## Impact of Social Networking On Physical And Mental Health Of Students

### A Study College Going Students

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**Abstract:-**
Social Networking has changed the way we live especially the Indian youth, as social networking platforms are time consuming and Indian youth have ample time. This paper is discussing about impact of social networking and its effects on Indian youth in future. Future of any country depends upon youth and if youth are using SN (social networking) that means we have to study social networking and its optimum use for India youth for development. The effort has been made in this paper to analyze the pattern of usage to see whether they have been caught in the trap of Social Networking addiction. For the same, a study of university students was taken as sample including Jamia Millia Islamia (Central University) Delhi University and GGIP University of Delhi.
*Keywords:- (SN)Social networking, Social networking addiction, Indian Youth, Facebook, Twitter*

### Introduction:-

Social networking sites are also known as social media and its utility is not like basic needs but where all people care about what other says. Today's youth care about what others are doing on social networking and how they react upon it. Social Networking has changed the life style of Indian youth and they love to give more value to SN then society around. Today if youth gossip place is not school or college canteen but there computer or cell phone. Social networking has become really fundamental to the way that large number of youth gets information about the world and connects with each other, which raises the view enormously. Different social networking plate form has changed them world and It has occupied an important place in our youth lives, they fell themselves rich and happy while having friends on SN. Different social media are id are taking place at youth visiting cards and they fell happy by introducing id of face book twitter etc. if you want to connect any one without knowing

others in the society around the medium is proved to be heaven for the youth. Although the social networking sites are still need not lots of up gradation especially in security and monitoring by law of land. Which is obvious from our gestures of enquiring social networking ids like facebook id, twitter handle, etc and also mentioning some on our visiting cards as well? The bonus of using these websites are aplenty, the youth recognizes those and uses it to its potential. The evaporation of boundaries between friends and distant family, staying connected at minimal extra cost, sharing your opinion and spreading it, (so many successful online protests bear a testimony to that) and hence not being on a social networking site is considered queer. The holidays people go to, the parties people attend to have become more of a page 3 life for all, whether a good or a bad thing, we would like to figure out!!

As SNS are increasingly popular with millions of users connecting within and beyond the platform, it is important to understand the effects of SNS use to identify the potential benefits and costs to personal relationships. The extensive use of Facebook by its users makes it an interesting to study it further, according to the study conducted by Vancouver based social media and promotion agency, Popcorn, half a million comments are posted every minute, around 3,00,000 updates posted and 1,40,000 photos are uploaded every minute. Twitter has around 1,20,000 tweets rolling out per minute.

**Objectives**:-The study was conducted to determine the various factors of social networking including their addictions level time spend on SN and their impact on their social and academic life. To study these factors, following objectives have been considered

1. To study the 100 UG students of Jamia Millia Islamia (Central University) Delhi University and GGIP university of Delhi.
2. Usage pattern and time spend on social media side
3. Study addiction level of students

**Review of Literature:-**Study on social media and its impact related research has been considered for literature review. By exploring these papers observed that there is lots of research gap  has been observed and further investigation and study in required.

**Lehtimäki, Salo, Hiltula, and Lankinen (2009)** interviewed ten key- informants in relation to social media (web 2.0) use by Finnish industrial companies. As a result, the authors show the pros and cons of the use of social media tools, e.g., blogs, podcasts, social networks, and online communities, in marketing. It was shown that in 2008–2009, industrial companies were hesitant to

adopt social media tools, but they were experimenting with blogs, wikis, and video-sharing. Author discussed impact in the form of pros and cons of social which directly affect physical and mental health. Scope for further research in discussed.

**Methodology:-**The objective of the research required the study of respondents aged 15-24 years, the population are from of Jamia Millia Islamia (Central University) Delhi University and GGIP university of Delhi of 100 students was taken based on Judgment sampling. The respondents were chosen from different department of JMI, colleges of Delhi University and GGIP University as representative of the youth, since all these university has an arrival of students from all across India. The questionnaire was sent to around 350 students and of those some were discarded as they are not interested in and also where the some respondents were not users of social networking websites. 100 complete questionnaires have been analyzed for the purpose of this study.

