

The Impact Of Social Media On Emotional Health Among Young People's Lives

P.AMIRTHA,M.Com(A&F)

P.BRINDHA, BBA, brinda.mba@gmail.com

V.SANGEETHA, BISM

ASSISTANT PROFESSORS,

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN, CHENNAI – 44

ABSTRACT: In current modern life, social media is developing fast. It is widely access by many people all over the world. Social media is especially very popular among the young People. However, there are many young people who cannot control themselves and are addicted towards social media. The research state that the young people always check their cellphones every five minutes onces to see what is going on social media. Teenagers are among the most prolific users of social Networking Sites (SNS). The current studies find that youth spend a considerable portion of their daily life interacting through social media. Subsequently, controversies and questions emerge about the effects SNS have on adolescent development.

These objectives are to determine high profile concerns and controversies that surround youth participation in these online communities. To identify both the positive and negative impact social media has had on society as a whole. – Andto suggest more productive ways of controlling and implementing time.

This review helps to outlines the theoretical frameworks researchers have used to understand adolescents and SNS. It brings together work from disparate fields that examine the relationship between SNS and social capital, privacy, youth security and safety, psychological well- being, and displaced behaviour, and interruption in sleep due to blue light exposure, educational achievement the result of sedentary behaviours on mental health, displaced behaviour, and interruption in sleep due to blue light exposure, physical health problem and social media's effects on platonic relationships.

Keywords: Social Media, psychological well-being, sedentary behaviours on mental health, sleep interruption due to blue light exposure, and social media's effects on platonic relationships.

INTRODUCTION:

In recent years, social networking among college students and among youngsters has become more and more popular. It is a way to make the connections, not only on campus, but with friends in society. Social networking is helpful for many people feels as though they belong to a community. Due to the increased in familiarity of it, many professors are questioning whether grades of students are being affected by how much time is being spent on these social sites and emotional health has been affected by the youth. For the purpose of this study, social networking sites such as Facebook, Instagram, YouTube, blogs, Twitter, MySpace, or LinkedIn is really affecting youth and to know about both positive and negative impact of social media. With smart phones being able to access the internet and have applications of social networking, many people are concerned about how smart phones with social networking applications will affect students' grades and health and Emotions.

REVIEW OF LITERATURE:

In 2019,P.T. ABDUNNAZAR was done A Study on Relation Between Social Media Usage and Mental Health among B.Ed Students. Social media is now a day's an integral part of human life which have the advantages not only sharing news and information but also for education and edutainment. Social media have both positive and negative impacts. The design of study is survey method. The population of the study B.Ed students from Malappuram district, Kerala. The sample selected for the study was 115 B.Ed students which have been selected from arts and science subjects through a stratified random sampling. The statistical techniques used for analysing the data are mean, standard deviation, t-test and correlation. The study was found no difference in mental health based on locale and stream of subjects among B.Ed students. The study recommends some needed policy frameworks for enhancing the mental health of B.Ed students by giving proper awareness regarding access and usage of social media.

OBJECTIVES OF THE STUDY:

- To determine high-profile concerns and controversies that surround youth participation in these online communities.
- To identify both the positive and negative impact of social media on society as a whole.

- To study the impact of social networks on the performance and their psychological wellbeing and physical health problem and social media's effects on platonic relationships.
- To suggests more productive ways of controlling and implementing time.

