

Social Media Addiction and Its Impact on Mental Health Among Adolescents

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ABSTRACT

Most individuals now use social media on a daily basis. Individuals of all ages utilise social media platforms like as Facebook, Instagram, YouTube, and Twitter for communication and networking, with Indians spending an average of 2.4 hours a day on social media alone. Young people aged 18 to 24 spend a lot of time on these apps, with Facebook and Instagram alone having 97.2 million and 69 million users from this age bracket in India. Mental health includes our emotional, psychological, and social well-being. Around 85 per cent of Indian children have reported being cyberbullied as well as having cyberbullied someone else at rates well over twice the international average. Cyberbullying is an alarming issue. The present investigates the relationship between social media addiction and its impact on mental health among adolescents. The study was conducted among 100 adolescents in the Coimbatore city. The standardized tools were used in the study. The statistical analysis were used to analysis the data. Based on the finding from the research study, it is concluded that majority of students has been affected by social media addiction and has various negative psychological impact on the adolescents.

Keywords: *Social Media Addiction, Mental Health, Adolescents*

Mental health is a condition of mental well-being that allows people to cope with life's stressors, realize their strengths, study and work effectively, and contribute to their community. It is an essential component of health and well-being that underlying wellness is more than just the absence of mental illnesses. It happens on a multifaceted scale, with varying degrees of difficulty and suffering and possibly very different social and clinical outcomes from one person to the following, individual and communal capacity to make decisions, form connections, and affect the environment in which we live. Mental health is a fundamental human right. It is also essential for personal, communal, and socioeconomic growth. Mental diseases and psychosocial problems are examples of mental health concerns.

Multiple individual, societal, and structural influences may interact to safeguard or undermine our mental health and modify our place on the mental health continuum throughout our lifetimes.

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Individual psychological and biological characteristics such as emotional skills, substance use, and heredity might increase a person's susceptibility to mental health disorders. People are more likely to develop mental health problems when they are exposed to unfavourable social, economic, geopolitical, and environmental circumstances, such as poverty, violence, inequality, and environmental degradation.

Risks can appear at any stage of life, but those that arise during developmentally sensitive times, notably early infancy, are most harmful. Harsh parenting and physical punishment, for example, are known to harm children's health, and bullying is a significant risk factor for mental health problems.

Low self-esteem, personal unhappiness, despair and hyperactivity, as well as a lack of affection, are all well-known causes of social media addiction. Many young people seek them out almost compulsively to experience an intense but inevitably temporary sense of fulfilment, which can be counterproductive in the long run by making them reliant on the judgments of others. The typical addict is a young individual aged 16 to 24.

Social media addiction is characterized by a person's obsessive and excessive usage of social media. Problematic social media use interferes with other elements of one's life and can have a negative impact in various ways. Restlessness if unable to check social media, greater dependency on social media as a coping technique, and detrimental effects on one's personal life are all indications of social media addiction.

Addiction, stress, low self-esteem, and social anxiety are all factors that contribute to social media addiction. These characteristics motivate a person to use social media excessively to relieve destructive emotions. Anxiety or despair, increased isolation, decreased physical activity, low self-esteem, and poor work or school performance are all side consequences of social media addiction.

Social media, in particular, has become a favourite entertainment and recreation for teens. Most people think of Facebook, Twitter, Instagram, and other comparable apps when asked about social media. Social media is a website that allows users to network to establish an online community that exchanges ideas, information, videos, and inter-messaging.

People have used social media to connect. It is pervasive in our everyday lives, altering how individuals communicate personally and professionally. The need for social media has skyrocketed. Through virtual communities in Social media, users may build individual public profiles, meet other individuals with the same interests, and connect with real-life friends. Various active social media sites stimulate the creation of SNSs, particularly the more important ones such as Facebook, Instagram, Twitter, and WhatsApp.

The World Health Organization (2020) classified 'Adolescents' as persons aged 10 to 19 and 'Youth' as those aged 15 to 24. Young individuals may control their mental health quite effectively using social media. This new media has become a popular forum for young people. Many of them are inadvertently drawn into virtual activities on social networking sites.

