

The Study on Social Media Addiction and Mindfulness and Spiritual Health among Adults

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ABSTRACT

We are all well acquainted with the Internet and its use is common. From children to old age, everyone is social media. Especially the youth whose work is dependent on the social media, due to which they have started spending extra or most of their time on social media. It is having an impact on every aspect of human life, especially on his health (every component). Spiritual Health is the inherent dimension of humanity that gives humanity a mobility and quality and gives a person faith in himself and his religion. There are many factors which influence the spiritual health of a person, such as personality type, socialization, meditation like pranayama, Vipassana (Mindfulness) etc. Mindfulness is the basic ability of a human to be fully aware of his surrounding, regarding where and what of behavior and without being judged by what is happening around him. The aim of the present study is to examine the relationship between Social Media Addiction, Mindfulness, and spiritual Health and to explore the interaction effect of SMA, Mindfulness, gender and age on Spiritual Health. Sample was collected on 240 participants of which 120 were males and 120 females. The age of participants ranged from 18 to 45 years. A set of Three questionnaires, social media addiction scale, Mindfulness Scale four factors model (FFMS) and Spiritual Health questionnaire was administered individually. The obtained data was analyzed using description statistics, ANOVA, correlation, and regression. Results indicate that there is a significant negative relationship between SMA, Mindfulness and Spiritual Health and positive relationship between Mindfulness and spiritual Health ($p > 0.1$). As sex is concerned no significant difference in the scores on mindfulness was found on the responses of male and females. The finding of the present study suggests that Spiritual Health is positively correlated with Mindfulness, and negatively SMA. The research has been able to throw light on a very vital issue of SMA, Spiritual Health and Mindfulness.

Keywords: *Social media addition, Mindfulness, Spiritual Health*

Today, when we talk about human inventions, one of the most important discoveries is the Internet, through which changes in life have become accessible and revolutionary. The most used social media on the internet. Social media is the latest form of media, which is an interactive technology, through which people can easily express their thoughts, feelings, interests, creativity etc. sitting at home and can create, share, and collect them in

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many forms, can do. In this, people create a profile and connect with other people, meet, share ideas, create memories, and can also make acquaintances and other new friends while living at home or somewhere far away. Currently more than 100 million people are connected on social media, some of the major social media platforms are Facebook, WeChat, Instagram Share Chat, Tumblr, and WhatsApp etc. But when a person does not use it in sufficient quantity, he starts getting indulged in its use in such a way that he starts maladjusting his behavior in some way or the other, he starts spending most of his time on social media. Most people frequently check their mobile notifications to see messages, likes and comments. He starts spending most of his time on the sites.

A Social media addict starts getting easily upset over small things (even the comments given by people start affecting him badly), starts experiencing dissatisfaction, restlessness, remains unhappy, likes to stay alone, He isolates himself from outside group activities and keeps spending his time with his mobile even when he is with friends and family. Thus, like a drug addict, he loses the balance of his life. After the COVID-19 pandemic, the number of people using social media, especially teenagers, has increased rapidly. Gradually it is being seen that the social relations of the person are also becoming weak. In such a situation, the mental capacity of the person is becoming weak, stress, depression, poor health, and lack of sleep are occurring. Social media addiction arises due to a psychological and other reasons. It is mainly related to health.

Spiritual health

However, spiritual health is a broad concept within which there is a dimension of human well-being under which various dimensions of health are integrated, providing balance to physical, mental, and social and emotional health. Spiritual health impacts important aspects of life. It enlivens altruism and morality and provides purpose, direction and meaning to life. Spiritual health is based on personal beliefs that a person is confident about the energy and literacy of life.

The three aspects of spiritual health can be included as intellectual, emotional, and behavioral aspects. Knowledge of spiritual health refers to cognitive aspects of God, self, environment, and surroundings. Spiritual health refers to a person's feelings and attitudes toward God, self, others, and the environment. Interests, motivations and attitudes, appreciation or values lie in the economy, in the recreational sphere, and spiritual health involves the individual's behavior in relation to God, self, others and surroundings. Spirituality is often defined in dictionaries as an abstract, supernatural, and spirit-related phenomenon related to basic human nature.

Mindfulness

Mindfulness is an intellectual tool born from the roots of Vipassana. We can also know it as a cognitive skill, which is developed gradually through a meditation practice. Mindfulness is a state of mind in which you focus your attention (Tang et al., 2015) on becoming aware of what you are experiencing in the moment, without the use of any explanation or judgment (Bishop et al., 2004).

Improvement is also done through this training, which is known as Vipassana Sadhana. Practicing mindfulness as a special technique for relaxing the body and mind (ways of breathing and experiencing freedom) involves developing the capacity for fun, reducing stress, and overcoming the complexities of life. There is a rule and practice in getting out.

