Can excessive use of social media contribute to addictive behaviors (drugs, tobacco, alcohol) or mental health issues?

Bukman Lian¹, Phong Thanh Nguyen²*, E. Laxmi Lydia³, K. Shankar⁴

¹Universitas PGRI Palembang, South Sumatera, Indonesia.
²Department of Project Management, Ho Chi Minh City Open University, Vietnam.
   E-mail: phong.nt@ou.edu.vn
³Professor, Vignan’s Institute of Information Technology(A), Department of Computer Science and Engineering, Visakhapatnam, Andhra Pradesh, India.
   E-mail: elaxmi2002@yahoo.com
⁴Department of Computer Applications, Alagappa University, Karaikudi, India.
   E-mail: shankarcrypto@gmail.com

Abstract

Although every facility have negative and positive outcomes. Similarly social media is now playing very important role in human life. But to the other side there is also many dark impact. In this research it is tried to conclude how social media is affecting human life and what are the consequences human health is facing. The addiction of social media is similar to drug addiction. Earlier few years back the access of social media was limited to personal computers or laptops. But now a days through mobile phones everyone connect himself 24 hours with social media. Specially the addiction of social media use is affecting youngsters life style and they start doing abnormal behavior when ever a notification bell rings in mobile device or his/her laptop. Even they are not interested in doing any outdoor activity. Such as outdoor games, physical activity games ets. Even the worst thing is the youth started playing games like ludo, snakes ladder or other physical activity games on mobile and connected to friends via social media only. So in
order to overcome the parents should counsel their children and youngster. They should motivate them to do some other activities rather than spending whole day in virtual world. In this research such issues and impact of social media on youngsters are discussed and it is tried to find out the points how to overcome with this addiction.

**Keywords:** Social Media Addiction, Social Media and Health Issues, Social Media Contribution in Mental Health Issues.

**Introduction**

At present the young generation special children are the prison of social media. They can spend more than 80 percent of time in a day on social media. They started doing abnormal behavior like seeing mobile in every second, one notification sound and the jumped to check it. Whole day chatting with unknown friends etc. Albeit each office have negative and positive results. Also online life is presently assuming significant job in human life. Yet, to the opposite side there is likewise numerous dull effect. In this exploration it is attempted to finish up how web based life is influencing human life and what are the outcomes human wellbeing is confronting.
Figure 1. Social Media Addiction Survey

The fixation of online networking is like illicit drug use. Prior couple of years back the entrance of online networking was restricted to PCs or PCs. Be that as it may, presently a days through cell phones everybody interface himself 24 hours with online life.

Figure 2. Survey on how youngsters are involved in social media

Uniquely the enslavement of web based life use is influencing adolescents way of life and they start doing strange conduct at whatever point a warning ringer rings in cell phone or his/her PC. Indeed, even they are not keen on doing any open air action. For example, outside games, physical action games ets. Indeed, even the most exceedingly terrible thing is the adolescent begun messing around like ludo, snakes stepping stool or other physical activity games on versatile and associated with companions by means of web-based social networking as it were. So as to defeat the guardians ought to council their kids and youth. They ought to inspire them to
do some different exercises as opposed to going through entire day in virtual world. In this exploration such issues and effect of web based life on adolescents are talked about and it is attempted to findout the focuses how to defeat with this compulsion.

**Social Media Contribution in Addictive Behavior**

Peruse enough of the momentum research and you'll see that the negatives will in general feel greater than the positives. While adolescents can utilize web based life to interface and make companionships with others, they additionally face cyberbullying, trolls, harmful examinations, lack of sleep, and less successive up close and personal communications, to give some examples.

An excessive amount of time spent looking through internet based life can bring about manifestations of uneasiness as well as despondency. Here's the manner by which web based life can be damaging:

Table 1: Impact of Social Media on Daily Life

<table>
<thead>
<tr>
<th>Concentrating on preferences:</th>
<th>The need to pick up &quot;likes&quot; via web-based networking media can make teenagers settle on decisions they would somehow or another not make, including adjusting their appearance, taking part in negative practices, and acknowledging unsafe online life demands.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyberbullying:</td>
<td>Teens young ladies specifically are in danger of cyberbullying through utilization of internet based life, however teenager young men are not insusceptible. Cyberbullying is related with discouragement, tension, and a raised danger of self-destructive contemplations.</td>
</tr>
</tbody>
</table>
### Making examinations:

Though numerous teenagers realize that their companions share just their feature reels via web-based networking media, it's hard to abstain from making correlations. Everything from physical appearance to life conditions to apparent victories and disappointments are under a magnifying lens via web-based networking media.

### Having too many phony companions:

Even with security settings set up, youngsters can gather a large number of companions through companions of companions via web-based networking media. The more individuals on the companion list, the more individuals approach screen capture photographs, Snaps, and updates and use them for different purposes. There is no protection via web-based networking media.

### Less publicity:

Social association abilities require every day practice, notwithstanding for youngsters. It's hard to construct sympathy and empathy (our best weapons in the war on harassing) when teenagers invest more energy "drawing in" online than they do face to face. Human association is an integral asset and assembles aptitudes that endure forever.

now a days through mobile phones everyone connect himself 24 hours with social media.

Specially the addiction of social media use is affecting youngsters life style and they start doing abnormal behavior when ever a notification bell rings in mobile device or his/her laptop.
Possible Solution to Addiction

There's a fair compromise in here some place. The way to helping adolescents figure out how to offset web based life with genuine fellowships is to keep the lines of correspondence open and continue talking. Legitimate correspondence demonstrates your teenager that you are there to help, not to pass judgment or talk.

Figure 3: Symptoms of Social Media Addiction

It's likewise essential to walk the walk. Disengage on ends of the week and demonstrate your youngster that there is an entire world out there that doesn't require a handheld screen. She
may miss her telephone significantly short of what she figures she will and this is a generally excellent exercise to learn.

**Conclusion**

Although the social media is having many negative impact on youngsters. But every problem has a solution. Albeit each office have negative and positive results. So also internet based life is presently assuming significant job in human life. Be that as it may, to the opposite side there is likewise numerous dull effect.

In this exploration it is attempted to finish up how web based life is influencing human life and what are the outcomes human wellbeing is confronting. The fixation of online life is like illicit drug use. Prior couple of years back the entrance of web based life was restricted to PCs or workstations. Be that as it may, presently a days through cell phones everybody interface himself 24 hours with internet based life. Uncommonly the habit of web based life use is influencing youths way of life and they start doing irregular conduct at whatever point a notice ringer rings in cell phone or his/her PC. Indeed, even they are not keen on doing any open air movement. For example, open air games, physical movement games etc.

Indeed, even the most noticeably awful thing is the adolescent begun messing around like ludo, snakes stepping stool or other physical activitiy games on versatile and associated with companions through web based life as it were. So as to defeat the guardians ought to counsel their kids and youth. They ought to inspire them to do some different exercises instead of going through entire day in virtual world. In this examination such issues and effect of online life on youths are talked about and it is attempted to findout the focuses how to defeat with this dependence.
References


“Social Marketing 2015: The Key to ROI Will Come from Within.” EMarketer, 17 Oct. 2014:


