

Exploring the Relationship between Social Media Addiction and Aggression among Young Adults

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ABSTRACT

The concerns about social media's possible effects on behaviour and mental health have surfaced because of its widespread incorporation into daily life. **Aim:** This study investigates the relationship between young adult's addiction to social media and their aggressive behaviour- to determine whether increased levels of aggression among users are associated with social media addiction, which is characterized by compulsive and excessive usage of digital platforms. **Sample:** The sample consisted of social media users(N=110), where the participants were between the age of 18–25-year-old. The sampling was based on Snowball Sampling method. **Tools:** The tools used were The Bergen Social Media Addiction Scale (Andreassen et al., 2012) and Buss- Perry Aggression Questionnaire (Buss and Perry, 1992). **Research Design:** The study has adopted correlational research design and inferential statistics. Through an analysis of the relationship between aggressiveness and social media addiction, this research adds to our understanding of the complexity of digital behaviour and its effects on mental health in modern society. **Results:** Female participants showed slightly higher Social Media Addiction levels than males, while males exhibited higher aggression levels. Older participants reported higher Social Media Addiction and Aggression levels than younger ones, with greater variability in scores among the older group. Daily Social Media users reported higher Social Media Addiction and Aggression compared to less frequent users, particularly in aggression levels. Hardcore gamers reported the highest Social Media Addiction and Aggression levels, followed by casual gamers and non-gamers. A moderate positive correlation ($r = 0.449$, $p < 0.01$) between Social Media Addiction and Aggression was observed. Overall, participants reported moderate levels of both, indicating a significant relationship among young adult.

Keywords: Social Media Addiction, Aggression, Young adults, Social Media

Multimedia platforms offer quick and addictive content, such as videos and images, that are specifically designed to capture users' attention and encourage prolonged engagement. Whether it's binge-watching videos or scrolling through endless feeds of entertaining content, users can easily lose track of time and find themselves spending hours consuming multimedia content without realizing it. Instant messaging apps also contribute to social media addiction by providing instant gratification through the dopamine rush from receiving messages and the anticipation of replies. The constant

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availability of messaging platforms fosters a culture of always being connected, leading users to compulsively check for new messages and notifications throughout the day.

People may spend excessive amounts of time on social media, continuously checking their feeds and notifications to stay in touch with friends and stay up to date with social trends, due to the fear of missing out (FOMO) on these connections.

Multimedia platforms also provide short and captivating content, such images and videos, that is intended to draw consumers in and promote extended interaction. Users often lose track of time when consuming multimedia information, whether it's through unending streams of engaging content or binge-watching videos, and end up ingesting hours of content without realizing it. The dopamine rush that comes from receiving messages and waiting for a response is another way that instant messaging apps fuel social media addiction. Because messaging apps are always available, people develop an obsession with staying connected, which makes them constantly check their phones for new messages and notifications.

Users of microblogging sites may engage in compulsive behaviors as a result of their demand for followers, likes, and retweets. Because microblogging moves quickly, users are compelled to interact with material and refresh their feeds frequently in order to keep informed about discussions and current events, which contributes to compulsive usage behaviors.

Participating in debates and looking for approval from peers can provide a feeling of community and belonging in discussion forums and communities. Because these platforms offer a sense of community and approval, users could find it difficult to stop using them, whether they are sharing knowledge or looking for assistance.

Blogging platforms provide a means for people to express themselves and share and publish content in order to get attention and recognition. Users may be encouraged to spend excessive amounts of time producing and promoting material due to the possibility of revenue and the desire to grow an online following, which may result in compulsive usage behaviors.

Apart from the customary social media channels, gaming platforms and communities also play a role in the development of social media addiction. The social acceptance, immersive experience, and dread of missing out that come with gaming communities can all contribute to excessive gaming and neglect of other obligations, which can reinforce addictive behaviors.

All things considered, social media addiction is a complicated phenomenon that is influenced by a number of variables, such as continuous interaction, actions taken in search of approval, and the immersive quality of digital platforms. In order to avoid the harmful effects of excessive social media use, people must maintain a healthy balance and be careful of their usage as social media continues to expand and permeate every part of modern life.

Over the past ten years, social networking site usage has dramatically expanded, particularly among youth. Social media platforms have ingrained themselves into people's lives. There are 2.23 billion active users worldwide each month, according to data, and this number is expected to rise by 11% annually. In contrast to traditional websites, social media gives

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users the ability to tag or share content, reply to other people's posts, and publish content in accordance with account settings (Lupton et al., 2016).

Since social media's introduction and broad societal adoption in the early to mid-2000s, it has grown to be a significant developmental environment for teenagers. The co-construction approach (Subrahmanyam et al., 2006) highlights the close connections between the online and offline environments that teenagers are exposed to. According to Subrahmanyam et al. (2006), adolescents are therefore thought to bring to the social media setting their offline developmental concerns with identity, autonomy, peer interactions, sexuality, and taking risks and seeking sensations.

Aggressive behavior is one of the dangers associated with students using social media networks excessively or maladaptively. Aggression and social media addiction were found to be moderately positively correlated (Guler H et al., 2022). Adolescents suffering from internet addiction, which is strongly linked to social media addiction, also exhibited high levels of hostility (O'CH et al., 2009). Accordingly, it can be said that aggressive behaviors rise in tandem with social media addiction. Bullying that occurs online and involves aggressive behavior is referred to as cyberbullying. According to Smith PK et al. (2008), cyberbullying is defined as a pattern of ongoing, abusive behavior aimed at a person or group that employs technology to harass someone who is powerless to protect themselves.

