

## Social Networking, Body Self-Image & Psychological Distress among Adolescent Males and Young Male Adults

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### ABSTRACT

This research comprehends and understands the relationship that Social Networking, Psychological Distress and Body Image Concerns holds, and here this relationship is observed in two categories of individual's: Adolescent males [15 to 19 years] and Young Male Adults [20 to 35 years]. The study examines the correlation using convenient sampling. The study was assessed using three tools. The study found out that Young Male Adults, exhibit the highest scores, Body Self image was negatively associated with Psychological Distress. In male adolescent as well the highest scores exhibited a negative association between Body Self image and Psychological Distress. Indicating that if an individual holds a negative Body self image, then the Psychological Distress will be negative as well. Intervention awareness and solid support systems can strengthen a person's body self image. These findings can be used in educational institutions, counselling centres, body self image workshops and workplace training programs. Furthermore, research can explore the long-term influence that Social Networking can have on a person's body image.

**Keywords:** *Body Self image, Social Networking, Psychological Distress, Young Male Adults, Male adolescents*

Social Networking is ubiquitous and powerful in modern society and there are so many pros and cons connected to it. Understanding how body image concerns arise and how it impacts an individual have been topics of interest in research, and there is ample amount of work that has been done in this aspect as well. When we talk about men and women, they have distinctive differences in how they conceptualise their bodies, how they view their body and what is the ideal body type they want. The role that Social Networking sites play is also very different on how and what kind of comparison men are doing on social media is very different from what Women are influenced by. However, there are some findings that are trying to understand and identify the features of maladaptive uses of social media networking sites among boys and men. There has been evidence of active engagement of men and boys in comparing the appearance based behaviour on Social Networking sites. Masculinity concerns and eating behaviours concerns are highly associated with the kind of engagement and behaviours. There are so many influencers and individuals who have a very masculine body with muscles and abs have been a big source of

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comparison in the young males and how they perceive themselves. To reach that level that society has set, the individuals usually go around working out more than they can in the gym and having certain kinds of diets. There was a meta-analysis of 23 studies that majorly involve the young males at certain western universities found that the male body image concerns are highly and significantly associated with anxiety and depression.

### **REVIEW OF LITERATURE**

Kristen M Murray, Don G Byrne, Elizabeth Rieger [2011] conducted a research that investigated the relationship between body image, concerns and adolescent stress and it also highlighted the importance of gender and self-esteem in the context. For the methodology part, the participants were recruited based on self-report questionnaire class availability, collecting data in class groups and analyzing the final set of 417 participants. The major findings of the research indicated Stress has been a crucial part in body image concerns, Gender difference was also identified indicating that females reported more stress and poor body image concerns compared to males.

Jesse Fox, Jennifer Moreland [2015] studied that majorly tried to understand the psychological stress or that were associated with the usage of Facebook specifically. The methodology for this particular research involved a focus group with 44 adults who were Facebook users and the thematic analysis was used to understand and identify the themes relevant to Facebook stresses. The study suggested that there were a lot of individual differences as well. And the kind of social pressure and relationship and communication maintenance demand indicated because of Facebook was also taken in consideration as a part of stress.

Zhou Han [2018] researched that focused on discussing the concept of body Self image, the factors influencing it and the major role that parents played in helping young people in improving body image. The methodology for this one was to summarise and synthesise findings from past conducted researches on body, image, concerns and psychological factors relating to it. The main findings out of this particular research was good quality of relationship with one's parents and their group have been associated with having high-level of body satisfaction and it was also observed that parents played a crucial role in influencing the body image in young people specially females.

### **METHODOLOGY**

#### *Aim*

To explore the relationship between Social Networking, Body self image, and Psychological Distress among Male adolescent and Young Male Adults.

#### *Objective of the research*

To find out the relationship between Social Networking usage, body self image and Psychological Distress in male adolescents and Young Male Adults.

#### *Hypotheses of the research*

- There will be significant relationship between Social Networking, usage and body image among male adolescents.
- There will be significant relationship between Social Networking, usage and body self image among Young Male Adults.

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- There will be significant relationship between Social Networking usage and Psychological Distress among male adolescents.
- There will be significant relationship between Social Networking usage and Psychological Distress among the Young Male Adults.
- There will be significant relationship between Body Self Image and Psychological Distress among male adolescents.
- There will be significant relationship between body self image and Psychological Distress among Young Male Adults.

### *Research variables*

This research includes three major variables being: Social Networking usage, Body self image, Psychological Distress.

### *Tools*

Kessler Psychological Distress Scale (K10), The Body Appreciation Scale-2, Social Networking usage questionnaire.

