

SOCIAL NETWORKING ADDICTION AMONG ADOLESCENT HOSTEL STUDENTS: A DESCRIPTIVE STUDY

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Abstract: This descriptive study examines the level of social network addiction among the Adolescent Hostel students. The universe of the present study consists of 118 adolescent students (81 girls and 37 boys) staying in a hostel. Census method was adopted and the data was collected from all the 118 Adolescent hostel students. To measure the social network addiction of the Adolescent Hostel students the researcher used the social media addiction scale by Aylin TUTGUN-UNAL, Levent DENIZ (2015). The study findings revealed most of the respondents are using mobile phones frequently and have scored high level in social network addiction and there is significant difference between sex, order of birth, frequency of using mobile etc.

Keywords: Social network, social media, social network Addiction, Adolescent, Hostel, Students.

INTRODUCTION

The mounting popularity of social networking and the admiration of web-based social networking services is a significant feature in our contemporary human society, particularly among adolescents' hostel students. More than 210 million people worldwide suffer from addiction to social media and the internet [22]. The use of web-based technology like face book, Google, Whatsapp, MySpace, Twitter and gaming sites etc. are increasing day by day [2]. Social network addiction can be overwhelmingly and predominantly dopamine inducing – leading to the social environment provided by social networking sites or social media [8]. Social networking addiction also resembles other disorders such as mood swings, tolerance, salience, conflict, withdrawal symptoms, relapses, and substance use disorders [7]. It is also important to note that neuroscientists also equate social media or social network interactions with dopamine injectors that are injected or induced directly into the system [12]. The use of social network sites and social media becomes too problematic when one views social network sites as an important coping mechanism for relieving stress, loneliness, burnout, or depression [21]. The continuous use of social networking sites in students staying in hostel can eventually lead to multiple relationship issues such as neglect of real relationships, work or academic responsibilities, and physical health, which can aggravate unwanted emotions in the individual. This then leads to greater participation in social networking behaviors as a means of justifying the emotions of dysarthria [11]. Therefore, when social media users use social networks repeatedly, the degree of psychological dependence on social networks will also increase [39].

Social network using among students is common around educational institutions and hostels. [2]. The use of social networks also has many negative effects and can lead to an increased risk of certain psychological problems such as depression, stress, anxiety, loneliness, self-harm and even suicidal thoughts. Therefore, excessive use of social media platforms can make a student feel inadequate about life or their own appearance. Social media sites or networking sites such as Facebook, Twitter, and Instagram seem to reinforce feelings that other people are having more fun and living better [35]. Lack of certain things can also affect a person's self-esteem, cause anxiety, and even make using social media much more important than before. Using social networking sites such as Facebook, Snapchat, Instagram and Twitter can increase rather than decrease loneliness [29] in adolescent students who are staying in hostel. Reducing social media use can actually make one feel less alone and isolated, and can also improve their overall well-being. Giving more importance and greater use of social networks can

affect relationship interactions and increase the risk of developing mood disorders such as depression and anxiety. Social media platforms like Twitter will become platforms for spreading abuse, rumours and lies, which can lead to lasting emotional trauma [38]. Sharing so many selfies and innermost thoughts on social media creates so much unhealthy self-centeredness and also leads to detachment from reality and connection to the real life [1]. This may lead to psychosocial problems in students especially the students staying in the hostels which will reflect on their education and also in their behaviour. Thus, the study focuses on the social networking sites addiction in adolescent hostel students.