In this way, social media fosters an atmosphere that is conducive to the rise of hostile behaviors such as cyberbullying. People who are addicted to social media utilize it for longer periods of time. This leads one to believe that as time increases, so too will the length of aggressiveness and the amount of aggression exposure. Studies have indicated a positive correlation between social media addiction and both cyberbullying (Çimke S et al., 2021) and aggressiveness (Guler H et al., 2022).

Furthermore, empathy is a critical component of the quality of social relationships and is adversely affected by social media addiction (Dalvi-Esfahani M et al., 2021). Thus, it stands to reason that a lack of basic social skills like empathy will lead to an increase in violence. Aggression has been linked to poor mental health, according to studies (Heizomi H, Jafarabadi MA, Kouzekanani K, et al, 2021). In a similar vein, verbal hostility harms teenagers' mental health (Aloia LS et al., 2015). Aggression, on the other hand, has a negative correlation with wellbeing and mental health (Moore SE et al., 2014, Qutaiba A et al., 2012).

Furthermore, there is a negative correlation between a parent's verbal aggression and the mental health of their child (Aloia LS., 2022). It can be argued that verbal aggressiveness is more appropriate on social media because it takes place there instead of in person. As a result, by reducing emotional engagement during conversation, people may react aggressively more frequently, which may be linked to social media addiction. Consequently, people's mental health may possibly deteriorate.

Social Media Addiction:

Stress and social media addiction have been linked, according to researchers looking into the addiction to social media. The research found that when stress levels rose, so did perceived stress and problematic social media use. (Hou and associates, 2017). It's believed that social media use plays a critical part in lessening people's extreme stress levels, symptomatic depression, and feelings of isolation.

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It is claimed that people who use social networks regularly in real life are less sociable and depressed when it comes to sharing in real life and being sociable; additionally, people use social media more frequently because it gives them rewards like life satisfaction and self-efficacy. According to LaRose et al. (2003), it has been asserted that it leads to major issues in a variety of contexts, including business and education, is used even more to relieve the ensuing emotional condition, and that this vicious cycle plays a crucial role in the development of addiction.

Individual differences in empathy are another factor that influences social media addiction in addition to stress. Studies have shown that a lack of empathy may be linked to social media addiction, even if the relationship between empathy and internet addiction has not been thoroughly investigated (Melchers et al., 2015). Nadkarni and Hofmann (2012) claim that social networks are strongly related to basic human desires including belonging to a group, getting recognition, being loved, and having a unique identity. Through social media platforms, users can locate and connect with friends, flirt, exchange information, communicate, receive event invitations, and engage in social interactions.

Aggression

When an individual or group engages in any emotional, physical, verbal, or sexual behaviour that the other party believes to be harmful—regardless of whether it is done intentionally or not—they are committing aggression against all living or non-living things. While hostility is evident in both people and animals, it has been noted that in two species, the behavior takes distinct forms (Sahin, 2003). When a species intentionally harms and tortures another, even when it is not in danger and has access to necessities like food and shelter, that species is known as aggressive humans. As a result, many forms of hostility surface (Tok, 2001).

In addition to being categorized as indirect or direct, hostility can also be verbally or physically expressed, hostile, or instrumental (Bilgin, 1995). Human nature is comprised of instinctive aggression. Aggression is the propensity for injury in society. Frustration is the primary emotion that is at the base of aggressiveness. When someone believes that they are being hindered and constrained by someone else, they often get violent. When a person's basic needs are not satisfied, aggression results.

Diverse literary sources provide diverse explanations of the concept of violence. According to published research, aggression is a natural trait and that its impact on education is linked to brain issues, temperament, hormone fluctuations, media, parental attitudes and actions, readily available weapons, and cognitive functions (Durkin, 1995; Eron, 1994). As a concept, aggressiveness can be defined as all emotional, physical, verbal, and sexual behaviors that are perceived by the other person as hurtful and that are done with the intent to injure, even if no harm is intended.

While hatred and aggression are both visible in humans, it has been noted that the two species' manifestations of aggression are distinct (Sahin, 2003). Though his requirements, particularly those of sustenance and protection, are satisfied and he is not in danger, it is plausible to interpret the individual's antagonism as that of a species that preys on, torments, and harms others of its kind. Other forms of violence consequently surface (Tok, 2001). Aggression can be classed as hostile or instrumental, in addition to being directly or indirectly classified (Bilgin, 1995). According to Berkowitz (1989), violence is influenced by intention.

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Combining these two shows that deliberate behavior is the key component of harmful behavior. According to Anderson and Bushman's (2002) definition, aggressiveness is the act of causing injury to another individual while avoiding self-harm. Causes extreme injury to another person or thing are considered forms of violence. Firstly, the essential difference between violence and aggression is intent. The goal of the action and its degree of severity determine whether it is considered violence or aggression. According to Anderson and Bushman (2001), intentionally causing violence is the ultimate goal of violence. For instance, they are attacking with the purpose to murder or purposely killing someone for no reason at all.

Aggressions Exposure to Social Media

The violence in traditional media is mirrored in the virtual world due to the advancements in computer and internet settings and the global dissemination of these technologies. It has been observed that children and young people who are exposed to violent broadcasts, whether as active viewers of television or as passive users of video and computer games, experience effects like aggression, violence, introversion, alienation, and heightened mental and emotional arousal. Individuals that engage in aggressive behavior and behaviors tend to relax the preventive control systems that avert violence and hostility. Numerous studies have found that when children and young people are exposed to these impacts, they grow hostile and are more likely to use violence.

