

To Study the Addiction of Validation in Teenagers

Madhuja Kasture^{1*}, Dr. Pratibha Mehetre²

ABSTRACT

In the current study, the researcher has studied the addiction of validation in teenagers. It focuses on people pleasing behaviour, seeking validation on social media and gender differences for addiction of validation. The study was done on the age group from 13 to 19. The data was collected through internet. The range of data collection was worldwide. To support the purpose of the paper, the data includes various online researches, articles and websites. The results are according to internet. The result is shown there is supporting the objectives. It examined the validation seeking behaviour from social media. There are many factors and reasons that can affect this behaviour of teenagers. Peer pressure is one of the reasons. Teens do get pressurised by their teens and sometimes even post things online that they don't want to. According to second objective which studies if girls seek more validation than boys. And they do want validation from boys because of their rigid mindset, their upbringing, experiences of world and their dilemma.

Keywords: *Addiction, Validation, Teenagers*

According to WHO, teens or the term teenage indicates a child aged between 13 to 19. Then word teen is used as suffix from the numbers. It's a transitional stage for physical and psychological development and health. At this age the child starts to become aware of him/her and the world too. They try to find their identity as they are curious about themselves too. They want to do everything what their friends or peers do. They want to look good and cool in front of their friends. They always want to fit in and be in a group. So, they seek for validation from people out there, like friends, classmates, peers. More like they try to live their life on other people terms. As we all know the entire teenager spend most of the time on the social media. In this age they tend to think parents as their enemies. So, to escape from this, they find the good option as social media. By posting different photos, stories or life updates like morning routine, breakfast, way to college, where they have snacks, studies, clothing, shopping etc. Each and every little update is posted online, and they have a weird satisfaction when they get a lot of likes and comments. And then they keep doing the same things cause that likes and comments feels like validation to them. It's like an approval that whatever they are doing is getting accepted.

¹Research Scholar, Department of Psychology, MGM University

²Assistant Professor, Department of Psychology, MGM University, Aurangabad

*Corresponding Author

Received: October 5, 2023; Revision Received: November 23, 2023; Accepted: November 25, 2023

To Study the Addiction of Validation in Teenagers

Addiction

According to Alyssa (2021), the term addiction refers to the activity or condition in which a person is unable to stop the particular substance or activity even though it can cause any psychological or physical harm. Addiction does not only refer to substance addiction like smoking or drugs but it also indicates to some repeated behaviour or activities like eating, working, social media, gambling. According to the American society of addiction medicine “a treatable chronic medical disease involving complex interactions among brain circuits, genetics and environment and an individual’s life experience. People with addiction use substance or engage in behaviours that become compulsive and often continue despite harmful consequences.” Many people involve in addiction of any substance or activity voluntarily and out of curiosity but later they lose the self-control and get addicted to that particular thing. If addiction person in family have any addiction then the whole family goes through lots of problems. When a person gets uneasy or not able to concentrate on his work without any particular substance or thing then it’s a starting that he is getting addicted to that substance or thing.

Validation

According to Marc (2015), validation is defined as the act or process of making something or someone approved or acceptable. When it comes to addiction of validation, it includes the feeling that the other people approve and accept you. It’s a human tendency that we want approvals or compliments from other persons that can be your family, friends, society and social media. We like to hear good words about ourselves, so somewhere these validations satisfy us. When we don’t get an approval or acceptance about something, we try to change it but the change is not always for good. It can might alter and affect your personality. In teens this validation is really an addiction because they want everyone to approve them, their lifestyle, their clothing, their thoughts etc. But if they don’t get this from their family or friends, they start posting each and everything about them and their life on social media.