Social media has influenced people, especially young ones. Young individuals who have poor self-esteem spend more time on social media. They may get addicted to social media over time, leading to social media addiction. Individuals typically become addicted to a

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specific program that serves as a spark for problematic Internet use. The growing popularity of social networking sites adds to social media addiction. Within the Internet addiction phenomenon, five kinds have been identified: cyber-relationship addiction, cyber-sexual addiction, net compulsion, computer addiction, and information overload. Social media addiction fits under cyber-relationship addiction because the purpose of utilizing social media is to develop and maintain connections both online and offline. *Social media addiction* has been defined as being too driven by a strong urge to check in to or use SNSs and dedicating so much time that it interferes with other social activities.

Pathological social media use prioritizes social media interactions above real-life duties and relationships. The obsessive desire to monitor and respond to social media alerts causes distractions that disrupt daily tasks and interactions. Social media addiction has been linked to a significant drop in academic achievement. This may be induced by prioritizing social media over schooling, as well as a secondary effect of sleep deprivation. Social media frequently replaces real-life interactions as teenagers and young people favour virtual ties. The persistent urge to check alerts makes paying attention to real-life conversations and events hard.

Individuals who deal with social media addiction may get angry or distressed when they are unable to access social media. A person may be aware of the unpleasant sentiments that being unable to use social media might elicit, yet they may frequently feel helpless in the face of the circumstance. Spending much time online: Individuals with social media addiction may prioritize social media use over other vital activities, resulting in an unhealthy concentration on social media. Using social media as a coping mechanism: People are increasingly turning to social media to deal with difficulties or unpleasant emotions such as boredom, social anxiety, stress, or loneliness.

As social media continues to absorb much of a person's time and energy, school or work-related responsibilities may need to be addressed. As a social media addict spends more time in the virtual world, personal connections may deteriorate. Focusing on social may make a person retreat from family and friends and need help to be alert and attentive.

REVIEW OF LITERATURE

According to 2017 research, the internal factors of social media use are more closely tied to an individual's personality and interests (Liu et al.). Since personality is a unique attribute of the individual, this falls under the internal framework classification. In line with the theories of addiction, a user may develop a dependency on a platform if they believe they are consistently meeting their personal needs, which are determined by their personality and preferences in this case. This leads to increased platform usage. Dependency develops through the tendency to use social media platforms to satisfy requirements one's personality deems significant.

Facebook depression is a phenomenon that may be brought on "when preteens and teens spend a great deal of time on social media sites, such as Facebook, and then begin to exhibit classic symptoms of depression," according to a 2011 study by the American Academy of Pediatrics (AAP).

The Big Five personality traits were evaluated using Saucier's (30) Mini-Markers Scale in a research conducted by Seidman. The findings showed that social media is a secure space for neurotic people to express their personalities and satisfy their demands for belonging. To

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keep in contact with others and feel better about their social situations, persons with neuroses frequently utilize online social media. Another aspect of social media that has been well studied is narcissism. It has been discovered that narcissistic individuals are more prone to develop a social media addiction.

Franchina et al. and Scott and Woods, for instance, concentrate on elements that have been used to explain why people detrimentally use social media at the individual and family levels, such as childhood maltreatment and FOMO. Additionally, friend-level characteristics have been investigated to quantify social well-being and understand why specific individuals use social media maliciously. These factors have shown a strong positive link with lower levels of friend support.

According to research by Sharif and Yeoh, persons with social media addictions often spend more money than those without such addictions. Academic performance might potentially suffer as a result of social media addiction. The likelihood of students with social media addictions receiving worse marks is higher than that of students without such addictions.

Objective

The aim of the study is to investigate the relationship between the social media addiction and mental health among adolescents.

RESEARCH METHODOLOGY

Participants

A total number of 150 consists of 64 boys and 86 girls from the Coimbatore city and the majority of the samples are students. The adolescents' age range from 18-21. The sampling method is convenient sampling method.

