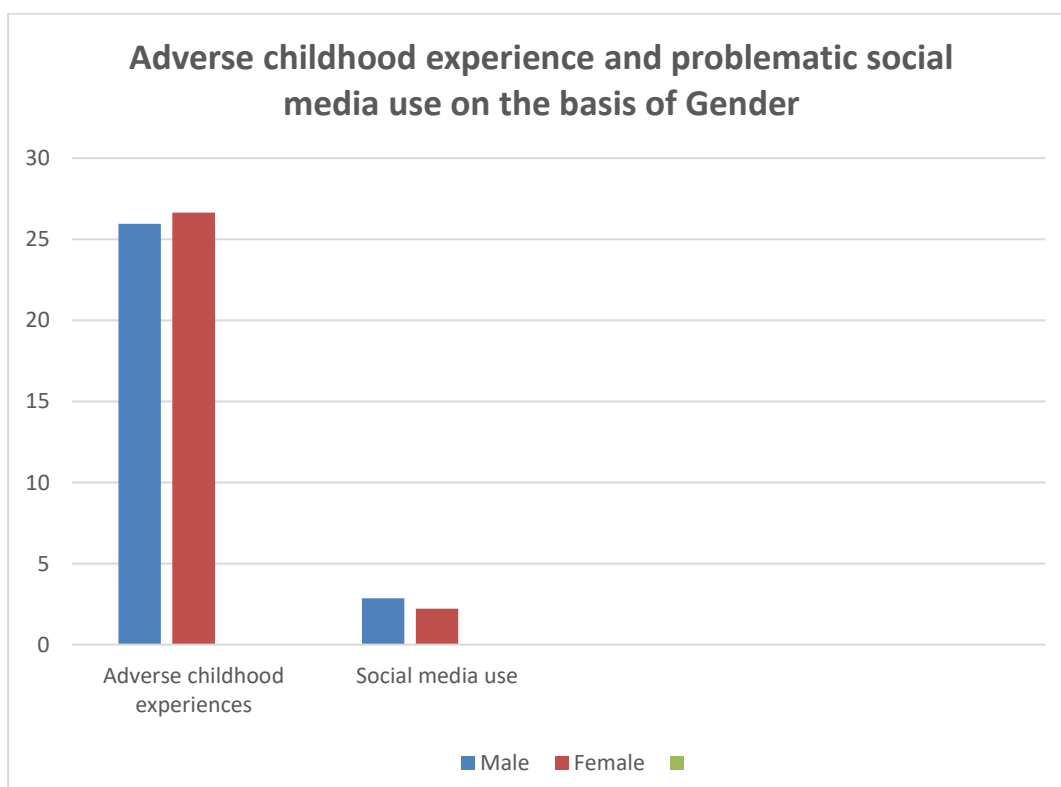


Figure.1 Shows Adverse childhood experience and problematic social media use on the basis of Gender

