



Impact of Social Networking on Mental Health of Students

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ABSTRACT:-The paper aims to explore the influence of social networking on mental health of students. The idea of real-time contribution content that is disseminated as it is posted is at the forefront of emerging trends in social networking websites. Even as the popularity of social networking constantly rises, new users for the generation are often being laid low with social networking platforms may also be impacting the way wherein newbie's interact with the era in popular and the excess usage of social networking amongst students has been recognized to negatively have an effect on their values, social conduct and intellectual fitness. The imbalance generated by excessive use of social networking is a great condition for parents, thus there is a need to research the impact of social networking on students' mental health. The excessive usage of social networking websites is one of the most popular practises of the gift era. Social networking websites are those that allow interaction over the internet 2.0 and 3.0, and include programmes such as Face Book, Twitter, MySpace, online gaming, project communication via Whats App, YouTube, and blogs, among others. The psychological state of someone who is functioning at a suitable level of emotional and behavioural adjustment is referred to as mental health. It is a dynamic state that fluctuates due to a variety of internal and external influences. A person with good mental health has a subjective perception of his life as fruitful and cheerful, which is the outcome of being well adjusted to both the inner and exterior worlds.

KEYWORDS: - Social Networking, Intellectual Fitness, External Influence, Emerging Trends.

I. INTRODUCTION:

A social networking service (also known as a social networking web page or social media) is an online platform that allows people to form social networks or engage in activities with others who have similar personal or professional interests, sports, or real-life connections (Jonathan a. Obar

and Steve Wildman, October 2015). On desktops, laptops, mobile devices, tablet computers, and smartphones, social networking offers a number of capabilities that can include a selection of recent records and conversation tools. While online network services are defined as "websites that facilitate the building of a network of contacts a good way to change diverse types of content material online," social networking provides a space for interaction to extend beyond individual communications. These computer-mediated interactions connect contributors from a variety of networks, and they can help maintain and grow new social and expert ties (Boyd & Ellison 2007).

Social media and the new media, which has given a new dimension to mass media, have become so mixed in today's modern life that it is difficult to escape its effects. Today the use of social networking sites is part of the habits of the youth. At the same time, experts of medical science have also made the health-related effects caused by them a part of their research. According to human health experts, due to excessive use of the internet and these sites Number of patients with heart and asthma is increasing because they are now becoming a part of habit rather than a means.

While almost everyone agrees that social networking has had a significant impact on social interaction, there is significant dispute on whether the nature of this impact is of high quality. Many studies believe that this type of communication is a model of traditional face-to-face social relationships, and that it has horrible implications for clients who are fully reliant on social networking, such as loneliness and sadness. Interactions between communities, families, and diverse social companies are diminished as a result of being attractive primarily in online discourse. This lack of knowledge is particularly serious in the context of the present younger era, since teens and teenagers spend a significant amount of time online socialising and so face an increased risk of negative repercussions. Many researchers have been conducted to accurately define the negative repercussions of online communication and to



establish a link between the usage of social networking and negative outcomes such as an increase in tension, stress, depression, and feelings of loneliness.

IMPACT ON MENTAL HEALTH: - The prevailing study drew its sap from the addiction to social networking websites among students. There's a fashion in the direction of greater interoperability among social networking, users closer to their very own profiles, make pals, taking part in chatting lots, hold non-public conversations, percentage photographs and movies using the usage of their cell telephones, capsules and laptops that an excessive amount of negatively impacts the existence of students.

According to the head field, mental health is defined as, "In general we may say that mental health means the ability to balance feelings, desires, ambitions and ideas to one's daily life. It means the ability to face and accepts the reality of life". However, multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. Social media may promote negative experiences such as:

- Social networking may perpetuate body dissatisfaction, disordered eating behaviours, social comparison, and low self-esteem.
- **46 percent** of adolescents age **13 to 17** said social media makes them feel worse about their body image.
- **64%** of adolescents are often or sometimes exposed to hate-based content.

