

## Impact of Social Networking Addiction on Adolescents Health

Dr. Shinde Vijaykumar Balbhim<sup>1\*</sup>, Mr. Dhame Ganesh Murlidhar<sup>2</sup>

### ABSTRACT

The present study was aim to find out the impact of social networking addiction on health of the adolescent. The sample of 60 adolescents (30 boys and 30 girls) from Tuljaram Chaturchand College, Baramati (Maharashtra State) was selected for this study. The social networking addiction scale (2013) by Md Ghazi Shah Nawaz, Nivedita Ganguly and Zou, M. L. and Adolescent Health Concern Test (2014) by Prof. Madhu Anand and Anju was used for data collection. Pearson product moment correlation and regression analysis used for statistical analysis. The obtained finding shows that adolescents' scored higher on three components of social networking addiction i.e. impulsivity( $r = -0.37$ ,  $p < 0.01$ ), virtual freedom( $r = -0.38$ ,  $p < 0.01$ ) and negative outcomes( $r = -0.36$ ,  $p < 0.01$ ) has shown low health concern and Social networking addiction is a strong predictor of health concern at adolescents stage.

**Keywords:** *Social Networking Addiction, Adolescent Health Concern, Adolescents.*

Adolescents throughout the country regularly use the internet, cell phones, and video games to gather information and communicate with each other. This ability to interact with others is the unique feature of social media which provides powerful new ways for teens to create and navigate their social environments. Adolescent's use of social media occurs simultaneously with their developing identity, emerging sexuality, physical development, and moral consciousness. Today's Adolescents are matured by playing video games and using social networking sites. This generation adolescents prefers to stay connected long time with their friends, family and relatives through the texting, instant messaging, mobile phones and Facebook (Ito et al., 2008). In the last few years, Social Network Media have spread widely all over the world and are used by various users for several reasons and purpose. India is the third biggest country in terms of internet users in the world, with a high social media and mobile audience. The influence of social websites can be good on adolescents but if we have a closer look on the real impact of social media. Today it is ruining the carrier and future of

<sup>1</sup> Head, Dept. of Psychology, Tuljaram Chaturchand College of Arts, Science and Commerce Baramati, Dist- Pune, Maharashtra, India

<sup>2</sup> Asst. Prof. Dept. of Psychology, Tuljaram Chaturchand College of Arts, Science and Commerce Baramati, Dist- Pune, Maharashtra, India

*\*Responding Author*

Received: March 25, 2018; Revision Received: May 15, 2018; Accepted: May 17, 2018

## Impact of Social Networking Addiction on Adolescents Health

adolescents. In 2019, it is estimated that there will be around 258.27 million social network users in India, up from close to 168 million in 2016. Therefore, this study was carried out with the aim of examining the impact of social networking addiction on adolescent's health. There is a need for parents, teachers, social workers and psychologist to be aware of such circumstances to be able to identify and deal with it effectively.

### **Social Networking Addiction and Health of Adolescents:**

A social networking service (social networking site or SNS) is a platform to build social networks or social relations among people who share similar interests, activities, backgrounds or real-life connections. Social Media are media that allow users to meet online via the internet, communicate in social forum like Facebook, Twitter, etc., and other chat sites, where users generally socialize by sharing news, photo or ideas and thoughts, correspond to issues and other contents with other people. Negative correlates of social media include, behavioral addiction, the decrease in real life social community participation and academic achievement, as well as relationship problems. Stalking and cyber bullying, identity theft, victimization to rumors, missing out attitude, aggressive and callous behavior and host of other mental and social abnormalities are also the result of excessive use of social media. Social media besides being educative role, it increases connections and communications. If it used properly, it also builds bridges over barriers and strengthens relationships, it encourages community participation and boosts ones confidence but if used excessive it becomes negative outcomes on health.

According to WHO health as complete physical, Social, Psychological and Spiritual wellbeing. Adolescents not give attention to health protection and promotion. Problematic internet use is a new and growing health concern for adolescents which is known as social networking addiction (Christakis & Moreno, 2009). Young & Kimberly, S. (1998) argued that the Internet itself is not addictive, but highly interactive applications like online chatting can be addictive. The three factors namely Impulsivity, Virtual Freedom and Negative Outcomes are the characteristic of social networking addiction. Andreassen (2015) points out that social network addiction entails four types of adverse consequences: emotional problems, problems with relationships, performance problems and health problems. Many of the studies cited by Griffiths et al. (2014) also report some of the consequences of the excessive use of networks: dysfunction in the activities performed during the day as a result of sleep deprivation, decline in academic performance and deterioration of relationships with family or with the individual's romantic partner. Kuss and Griffiths (2011) add other negative effects such as procrastination, distraction and poor time management. Interference with other important activities of the individual's life already indicates a risk of addiction. The usage of Social Networking Sites (SNS) among the people of India is evidently increasing, particularly among the Indian college students (Manjunatha, 2013). Thus, the purpose of this study was to explore the relationship between the use of SNSs and health concerns in adolescents.

