# Social Networking Addiction among Adolescents

PL.Rani*
Ph.D Scholar of Social Work, Cauvery College for Women, Trichy

Dr.G.Mettilda Buvaneswari
Associate Professor, Department of Social Work, Cauvery College for Women, Trichy

**Abstract**
Social networking is the use of internet-based social media programs to make connections with friends, family, classmates, customers and clients. Social networking can occur for social purposes, business purposes or both through sites such as Face book, Twitter, LinkedIn, Classmates.com and Yelp. The excessive use of these sites affects the mental as well as physical health, studies,lack of relationship with parents,aggression,violent behavior etc. The overuse of these sites on a daily basis has many negative effects on the physical and mental health of students making them lethargic and unmotivated to create contact with the people in person. The main objective of the paper is to highlight theinfluence of Social media addiction on the behavioral changes of the adolescents.The paper also suggested suitable measures to control the addictive behavior of adolescents.
**Keywords**: Social networking, adolescents, behavioral.

## 1. Introduction:

Social media are computer-mediated technologies that facilitate the creation and sharing of information, ideas, career interests and other forms of expression via virtual communities and networks. Social networking platforms may allow organizations to improve communication and productivity by disseminating information among different groups of employees in a more efficient manner. While it is not meant to be all-inclusive, the list below outlines some of the possible advantages and disadvantages of social media use by workplaces.Symptoms of Addiction to Social Media.

| SYMPTOMS | |
|---|---|
| **PSYCHOLOGICAL** | **PHYSICAL** |
| ➢ Anxiety or irritation when away from the internet<br>➢ Repeated, unsuccessful attempts to cut back on social media use<br>➢ Constant planning and thinking about social media<br>➢ Needing to spend more and more time online to experience the same rush<br>➢ Lying about the amount of time spent online | ➢ Backache<br>➢ Headache<br>➢ Eye strain<br>➢ Carpal tunnel syndrome |

## 2 Review of Literature:

Daria J. Kuss (2017) Online social networking sites (SNSs) have gained increasing popularity in the last decade, with individuals engaging in SNSs to connect with others who share similar interests. The perceived need to be online may result in compulsive use of SNSs, which in extreme cases may result in symptoms and consequences traditionally associated with substance-related addictions. In order to present new insights into online social networking and addiction, in this paper, 10 lessons learned concerning online social networking sites and addiction based on the insights derived from recent empirical research will be presented. These are: (i) social networking and social media use are not the same; (ii) social networking is eclectic; (iii) social networking is a way of being; (iv) individuals can become addicted to using social networking sites; (v) *Facebook* addiction is only one example of SNS addiction; (vi) fear of missing out (FOMO) may be part of SNS addiction; (vii) smartphone addiction may be part of SNS addiction; (viii) nomophobia may be part of SNS addiction; (ix) there are sociodemographic differences in SNS addiction; and (x) there are methodological problems with research to date. These are discussed in turn. Recommendations for research and clinical applications are provided.

Igor Pantic (2014) During the past decade, online social networking has caused profound changes in the way people communicate and interact. It is unclear, however, whether some of these changes may affect certain normal aspects of human behavior and cause psychiatric disorders. Several studies have indicated that the prolonged use of social networking sites (SNS), such as Facebook, may be related to signs and symptoms of depression. In addition, some authors have indicated that certain SNS activities might be associated with low self-esteem, especially in children and adolescents. Other studies have presented opposite results in terms of positive impact of social networking on self-esteem. The relationship between SNS use and mental problems to this day remains controversial, and research on this issue is faced with numerous challenges. This concise review

focuses on the recent findings regarding the suggested connection between SNS and mental health issues such as depressive symptoms, changes in self-esteem, and Internet addiction.

Yadav J S et.al (2011) The results revealed that many students used social media especially Facebook and that they spent increasing amount of quality time on these networks. Findings of this study suggested that social media could negatively impact on the students' social behaviour, academic progress and that a timed-off software should be installed to control its use by students.