The introduction of social networking platforms may have influenced how newcomers have connected with a period of change. The imbalance generated by excessive use of social networking is an excellent topic for mothers and fathers to discuss, thus there is a need to monitor the impact of social networking on kids' values, social behaviour, and intellectual health. Excessive usage of social networking websites is one of the most common behaviours of today's technology. Social networking websites include apps such as Face book, Twitter, MySpace, online games, conducting talking with Whats app, YouTube, and blogs, among others. Websites of today's technology are rapidly expanding and serving as a convenient means of communication and entertainment for the younger generation.

OBJECTIVES OF THE STUDY:-

- To study the influence of Social Networking on the Mental Health of students with respect to their gender, and types of school.

HYPOTHESIS OF THE STUDY:-

- There is no significant difference between the mean scores of mental health of male and female students schools on the basis of usage of social networking.
- There is no significant difference between the mean scores of mental health of male and female students of government senior secondary schools on the basis of usage of social networking.

II. REVIEW OF RELATED LITERATURE:-

Abhani Dhara K 2019 "A study on impact of social media over youth of India"

According to the findings of various research studies in the field of social networks, these social networking sites have a significant impact on the lives of young people. Questions were mainly like; social media is helpful for education purpose; for privacy propose; for knowledge purpose etc. the researcher got total 36 responses out of that 88.9% believe that social media can prove helping hand for education. Daily 55.6% spend 1 to 2 hrs on social media. 57.1% were agreed that social media affects their social life. 38.29% believe it kills the time of youth. 52.8 % had opinion that social media makes youth the intelligent. 50.2% feels social media is useful for betterment of society.

P. Uma Rani, Padmalosani Sept 2019 "Impact of social media on youth" The study focuses on the impact of social media on young people. The data was collected using a survey method from respondents between the ages of 20 and 25 years. A questionnaire was created and sent out to 150 people. When choosing respondents, convenience sampling was employed, and the data was analysed using chi-square and regression methods.

STATISTICAL TECHNIQUES USED: -

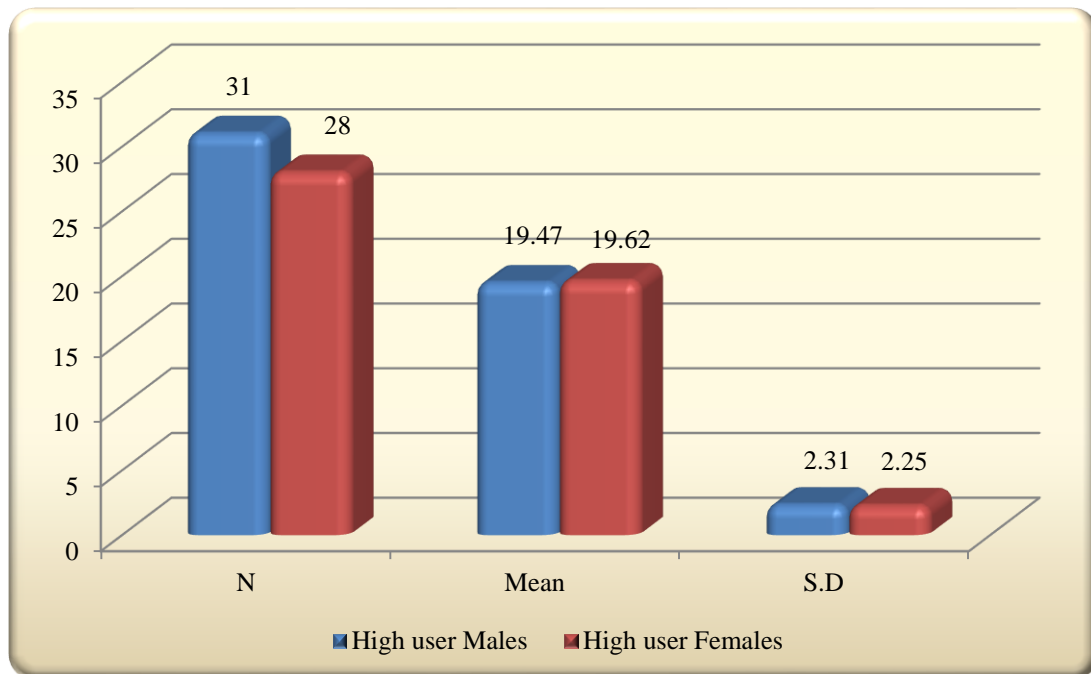
Statistical methods are mathematical formulas, models, and techniques that are used in statistical analysis of raw research data. The application of statistical methods extracts information from research data and provides different ways to assess the robustness of research outputs. The data was analyzed statistically. The t-test and Three Way ANOVA was used for analyzing the data.