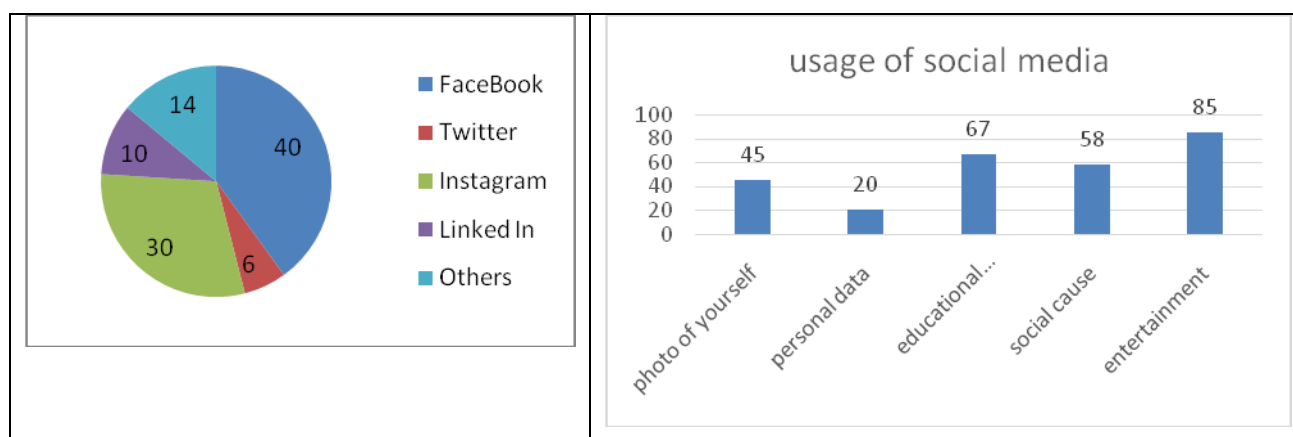
RESEARCH QUESTIONS:

Research questions were framed to determine the usage pattern of social media websites such as Facebook, Instagram, YouTube, blogs, Twitter, MySpace, or LinkedIn, etc. and its impact on emotional health among young people's lives focused on preference of network site, purpose of using SNS, emotional stress faced by youth, factors associated with social networking affect the performance and psychological wellbeing of youth....

RESEARCH METHODOLOGY:

A simple study was conducted in order to understand the usage pattern of SNS and its impact on emotional health among young people's lives. The population of the study consisted of students studying in higher secondary, undergraduate and postgraduate classes of belonging to age group between 16 years and 25 years. Sample size is 185.