REVIEW OF LITERATURE

According to Ahmad (2021), social media is good as it connects us with our family and gives us all the new information and products but it can turn into disaster if we just start to crave for likes and comments. In his research he gave various reasons about why these youngsters need validation on social media. The biggest reason behind it could be FOMO, fear of missing out syndrome. According to Gladwell, FOMO involves the fear that people around you are having fun, doing something extraordinary and you are missing it out. So usually teens put up all the information about what they are doing on social media. The other reason is insecurities, doubt and anxiety. Whenever a teens posts a photo, until and unless they don’t get as much likes they wanted they will very anxious. They are often insecure about things like, why does that person have more followers than I do? Or why did she have more likes then mine got? It can also lead to ruining relationships between two persons.

According to Lauran (2018), wanting approval isn’t a bad thing until it’s excessive and starts to affects your mood which can lead to anxiety or depression. Teens want approval which itself is not a bad thing. It helps them to keep going and gives them motivation. But if you are only doing it to get an approval from someone then you should stop. Many girls get dressed so that people call them pretty and compliment them even though they doesn’t like that dress or style at all. Because of these validations, they try to live their life on others term.

To Study the Addiction of Validation in Teenagers

According to Dr. Preeti (2022), emotional validation involves understandings and acceptance of others feelings. When teenagers receive this kind of validation, they feel like not only their emotions are seen but also getting acceptance. But if they don't get this type of validation, if their emotions are not heard or not understood, they might feel left out, unsupported and isolated. Over period of time, these feelings might trigger insecurities and that teen can lack from self-validation and turn into validation addicts. She further explains that there can different reasons for craving validation. The reasons are like low self-esteem, normal emotional development and in extreme cases presence of mental ill.

METHODOLOGY

The data gathered for this research was collected globally through internet. It includes various online articles, researches and websites.

Sample

The selected age group for this research was teenager, which is 13 to 19 years old. The collected data is of teenagers in different countries and every country has different culture, society and environment. Even the parenting styles are different.

Objectives

1. To study the validation seeking from social media.
2. To examine if girl need more validation than boys.
3. To investigate the effects of peer pressure for getting addiction of validation.

RESULT AND DISCUSSION

The finding supports the objectives. According to the objectives, it was a study to examine if teenagers seek validation from internet. And according to the results they do. Wanting validation is not a bad thing but if you are doing the things to get the validation then you are addicted to it. Now the question is why does teen seek validation from social media or why do they need this validation? Social media have a big impact on teenagers. It's a big part of their life too. They post every update, every achievement everything they do on social media. They are very concerned about their image on social media.

In a study conducted by UCLA, showed that teenagers react to likes the same way they react after winning a prize. The amount of likes they get has huge impact on them. They constantly keeps comparing themselves to the all those social media influencers, models or actors/actresses. They forget the fact that social media is not a real world and try to be like them. They try various filters to look good. These teens try to copy each and every thing like clothes, shoes, makeup. They post different photos of themselves on internet and the more likes they get the more they feel like getting approval from people. This approval gives them the sense of accomplishment which keeps them hooked up to the social media. There are many reasons behind it like Insecurities, anxiety and doubt. According to a common sense (children, teens, media and body image) survey, there are 35% people are worried about people tagging them in unattractive photos. 27% feel stress about how do they look in photos. 22% felt bad if their photo is ignored.

According to Jonathan (2016), teenagers keep comparing themselves to others which lead to self-doubt and to the endless questioning storm. They constantly keep thinking about the things they post, they likes they get. They doubt about what if people don't like my post? What if I don't get the likes? How he / she can get this much likes? This constant comparison leads to jealousy. They can be jealous of their friends, classmates and

To Study the Addiction of Validation in Teenagers

sometimes siblings also. If they get any negative feedback on their post it affects them on huge scale. It can have adverse effect on their mental health. Peer pressure is one of the factors. Due to this pressure teens create online accounts and post stuff online even if they don't want to. The second objective is the gender difference. The results are supporting to the objective. Girls need more validation than boys. There are many reasons behind it. The rigid mindset has a huge impact on girls. Since the birth, even as a growing up, girls are brainwashed that somewhere they are less or weaker than boys. They are on secondary place than boys. The socio-economic mental condition of girls during their upbringing has a major role. Society prefers girls to pursue finer arts than engineering and sciences. They are in consequential confusion, about themselves, about what to do and what not to do? What to wear?. They are constantly hammered by their parents or society about their looks, clothes. Due to all these reasons, they want validation from society for their every work or stuff.