REVIEW OF LITERATURE

Social media addiction is a behavioral addiction characterized by an uncontrollable and insatiable desire to be permanently online, neglecting other areas of personal life (Brailovskaia et al., 2018). Typically, individuals addicted to an social networking sites experience negative psychological states if deprived of the use of the application, such as mood swings, suffering, restlessness and nervousness (Brailovskaia and Teichert, 2020; Kumar and Prabha, 2019). Social media addiction can also lead to physical and personality disorders, such as inferiority and superiority complexes (Sabir et al., 2020). A study by Kumari & Verma (2015) found that a major correlation has been founded in between usage of social media and their social relationships. Rajeev et al. (2016) states that with an increase of technology and the increasing recognition of social media and the social networking sites have become an important part of adolescent life. Adolescents are spending more and much more time in social media and are becoming more and more dependent to online social interaction which can negatively affect their academics and also it will also decrease reality and real-life social community participation. However, excessive reliance on online social networking, namely social networking addiction, will have a serious negative impact on the physical and mental health of adolescents. What's more, Andreassen and Pallesen (2014) also defined social networking addiction as an individual's obsessive attention to online social networking sites driven by using motivation, and devote so much time and energy in online social networking sites that impairs other social activities, such as study, work, interpersonal relationships, mental health and well-being. There are researchers suggesting that evaluation solely based on symptom criteria may overlook important psychological developmental processes such as cognition, emotion and interpersonal relationships (Billieux et al., 2015). For some adolescents, online social networking can satisfy their need for belonging (McEwan, 2013). According to the compensatory satisfaction theory of pathological internet use, adolescents are more likely to be addicted to the internet, whose online psychological need satisfaction, that is the extent to which the basic function of the networking satisfies individual psychological needs, is stronger than offline psychological need satisfaction (Liu et al., 2016). Consistent with the theory, previous studies (Chen et al., 2020; Deng et al., 2012) also suggested online psychological need satisfaction increased the possibility of internet addiction. Consequently, online psychological need satisfaction may be a positive predictor of internet addiction among adolescents. As a subtype of internet addiction, online psychological need satisfaction may also increase the risk of social networking addiction (Masur et al., 2014). Additionally, due to the convenience and anonymity of the social networking software (Jiang et al., 2016), adolescents are more likely to seek and gain psychological need satisfaction through online social networking, that is, using social networking software can improve the online psychological need satisfaction. Khatib & Khan (2017) carried out a study and states that the ill effects of social media do not support the Learning of a student and found that most of the students are addicted towards using social media. Masthi, Pruthvi & Mallekavu (2017) done a study which indicates that addiction is having associated with behavioural changes and the multitude of physical, psychological and behavioural problems were observed among social media users. A study by Priya et al. (2018) concluded that there is an association between selected demographic variables and social media addiction and there is a correlation between health behavioural changes and social media addiction. The study by Kahuma (2018) further reveals that the students with internet facilities and social

media installed on their phones had lower CGPA relative to those that did not have active social sites on their phones and confirmed that there was a strong and negative association between the use of social media as well as academic performance. Somani et al. (2018) found from their study that stressed individuals try to find solace in their phones are again more vulnerable and at more risk of developing mental illnesses like insomnias, anxiety, depression, substance dependence etc. Nakalembe (2019) in his study founded that there appears a relationship between the usage of social media and gender of students and their place of residence and these factors determine the students' social media usage. Gündoğmuş et al (2020) showed that overuse of smart phones along with social media networks in college students is potentially addictive and will affect sleep quality negatively. Haand & Shuwang (2020) in their study shows that social media addiction has a positive correlation with depression and depression significantly predicts social media addiction.

MATERIALS AND METHODS

Statement for the study

Social networking addiction has become a serious menace all over the world and in India too. Little is known about the extent of social networking addiction and treatment seeking behaviour among the Adolescent hostel students. Social networking addiction of the younger generations for a considerable period of time can bring serious health hazards, physically and psychologically. Hence, it's the responsibility of every adult to prevent the occurrence of social networking addiction among the hostel students through various sources of education. This study will be an eye opener for the young minds to understand the level of the social networking addiction that is existing among the Adolescent hostel students and also suggest measures to overcome addiction.

Objectives

- To know the usage of social networks by Adolescent hostel students
- To know the level of social networking addiction in Adolescent hostel students
- To find out the social networking addiction gender wise

Operational clarification of the key concepts

Hostel: Place where students stay for educational purpose

Students: Students includes both male and female in the stage of adolescent, who are staying in hostel for educational purpose

Social media: The web applications which are connected with networking sites

Social networking: Web applications which help users to participate in social networking sites

Addiction: Over use of social media which can't be controlled by oneself.