H1- There is no significant influence between the mean scores of mental health of male and female students of private senior secondary schools on the basis of usage of social networking.



Table 1.1
School wise M, SD, N, and t value of mental health of male and female students of private school

Group	N	df	Mean	S.D	t value	P value
High user Males	31	57	19.47	2.31	0.80	0.01
High user Females	28		19.62	2.25		



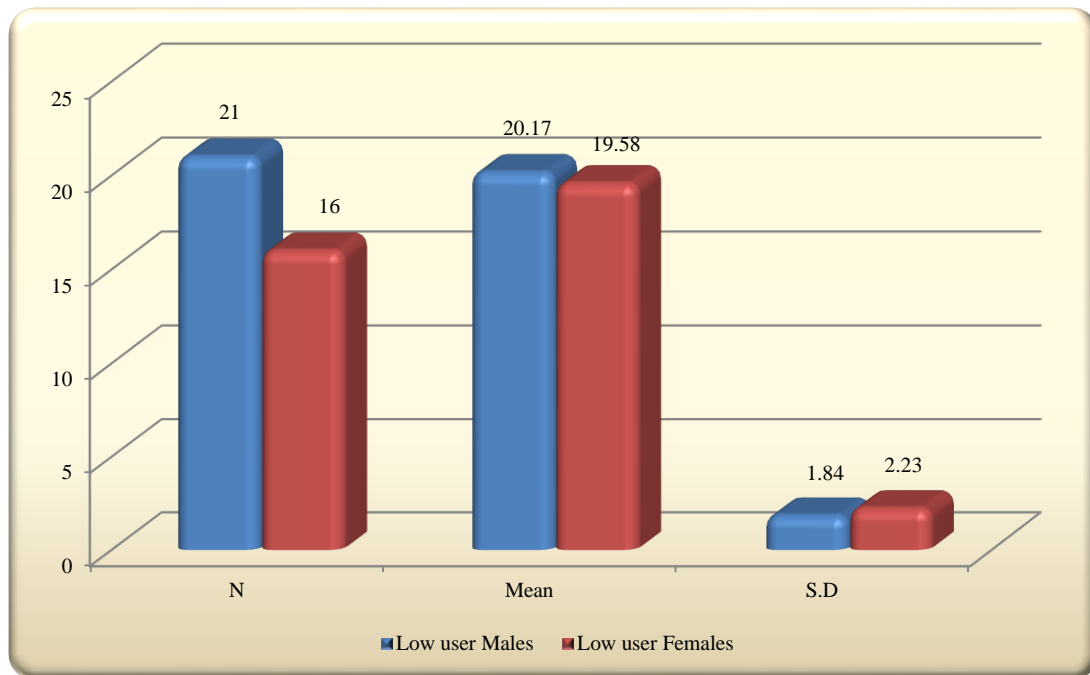
From Table 1.1, it is evident that the t-value is 0.80 which is not significant at 0.01 level with $df=57$. It shows that the mean scores of mental health of male and female students of private senior secondary school on the basis of usage of social networking did not differ significantly. Thus, the null hypothesis that there is no significant influence between the mean scores of mental health of males and female students of private senior secondary school on the basis of high usage of social networking is not rejected. It may, therefore be said

that males and female students were using social networking in same pace and it does not affect their mental health.

On the other side, the objective was to compare mean scores of mental health of males and female students of private senior secondary school on the basis of low usage of social networking. There were two levels of Gender, namely Male and Female. The data were analyzed with the help of t-test and the results are given in Table 1.2.