### ***Objectives of the study –***

1. To understand the usage of social networking sites by adolescents.

## Impact of Social Networking Addiction on Adolescents Health

2. To study the social networking addiction in adolescents.
3. To examine the impact of social networking addiction on adolescents health.

### *Statement of Problem:*

- To study the impact of social networking addiction on adolescents Health.

### *Hypotheses-*

1. There will be negative relationship between social networking addiction and adolescents' health.
2. Social networking addiction will be strong predictor of health concern in adolescents.

## **REVIEW OF LITERATURES:**

Sampathi rao Prabhakara rao (2016) studied Overuse of Social Media Affects the Mental Health of Adolescents and Early Youth and found Negative correlates of social media include, behavioral addiction, the decrease in real life social community participation and academic achievement, as well as relationship problems while Imade Idubor (2015) Investigating Social Media Usage and Addiction Levels among Undergraduates. He found High level of social media addiction was also established among the undergraduates. Social media usage was found to be positively related to social media addiction among the undergraduates.

Hugues Sampasa-Kanyinga (2015) found that students with poor mental health are greater users of SNSs. youth with poor mental health are spending significant time on SNSs, Mekinc, Smailbegovic, Kobic (2013) found that the increased use of the internet, Facebook profiles, publication of personal data are expression of signs of internet addiction among scholars in the upper grades. According to the results of this study, the excessive use of social networks brings the risk of developing an internet addiction and Rosen et al. (2013) revealed that youth check their messages and social networks very often. They were scared and more anxious than older generations when they were unable to check their social networks and messages.

Subathia and colleagues (2013) reported a high level of addiction to social media among college students in Coimbatore, India as majority of the students (98.0%) were found to be addicted to social network chatting. Findings from the study revealed that graduate students exhibit more addiction to social media than undergraduate students.

Cabral (2011), reported that Generation-Y i.e. the present generation is psychologically addicted to the social Medias like face book, Twitter, Linked In etc. The addiction causes intra-psychic conflicts such as intolerance and relapse among the youth. Whereas Rideout, (2010) found that Teens who are the heaviest media users report being less content and are more likely to report that they get into trouble a lot, are often sad or unhappy, and are often bored.

## Impact of Social Networking Addiction on Adolescents Health

Valkenburg, Peter, & Schouten, (2006) found the nature of the feedback from peers that is received on one's networking profile determines the effects of social networking usage on wellbeing and self-esteem. Dutch adolescents aged 10 to 19 years who received predominantly negative feedback on their social networking page had low self-esteem which in turn led to low wellbeing and Young, (1998) stated the addictive internet use has negative impacts on mental health. There is a positive relationship between Internet addiction and psychiatric disorders like depression, bipolar disorder, obsessive-compulsive disorder, attention deficit disorder, etc. So the addictive internet use should need clinical help.

### **METHODOLOGY**

#### ***Sample:***

The sample was selected through purposive sampling method. 60 adolescents were selected from Tuljaram Chaturchand College, Baramati (Maharashtra State) with age range of 16 to 18 years.

#### ***Research Design:***

Correlational research design is used for the present study.

#### ***Data Collection:***

The investigators collected the data by taking the prior permission from the college authorities. The topic of the research was introduced to the sample to enhance their understanding and for eliciting the co-operation. The tests were presented to the respondent and they were assured that whatever responses they will give would be kept confidential and would be used only for the research purposes. Thus, they were requested to give only honest and true responses. The standardized instructions for the tests were given each time. Data collection was done in small convenient groups on the required sample from colleges.