**Result & Discussion:-**Table 1 provides the socio-demographic profile of the respondents. The respondents were belonging to the age group of 15 to 24 as defined by the United Nation. Majority of the respondents were males 51 (64%) and 29 (36%) were female. Respondents belonging to the age group of (15-24) are 60 (75%) and above 24 years were 20 (25%). Majority of the respondents were undergraduates 62 (77%) and only 18 (23%) were postgraduates.

**Table 1. Matrix Distribution of Socio-Demographic Profile of Respondents**

| S.No | Socio-Demographi Profile | | Frequency | Percentage |
|---|---|---|---|---|
| | **Age** | (<15 years) | Nil | Nil |
| | | (15-24) | 60 | 75 |
| | | (>24) | 20 | 25 |
| 1 | | Total (N) | 80 | 100 |
| | **Gender** | Male | 51 | 64 |
| | | Female | 29 | 36 |
| 2 | | Total (N) | 80 | 100 |
| | **Education** | UG | 62 | 77 |
| | | PG | 18 | 23 |
| 3 | | Total (N) | 80 | 100 |

**Table 2.** provides information regarding the users opinion of social networking. Majority of the respondents believed that they use social networking site mainly for entertainment purpose77 (96%), followed by for sharing photos and videos 75 (94%), to be in touch with family and friends 72 (90%), for sharing information 70(88%). However half of the respondents believed that it is used for exploring new friends 42 (53%) and watching video clips 35(44%). However only few respondents uses social networking for shopping purpose 18 (23%).

**Table 2. Users Opinion of Social Networking**

| S.No | Statement | Opinion | | Opinion Index |
|---|---|---|---|---|
| | | Frequency | Percentage | |
| 1 | Love to surf on social nework like Facebook, twitter etc whenever free | 60 | 75 | 75 |
| 2 | Allow to keep in touch with family and friends | 72 | 90 | 90 |
| 3 | Use for sharing networks like photos, videos | 75 | 94 | 94 |
| 4 | Explore new friends through social media | 42 | 53 | 53 |
| 5 | Watch video clips on social media | 35 | 44 | 44 |
| 6 | Used for shopping | 18 | 23 | 23 |
| 7 | Sharing Information | 70 | 88 | 88 |
| 8 | Used for entertainment | 77 | 96 | 96 |
| | Overall Index          **70.37** | | | |

The correlation between use of social networking before going to bed and addiction were analyzed using correlation. The correlation stood at 0.47, P-Value <0.001 & 0.005 which means that there is a significant positive relationship use of social networking before going to bed and addiction.Similarly, impact of usage of social networking site on physical and mental health were analyzed. r (0.53 and 0.61), P-Value <0.01 and 0.05. It reveals that there is a significant impact of uses of social networking on physical and mental health.

**Table 3. Impact of Social Networking Sites**

| S.No | Variables | (r) | P value |
|---|---|---|---|
| 1 | Use of Social networking before going to be is addictive | 0.47 | 0.001 |
| 2 | Spending too much time on Social networking is harmful to Physical Health | 0.53 | 0.001 |
| 3 | Spending too much time on Social networking is harmful to Mental Health | 0.61 | 0.001 |

**Conclusion:-** The analysis shows the addiction of social media sites directly affect physical and mental health of users. Respondents are checking social media after a small interval of time especially during night hours and they need privacy for using it, mood swing while disturbing them effect their mental health which later on impact passes tom their physical heath also. The respondents are also frequently changing SN sites for attracting more attention in virtual social life. Therefore for the future of youth some monitoring system should be incorporated by SN sides so that worsening mental and physical health can be protected. There should be some governance on these sites by government also. Training and counseling can be organized for students to come out from this addiction.

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