Gwenn Schurgin O'Keeffe, et.al (2011).It was insisted by the authors that parents needed to be aware of the nature of social media sites, given that not all of them are healthy environments for children and adolescents. Pediatricians are in a unique position to help families understand those sites and to encourage healthy use and urged parents to monitor for potential problems with cyberbullying, "Facebook depression," sexting, and exposure to inappropriate content.

## 3 Advantages & Disadvantages of Social Networking:
*Advantages:*
- Facilitates open communication, leading to enhanced information discovery and delivery.
- Allows employees to discuss ideas, post news, ask questions and share links.
- Provides an opportunity to widen business contacts.
- Targets a wide audience, making it a useful and effective recruitment tool.
- Improves business reputation and client base with minimal use of advertising.
- Expands market research, implements marketing campaigns, delivers communications and directs interested people to specific web sites.

*Disadvantages:*
- Opens up the possibility for hackers to commit fraud and launch spam and virus attacks.
- Increases the risk of people falling prey to online scams that seem genuine, resulting in data or identity theft.
- Potentially results in negative comments from employees about the company or potential legal consequences if employees use these sites to view objectionable, illicit or offensive material.
- Potentially results in lost productivity, especially if employees are busy updating profiles, etc.

## 4 Extent of Social Media Use:
Social media use surged by more than 20% in 2016, with Facebook in particular posting impressive increases, despite already being the world's most popular social platform for the past decade.Nearly 2.8 billion people around the world now use social media at least once a month, with more than 91% of them doing so via mobile devices. Social media use has grown 21% year-on-year, with almost half a billion (482 million) new users signing up over the course of 2016. Just five countries accounted for more than half of that growth: China, which posted 134 million new social media users over the past 12 months, India (+55 million), Indonesia (+27 million), USA (+22 million), and Brazil (+19 million)

## 5 Effects of Social Networking on Adolescents:
The popularity of the social networking sites increased rapidly in the last decade. This is probably due to the reason that college and university students as well as teens used it extensively to get global access. These social networking sites such as Twitter and Facebook have become a raging craze for everyone nowadays.

The negative effects of these social networking sites overweigh the positive ones. These sites have caused some potential harm to society. The students become victims of social networks more often than anyone else. This is because of the reason that when they are studying or searching their course material online, they get attracted to these sites to kill the boredom in their study time, diverting their attention from their work. Other negative side effects of social networking websites include the following:

*5.1 Reduced learning and research capabilities*
Students have started relying more on the information accessible easily on these social networking sites and the web. This reduces their learning and research capabilities.

*5.2. Multitasking*
Students who get involved in activities on social media sites while studying result in reduction in their focus of attention. This causes reduction in their academic performance, and concentration to study well.

*5.3. Reduction in real human contact*
The more time the students spend on these social media sites, the less time they will spend socializing in person

with others. This reduces their communication skills. They will not be able to communicate and socialize effectively in person with others. The employers are getting more and more unsatisfied with the communication skills of the fresh graduates due to this reason. The effective communication skills are key to success in the real world.Reduces command over language use age and creative writing skills. Students mostly use slang words or shortened forms of words on social networking sites. They start relying on the computer grammar and spelling check features. This reduces their command over the language and their creative writing skills.

### 5.4. Time wastage
Students, while searching and studying online, get attracted to using social media sites and sometimes they forget why they are using internet. This wastes their time and sometimes students are not able to deliver their work in the specified time frame.

### 5.5. Low grades
Students get low grades in school due to lack of the desired information and writing skills.

### 5.6. Getting Isolated
The use of text messaging and social media messages have become a common occurrence in today's society. Interaction on a human level has become less frequent in a person's day-to-day living arrangements. Thanks to social media websites, interaction with others has become effortless, and people have isolated themselves behind online identities. Direct communication has been eliminated and much of society has been reduced to using abbreviations that express their emotions. Examples of important aspects of communication that are falling by the wayside today include:
- Basic verbal communication
- Tone of voice
- Facial expression
- Body language

Social media is removing these very human qualities of communication by eliminating the need to get out and socialize with others in person.