Limitations to study

1. This data is limited to a specific age group. It only focuses on teenagers. Even though this addiction of validation can be seen throughout all age groups.
2. The data was collected only through internet.

Implication of the study

1. Promoting the importance of positive self-talk which improves self-esteem. It will lead to positive self-validation.
2. Talking to teenagers while they are going through puberty. Try telling them the risky and dark side of social media.
3. Every school should have a positive psychology subject. Or should appoint a counsellor. So that teenagers should know how to fight with their insecurities and self-doubt.

CONCLUSION

All the gathered data is supporting to the objectives. The addiction of validation can have adverse effect on teenager's mental health. This age is their developing age, in the future they have a personality problems or behavioural problems because of this constantly seeking validation. If teenagers get introduced to positive self-talk, then they will know how to fight with the insecurities. Even parental talking can help them a lot. This study includes worldwide range of data which can be helpful for any further research.

REFERENCES

- Ahmed A. (2021). The addiction of seeking validation from social media, my readable. <https://myreadables.com/the-addiction-of-seeking-validation-on-social-media/>
- Alyssa P. (2021). What is addiction? Medicalnewstoday. <https://www.medicalnewstoday.com/articles/323465>
- Amy J. (2016). Teens say they are addicted to technology. Washington post <https://www.washingtonpost.com/news/parenting/wp/2016/05/03/teens-say-theyre-addicted-to-technology-heres-how-parents-can-help/>
- Caroline K. (2019). How girls are seeking approval online. Common sense media. <https://www.commonsensemedia.org/articles/how-girls-are-seeking-and-subverting-approval-online>
- Geetika S. (2022). Why do some people need constant validation? Healthshots. <https://www.healthshots.com/mind/mental-health/need-for-validation-and-its-effects-on-mental-health/>

To Study the Addiction of Validation in Teenagers

- Harrison I. (2022). Definition of adolescence by various authors. Projectkings. <https://projectkings.com.ng/2022/01/22/definitions-of-adolescence-by-various-authors/#:~:text=Adolescence%20is%20the%20synthesis%20of,%2C%202000%3B%20Blos%2C%201979>)
- Kristaly S. (2022). What is emotional validation?. Verywell mind <https://www.verywellmind.com/what-is-emotional-validation-425336>
- Linda S. (2021). Why does my teenager care so much about what other people think? Linda stade education. <https://lindastade.com/teens-care-what-other-people-think/>
- Marc P. (2015). Validation: a cunning, baffling and powerful addiction. Hmpgloballearning network. <https://www.hmpgloballearningnetwork.com/site/addiction/article/validation-cunning-baffling-and-powerful-addiction>
- Ravi P.M. (2018). 4 reasons why do women subconsciously seek validation from men. Linked in <https://www.linkedin.com/pulse/4-reasons-why-women-subconsciously-seek-validation-from-mohapatra>
- Susan A. K. (2016) when teens turn into social media for validation. Vol.16 No.5 P.6, social work today. <https://www.socialworktoday.com/archive/092116p6.shtml>
- <https://gradesfixer.com/free-essay-examples/why-do-teenagers-seek-validation-on-social-media/> (2019)
- <https://creativehealingphilly.com/blog/how-validation-can-help-your-teen-manage-big-emotions> (2020)

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kasture, M. & Mehetre, P. (2023). To Study the Addiction of Validation in Teenagers. *International Journal of Indian Psychology*, 11(4), 1596-1600. DIP:18.01.144.20231104, DOI:10.25215/1104.144