Social media and the internet have made people's lives more global and have led to innovations in a variety of fields. Although it can be challenging for an individual to connect with people in their local community who share their interests, these new platforms have given them the opportunity to connect with interest-related friend groups (Duvenci, 2012). However, according to specialists, using social media as a "addiction" will have a negative impact on anxiety disorders, social communication issues, and depression (Tutgun- Unal, 2015).

Three distinct dimensions of aggression were identified by Buss and Perry (1992): physical or verbal aggression, aggression in the context of passive or active activity, and aggression in direct or indirect behavior. It is evident from all of the definitions given above that aggression is a widely accepted idea. A social media environment in which communication is formed more quickly than in the past demonstrates to us that a communication area that expands to new dimensions in a new social environment is the essential component of aggressive behavior. Due to this circumstance, new aggressive behaviors have emerged, changed, and proliferated throughout social interactions. The aggressive acts we come across on social media seem to be both legally and psychologically illegal. One more crucial aspect of this matter is that teens and young adults are the group most susceptible to social media aggression (Myers, 2015).

REVIEW OF LITERATURE

A study by Sevim Çimke et al., (2021) sought to describe the prevalence of cyberbullying (CB), cybervictimization (CV), and social media addiction among faculty students in the health sciences. A total of 518 health sciences faculty members willingly took part in the survey. A personal information form, the Social Media Addiction Scale (SMAS), and the Cyber Victim and Bullying Scale (CVBS) were used to gather data. The following statistical tests were used: Mann-Whitney U test, Kruskal-Wallis test, number (n), percentage (%), mean, median, standard deviation (SD), and Spearman correlation analysis. The results showed that female students had statistically significant higher SMAS scores, whereas male

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students had higher CB and CV scores. Additionally, those who scored poorly academically and those whose parents divorced had higher CV scores; people who reported an uneven and unbalanced parenting style as well as aggressive personality traits had higher SMAS and CV scores. These findings highlight the significance of identifying students who may be at risk and spreading knowledge about addiction and the possible dangers associated with using virtual environments.

Cecilia Cheng et al. (2021) did a meta-analysis, taking into account the variances described in the literature, in order to properly synthesize the body of research on the incidence of social media addiction. 34,798 respondents from 32 countries spread over seven global regions were included in 63 separate samples that they assessed. Significant differences in prevalence rates were found depending on the classification scheme used; tougher classifications produced lower prevalence estimates (5%) than more lenient criteria (13% for severe level cutoff and 25% for moderate level cutoff). There was also a cultural component at play, with collectivist countries exhibiting a prevalence estimate that was twice as high (31%) as individualist countries (14%). This study underlines how crucial it is to take into account cultural factors as well as classification methods when analyzing prevalence rates of social media addiction.

Anna Vannucci et al. (2020) did a systematic review and meta-analysis to investigate the links between risky behaviors among adolescents and social media use. In order to examine potential moderating factors like sample age and the type of social media platform assessed. Twenty-seven separate cross-sectional studies with 67,407 participants were found, and the results showed small-to-medium positive connections between the use of social media and participation in dangerous behaviors, such as drug use and risky sexual activity. Research on early social media platforms alone showed smaller effect sizes than research on a wider variety of modern platforms, especially when it came to substance use, according to moderator analyses. Studies looking into social media use and risky sexual behavior also revealed bigger effect sizes in younger groups. The results highlight the necessity of longitudinal research to clarify directionality and inform policy suggestions to protect teenagers' safety in the digital sphere, as well as the significance of including the social media environment in developmental theories of risk-taking.

Elnur Rustamov et al. (2023) investigated the role of aggression as a mediator in the relationship between mental health and addiction to social media. They looked at 1354 teenagers, 808 of whom were female and 546 of whom were male, with an average age of 14.12 (SD = 1.51). Data were gathered and examined using the Buss Perry Aggression Questionnaire, Warwick-Edinburgh Mental Wellbeing Scale, and Bergen Social Media Addiction Scale. The results showed that aggression acted as a partial mediator in the association between social media addiction and mental health, indicating that social media addiction has a detrimental effect on mental health through aggression. This underscores the need of mental health practitioners taking into account the interaction between violence and social media addiction when assisting teenagers in improving their mental health.

Considering the widespread usage of social media in the modern communication period, Hilal GÜLER et al. (2022) published a study investigating the relationship between violence and social media addiction. They noticed that the increasing use of social media platforms has caused a transition from traditional in-person contacts to virtual ones. This has allowed people to freely express themselves, but it has also made it easier for aggressive behaviors that are not usually seen offline to be displayed. They used aggression attitudes and social

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media addiction scores from earlier research, using data from 296 people in Çorum who answered questionnaires. The study found that, although it did not look at gender or work position, different levels of social media addiction were associated with education level and online buying behaviors. Similarly, while levels of hostility varied according to gender, they did not vary according to occupation, education, or online purchasing preferences. Notably, there was a statistically significant difference in the duration of social media usage, the quantity of shares, and the aggression scores depending on gender. Additionally, there was a somewhat favorable link between social media addiction and aggression scores. The results of this study have significance for future research on the relationship between aggressive dynamics and social media addiction.

METHODOLOGY

Aim

This study investigates the relationship between Social Media Addiction and Aggression among young adult.