### 5.7 Effect on health
The excessive use of these sites affects the mental as well as physical health. Students do not take their meals on time and take proper rest. They take excessive amount of coffee or tea to remain active and focused which effects negatively on their health.The overuse of these sites on a daily basis has many negative effects on the physical and mental health of students making them lethargic and unmotivated to create contact with the people in person. The parents should check and balance on their children when they use the internet. They should be on guard whether they are using it for appropriate time period or not. The peers and teachers should also help students make them aware of the negative effects and explain what they are losing in the real world by sticking to these social networking sites.

### 5.8 Risky Sexual Behavior
Teenagers are just discovering their sexuality. It is very normal for them to be interested in everything sexual. But the amount of sex in media today can make a teenager confused. Sex without responsibility – that seems to be the message being beamed at teenagers. This can lead to irresponsible sexual behavior and unwanted pregnancies.

### 5.9 Making Everything Commercial
Happiness comes at a price. At least that's the message teenagers get through media. Their life would be perfect if only you'd buy them that hot new game, that happening dress. Advertisers target teenagers to ramp up their revenues. But teenagers fall prey to the idea of commercialization of happiness.

### 5.10 Obesity
Chances are your teen today spends most of her time in front of the TV or computer. Playing outside has become a rarity. Add to that bad eating habits, and you have an obesity epidemic at hand.

## 6 Impact of Social Media:
Positive:
- ✓ You may wonder if it's too diverse with the many protests going on college campuses lately, but it does show the students are thinking about more than the single viewpoint to what they were born.
- ✓ Students now have the ability to reach out to industry experts across disciplines, and this can help the

students locate more authoritative sources of information. This is a tricky endeavor and students must be taught how to evaluate the source of information even when it may come from a supposed.

✓ Technology is moving at an ever increasing pace, so no list will even be entirely complete and as mentioned above, any documents even this one must be evaluated as to whether it makes sense in this connected world of increasing noise.

Negative:

✓ Retention can also suffer as a result of social media and the technologies employed to deliver content. There is a lot of noise on these platforms, and therefore, information is not retained as well as it may when you are ready a book.

✓ With technologies that connect to a browser such as Grammarly, students can just use the technology to correct grammar, but sometimes this comes at the cost of the not knowing why a particular word or phrase is incorrect.

✓ Body language is a huge part of communication between humans, and when people primarily communicate through technology, then body language clues can be missed, or students do not learn to use body language as a queue for understanding the context of what the person is trying to convey.

## 7 Sugesstions

➢ School social workers are to be employed in schools, so as to counsel an adolescent who shows some signs of  social networking addiction.

➢ Professionally trained teachers are to be employed in schools, so that deviant behavior of the children can be properly managed and controlled.

➢ Proper application of reward and punishment by both the teachers and parents can help in tackling aggressive behavior of adolescents & also primary school children.

➢ Conducive school atmosphere should be provided so as to make children comfortable, thereby reducing the occurrence of aggressive behavior in them.

➢ Sporting activities should be emphasized in schools to reduce the level of aggression in primary school children.

➢ Yoga classes may be conducted to adolescents on regular basis.

➢ Providing Meditation programmes help to control the social media addictive behaviors of adolescents

➢ Imparting life skills education for Adolescents help them to modify their  deviant behaviors

➢ Parents and teachers need to work hand-in-hand in dealing with social media addictive behavior of adolescents.

## 8 Conclusion

Adolescent period is a transition stage of physical and psychological development. Young people between the ages of 10-19 years are often thought of as a healthy group. Social media addiction among adolescent have both positive and negative impacts of social networking decreases/spoil a physical and psychological development of adolescents. Aggressive behavior, Deviant behavior, health problems etc. which arose from social networking addiction are harmful to individual growth as well as National development. Adolescents are the pillars of the nation. Hence, social networking site should be used by the adolescents appropriately within the limits.

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