Relationship between Social Media Addiction, Spiritual health, and Mindfulness

The relationship between social media addiction and spiritual health and mindfulness is complex. Excessive use of social media can impair spiritual well-being and mindfulness by promoting distraction, comparison, and a shallow focus on external validation. Constant engagement on social media can hinder a person's ability to develop inner peace, self-reflection, and connection with deeper values. Mindfulness increases the truth level of a person, by developing it through training, the use of social media can be controlled. Increasing spiritual health can also help people develop a sense of genuine connection and well-being, which can reduce their social media use. Thus, these three should be tied together in such a way that the negative impact of mindfulness and spiritual health on social media addiction can be read and the use of social media can be controlled.

Pervious Research

The five facets of mindfulness have shown good internal consistency and correlation in the expected directions with many variables which are predicted to be related to mindfulness, such as experience avoidance, thought suppression, openness to experience, and emotional intelligence (Bear et al., 2006). The FFMQ has been previously used in Hebrew with adolescent (e.g., Calvete et al., 2017) and young children with an overall reliability of 0.76 and facets reliabilities ranging between 0.63 and 0.77 (Ginesin, 2013).

The study on internet usage and Spiritual Health done by Chin MOu Cheng et al (2006). The aim of the study examines the relationship between internet addiction and Spiritual health. Finding of the study internet addiction is playing negative role in spiritual health (Francesca Dass et al., 2022; Reza Jafariharndi & Sosan Bahrami, 2019; Bhayana & Sukrita Ahuja, 2018).

Looking at various studies, a research gap is found in which is clear that no special studies have been done on mindfulness, spiritual health, and social media, although spiritual health and mindfulness can be easily developed through a technique. Where Studying Spiritual Health and social media makes senses.

Rational of the study

Nowadays, the use of the social media and virtual space is of particular interest among all social groups and affects the values, attitudes and cultural identity, health of the community and also brings about undesirable consequences and effects. This paper aimed to determine the relationship between SMA, Spiritual health and Mindfulness. This study will prove to be helpful in bringing awareness towards the use of internet by the people and people can use the social media consciously and reduce its harmful effects.

Through this study, information about different dimensions of mindfulness and spiritual health is obtained, which will pave the way for new studies.

Objective of the Study

Objectives

- To study the effect of Social Media Addiction on Spiritual health.
- To examine the relationship between Mindfulness and Social Media Addiction in Adults.
- To Study the relationship between Mindfulness and Spiritual health.
- To Study the effect of Social Media Addiction on Mindfulness.

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Hypotheses

- On the basis of proposed research objectives, following hypotheses were formulated. It was hypothesized that.
- Social Media Addiction will have a negative effect on Spiritual health, high usage poor health.
- There will be a negative correlation between Social Media Addiction and Mindfulness.
- A positive relationship will be found between Mindfulness and Spiritual health.
- Social Media Addiction will have a negative effect on Mindfulness.

METHOD

Design

Research is based on 2x2x2 factorial design with levels of social media addiction (high and low) to levels of age (early adult and mid adult) and 2 types of gender (male & female). Father to assess the relationship between Mindfulness, Spiritual health and social media addiction of adults, ANOVA, Pearson product moment correlation coefficient and regression analysis was be done.

Participants

A total of 240 participants were taken for the presents study. These 240 participants were sampled randomly from different ag, gender, occupation education status and background. A participant is reigns was 18 to 45 years (Average age 30.6) and 120 males and 120 females' participants 120 students and 120 working participants, and education status 12 to Ph.D.

Tools

- **Personal Data Sheets:** The purpose of this personal data sheet was to collect personal and background information of the respondents. The schedule consists of information regarding the subjects' name, age, gender, school, class, religion, caste, monthly income, habitat etc.
- **Mindfulness Questionnaire:** - Mindfulness scale Five Facet Models (FFM-H) developed by Rakesh Pandey and Satchit Prasun Mandal. In the scale 39 items, responses on this and the observing dimension was not found to be a proper fit to the scale is recorded on a 5 – point Likert scale
- **Social Media Addiction Scale (SMAS):** Ayein Tutgan Unal and Levent Dehiz developed the Social Media Addition Scala (SMAS) Hindi translate version, which included four components and 41 items. The SMAS is a five-point Likert scale that is graded using the frequency expressions “always,” “often,” “sometimes,” “rarely,” and “never.” The highest point on the scale, when taken as a total, is 205, and the lowest point is 41.
- **Health Questionnaire:** - Health questionnaire scale (Taylor, 2015) adopted version used. It is a 65items. 5 points Likert scale questionnaire.

Procedure

We used sample random techniques of our data collection. In our data collection population range is between 16 to 40 years, in that range population are students and working man also. We randomly chose some schools for the sample, after that in the process of use randomly choose student, teacher, and staff then we randomly selected some contacts number that selected contact no. We select some of them randomly for our sample. We held the small interviews to know about participants, to be confirmed that they don't have any chronic

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physical or mental diseases, or their family have or not, or any accident recently happened in their family.

After confirming all things only, they have been selected who have not any chronic illness or any recent accident in their family. And for data collection used Google forms and paper forms. Among all the participants we randomly send some of their Google forms and had a small interview via net (online, phone), send we some of paper forms also. Use distributed those forms among 340 participants in which use that 290 forms use randomly chose 240 forms for our data sample. After collecting all the data, we manifest our thankfulness to all the participants.