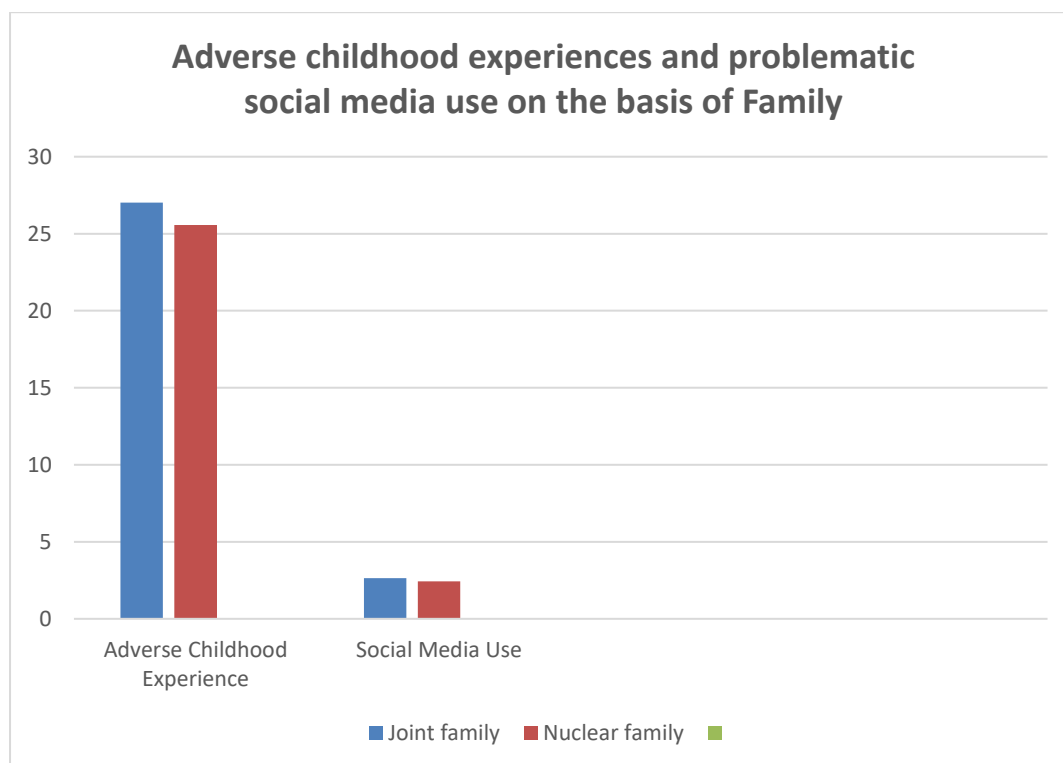


Figure.2 Shows Adverse childhood experience and problematic social media use on the basis of Family

DISCUSSION

The purpose of this study was to “examine adverse childhood experiences and problematic social media use among young people.” To achieve this goal, two standardized, reliable, and standard-validated scales were used in this study. -Q) and Facebook intrusion investigations for data collection (Elphinston and Noller, 2011). This form was distributed to young people between the age group of 18 and 25. The adolescents asked about their permission and asked to read the guides carefully before writing the questionnaire. A total of 100 responses were collected from participants and analyzed using SPSS software. For data analysis, descriptive statistics such as the correlation between two variables according to gender and family, mean and standard deviation, etc., were calculated.

As shown in Table 1, there are significant differences between adolescents' adverse childhood experiences and problematic social media use. Furthermore, we found that ACE was a risk factor that outweighs significant confounding variables for problematic media usage among high-risk kids. Therefore, vulnerable youth might be a target population for assistance in coping with potentially harmful media usage.

Numerous psychiatric issues are linked to child maltreatment (Cicchetti & Toth, 2005). A new study discovered a connection between inappropriate social media use and child maltreatment. For instance, Yates et al. (2012) found a correlation between childhood abuse experiences and greater problematic Internet usage, with the past, failure to recognise and explain emotions accounting for a portion of the link. The authors came to the conclusion that being exposed to child maltreatment causes cognitive-emotional vulnerability, which in turn predisposes people to using social media in a problematic way. According to these results, Schimmenti et al. (2017) also discovered In a second sample of teenagers, the relationship between traumatic childhood events and problematic social media usage was

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partially mediated by aphorisms. Post-traumatic stress disorder (PTSD) was found to buffer a relationship between various types of childhood abuse and problematic Internet usage, according to Hsieh et al. (2016). The authors proposed two theories: first, heavy Internet use may be a coping mechanism for those who have experienced childhood trauma, and second, maltreated people may participate in virtual worlds to avoid or lessen the unpleasant emotional symptoms of PTSD. Investigating particular sorts of difficulties, Dalbudak et al. (2014) The risks of emotional neglect, emotional abuse, and emotional neglect were revealed via Internet usage, emotional abuse, emotional neglect, and emotional neglect. Seven dangers of internet usage are also linked to child sexual abuse. In a second sample of teenagers, the relationship between traumatic childhood events and problematic social media usage was partially mediated by aphorisms. Additionally, according to Hsieh et al. (2016), there is a link between different types of child maltreatment and Numerous research in this field repeatedly reveal a connection between problematic Internet usage and child abuse. The status of our understanding at the moment still has gaps, though. First, current research treats Internet usage as a singular activity. However, some online activities provide additional benefits (Bergmark et al., 2011). Therefore, there have been no empirical research on the relationship between child abuse and certain Internet usage patterns, such as B. social media. Furthermore, theoretically determined characteristics that may help to understand the connection between child abuse and negative social media usage.