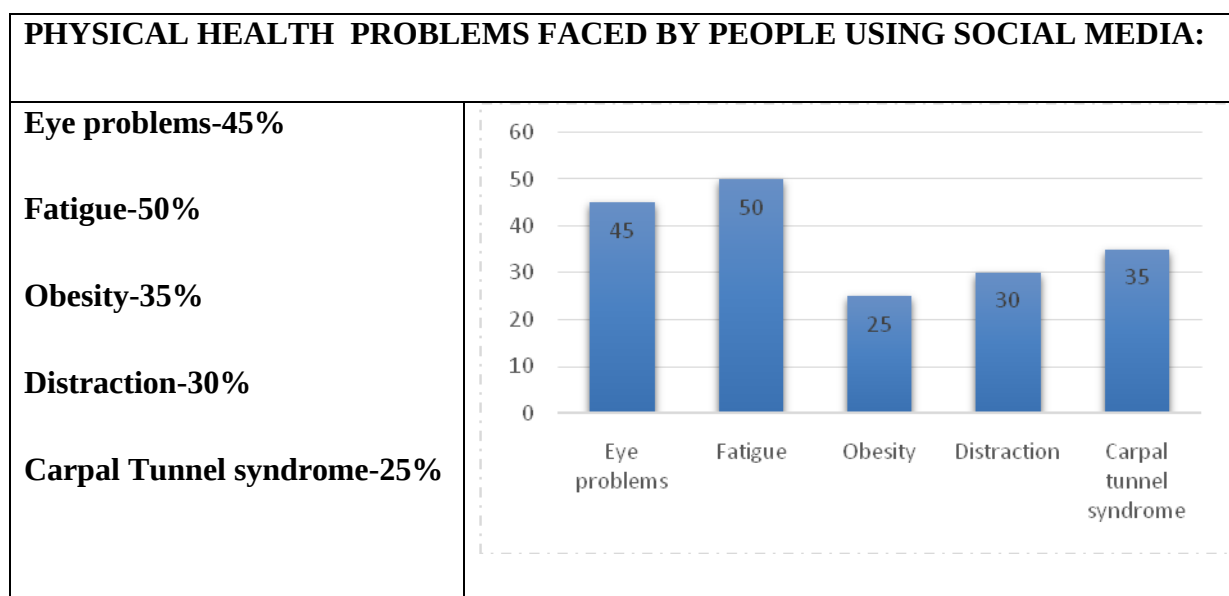
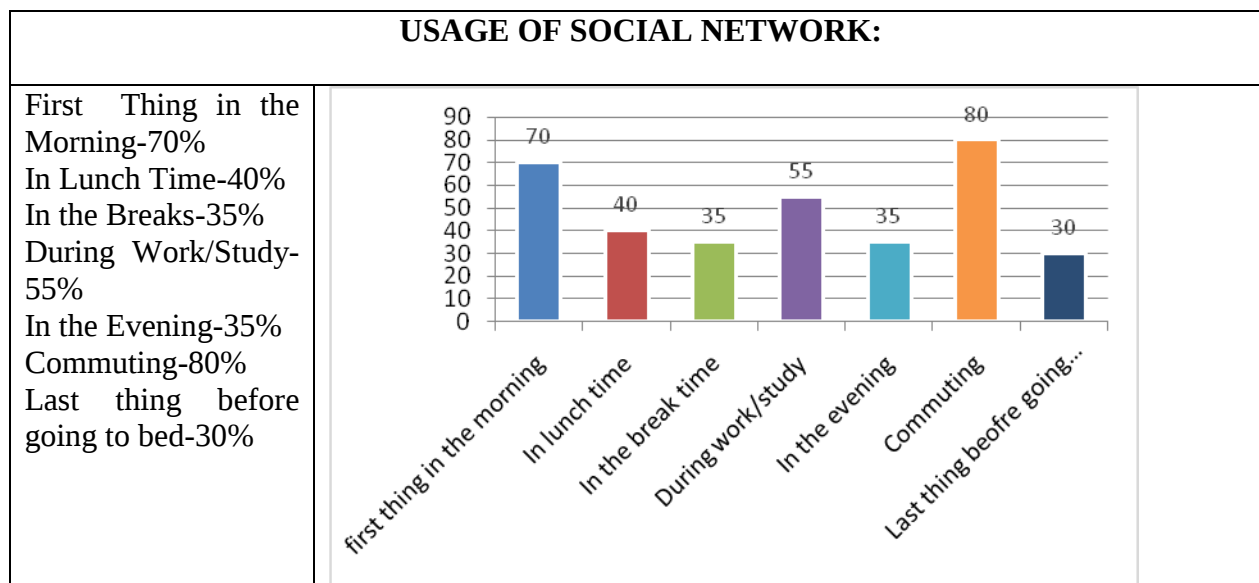
Frequent Social Media Used by Respondents Purpose of Usage of social media



INFERENCE:

The above table depicts 85% of respondents are using social media for entertainment purpose, 67% of them are using for Educational Purpose, 58% are showing interest for social

cause, memes. 45% are using to upload photos for memories and celebration and achievement, because of awareness only 20% share their personal information.

