

SOCIAL MEDIA AND MENTAL HEALTH: A STUDY

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Abstract: The invention of internet has changed the way we used to live our life. Another big advancement in this field is the use of social media. This study examines the effect of social media on the health of students. The researcher distributed a questionnaire to the secondary level government school students of Delhi to identify the positive as well as negative effect of social media on health. The independent variable is social media and dependent variable includes mental health. This paper seeks answers like how much time students spent on social media how it is affecting their mental health. In current era, the purpose and the way of using social media has changed over time. Social media used to be just an electronic Internet-based service but unfortunately, it has become an addiction to students, which has a very bad effect on their health. This paper identifies the relationship between social media use and mental health threats in girl students. Results of the study showed that the excessive use of social media affects the mental health of user students.

Keywords: Mental health, Social Media, Students.

INTRODUCTION

Social media has become an essential part of our life. It is unimaginable to live life without internet and social media. It is meant to discuss thoughts, opinions and ideas globally. Social media platforms are Internet-based services where people create semi-public or public profile to connect with each Other. Students, especially teens are investing their major time on the Internet, and the excessive involvement in social media could be a serious threat to their health. On one hand, social media is opening new opportunities and career options for students and another hand it may also spoil their physical and mental health also.

The use and popularity of social networking website is not new for today's generation, now even the infants are addicted to smartphones, they can easily differentiate between a basic and smartphone. So it is not difficult to assume the importance of Internet for teenagers and youth. Login to social media site is a routine activity for youth all over the world. According to a recent poll 79% people having their social networking account on Facebook in which more than 50% people login their Facebook account several times a day. Although social media sites help in breaking geographical boundaries and connecting people from every corner of the world in low expense but the excessive use of social media is a great threat for the existing teens and youth. Definitely active involvement on social media is decreasing our valuable time and providing less opportunity for face-to-face interaction and we are lacking in physical activities and creative as well, this changed pattern of lifestyle may create numerous health issues physical as well as mental. Social networking statistics shows that in India Facebook is the most popular social media site used by 142 million people in which 91% users are from 15- 34 age group. (Brand Watch, October 2016).

METHODS AND MATERIALS

Research Design

The study is qualitative in nature. The study aims to investigate the impact of social media on mental health of secondary school girl students studying in any government school of south Delhi.

Populations and Sample

Secondary school students are the most vivid users of social media so I selected them as population of my study. All the secondary school girl students studying in any school of south Delhi is the population of study. The sample of the study is selected by purposive sampling method. The sample of 80 girl students from government school was selected for collecting data.

Research Tool

The researcher administered a self-made questionnaire on the sample to gather data.

Statistical Analysis

The data received was analyzed qualitatively.

Limitations

- The first limitation of this study is the small sample of girl respondent as a result the findings could not be generalized on the whole population of Delhi.
- The second limitation is that the study included only the girl students as sample.
- The third limitation is that the study is conducted only on government school students.
- The fourth limitation is that only one aspect of health i.e. mental health is considered for the study.

RESULT

The researcher conducted a survey research on social media use and its impact on health of girl students. The respondents were asked several questions based on social media use, the survey analysis is presented as shown in Table 1.

Table 1: Responses by respondents:

Items	Yes (%)	No (%)	Total
Item 1	95%	5%	100
Item 2	65%	35%	100
Item 3	60%	40%	100
Item 4	45%	55%	100
Item 5	55%	45%	100
Item 6	55%	45%	100
Item 7	20%	80%	100
Item 8	30%	70%	100
Item 9	65%	35%	100
Item 10	75%	25%	100

DISCUSSION

The respondents were asked few questions on the use of social media and the responses are illustrated under for reference.

Question #1. About how much time do you spend on social media each day? Most of the respondent spent 0-1 hour on social media each day. About 95% students agreed and only 5% students agreed that they spent 3-5 hours daily on social media.

Question #2. Does social media distract you when you need to be productive? Most of the respondent agreed that social media distract them while doing any productive and creative work.

Question #3. Do you care about how many people like or view your posts/pictures? The comments and likes received on the post or pictures have impact on mental health of students, if there is less or no comments on the post it negatively affects their mental health.

Question #4. Have you ever been cyber bullied in any way through social media? About 55% responded never experienced cyber bullying on social media, but the difference is not very significant because 45% of them admitted that they were cyber bullied on social media.

Question #5. When you see someone post about the glamorous and fascinating events going on in their life, are you depressed by the idea that your life isn't as "cool" or "eventful" as theirs? Most respondents admitted that they feel disturbed and depressed while viewing others profile and joyful events posted on social media.

Question #6. Do you post things on social media just to impress certain people? The results showed that the activity done on social media is purposefully created to impress others and it is not always very authentic.

Question #7. When you see pictures posted of a person who has the body type that you desire, do you put yourself down or think negatively about your body? Girl respondents are not upset or feel inferior at all if someone posts his/ her perfect body type picture on social media.

Question #8. When someone posts a picture of you that you deem unattractive, do you untag yourself from the photo? Result of the study showed that respondents do not untag themselves if they found that the photo tag to them is not attractive.

Question #9. Do you feel confident or well liked based on the number of likes you get on something that you post? Results of the study showed that the amount of likes and comments on their post or pictures boost their confidence. If they feel popular and accepted on social media it makes them feel high or else it leaves a negative impact on their mental health as mentioned in question no. 3.

Question #10. Do you accept friend requests/followers that you don't know in order to be viewed as more popular? The feeling of acceptance is more dominant than the security issues. To show themselves more popular and accepted teens can add anyone to their friend list.

CONCLUSION

The basic aim behind conducting this research was to see the influence of social media on mental health of girl students. The study gives the confirming results that social media affects users mental health. Use of these social media site became the routine activity for students; they spend time on these sites and interact with each other. They post and receive likes and comments, which directly influence their mental health. Teens should be aware of the negative consequences of social media and they should adopt the

measures to minimize them. Students are the precious asset of any country so the parents, teachers and government should worry about the health of students.

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