Research Objective:

- To determine the relationship between the social media addiction and aggression among young adult.
- To Investigate the gender difference in the relationship between social media addiction and aggression.
- To Explore whether the relationship between social media addiction and aggression differs, based on the gaming habits (Hardcore Gamer, Casual Gamer, Non-Gamer).
- Explore how different age group influences Social Media Addiction and Aggression levels among young adults.
- Examine the relationship between Social Media usage frequency and Social Media Addiction among young adults.
- Examine the relationship between Social Media usage frequency and Aggression among young adults.

Hypothesis

- **H₁:** There would be a significant difference in Social Media Addiction and Aggression scores between Male and Female participants.
- **H₂:** There would be a significant difference in Social Media Addiction and Aggression scores across different age groups
- **H₃:** Participants who use social media daily will report higher levels of Aggression and Social Media Addiction compared to those who use it less frequently.
- **H₄:** Hardcore gamers will report higher levels of Aggression and Social Media Addiction compared to casual gamers and non-gamers.
- **H₅:** There would be a significant relationship between Social Media Addiction and Aggression among young adult.

Research Design

The researcher has adopted Correlational Research Design and Inferential statistics.

Sample

The study consisted of Social Media users aged between 18-25 years old, reflecting a young adult demographic (N =110). Snowball sampling was employed as the sampling method, where sample size was determined based on participants recruited through existing

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connections within the Social Media Platforms and subsequent referrals. This approach ensured an engaged sample with a vested interest in online social interaction platforms.

Inclusion Criteria

The inclusion criteria specified individuals who were active users of Social Media platform and fell within the age range of 18-25 years old

Exclusion Criteria

The exclusion criteria involved excluding individuals who did not meet the age requirements (below 18 or above 25 years old) and those who were not regular users of the Social Media platform.

Tools Used

- **Bergen Social Media Addiction Scale (Andreassen et al., 2012):** Dr. Cecilie Schou Andreassen and colleagues at the University of Bergen, Norway, created the Bergen Social Media Addiction Scale (BSMAS), a self-report instrument, with the goal of assessing the degree of social media platform addiction. This scale, which was developed to evaluate different aspects of social media addiction, consists of six carefully constructed items that were inspired by worries about excessive social media usage and its possible negative effects on mental health. These features include being obsessed with social media, going through withdrawal symptoms while unable to access it, and suffering negative consequences as a result of using social media. A Likert scale, with 1 denoting rarity and 5 reflecting frequency, is used by respondents to rate each topic. Higher scores indicate higher levels of addiction. The BSMAS has proven to have strong reliability and validity through validation across a variety of demographics and cultures, providing researchers and therapists with a standardized and reliable tool to identify harmful social media behaviours and their consequences.
- **The Buss-Perry Aggression Questionnaire (Buss & Perry, 1992):** A self-report instrument designed to measure many aspects of aggression, the Buss-Perry Aggression Questionnaire (BPAQ) was created in the late 1980s by Arnold H. Buss and Mark Perry. The 29 items on it are divided into four subscales, each of which examines a different aspect of violent behaviour and disposition: physical aggression, verbal aggression, hostility, and anger. On a Likert scale, respondents indicate how much they agree or disagree with statements; greater scores reflect higher degrees of hostility. The BPAQ is widely used in academic and therapeutic settings, and its strong validity and reliability support its usefulness in evaluating aggression in a variety of demographics. The Buss-Perry Aggression Questionnaire shows strong reliability ($\alpha = 0.70-0.90$, test-retest > 0.70) and validity through factor analysis and correlations with related constructs ($r = 0.40-0.70$), confirming its effectiveness in assessing aggression.

Procedure

The study utilized an online survey deployed on different social media platforms, using a snowball sampling approach. Participants drawn voluntarily completed the survey, which included social media addiction, aggression, gaming habits and demographics. Ethical guidelines were followed, including obtaining informed consent and data confidentiality was maintained. To investigate correlations between variables, statistical analysis was carried out after data collection. Understanding young adult's gaming habits, hostility and addiction to social media will be aided by the findings.

Statistical Analysis

Using SPSS Version 26 software, the statistical analysis was carried out with an emphasis on descriptive statistics, which included calculating means and standard deviations, to describe the collected data. Additionally, correlational analysis was used to investigate the connections between the variables. Descriptive research statistics were also applied to analyse the sample data to draw conclusions about the population.

RESULTS

The purpose of this study is to investigate the relationship between Social Media Addiction and Aggression among young adult. Following data depicts the descriptive statistics of social media addiction and Aggression based on demographic variables (Gender, Age) and behavioural variables. (Social Media usage, Gaming habits).

Table No. 1: Demographic Variable (Gender) Descriptive Statistics

Gender				
Variables	Gender	N	Mean	Std. Deviation
Social Media Addiction	Male	59	15.6610	5.30325
	Female	51	16.1569	4.30522
Aggression	Male	59	87.3220	16.69549
	Female	51	81.9412	14.52090

Table No.1 Illustrate gender differences in social media addiction and aggression scores. Among Male participants (N=59), the mean social media addiction score is 15.66 with a standard deviation of 5.30, while female participants (N=51), the mean score is slightly higher at 16.16 with a lower standard deviation of 4.31. In terms of Aggression, Male participants report a mean score of 87.32 with a standard deviation of 16.70, whereas female participants report a lower mean score of 81.94 with a standard deviation of 14.52. The findings suggest that, on average, female participants tend to report slightly higher levels of Social Media Addiction compared to males, while male tend to report higher levels of aggression compared to females. Therefore, there would be a significant difference in Social Media Addiction and Aggression scores between Male and Female participants. (**H₁**).