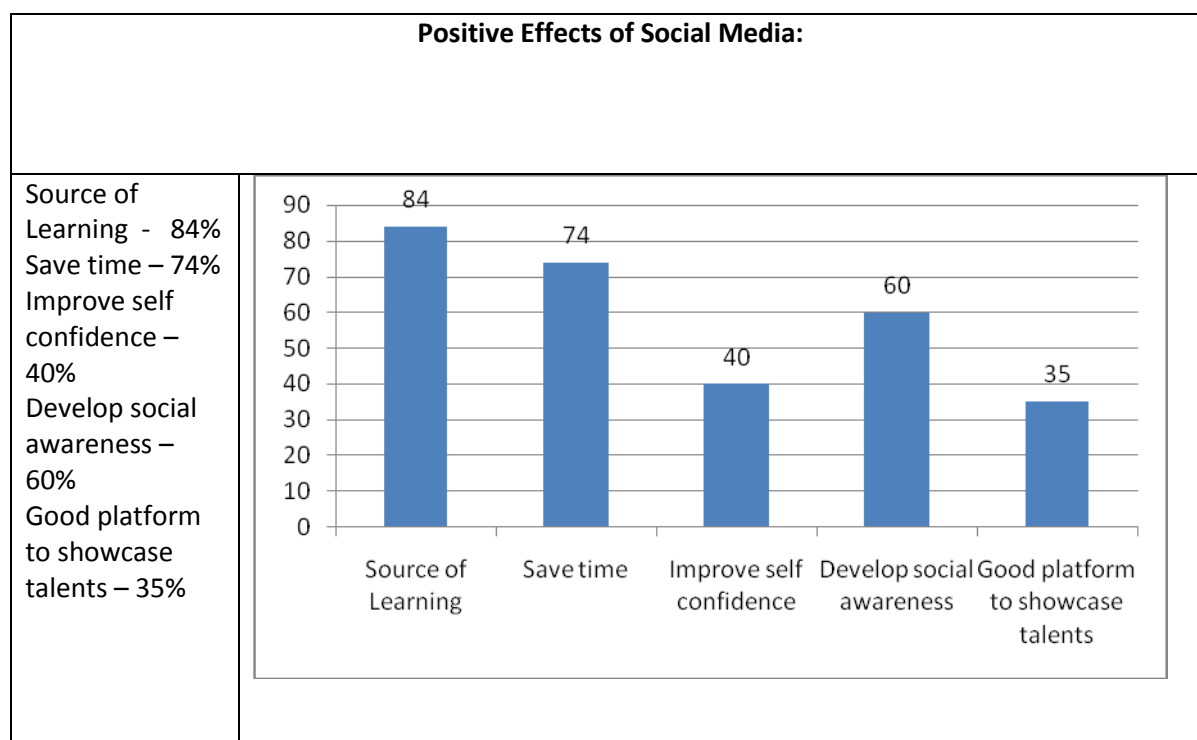


POSITIVE EFFECTS OF SOCIAL NETWORKING:

- For Students education has become very convenient with the help of social media. Students can easily share important data for assignments. It is also effectively used for

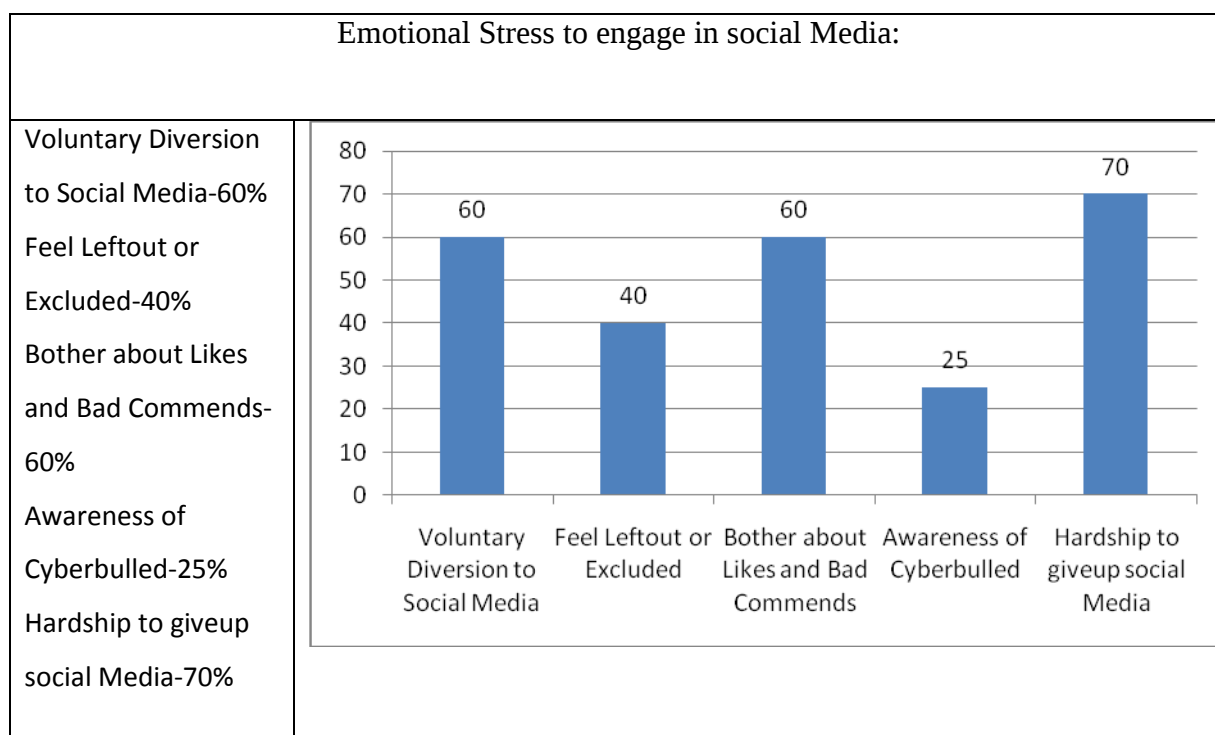
gathering information to prepare project reports and other educational purposes like doing research etc.

