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## **Impact of Social Media on Well Being of Adolescents**

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### **Abstract**

The study investigates the impact of social media usage pattern on emotional, social, and physical well being of adolescents. The sample comprised of 120 adolescents enrolled in private co-educational schools of Bikaner city. Social media usage pattern was assessed by inventory developed by Bhatt and Dhakar (2016) while, emotional, social and physical well being was measured using self developed schedule. The major findings of the present study points out that boys possess higher emotional, social and overall well being as compared to girls.

**Keyword:** Social media usage pattern, emotional, social, physical well being, Adolescents.

### **Introduction**

Social media can be defined as digital framework which connects people and enable them to maintain relationships, create new connections, and create new content and share. Instagram, Twitter, WhatsApp, Yahoo, LinkedIn, Pinterest, and Skype are examples of social media sites. It is because of these sites that people become able to communicate, share and exchange their views, ideas, opinions, sorrows, and day-to-day happenings with each other. According to statistics on social media use among youths, conducted in 2005; only 8 per cent of youth were having online profiles, which has quadrupled to 35 per cent in 2007 (Lenhart *et al.* 2007). However, despite the fact that social media poses several threats related to privacy but it also provide the gateway for everyone to connect with the whole world at just one click.

Adolescence period is also considered as a period of danger in personality as the desire for independence reaches its maximum potential. A feeling of not properly being understood by family and friends leads to psychological isolation. Adolescents who are not successful in terms of gaining popularity may sometime feel isolated and depressed. Hence social media is the only option left for them to gain popularity and approval from others. Various research studies conducted till now, in this field provides mixed evidences regarding the effect of social media on adolescents well being. Thus, there is a need to carry out the research in this area so that the necessary guidelines and intervention programs can be developed to address the issue.

Hence the present study is undertaken in order to gain an understanding of social media and its impact on the well being of adolescents.

### Objectives of the study

- To assess the overall and dimension wise well being of adolescents.
- To assess the gender wise comparison of overall well being.

### Methodology

The sample for the study was selected after contacting the tuition centre owners in Bikaner city who were co-educational. Snowball sampling method was employed for sample selection. Data was collected using mixed approach such as telephonic calls, emails, and messages along with offline meetings. Only those students who were meeting the criteria based on the delimitations of the study were selected as sample. The total sample comprised of 120 adolescents i.e. 60 boys and 60 girls. Percentage, mean scores, correlation and z- test method was used for comparison between boys and girls.

### Results and Discussions

#### 1.1. Overall well-being among adolescents

The first objective of the present study was assessment of overall and dimension wise well being of adolescents i.e. emotional, social and physical well being. Following tables represents the results of this objective which are as follows:-

##### 1.1.1: Overall percentage distribution of adolescent as per categories of well being

Data in table 1.1 illustrates the overall gender wise percentage distribution of adolescents as per categories of well being which highlights that majority of girls and boys had moderate scores as per categories of well being.

**Table 1.1: Overall percentage distribution of adolescents as per levels of well being**

**n=120**

S. No.	Categories	Girls (n=60)	Boys (n=60)	Total (n=120)
1.	Low	-	-	-
2.	Medium	47 (78.3)	51 (85.0)	98 (81.66)
3.	High	13 (21.6)	9 (15.0)	22 (18.33)

*\*figures in parenthesis indicate percentage. Low (35-82) Medium (83-117) High (118-175)*

### 1.1.2: Dimension wise assessment of emotional, social and physical well being among adolescents

This section involves the assessment of dimensions of well being which is divided into three categories i.e. emotional, social and physical well being. The Table 1.2 depicts the percentage distribution of adolescents on emotional well being.

**Table 1.2: Percentage distribution of adolescents as per effect of online social networking on Emotional well being** **n=120**

S. No.	Effect of online social networking	Girls (n=60)	Boys (n=60)	Total (n=120)
1.	<b>Emotional well being</b>			
	Low	-	-	-
	Medium	52 (86.6)	54 (90)	106 (88.3)
	High	8 (13.3)	6 (10)	14 (11.6)

*\*figures in parenthesis indicate percentage. Low (9-21) Medium (22-34) High (35-45)*

Data showcases that low per cent (11.6%) of respondents had scored higher whereas maximum number of girls i.e. 86.6 per cent and 90 per cent of boys fall under moderate category in relation to increased ability of self expression without fear of being judged, having feeling of emotional connectedness with parents. Overall, it was found that majority of adolescents reportedly had medium scores.

**Table 1.3: Percentage distribution of adolescents as per effect of online social networking on Social well being** **n=120**

S. No.	Effect of online social networking	Girls (n=60)	Boys (n=60)	Total (n=120)
2.	<b>Social well being</b>			
	Low	-	-	-
	Medium	52 (86.6)	53 (88.3)	105 (87.5)
	High	8 (13.3)	7 (11.6)	15 (12.5)

*\*figures in parenthesis indicate percentage. Low (13-30) Medium (31-47) High (48-65)*

Data shown in Table 1.3 indicates that nearly 86.6 per cent of girls and 88.3 per cent of boys were moderately affected by social networking sites in terms of improved relationship with friends, having feeling of social connectedness with parents, and improved self-esteem.

**Table 1.4: Percentage distribution of adolescents as per effect of online social networking on Physical well being** **n=120**

S. No.	Effect of online social networking	Girls (n=60)	Boys (n=60)	Total (n=120)
3.	Physical well being			
	Low	-	-	-
	Medium	58 (96.6)	59 (98.3)	117 (97.5)
	High	2 (3.3)	1 (1.6)	3 (2.5)

*\*figures in parenthesis indicate percentage. Low (13-30) Medium (31-47) High (48-65)*

Data presented in Table 1.4 shows that maximum number of the girls i.e. 96.6 per cent and boys 98.3 per cent were having moderate scores while only little percentage of adolescents scored high in relation to physical well being.

Thus, it can be concluded that there is moderate effect of social media sites on emotional, social and physical well being of adolescents. This can be explained because of the extraordinary circumstances posed by COVID-19, the use of social media is helpful as it can be called as impeding factor in achieving well being among adolescents.

### 1.1.3: Comparison of emotional, social and physical well being as per gender

Table 1.5 depicts the mean differences of well being among adolescent boys and girls. The following table shows the non-significant mean differences between boys and girls in emotional, social, physical as well as overall well being. The table also depicts that the boys have higher emotional (M=30.98) and social well being (M=42.85) but in case of physical well being the mean scores of girls are higher (M=38.78). Similarly, in case of overall well being the mean scores of boys are relatively higher as compared to girls (M=112.75).

**Table 1.5: Comparison of dimension wise and overall well being as per gender**

**n=120**

S. No.	Dimensions of well being	Girls (n=60)	Boys (n=60)	t value
		Mean±SD	Mean±SD	
1.	Emotional	30.37±3.31	30.98±2.96	1.07 N.S
2.	Social	41.37±4.90	42.85±4.42	1.74 N.S
3.	Physical	38.78±4.45	38.57±3.95	0.28 N.S

4.	Overall well-being	110.52±8.32	112.75±7.92	1.50 N.S
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### Conclusion

Now-a-days social media has become a major part of our lives especially among adolescent boys and girls. Adolescents use social media for making new friends, meeting new people, to have fun and for self-expression. From the above findings it can be said that, boys had better emotional, social and overall well being whereas; girls had better physical well being.

Overall, it can be concluded that moderate effects caused by the use of social media is relatively higher than positive or negative effects.

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