#### ***Tools used in the study:***

1. **Social Networking Addiction Scale (SNAS):** It was developed by Md Ghazi Shah Nawaz, Nivedita Ganguly and Zou, M. L. (2013). The SNAS consists of 32 items. Each item is to be answered with the help of 5 point scale ranging from strongly agree (5) to strongly disagree (1). The following table shows Cronbach Alpha for the three components and with total Score. Impulsivity (0.96), Virtual Freedom (0.92), Negative Outcome (0.79) and Total (0.94). For validity Bartlett Test of Sphericity was conducted to check multicollinearity which found satisfactory. Percentile norms are used for interpretation.
2. **Adolescent Health Concern Inventory (AHCI):** The scale developed by Prof. Madhu Anand and Anju (2014) measures four domains of adolescent health namely physical, social, psychosexual and moral of respondents through 45 items, which are to be answered in terms of either 'yes' or 'no'. The test-retest reliability was 0.64, Split Half (Spearman Brown) was 0.74 and Internal Consistency was 0.87. Face validity was established using experts, who recognized it as a test of health concern dependent upon judgment criteria of the majority. Concurrent validity with other two

## Impact of Social Networking Addiction on Adolescents Health

tests as Youth Problem Inventory (0.63) and General Health Questionnaire (0.60) Percentile norms are prepared separately for boys and girls.

### RESULTS AND DISCUSSION

There was 60 adolescents participated in the study. The suitable statistical method was used to analyze the data by using IBM statistics SPSS 20. The mean, S.D. is used as a part of descriptive statistics. For correlation the Pearson product moment coefficient and stepwise regression analysis was used as inferential statistics.

While analyzing descriptive statistics the results shows that mean score on Impulsivity is 51.39 and S.D. is 10.05, for Virtual Freedom (M = 80.06, S.D. = 6.90) which show high score. The mean score on negative outcome is 14.93 and S. D. is 4.77 which are high for adolescents. The mean score for adolescent health concern is 24.62 and S.D. is 3.97

*Table 1 Correlation between all variables*

	Factor 1 Impulsivity	Factor 2 Virtual Freedom	Factor 3 Negative Outcome	Adolescent health concern
Impulsivity	1	-.252	-.293*	-.377**
Virtual Freedom		1	.504**	-.381**
Negative Outcome			1	-.362*
Adolescent health concern				1

Correlation is significant at the 0.05 level

Correlation is significant at the 0.01 level

Table shows the correlation between Impulsivity, virtual freedom, negative outcome and health concern of adolescents. It is seen that there is negative and significant correlation ( $r = -0.37$ ,  $p < 0.01$ ) between Impulsivity and health concern of adolescents. There is negative and significant correlation ( $r = -0.38$ ,  $p < 0.01$ ) between Virtual Freedom and health concern of adolescents and also significant negative correlation ( $r = -0.36$ ,  $p < 0.01$ ) found between Negative outcome and health concern in adolescents. Here the hypothesis that there will be significant relationship between social networking addiction and adolescents' health is accepted. This result shows that adolescents who are high on social networking addiction have shown low health concern. . Earlier studies by Sampathirao Prabhakararao (2016) and Young, (1998) stated that Social Media Affects the Mental Health of Adolescents. Imade Idubor (2015) investigated that Social media usage was positively related to social media addiction among the undergraduates. Valkenburg, Peter, & Schouten, (2006) found the negative consequences of social networking addiction on wellbeing and self-esteem of adolescents. Cabral (2011) reported that the present generation is psychologically addicted to the social Medias like facebook, Twitter, LinkedIn etc. which causes intra-psychic conflicts such as intolerance and relapse among the youth.

## Impact of Social Networking Addiction on Adolescents Health

**Table 2 Stepwise Regression Analysis result where adolescents health concern is criterion variable and factors of social networking addiction as predictor variable.**

Predictors	Adjusted square	R	df	F	Standardized Coefficients Beta	Sig
Impulsivity	0.12		1,59	7.79	-0.38	0.008
Virtual Freedom	0.35		2,58	14.03	-0.5	0.00
Negative Outcome	0.43		3,57	13.20	-0.56	0.00

As seen from table 4 the Impulsivity, Virtual freedom and negative Outcome which are the dimensions of social networking addiction emerged as a significant predictors of the adolescent health. For the first factor impulsivity the obtained adjusted R square was 0.12, for Virtual freedom it was 0.35 and for Negative outcome R square was 0.43. For first predictor  $F = 7.79$ ,  $p < 0.008$ , for second predictor  $F = 14.03$   $P < 0.00$  and for the third predictor  $F = 13.20$   $p < 0.00$ . The standardized coefficient Beta for Impulsivity is  $-0.38$ , for Virtual Freedom  $-0.50$  and for Negative outcome  $-0.56$ . Therefore, it is stated that these predictors have significant impact on criterion variable. Thus the hypothesis Social networking addiction will be strong predictor of health concern in adolescents is accepted. This finding supported by studies of Griffiths et al. (2014), Rosen et al. (2013) and Hugues Sampasa-Kanyinga (2015) as they found that students with health problems are greater users of SNSs. and spending significant time on SNSs.