Table 1.2
School wise M, SD, N, and t value of mental health of male and female of private school

Group	N	df	Mean	S.D	t value	P value
Low user Males	21	35	20.17	1.84	0.33	0.01
Low user Females	16		19.58	2.23		



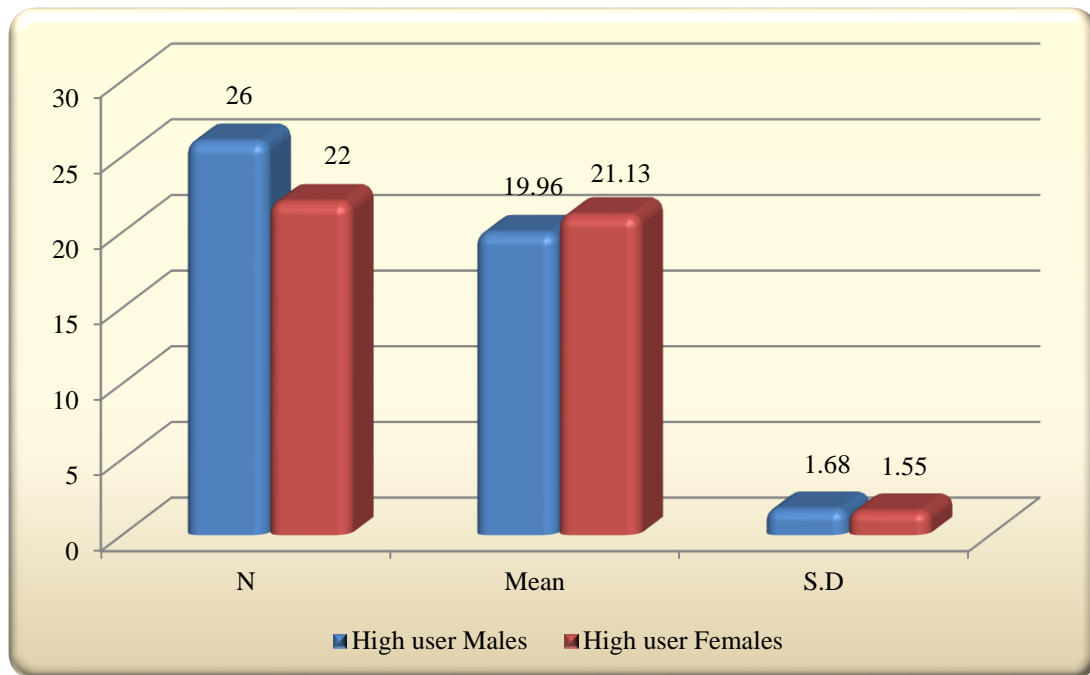
The result shows that there is no significant influence between mental health of males and female on the basis of low usage of social networking at 0.01 level of significance. Thus, the null hypothesis that there is no significant influence between the mean scores of mental health of males and female students of private senior secondary

school on the basis of low usage of social networking is not rejected.

H2-There is no significant influence between the mean scores of mental health of male and female students of government senior secondary schools on the basis of high usage of social networking

Table 1.3
School wise M, SD, N, and t value of mental health of male and female of government school

Group	N	df	Mean	S.D	t value	P value
High user Males	26	46	19.96	1.68	0.016	0.01
High user Females	22		21.13	1.55		