RESULT

This part includes the statistical analysis of the results obtained by the sponsors on various measures. The first section contains the results of ANOVA and the second section contains the results of statistics. The result received are systematically presented in the table below.

Spiritual health as a function of SMA, Age and Gender: -

Table.1 Summary of 2x2x2 ANOVA level of IU x gender x age

Dependent variable: Spiritual health

Source of variable	Sum of square	df	Mean square	F-value
Social Media Addiction (A)	8590.513	1	8590.513	179.088**
Gender (B)	32.512	1	32.512	.678
Age (C)	495.013	1	495.013	10.320*
AxB	13.613	1	13.613	.284
AxC	30.013	1	30.013	.624
BxC	99.013	1	99.013	2.064
AxBxC	.613	1	613	

Results showed that there is a significant main Social Media Addiction and on Spiritual health ($F= 179.088$, sig $P < 0.01$), and also main effect of age is significant ($F= 10.320$, $P < 0.05$)

Mindfulness as a function of Social Media Addiction, Age and Gender:

Table. 2 Summary of 2x2x2 ANOVA level of SMA x gender x age

Dependent variable: Mindfulness

Source of variable	Sum of square	df	Mean square	F- value
Social Media Addiction (A)	15904.800	1	15904.800	200.853**
Gender (B)	101.250	1	101.250	1.279
Age (C)	780.250	1	780.250	9.866*
AxB	42.050	1	42.050	.531
AxC	36.450	1	36.450	.460
BxC	000	1	000	000
AxBxC	98.300	1	98300	.124

Results showed that there is a significant main SMA on Mindfulness ($F= 200.853$, $p < 0.01$), and main effect of age is significant ($F= 9.866$, $p < 0.01$).

Correlation Results

- In order to obtain further insight into the relationship among studies variable correlation analysis was understanding to examine the
- Relationship between SMA age and gender
- Relationship between SMA and spiritual health
- Relationship between SMA Mindfulness and Spiritual Health.
- Correlation was calculated and obtained result are displayed in Table.

Table-3 Relationship between age, gender, Spiritual Health, Spiritual health, and Mindfulness

Variable	Spiritual health	Mindfulness
SMA	.822**	.835**
Gender	.051	.67
Age	.97	.186

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

**. Correlation is significant at the 0.05 level (2-tailed).*

It is evident from this table that there is significant relationship exists of SMA among Spritual health and Mindfulness.

DISCUSSION

The main purpose of this paper was investigating the role of Spiritual health, gender, and age at the level of SMA. The first section outlines the result of ANOVA correlation and regression. The present paper has shown that Spiritual health affects the development of age, SMA and mindfulness and its components.

Outcome of Spiritual Health on Social Media Addition and Mindfulness: funding of this paper we get a convenient role for Spiritual Health in Mindfulness. Higher levels of spiritual health are positively related to Mindfulness. (James Carmody at al .2008), (Table 1). A negative relationship has been found between spiritual health or social media addiction (İbrahim Taş, at al. 2022), that is, when spiritual health is found, more social media addiction is found. (Table 1.2) Mindfulness is also negatively correlated with SMA (Hongming Chang et al. 2023) Mindfulness is significant related to Spiritual Health and SMA.

Effect of Age, on Social Media Addition and Mindfulness:

Spiritual health is significantly related to age, as age increases, the degree of spiritual health has also been found to increase. (Zachary Zimmer at al. 2016). There is not found Significant role in gender. As finding late adults people scores better in Spiritual health and Mindfulness as to early adult (Table No 2,3) (S Lima 2020; Chi et al. 2019; N Aghakhani, 2019).

Gender Differences in Spiritual Health and Mindfulness: Result revealed that different between male and female on Spiritual health and Mindfulness was found no significant. There were some supportive studies (Mina Jafarizadeh, 2020; Mahammad Ali Mara et al 2018).

CONCLUSION

This research has concluded that spiritual health is playing a role in the development of mindfulness, and with increasing age, the level of spiritual health and mindfulness is also increasing. And at the same time, it is concluded that individuals with higher levels of spiritual health were found to have lower levels of social media addiction. Which has not been found to have any significant relationship with age and gender. Thus, it can be clearly concluded that the problem of increasing social media addiction among people can be solved by improving spiritual health and mindfulness.

Social media addiction is reaching a problematic situation. Along with its positive effects, it also has many negative effects on a person's life. Along with many aspects of health, this speech on health and the mindfulness of people is also going down due to this. Spiritual health and mindfulness can be increased in people by reducing their internet users. By rising above spiritual health, people will increase their gratitude towards themselves, their family, religion, and society, will move forward on the path of charity and truth. By increasing mindfulness, people will be able to focus on their work and avoid the possibility of being judged. By which people will be able to move forward towards prosperity and progress. As a result, there will be progress in the society, there will be reduction in negative activities and people's attitude will be positive and humanity will get more importance in people. Which will help in the development of individual, society, and nation.

Recommendation of Study

A smaller size of sample has been used in this study which is related to a particular area.

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Conflict of Interest

The author(s) declared no conflict of interest.

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