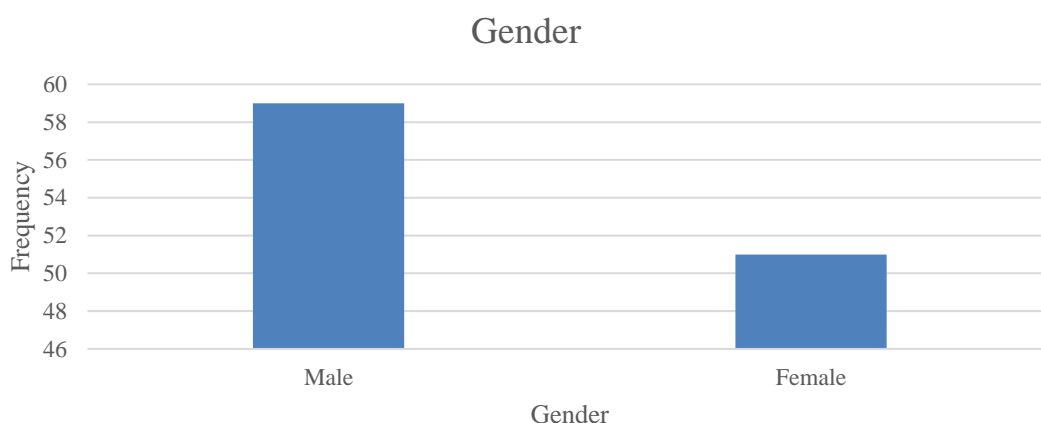


Fig 1: Gender Demographic

Table No. 2: Demographic Variable (Age) Descriptive Statistics

Age				
Variables	Age	N	Mean	Std. Deviation
Social Media Addiction	18-20	63	15.7460	4.50436
	21-24	41	16.0000	4.94469
	25+	6	16.6667	8.04156
Aggression	18-20	63	83.6508	14.72014
	21-24	41	85.7805	16.35468
	25+	6	90.6667	24.65495

Table No. 2 presents descriptive statistics for Social Media Addiction and Aggression scores across different age groups. Among participants aged 18-20 (N=63), the mean Social Media Addiction score is 15.75 with a standard deviation of 4.50, while the mean Aggression score is 83.65 with a standard deviation of 14.72. For participants aged 21-24 (N=41), the mean Social Media Addiction score is 16.00 with a standard deviation of 4.94, and the mean Aggression score is 85.78 with a standard deviation of 16.35. Among participants aged 25 and above (N=6), the mean Social Media Addiction score is 16.67 with a higher standard deviation of 8.04, and the mean Aggression score is 90.67 with a considerably higher standard deviation of 24.65. These findings suggest that, on average, older participants tend to report slightly higher levels of Social Media Addiction and Aggression compared to younger participants, with greater variability in scores among the older age group. Therefore, there would be a significant difference in Social Media Addiction and Aggression scores across different age groups (**H₂**).

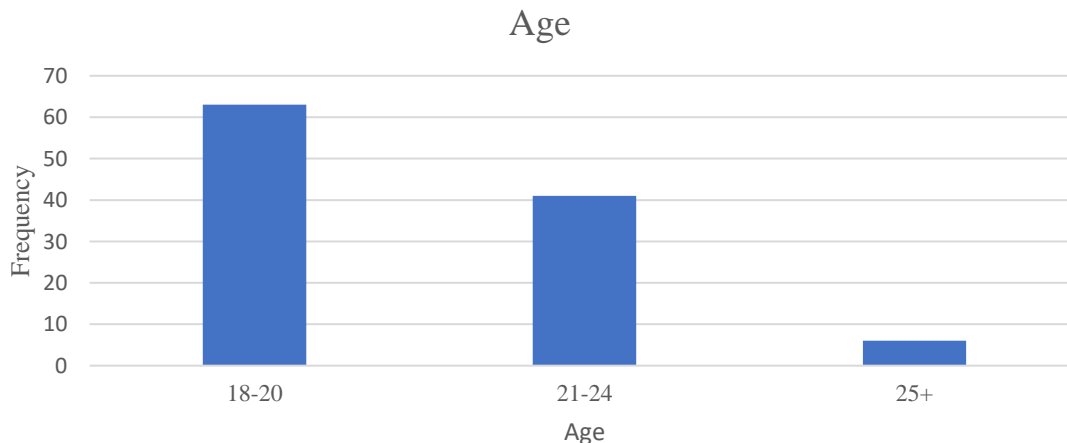


Fig 2: Age Demographic

Table No. 3: Behavioural Variable (Social Media Usage) Descriptive Statistics

Social Media Usage				
Variables	Social Media Usage	N	Mean	Std. Deviation
Social Media Addiction	Daily	96	16.5417	4.61557
	Several Times a Week	11	12.1818	4.28528
	Rarely	3	8.6667	2.08167
Aggression	Daily	96	84.7604	15.91077
	Several Times a Week	11	79.7273	13.31984
	Rarely	3	105.6667	6.65833

