

Assess The Impact On Usage Of Social Media On Mental Health Behavior Among Adolescents Residing In Selected Area

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ABSTRACT

Adolescence is a period of transition between childhood and adulthood, a time of profound biological, intellectual and physical changes. During this period an individual reaches physical and sexual maturity, develops more sophisticated reasoning attitudes and makes educational and occupational decisions that will shape his adult career. The addictive part of the social media is very bad and can disturb personal lives as well. The teenagers are the most affected by the addiction of the social media. They get involved very extensively and are eventually cut off from the society. Objectives: To assess the impact on usage of social media on mental health behavior among adolescents. To associate the impact on usage of social media on mental health behavior among adolescents with selected demographical variables. Methodology: Research approach: quantitative approach, descriptive research design was used for 100 samples by convenient sampling technique. Results: The result shows that out of 100 sample, 59[59%] of sample were under the category of moderate users , 25[25%] of them were the category of severe users and the 16[16%] of them were the category of mild users of social media. There is no significant association between the selected demographical variables with the impact of usage of social media on mental health among adolescents.

Key words: Social media¹ , Mental health behavior² , Adolescents³

INTRODUCTION

Adolescence is a period of transition between childhood and adulthood, a time of profound biological, intellectual and physical changes. During this period an individual reaches physical and sexual maturity, develops more sophisticated reasoning attitudes and makes educational and occupational decisions that will shape his adult career.

According to WHO Fact sheet N 345 2014 around 1 in 6 persons in the world is an adolescent, that is 1.2 billion people aged 10 to 19 years. Most are healthy, but there is still significant death, illness and diseases among adolescents. Illnesses can hinder their ability to grow and develop to their full potential.

The excess usage of social media can also have a negative impact on the health. Since exercise is the key to lose weight, most of the people get lazy because of the excessive use of social networking sites. Which in result brings disorder in the routine life.

One of the disadvantages of the social media is that adolescent start to follow others who are wealthy or drug addicted and share their views and videos on the web. Which eventually inspires other students to follow the same and get addicted to the drugs and alcohol.

Currently, the world's adolescent population is 1.2 billion, 87% of these adolescents live in the developing countries, and India has the largest national population of adolescents (253.2 million). According to population census 2011, 20.9% comprised of adolescent between the age group of 10-19 years out of which 17.2% lives in Tamilnadu.

The adolescent's way of life has completely changed from what it was only twenty years ago. Now, there is a dramatic decrease in face-to-face communication, which reduces our generation's ability to interact with others on a speaking level. Social media defines an array of Internet sites that enable people from all over the world to interact. This can be through discussion, photos, video and audio.

The latest statistics show that around 42% of online adults use multiple social networking sites. Perhaps not surprisingly, the majority of social media users are under the age of 30, although the number of older users is on the rise. Around 45% of Internet users aged 65 or older now use Facebook, increasing from 35% in 2012.

NEED FOR THE STUDY:

Children, adolescents and adult differ in their purposes of social media usage and how it influences them. Adolescents are given more independence to self-discovers things them . one of the great challenges that they face is to form an identity. Adolescents nowadays are always away from their parents due to many reasons.

Daily I am travelling from kaattupakkam to saveetha college of nursing by bus . I noticed many adolescents were sitting on the street walls and tea shops . one fine day I went to tea shop asked these peoples what are you doing here ? They were smiling , and they are used social media . that's the reason I thought about one research conducted for this topic .

Social media can be harmful, and obstetrician–gynecologists may screen their adolescent and young adult patients for high-risk sexual behaviors, especially if sexualized text communication (sexting), exposure to pornography, online dating, or other risk-taking behaviors are present. Victims of cyberbullying and those who engage in sexting are at increased risk of sexually transmitted infections and pregnancy.