### CONCLUSIONS

1. There is negative relationship found between social networking addiction and adolescents' health.
2. Social networking addiction is a strong predictor of health concern in adolescents.

### RECOMMENDATIONS

1. Parents, Teachers and caregivers need to educate and aware adolescents about social media and the ways how they are use it, as well as how excessive use affect on their health, which help them understand the importance of health at adolescent stage. Family members can help them to think about use of social networking sites in moral and ethical ways. Family discussions and positive ways of understanding would be helpful for them to avoid such kind of risky online behaviors.
2. Need to organize health awareness campaigns in school and college.

### REFERENCES

- Andreassen, C. S. (2015). Online social network site addiction: A comprehensive review. *Current Addiction Reports*, 2(2), 175-184. doi: <http://dx.doi.org/10.1007/s40429-015-0056-9>
- Cabral, J. (2011). Is Generation Y addicted to Social Media? *The Elton Journal of Undergraduate Research in Communications*, 2 (1).
- Christakis, D., & Moreno, M. (2009). Trapped in the net: Will internet addiction become a 21st-century epidemic? *Archives of Pediatrics and Adolescent Medicine*, 163(10), 959-960.

## Impact of Social Networking Addiction on Adolescents Health

- Griffiths, M. D., Kuss, D. J. & Demetrovics, Z. (2014). Social networking addiction: An overview and preliminary findings. En K. P. Rosenberg & L. C. Feder (Eds.), Behavioral addictions. Criteria, evidence, and treatment (pp. 119-141). San Diego, CA: Elsevier- Academic Press.
- Griffiths, M. D., Parke, J., & Derevensky, J. L. (2011). Remote gambling in adolescence. En J. Derevensky , D. T. Shek, & J. Merrick (Eds.), Youth gambling. The hidden addiction (pp. 125-143).
- Hugues Sampasa-Kanyinga (2015) Cyber psychology, Behavior, and Social Networking volume 18, Number 7, DOI: 10.1089/cyber.2015.0055
- Imade Idubor (2015) Investigating Social Media Usage and Addiction Levels among Undergraduates in University of Ibadan, Nigeria *British Journal of Education, Society & Behavioural Science*7 (4): 291-301.
- Ito, M., Baumer, S., Bittanti, M., boyd, d., Cody, R., & Herr-Stephenson, B. (2009). Living and learning with new media, Summary of findings from the digital youth project. Cambridge, MA: MIT Press.
- Madhu Anand and Anju (2014) Adolescent Health Concern Inventory. . Prasad Psycho Corporation, Delhi.
- Manjunatha, S (2013) “The Usage of Social Networking Sites among the College Students in India”, *International Research Journal of Social Sciences*, Vol.2, No.5, Pp.15-21.
- Mekinc, J., Smailbegovic, T., & Kokic, A. (2013). Should We Be concerned About Children Use of Internet? – Pilot Study. *Innovative Issues and Approaches in Social Sciences*, 6(2), 7-9; 11-13.
- Rideout, V.J., Foehr, U.G., & Roberts, D.F. (2010). *Generation M2: Media in the lives of 8-18 year olds*. Retrieved on May 15, 2011 from Kaiser Family Foundation website: <http://www.kff.org/entmedia/upload/8010.pdf>
- Rosen, L. D., Cheever, N. A., & Carrier, L. M. (2012). Disorder: Understanding our obsession with technology and overcoming its hold on us. New York, NY: Palgrave Macmillan.
- Sampathirao, Prabhakararao (2016) *The International Journal of Indian Psychology* ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) Volume 3, Issue 2, No.8,
- Shahnawaz Md, Ganguly, N. & Zou, M.L. (2013). Manual of Social Networking Addiction Scale. Prasad Psycho Corporation, Delhi.
- Subathia V, Nimisha M, Hakeem MN. A study on the level of Social Network Addiction Among college students. *Indian Journal of Applied Research*. 2013;3(3).
- Valkenburg, P. M., Peter, J., & Schouten, A. P. (2006). Friend networking sites and their relationship to adolescents' well-being and social self-esteem. *Cyber Psychology and Behavior*, 9, 584-590.
- Young, & Kimberly, S. (1998). Internet addiction: The emergence of a new clinical disorder. *Cyber Psychology & Behavior Journal*. 1(3), 237–244.

**How to cite this article:** Balbhim S V & Murlidhar D G (2018). Impact of Social Networking Addiction on Adolescents Health. *International Journal of Indian Psychology*, Vol. 6, (2), DIP: 18.01.216/20180602, DOI: 10.25215/0602.216