

Social Networking Addiction among Adolescents

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ABSTRACT

Social Media is one of the most potent tools in the hands of the adolescents to reach out the World. But over use of the social networks make them addicted to such an extent that it adversely affects them overall. This study is an attempt to understand the usage with respect to gender wise .The survey method was used and Social Networking Addiction scale by Ghazi shahnawaz, Dr.Nivedita Ganguli and Manchong Limlunthang Zou was used for data collection on a sample of 100 students of College students. The findings showed that there is no significant difference in Male and female in terms of social networking Addiction.

Keywords: Social Networking Addiction, Adolescents.

1. INTRODUCTION

Social media is one of the greatest communication tools and has changed the way we engage with one another. The social media platform allows us to connect and communicate with anyone, anywhere – whether we post a picture, send a tweet, or update our status. Our lives can be on full display as little or as much as we choose. Social networking sites are fast becoming very popular means of both interpersonal and public. Channels through which people connect to one another, share ideas, experiences, pictures, Messages and information of interest. (Helen N. Eke Miss, 2014-pg .78-100).

Although social media is accessible to nearly anyone, young adults are the most active users. Smith (2013) found that 84% of 18-29 year olds are on Social media, more than any other age group. Everyone seems to have a huge presence in the social media world with a wide range of social media platforms used among all age groups including Instagram, Facebook, snap chat, and Twitter; it can be increasingly difficult to escape the pressures and influences of social media. Social media is becoming increasingly prominent in young adults' lives,

(Greta Gleissner, 2017) .It is important to understand how this usage may affect them.

What Is Addiction? What Causes Addiction?

Boyd and Ellison (2007) define social networking sites as: “Web based services that allow individuals to construct a Public or semipublic Profile within a bounded system (2) articulate a list of other users with Whom they share a connection and (3) view and traverse their list of Connections and those made by others within the system.

2. PURPOSE AND RATIONALE OF THE STUDY:

Addiction to anything may lead to severely affect the mental, physical and Psychological health of the people. People with addiction do not have control over their behavior, actions or usage. Their addiction may reach a point at which it is harmful. Addictions does not only involve physical things, such as drugs or alcohol, but may include virtually anything, ranging from abstract things as gambling to seemingly harmless products, such as chocolate . Why is there a need to study about media addiction? The researcher feels that there are various reasons that affect the well-being of adolescents and some of them being, the objectives and the goals of the adolescent being smashed, Loss of Parental relationship, Disrupted interpersonal relationships, Fading Social and cultural values, subjection to unhealthy environment and so on. Hence this research is an attempt to understand social media addiction and the reason and effects that surge social, mental and behavioral problems among adolescents. This research will try to find out whether social networking is good or bad for mental health.

3. OBJECTIVES

- 1) To find out the Social network addiction among the Adolescents.
- 2) To study the Social networking addiction among the Male Adolescents.
- 3) To Study the Social networking addiction among the Female Adolescents.
- 4) To compare the Social networking addiction of male and female adolescents.

4. HYPOTHESIS:

- 1) There is no significant difference in the Social networking Addiction of male and female adolescents.

5. ASSUMPTIONS:

- 1) The Male are highly addicted to social networking.
- 2) Female adolescents are less social networking addicted.

6. SCOPE:

- 1) This study would be helpful for understanding the social networking addiction among adolescents.

7. LIMITATIONS

- 1) The study is limited only to senior college students.
- 2) The study is limited only to Aurangabad city.

8. OPERATIONAL DEFINITION:

- 1) **Social networking addiction:** is a compulsive and excessive use of *social media* (Facebook, Twitter, Instagram and Snapchat) even when use of those platforms is taking over your life and having a negative effect on your 'real life' and relationships.

9. METHOD OF STUDY USED BY THE RESEARCHER

After studying all the method the researcher selected the most appropriate method i.e. **Survey Method** for conducting the study undertaken. The investigator Administered the questionnaire Social networking addiction scale by Ghazi shahnawaz, Dr.Nivedita Ganguli and Manchong Limlunthang Zou to the same sample in which 32 items with five point rating scale (strongly agree, agree, undecided, disagree, strongly disagree) and scores were collected and tabulated. After collection of data scores are tabulated and analysed.

SAMPLING METHOD

After studying various types of sampling methods, the researcher selected **Simple Random sampling** method for this study.

SAMPLE SIZE

100 college students (50 Male + 50 Female)

TOOLS

- 1) **Social Networking Scale (SNAS)** - This scale is developed by Mohammad Ghazi shahnawaz,Dr,Neevidita Ganguly and Manchong Limlunthanf Zou.

STATISTICAL TECHNIQUE

- 1) Mean
- 2) S.D
- 3) 'T' Test

10. TESTING OF HYPOTHESIS

- 1) **Hypothesis no.01**

There is no significant difference in the Social networking addiction of male and female adolescents.

Sr. No.	Variables	Mean	S.D	T value	Interpretation	Significant level at 0.05	df value
1.	Male	84.86	6.540	0.0004	Insignificant	1.97	98
2.	Female	89.82	8.125				

The Hypothesis no.01 is accepted as the t value is 0.0004, which indicates that there is no significant difference in the social networking addiction of Male and female students.

From the 't' value there is no significant difference in the usage of Social media between men and women. But slightly the females are more addicted than men, but the difference is insignificant.

A research was done by Spain Govt. in 2014, which shows that mean percentage is 41 and women percentage is 56, which is little higher.

11. CONCLUSIONS

1) Hypothesis Number H₁

There is no significant difference in the Social networking Addiction of male and female adolescents.

The Hypothesis no.01 is accepted as 't' value is 0.0004, which shows insignificant or no significant difference between male and female Adolescents Social networking addiction.

12. FINDINGS

- (1) The **79 %** of adolescents are addicted to social networking sites.
- (2) The **96 %** of students use whats App and Facebook for 1 to 4 hours daily
- (3) The **60 %** of students daily check their whatsApp first when they get up from sleep in the morning.
- (4) The **80%** of students use whatsApp and face book daily, before going to sleep.
- (5) The mental health of male is good as compare to females. The 100 % of male adolescents ranges between average and Good mental health, whereas 84% of females ranges between Good and average mental health.
- (6) The social networking addiction is high among females than males.

13. SUGGESTIONS

- For Individual who is using it.
- Good Social Intelligence helps to reduce stress.
- Educational website is your best friend.
- It is a best source of leisure time.
- Curb envy.
- Set limits.
- Close tabs.
- Remove phone apps.
- Reduce access.
- Un follow.
- Keep things positive.
- Ignore trolls.
- Unplug.
- Talk to someone.

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