The effect of social media may be considered in the differential diagnosis of myriad health problems during adolescence. Referrals to mental health care providers or providing outside resources may be indicated. A multidisciplinary approach to address these issues can include the obstetrician–gynecologist, guardians, and school officials and personnel. Knowledge of resources, including those within the schools and community, allows the obstetrician–gynecologist to provide support to adolescents facing these issues.

Statement of the Problem

Assess the Impact on Usage of Social Media on Mental Health Behavior among Adolescents residing in selected area.

Objectives

- To assess the impact on usage of social media on mental health behavior among adolescents.
- To associate the impact on usage of social media on mental health behavior among adolescents with selected demographical variables.

Methods and Materials Used

The research approach used in the study was quantitative approach using descriptive research design. The study was conducted at adolescents residing at selected area with 100 samples by convenient sampling technique .The tool used for the study was demographic variable and self-structured check list was used to assess the impact on usage of social media on mental health behavior among adolescents. Informed consent was obtained and the data was analyzed using descriptive statistics.

Description Of The Instrument

Part. A

Socio demographic variable such as age, gender, type of family, type of school, level of education, how often you will use.

Part. B

It consisting of self-structured check list.

Score Interpretation

25 to 50 – mild users

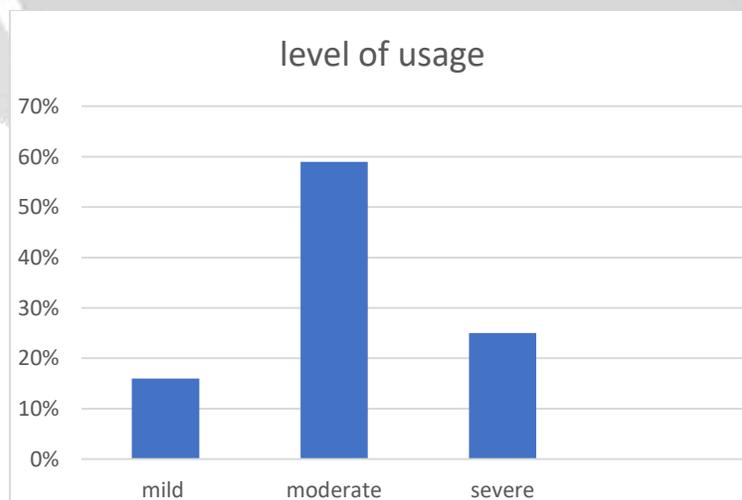
51 to 75 -moderate users

76 to 100 – severe users.

Results

Out of 100 sample , 59[59%]of sample were under the category of moderate users , 25[25%] of them were the category of severe users and the 16[16%] of them were the category of mild users of social media . There is no significant association between the selected demographical variables with the impact of usage of social media on mental health among adolescents.

S. NO	LEVEL OF USAGE	FREQUENCY	PERCENTAGE (%)
1	Mild users	16	16%
2	Moderate users	59	59%
3	Severe users	25	25%



The figure shows that the level of usage was 16% of them in mild users , 59 % of them were in the moderate users and the 25% of them had severe users .

Discussion.

The chapter deals with the discussion of result of data based on the objectives of the study and interpretation from statistical analysis. The focus of the study was to assess the impact on usage of social media on mental health behaviour among adolescents residing in selected area.

The study findings are discussed based on the objectives as follows

The first objectives was to assess the impact on usage of social media on mental health behavior among adolescents.

The level of usage of social media on mental health among adolescents, shows that out of 100 sample 16 [16%] of them had mild users, 59 [59%] of them had moderate users, and 25[25of them had severe users

The second objective of the study was to associate the impact of usage of social media on mental health behavior among adolescents with selected demographical variables

The association of the impact of usage of social media on mental health behavior among adolescents with selected demographical variables was determined using Chi -square test. Reveals that there is no significant association between the usage of social media on mental health behavior and selected socio demographic variables.

SUGGESTION

- ❖ A similar study can be conducted by using different sampling technique.
- ❖ A similar study can be conducted in different age group.
- ❖ A Comparative study can be conducted between rural and urban population .

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