Instruments

- **Personal Information Form:** Researchers developed a form for participants to acquire demographic details of the adolescents. It contains several directives to determine participants gender, age, socioeconomic class, educational qualification, time spending in mobile and social media.
- **General Health Questionnaire (GHQ):** The General Health Questionnaire (GHQ) is a screening tool for identifying minor mental illnesses in the general population and community or non-psychiatric therapeutic settings such as primary care or general medical outpatients. The shorter, 28-item GHQ was created by Goldberg and Hillier and includes four subscales: physical symptoms, anxiety and insomnia, social dysfunction, and severe depression. Cronbach's alpha coefficient of 0.87 indicates an acceptable conclusion from the reliability analysis. Inter-rater and intra-rater reliability have been demonstrated to be excellent (Cronbach's 0.9-0.95), while test-retest reliability is high (0.78 to 0.9).
- **Bergen Social Media Addiction Scale (BSMAS):** The Bergen Social Media Addiction Scale (BSMAS) is a six-item self-report questionnaire. The BSMAS was designed by adapting the items of the well-validated Bergen Facebook Addiction Scale (BFAS), which was created to assess Facebook addiction. The BSMAS had elements identical to the BFAS, except that the phrase "Facebook" was replaced with "social media." Each BSMAS item represents one of the six addiction characteristics outlined by Griffiths's components model of addiction. Andreassen and his colleagues developed the BSMAS, which consists of six items, each reflecting an

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essential feature of addiction (i.e., salience, tolerance, mood modulation, conflict, withdrawal, and relapse) [24]. Participants score these items on a five-point Likert scale, with one representing very rarely and five representing very frequently. The higher the total score, the greater the reliance on SNS. A clinical psychologist used a typical forward-backwards translating approach to analyse the BSMAS's language equivalency.

Statistical Analysis

Based on the studies, Pearson's correlation was used to analyse the relationship between the variables using the electronic version of SPSS software.

Procedure

The data was collected using an electronic version. The Google for, were used in data collection, the form consists personal data information, General health Questionnaire and Bergen Social media addiction scale. The form was circulated among the adolescents.

RESULTS

Table 1 Shows that the relationship between social media addiction and mental health

	Social Media Addiction	Mental Health
Social Media Addiction	1	-.367**
Mental Health	-.367**	1

Table 1 shows that there is a significantly negative correlation between Social media addiction and mental health. Social media addiction has a negative impact on mental health because of adolescents usage and their pattern of behavior.

DISCUSSION

Due to an overwhelming degree of reliance on social media platforms, social media addiction (SMA) is a behavioural addiction that impairs a person's ability to function in daily life. Addiction to these platforms also has detrimental effects on psychological and physiological levels. According to earlier studies, the likelihood of developing depressive symptoms in later life is 1.5 times higher for those with moderate addiction.

Using social media platforms, people of all ages communicate publicly and privately with people they know and do not know and with family. Social media is a valuable tool that they may use to communicate their ideas and emotions to others. Furthermore, studies have concentrated on social media as a novel type of networking and its critical role in fostering an individual's sense of self, distinguishing themselves from the crowd, and building and sustaining relationships. Everyone is using social media to their full potential in these times. Therefore, people's well-being is constantly at an extremely high degree. However, people might also experience adverse effects from high levels of well-being. As adolescents period is vulnerable to stress, depression and other mental health disorders, the government has to frame the policy regarding the social media usage among the adolescents.

Online social game addiction can result from a person's craving for online group gaming, which can have a substantial adverse influence on habit and self-regulation deficiencies. It is also important to note that teens rank online multiplayer (social) gaming as their favourite form of entertainment, followed by offline and solitary online gaming. While access and interaction are commonalities between social media gaming and social media gambling, the

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two can provide different rewards. The distinction between online gambling, which yields financial profits and incentives, and online simulated gambling, which does not.

Another element contributing to social media addiction is the high level of use and interaction that kids and teenagers have with their phones. Among the things that set off an overindulgence in mobile social networking is the desire to keep in touch, interact, and avoid missing anything. Furthermore, according to studies by Primack et al. (2017) and Swar & Hameed (2017), teens and young users are thought to be very involved with their mobile devices. As a result, accessing social media on these devices may boost their engagement with mobile technologies. Furthermore, because social media platforms let people act in an anonymous manner.

CONCLUSION

The world is growing inside the digital era, this paper investigates the emerging issues among adolescents. This paper investigates the relationship between the mental health and social media addiction among adolescents. From the results it is evident that, many adolescents are addicted to social media and its has a negative impact on their mental health and day to day life.

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Conflict of Interest

The author(s) declared no conflict of interest.

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