As shown in Table 2, there is little gender difference connection inappropriate social media usage and bad childhood experiences. For unfavourable childhood memories, the mean for adverse childhood experiences for male participants was 25.94, lower than the mean for adverse childhood experiences for female participants, 26.64. This means that the male participants received more attention than the female participants during childhood and even the parents of the female participants did not give their children enough time.

Worldwide, expectant parents want their first (or only) child to be a son rather than a daughter, or to have more sons than daughters. This has resulted in millions of "lost girls" due to sex-selective abortions. Gender preference manifests itself in childhood. In some countries, couples try to have more children by spending less money on daughters and having sons at the expense of their extended family. The boys benefit from food, vaccinations and medical costs.

Regarding social media addiction, the mean social media addiction score of female participants was 2.22, which was lower than the mean score of male participants, 2.86. This means that female participants are less involved in social media than men due to the lower availability of smartphones among women compared to men.

As can be seen in Table 3, there is little difference between adverse childhood experiences and problematic use of family-based social networks. For adverse childhood experiences, the mean score for joint family adverse childhood experiences and adverse childhood experiences is 27.02, which is higher than the mean score for nuclear family adverse childhood experiences, which is 25.56. This means that since the number of family members in joint families is greater than in nuclear families, parents' interest in children is more focused on their growth and development during childhood. There are cases where the joint family system becomes difficult and women start thinking about creating separate structures while working. This is usually the result of the attitude and intolerance of those who live with him. It is an undeniable fact that everyone has an attitude towards life. To observe this is the primary duty of every person. But otherwise, problems and difficulties will arise. Our

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society is very hierarchical. Between parents and parents, the father is considered the head of the family. Amir, N. (2004)

In the case of social media addiction, the social media addiction score of joint families was 2.64 on average, which was higher than the social media addiction score of nuclear families, which was 2.44 points. This means that people are more involved in their own lives (including social media use or gossip) than they are in their children alone.

In a joint family, younger members cannot develop leadership qualities due to the strict nature of the household head. They continue to be wary, frail, and trembling in life. They never have the chance to demonstrate their abilities or build a solid personality. Due to the huge number of family members, decision-making in joint families is particularly delayed. Before significant choices are taken, there are debates and considerations. While these conversations are helpful, make good decisions, a slow pace can frustrate younger family members.

Family quarrels are likely to be common in a shared house because there are many people together. This applies to the married women in the family as they come from different backgrounds in this large family. They usually don't get along and destroy relationships.

CONCLUSION AND SUMMARY

Childhood domestic problems and emotional, physical, or sexual abuse are examples of adverse childhood experiences (ACE). Teens who use social media too much run the risk of being distracted, having their sleep interrupted, and being subjected to bullying, gossip, unrealistic expectations of others' life, and peer pressure. In this context, the aim of the present study was "Designed to look at the relationship between problematic social media use in young adults and adverse childhood experiences." To this end, three objectives and hypotheses were formulated to investigate the association between negative childhood experiences and problematic social media use in young adults, both on a gender and family basis. To investigate this, 100 participant responses were collected and analyzed using SPSS software. For data analysis, descriptive statistics such as the correlation between two variables by sex and family, mean and standard deviation, etc. have been calculated. After performing a statistical analysis, a significant association was found link unfavorable childhood memories and young people' poor social media use.

According to the second hypothesis, which states that there will be a significant association link between unfavourable childhood memories and young people' poor social media use. based on gender, male participants were found to receive more attention than the participants.

According to the third hypothesis, which states that there will be a significant family association between adverse childhood experiences and problematic social media use, the contribution of the nuclear family was found to be greater than that of the joint family.

Although these findings are preliminary, they support the issue of media use by foster/adopted youth in caregiving. Paediatricians may want to focus on offering assistance and advice on media usage to the parents of these vulnerable children, such as by talking about family media plans and recommending additional websites (like Common Sense Media).

Limitation

There are some limitations as well of the present study such as-

- Given the large population of the students in Delhi, the sample size was adversely small. Therefore, prevention should be used when generalizing findings of the study.
- Secondly, the sample size was small in the conducted study.
- Thirdly, adolescents might have given the responses which are desirable socially (social desirability).
- Fourthly, time constraints due to which more variables could not been studied.
- Fifthly, as the study was quantitative one, data may not be robust enough to explain complex issues.

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Conflict of Interest

The author(s) declared no conflict of interest.

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