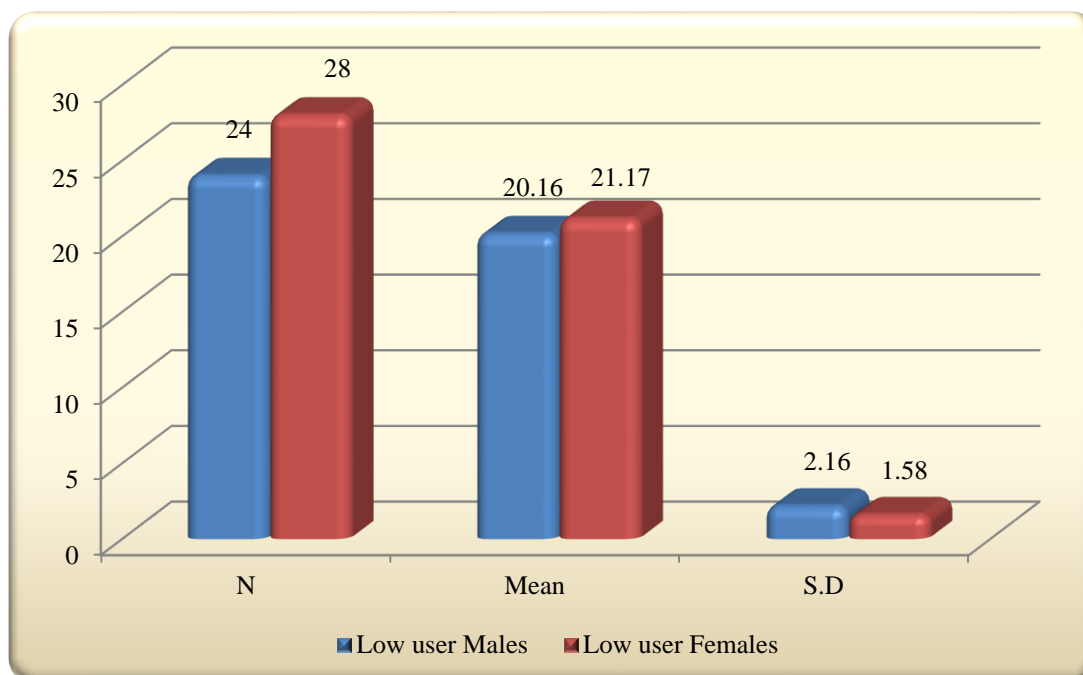
From Table 1.3, it is evident that the t-value is 0.016 which is not significant at 0.01 level with $df = 46$. Thus, the null hypothesis that there is no significant influence between the mean scores of mental health of males and female students of government senior secondary school on the basis of high usage of social networking is not rejected. It may, therefore be said that males and female students were using

social networking in same pace and it does not affect their mental health.

On the other side, the objective was to compare mean scores of mental health of males and female students of government senior secondary school on the basis of low usage of social networking. There were two levels of Gender, namely Male and Female. The data were analyzed with the help of t-test and the results are given in Table 1.4.

Table 1.4
School wise M, SD, N, and t value of mental health of male and female students of government school

Group	N	df	Mean	S.D	t value	P value
Low user Males	24	50	20.16	2.16	0.057	0.01
Low user Females	28		21.17	1.58		



The above table depicts the mean comparison between mental health of males and female students of government senior secondary school on the basis of low usage of social networking. The result shows that there is no significant influence between mental health of males and female on the basis of low usage of social networking at 0.01 level of significance. However, the mean scores of both groups are almost equal and didn't affect their mental health while they were low usage of social networking. Thus, the null hypothesis that there is no significant influence between the mean scores of mental health of males and female students of government senior secondary school on the basis of low usage of social networking is not rejected.

III. CONCLUSION

The present study was designed to study the influence of social networking on mental health of students. The present study drew its sap from addiction of social networking sites among students. There is a trend towards more interoperability between social networking, users towards their own profiles, make friends, participating in chatting a lot, hold private conversations, share photos and videos by using their mobile phones, tablets and laptops that too much negatively affects the life of students.

Curriculum developers can incorporate a separate chapter on social networking sites in the syllabus of the students to make them aware of the ethical concerns of using them, besides creating

awareness of its potential benefits and shortcomings, as it was observed in the findings that students were not guided by anyone about how to use SNSs ethically without getting affected by them adversely. MOOCs may be developed on issues pertaining to cyber-crimes and cyber security to enlighten teachers and students. Parents and adolescents need to be conversant in engaging with the virtual world of SNSs. Parents can learn from their children to show them how they use SNSs and what they are. They can together navigate the virtual world of SNSs. Parents should not act as a supervisor. Engaging together in such activities will build the confidence of the child to share everything with parents; it will be easy to make good decisions about SNSs if parents and children have a transparency as one of the major findings of the study reflects that students don't share their SNSs activities with their parents.

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