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Table No. 3 displays descriptive statistics for Social Media Addiction and Aggression scores based on different levels of Social Media Usage (Daily, Several Times a week, Rarely). Among participants who use Social Media Platforms daily (N=96), the mean Social Media Addiction score is 16.54 with a standard deviation of 4.62, and the mean Aggression score is 84.76 with a standard deviation of 15.91. For participants who use social media platforms several times a week (N=11), the mean Social Media Addiction score is 12.18 with a standard deviation of 4.29, and the mean Aggression score is 79.73 with a standard deviation of 13.32. Among participants who use social media platforms rarely (N=3), the mean Social Media Addiction score is 8.67 with a low standard deviation of 2.08, and the mean Aggression score is notably higher at 105.67 with a standard deviation of 6.66. These findings suggest that, on average, participants who use Social Media platforms daily tend to report higher levels of Social Media Addiction and Aggression compared to those who use it less frequently. Additionally, there is a notable difference in Aggression scores between participants who use Social Media Platforms rarely and those who use it more often, indicating a potential relationship between Social Media usage frequency and Aggression levels. Therefore, Participants who use social media daily will report higher levels of Aggression and Social Media Addiction compared to those who use it less frequently. (**H₃**)

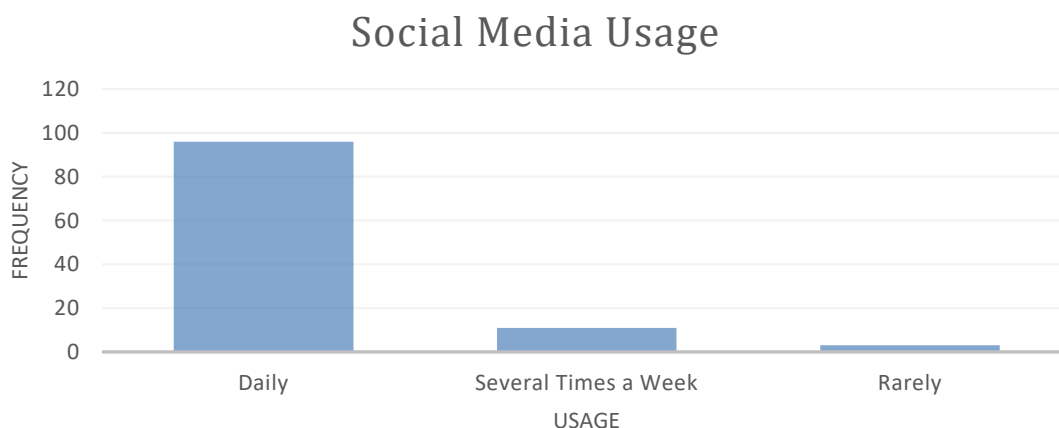


Fig 4: Social Media usage Frequency

Table No. 4: Behavioural Variable (Gaming Habits) Descriptive Statistics

Gaming Habits				
Variables	Gaming Habits	N	Mean	Std. Deviation
Social Media Addiction	Non- Gamer	50	15.3600	3.81597
	Casual Gamer	48	15.5833	5.24235
	Hardcore Gamer	12	19.3333	6.02017
Aggression	Non- Gamer	50	79.0200	12.83886
	Casual Gamer	48	88.9167	14.71840
	Hardcore Gamer	12	92.6667	23.38738

Table No. 4 presents descriptive statistics for Social Media Addiction and Aggression scores based on different levels of Gaming Habits. Among non-gamers (N=50), the mean Social Media Addiction score is 15.36 with a standard deviation of 3.82, and the mean Aggression score is 79.02 with a standard deviation of 12.84. For casual gamers (N=48), the mean Social Media Addiction score is 15.58 with a standard deviation of 5.24, and the mean Aggression score is higher at 88.92 with a standard deviation of 14.72. Among hardcore

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gamers (N=12), the mean Social Media Addiction score is notably higher at 19.33 with a standard deviation of 6.02, and the mean Aggression score is even higher at 92.67 with a higher standard deviation of 23.39. These findings suggest that, on average, hardcore gamers tend to report the highest levels of Social Media Addiction and Aggression, followed by casual gamers, with non-gamers reporting the lowest levels. Additionally, there is considerable variability in both Social Media Addiction and Aggression scores among hardcore gamers, indicating a potential relationship between gaming habits and these behavioural variables. Hardcore gamers will report higher levels of Aggression and Social Media Addiction compared to casual gamers and non-gamers. (H₄)

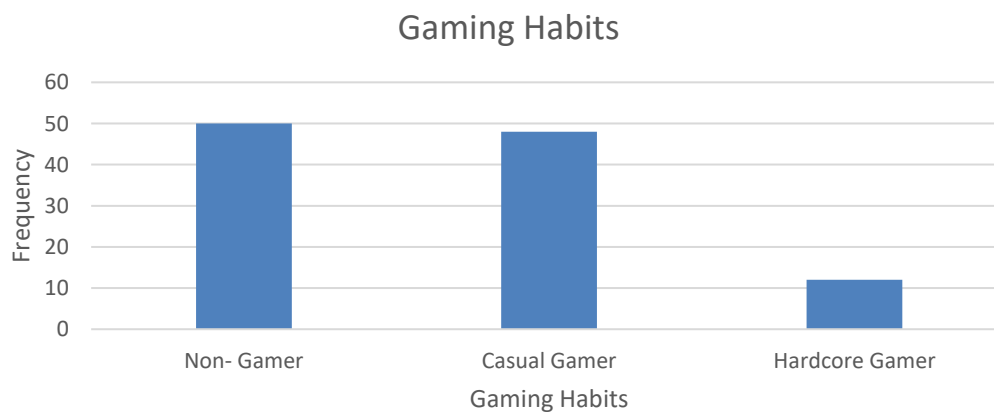


Fig 5: Gaming Habits

Table No. 5: Mean, Std. Deviation, Correlation Analysis

Variable	Mean	Std. Deviation	Social Media Addiction	Aggression
Social Media Addiction	15.8909	4.85070	1	.449**
Aggression	84.8273	15.88425		1

***. Correlation is significant at the 0.01 level (2-tailed).*

From Table No. 5, There exists a statistically significant moderate positive correlation ($r = 0.449$, $p < 0.01$) between Social Media Addiction and Aggression. This indicates that individuals who report higher levels of addiction to social media also tend to report higher levels of aggression and vice versa. Moreover, the mean scores indicate that, on average, participants report moderate level of Social Media Addiction (Mean = 15.89) and Aggression (Mean = 84.83), with some variability around these averages as indicated by the standard deviations.