- Social Networking sites like linkedin, naukri.com etc., save the effort of doing the whole employment process by traditional methods. It gives opportunities to candidates who are seeking for particular Employment.
- The fastest way to advertise anything is to upload it on social sites; it creates lot of job opportunities to young generation.
- Social Networking sites has helped people stay in contact with their distant friends, relatives and other influential people in their lives, which would have otherwise been impossible. Hence social Networking sites prove to be an excellent platform to promote and facilitate innumerable things.



NEGATIVE EFFECTS OF SOCIAL NETWORKING:

- No good thing comes without bearing consequences. As effective as social networking sites, there is a high chance that you are using it for wrong purposes. People are found wasting hours over hours on social sites acquiring zero productive information and bother about their likes and bad comments. Discount commercials influence people to spend unnecessarily.
- Several network sites used to have an age limitations earlier, but now a days with that being gone, youngsters are getting indulged in surfing at an increasing rate. And due to their immature age, they usually fall prey to the cyber bullying. This causes severe effect on the mental and emotional health of the youth.
- Due to the Lack of privacy on the social sites has turned out to be the most threatening thing. Mostly the young generation is unaware of the policies and end up uploading personal information and sharing bank details and blinding believing the unknown people and accepting there requesting and sharing there personal details on social sites.



SUGGESTED AWARENESS:

- Avoid accepting friendship request from strangers: Many often we judge a particular person online, by his/her profile picture and personal information posted on the sight.

This is the first mistake that cyber criminals wanted us to do so think and accept only know people.

- Avoid posting your personal information on the profile. Like your email id, date of birth, contact number, home address and information about your family members.
- Be cautious while uploading your photo.
- Don't post any negative things happen in your life. This is just like maligning your own image. And your friends are monitoring your activity and one such mistake can cause havoc in future it will create bad image about you.
- Don't substitute Virtual friends with real friends. Social Networking Sites is a great tool to connect new people across world. But they can never be your real friends. You need real friends to enhance your social image and reduce stress and anxiety and give more priority to real friends.

CONCLUSION:

The study was concluded that youngsters faced problems while engaging in social networking sites. The results shows that social media plays an important role in learning and informative way. Mostly peoples used social media only for entertainment not for learning purpose. Results also depict that social media cause's physical health problem. The study recommends that peoples should minimize its negative effects and focus to use social media only informative way to enhance the skills and abilities.

On the basis of analyses:

1. In social media-Facebook applications was used frequently.
2. Major respondents used social media was only entertainment purpose.
3. Mostly peoples used social networking at first thing in the morning.
4. Major Physical health problems faced by youngsters were fatigue.
5. Social media should be used for positivist purpose.

REFERENCE

Strickland, A.C. (2014). Exploring the Effects of Social Media Use on the Mental Health of Young Adults, Online Master's Thesis University of Central Florida Orlando.