## **RESULTS**

*Table 1: Correlation value between Social Networking and Body Self Image among Young Male adults.*

| Variables         | N  | r [Correlation] | P Value |
|-------------------|----|-----------------|---------|
| Social Networking | 42 | .087            | Insign. |
| Body self image   | 42 |                 |         |

*Table 2: Correlation value between Psychological Distress and Body Self Image among Young Male adults.*

| Variables              | N  | r [Correlation] | P Value |
|------------------------|----|-----------------|---------|
| Body self image        | 42 | -.572           | Sign*** |
| Psychological Distress | 42 |                 |         |

*Table 3: Correlation value between Psychological Distress and Social Networking among Young Male adults*

| Variables              | N  | r [Correlation] | P Value |
|------------------------|----|-----------------|---------|
| Psychological Distress | 42 | .028            | Insign. |
| Social Networking      | 42 |                 |         |

*Table 4: Correlation value between Social Networking and Body Self Image among Male Adolescent.*

| Variables         | N  | r [Correlation] | P Value |
|-------------------|----|-----------------|---------|
| Social Networking | 42 | .126            | Insign. |
| Body self image   | 42 |                 |         |

*Table 5: Correlation value between Psychological Distress and Body Self Image among Male Adolescent.*

| Variables              | N  | r [Correlation] | P Value |
|------------------------|----|-----------------|---------|
| Body self image        | 42 | -.514           | Sign*** |
| Psychological Distress | 42 |                 |         |

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**Table 6: Correlation value between Psychological Distress and Social Networking among Male Adolescent.**

| Variables              | N  | r [Correlation] | P Value |
|------------------------|----|-----------------|---------|
| Psychological Distress | 42 | .115            | Insign. |
| Social Networking      | 42 |                 |         |

**DISCUSSION**

According to the descriptive statistics, Table 1 represents the correlation between Social Networking and Body Self Image in Young Male Adults, the correlation was .087 indicating statistically insignificant correlation. This means that Social Media Networking that is the usage of Social Media Sites has no significant relationship with one’s Body Self Image. Whereas the researches done in the past indicates a significant relationship between Social Networking and Body Self Image, one of which is by Rachel Cohen, Toby Newton-John, Amy Slater [2017].

Table 2. Indicates the correlation between Body Self Image and Psychological Distress in Young Male Adults and the correlation is -.572 indicating the negative correlation, which is statistically significant. Indicating that higher the Body Self Image of an individual is lower, the Psychological Distress of the person will be and vice versa. Similar results were seen in the research indicating negative body image were connected with lower self-esteem and that resulted in increased Psychological Distress by A. Duchesne, Dion, Lalande et al. [2017].

Table 3. Represented the correlation between Psychological Distress and Social Networking in the category of Young Male Adults. The correlation is .028 indicating it to be statistically insignificant. Whereas the researches done in the past indicates a significant relationship between Social Networking and Psychological Distress, one of which is by Jesse Fox, Jennifer Moreland [2015].

Table 4. Indicates the correlation between Social Networking and Body Self Image in the category of Male Adolescent. The correlation is .126 that means it is statistically insignificant. Whereas the researches done in the past indicates a significant relationship between Body Self Image and Psychological Distress, one of which is by Sandra Sevic, Ana Ciprić, Vesna Buško, Aleksandar Štulhofer [2019].

Table 5. Present the correlation between Psychological Distress and Body Self Image in the category of Male Adolescent. The correlation is -.514 which is negative in nature, but is statistically significant. Indicating that if an individual’s Body Self Image is higher than the Psychological Distress of that individual will be lower or vice versa. Similar results were observed by Ilyssa Salomon, C. Brown [2019] indicating High level of Self objectifying social media use predicted high body shame mediated by increasing bodies surveillance.

Table 6. Present the correlation between Psychological Distress and Social Networking in the category of Male Adolescent. The correlation is .115 reflecting a correlation, statistically insignificant. Whereas the researches done in the past indicates a significant relationship between Social Networking and Psychological Distress, one of which is by Kiara R. Timpano, Courtney Beard [2020] indicating the impact that social media usage holds on mental health.

## **CONCLUSION**

The research findings indicated relationship between Social Networking, Body Self image, and Psychological Distress among Male Adolescents and Young Male Adults. When relationship was measured no significant relationship was found between Social Networking and Body Self Image among Young Male Adults as well as Male Adolescents. When relationship was measured a significant relationship was found between Psychological Distress and Body Self Image among Young Male Adults as well as Male Adolescents indicating a negative relationship among the two variables. When relationship was measured no significant relationship was found between Social Networking and Psychological Distress among Young Male Adults as well as Male Adolescents.

A limitation of the research is that due to the sample's demographic makeup, the study's conclusions might not apply to larger groups or can be generalized. Including a variety in terms of age, and cultural origins can be the goal of future study.

A suggestion for future research is that, longitudinal research can be employed to understand the connection between Social Networking, Body self-image & Psychological Distress among Adolescent Males and Young Male Adult.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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