Table No. 6: Confidence Intervals

Confidence Intervals				
	Pearson Correlation	Sig. (2-tailed)	95% Confidence Intervals (2-tailed) ^a	
			Lower	Upper
Social Media Addiction -Aggression	.449	.000	.286	.587

a. Estimation is based on Fisher's r-to-z transformation.

From Table No. 6, There is a statistically significant positive correlation between Social Media Addiction and Aggression, with a Pearson correlation coefficient of 0.449 ($p < 0.01$). The 95% confidence interval ranges from 0.286 to 0.587, suggesting that we can be 95%

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confident that the true correlation falls within this range. This implies that as the level of Social Media Addiction increases, there tends to be a corresponding increase in Aggression scores, and vice versa. The use of Fisher's r -to- z transformation ensures a robust estimation of the correlation coefficient, accounting for sampling variability. Therefore, there would be a significant relationship between Social Media Addiction and Aggression among young adult. (H_5)

DISCUSSION

Social media has permeated every aspect of daily life in the current digital age, particularly for young adults. It's a tool for maintaining relationships, exchanging experiences, and learning new things. Like anything nice, though, there is such a thing as too much of it. Many young adults find themselves viewing movies, talking with friends, and scrolling through feeds for hours at a time. People who are continually engaged with social media may develop addictive tendencies as a result, feeling pressured to check their accounts even when it's not essential.

Researchers are beginning to investigate the potential connection between violence and social media addiction. The issue isn't simply that we spend too much time on the internet; it's also about the potential behavioral effects of that excessive use. People who spend a lot of time on social media, for instance, may begin to compare themselves to others and experience feelings of insecurity or jealousy. Aggressive reactions, such as nasty remarks or lashing out at people, can occasionally result from this. Understanding this relationship between social media addiction and aggression is important because it can help us figure out how to use social media in healthier ways. By learning more about why we get so hooked on social media and how it can affect our behavior, we can take steps to protect ourselves and others from the negative consequences.

Gender Variations in Social Media Addiction and Aggression:

Gender dynamics are a major factor in determining how people use social media and behave aggressively. Table No. 1 illustrates the differences between genders in terms of aggression and social media addiction among young adult. The information paints a complex picture: men typically report higher levels of aggression, while women typically show somewhat higher levels of social media addiction. These results validate previous research showing patterns of aggressive inclinations and social media involvement that are particular to gender. Women are more likely than men to use social media platforms more frequently, which increases their risk of developing a social media addiction. Males, on the other hand, might exhibit aggressiveness more overtly due to gender norms and society conventions, both in person and online. Comprehending these gender-specific subtleties is essential to customizing therapies that address the unique requirements of both male and female social media users in reducing aggressiveness and addiction to social media. Strategies that are specifically designed to address the root causes of aggressive behaviour and addictive behaviours in young people may include gender-sensitive counselling, educational initiatives, and community-based support groups.

Age-Related Patterns in Aggression and Addiction to Social Media:

Age is another important factor influencing social media use and its effects on mental health. Table No. 2 shows how young adult social media users exhibit age-related trends in social media addiction and aggressiveness. According to the results, older participants exhibit slightly higher levels of Aggression and social media addiction than younger people do. These results highlight the erratic nature of social media use and its psychological effects at

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different phases of life. Young people may experience unique stressors and transitional difficulties as they make their way into adulthood, which could feed increased tendencies toward aggressiveness and social media addiction. In addition, it is possible that the elderly individuals experienced extended periods of time spent on social media, which led to established habits of use and a tendency toward addiction. By identifying these age-specific patterns, interventions can be tailored to the needs of different age groups, promoting positive social media behavior and reducing the likelihood of aggression among young adult.

Social Media Usage Patterns and Social Media Addiction:

Table No. 3 sheds light on young adult users' social media platform using patterns and how they relate to social media addiction and aggression. The information shows that those who use social media platforms more frequently than not, have greater inclinations to become addicted to social media and to become aggressive when compared to those who use it less frequently. This conclusion can be attributed to platform's immersive environment, which allows users to engage in lengthy conversations with peer groups and gaming communities. Regular use of platforms may lead to increased exposure to social media interactions and content, which could exacerbate addictive and aggressive tendencies. Moreover, the competitive mentality that permeates networks may intensify violent tendencies, further complicating matters.

Understanding the dynamics of social media usage is essential to developing focused interventions that promote healthy online behavior, reduce the danger of social media addiction, and reduce the likelihood of aggression among young adult users. Corrective measures can include promoting moderation when using social media, creating positive virtual environments, and providing tools for stress reduction and conflict resolution.

Gaming Habits and Aggressive Behaviour:

Among young individuals, gaming habits have a significant influence on social media usage and aggressive tendencies. Table No. 4 provides descriptive information about gaming behaviours and how they interact with social media addiction and aggression among young adults. The information reveals that, in comparison to casual and non-gaming peers, intense gamers- especially those classified as hardcore gamers—show clear tendencies toward social media addiction and aggression. This finding highlights the mutually beneficial relationship that exists between young adults' gaming habits, social media use, and aggression. Addicts may spend long hours playing video games, neglecting other obligations, and increasing their vulnerability to addictive behaviours. Moreover, the competitive environment that permeates gaming ecosystems may serve as a trigger for increased displays of violence in both virtual and real-world settings. Deciphering the nexus between gaming habits and social media addiction and aggression is imperative for formulating holistic interventions that address the substrata factors fuelling these maladies. Remedial stratagems could encompass fostering balanced gaming regimens, promoting alternative recreational avenues, and nurturing constructive communal dynamics within gaming fraternities.

Relationship between Social Media Addiction and Aggression:

Table No. 5 provides compelling information about the relationship between aggression and social media addiction in young adult. A moderate positive association, statistically significant, is suggested by the data; the Pearson correlation coefficient between these variables is 0.449 ($p < 0.01$). This statistical analysis highlights the mutually reinforcing nature of social media addiction and aggression, explaining that people who are more

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inclined to be addicted to social media also tend to be more aggressive, and vice versa. The correlation coefficient provides quantitative support for this relationship, highlighting the necessity of treating social media addiction as a potential precursor to aggressive behaviour among young adult population. Determining the underlying mechanisms driving this relationship is essential to developing focused interventions that address the underlying causes of violence and social media addiction. Corrective action plans can include promoting digital literacy, introducing mindfulness exercises, creating positive virtual communities, and offering tools for resolving disputes and reducing stress.

CONCLUSION

In summary, exploring the complex relationship between social media addiction and aggression among young adult requires a multifaceted strategy that considers behavioural and demographic factors like age, gender, and gaming habits. Comprehending the complex interactions among these factors is essential to designing focused interventions that target the underlying causes of addictive behaviours and hostility in digital environments.

Through promoting digital literacy, fostering positive online communities, and providing tools for stress reduction and conflict resolution, stakeholders can empower young adults to adopt healthy online behaviours and lessen the risks associated with social media addiction and violence. Moreover, additional investigation is necessary to define the long-term effects of social media use on mental health outcomes and to develop evidence-based interventions tailored to the needs of young adults and elsewhere.

Limitation

It is important to recognize the study's limitations even though it offers insightful information: First off, the results could not be as broadly applicable to the entire population of young people due to the limited sample size and possible lack of representativeness. Furthermore, the study's cross-sectional methodology limits the ability to demonstrate causal links between aggressiveness and social media addiction. Biases may arise from the use of self-report assessments, and it is possible that confounding factors like personality traits and mental health status have not been adequately considered. Despite these drawbacks, resolving these problems with bigger, more varied samples, longitudinal designs, objective measurements, and taking confounding variables into account would improve the validity and relevance of subsequent studies on the connection between young adult aggression and social media addiction.

Implications

The study's conclusions highlight how urgent it is to treat young people's social media addiction and hostility. To effectively address the challenges and risk factors connected with this demographic's online habits, intervention solutions must be customized to meet their specific needs and preferences. Programs for psychoeducation, for instance, can inform social media users about the possible risks associated with excessive use of social media and offer techniques for controlling anger and addiction. Meanwhile, organized programs and support systems can be provided by digital detox projects to assist people in reducing their reliance on social media and regaining control over their online behaviours.

Promoting digital literacy is crucial for equipping young adults to appropriately navigate the complexity of the online world in addition to intervention initiatives. Education programs can equip people with the critical thinking abilities, media literacy, and internet safety habits they need to distinguish reliable sources of information, safeguard their privacy, and identify

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and avoid dangerous content and behaviours. Young adults can make wise decisions about their online conduct and create better digital habits if they are given these skills.

Improving support services is also essential to guaranteeing that people impacted by aggressiveness and addiction to social media have access to the resources and assistance they require. Mental health treatments that cater to the requirements of social media users through therapy, support groups, and crisis intervention should be easily available, reasonably priced, and culturally aware. By making mental health resources more widely available and lowering the stigma associated with requesting help, people can get the assistance they require to deal with underlying problems and enhance their wellbeing.

In order to address young adult aggressiveness and social media addiction, it is equally critical to empower parents and other caregivers. Parenting seminars and educational workshops can offer parents advice on how to manage their kids' online activity, establish healthy limits, and encourage honest discussion about their online experiences. Parental involvement in the promotion of appropriate online activity allows treatments to go beyond the level of the individual to include support networks and family dynamics.

Finally, to develop evidence-based guidelines and legislation that encourage a safer and more supportive online environment for young adults, research and policy initiatives must be advanced. Technology companies, researchers, and policymakers must work together to create comprehensive plans that strike a balance between the advantages and disadvantages of social media use. This entails passing laws to safeguard user privacy, stop cyberbullying and harassment online, and advance digital wellbeing. Advocates for interdisciplinary cooperation and stakeholder involvement can help policymakers make well-informed decisions that put young people' health and safety in the digital age first. In the end, these initiatives can enhance young people' general well-being and resilience in an increasingly interconnected world by encouraging better online behaviours and fostering a safer digital environment.

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Conflict of Interest

The author(s) declared no conflict of interest.

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