Adolescents: Adolescents in this study is the hostel students age of 17-21

Methodology

Descriptive research design was adopted to know the level of social networking addiction on Adolescent hostel students. The researcher selected a reputed hostel in Trichy where the permission was given to the researcher for collection of data. The universe of the present study consists of 118 students (81 girls and 37 boys) staying in a hostel. Census method was adopted and the data was collected from all the 180 hostel students. A self-prepared semi structured interview schedule was used to collect socio demographic details of the respondents. To measure the social media addiction of the students the researcher used social media addiction scale by Aylin TUTGUN-UNAL, Levent DENİZ (2015). The reliability and validity tests of the scale had been conducted. Addiction factor of the scale consists of 41 items which are used as the data collection tool in this study.

FINDINGS AND ANALYSIS

Socio Demographic Characteristics

- Majority of the respondents (90%) are in the age group of 17-19 year
- More than two third of the respondents (68.6%) are females.

- More than half of the respondents (55.9%) were Backward Communities.
- About 30% of the respondent's family income is between the ranges of Rs.10001-20000.
- More than one third of the respondents (36.4%) fathers have completed higher secondary and above level of education.
- More than two fifth of the respondent's mother studied up to higher secondary and above level (40.7%).
- More than one third of the respondents' fathers (39.8%) are farmer
- More than two third of the respondents' mothers (68.6%) are house wife.
- Majority of the respondents (86.4%) are from nuclear family • More than one third of the respondents (37.3%) were second born.
- Majority of the respondents (43.9%) are using Face book
- Majority of the respondents (89.4%) sleep for 6-10 hours.
- Nearly half of the respondents (42.4%) have high level of social media addiction (107-139).

Social media addiction and Socio Demographic background

Table 1: Mean score of Social media addiction of the hostel students

S. No	Usage of social media	N	Mean	Std. Deviation	Value
1	Often	43	84.30	25.473	F - 46.451 Df - 2,115 Sig. - 0.000 P < 0.001
2	Frequently	43	114.56	17.251	
3	All the time	32	129.44	18.497	
	Total	118	107.57	27.895	

Table 2: Mean scores of social media addiction across the background characteristics of the hostel students

S.No	Variable	N	Mean	S. D	Value
I	Gender				T - 2.570 Df - 116 Sig. - 0.011 P < 0.05
	Male	37	117.11	17.456	
	Female	81	103.21	30.652	
II	Religion				F - 4.842 Df - 2,115
	Hindu	102	110.63	26.267	
	Christian	9	86.89	34.345	
	Islam	7	89.57	28.419	Sig. - 0.010 P < 0.05

III	Caste SC MBC BC	29 23 66	119.52 113.52 100.24	24.842 10.565 31.085	F - 5.920 Df – 2,115 Sig. - 0.004 P < 0.01
IV	Father Education Illiterate Up to middle school High school Higher secondary and above	16 24 34 44	123.25 113.79 107.18 98.77	9.441 21.038 27.202 33.001	F - 3.799 Df – 3,114 Sig. - 0.012 P < 0.05
V	Mother Education Illiterate Up to middle school High school Higher secondary and above	17 23 30 48	117.06 121.87 106.30 98.15	25.996 22.376 21.964 30.831	F - 4.978 Df – 3,114 Sig. - 0.003 P < 0.01
VI	Father Occupation Unemployed Coolie Business Private employee Farmers Govt. employee	5 5 7 25 47 29	130.80 114.60 121.71 117.52 99.26 103.83	39.745 19.204 35.245 20.308 30.386 21.501	F - 2.913 Df – 5,112 Sig. - 0.016 P < 0.05
VII	Mother Occupation House Wife Coolie Farmer Private employee	81 12 10 15	112.73 113.25 90.00 86.87	27.634 16.148 26.102 25.196	F - 5.802 Df – 3,114 Sig. - 0.001 P < 0.001

VIII	Type of Family Nuclear Family Joint family	102 16	110.68 87.75	26.033 31.957	t – 1.332 df – 108 Sig. - 0.186 P > 0.05
IX	Size of the Family Small Medium Large	17 88 13	110.18 109.88 88.54	25.846 26.095 36.306	F - 3.548 Df – 2,115 Sig. - 0.032 P < 0.05
X	Family Income Rs.10000 and below Rs.10001-20000 Rs.20001-35000 Rs.35001-50000 Rs.50001 and above	22 35 20 28 13	104.00 115.09 111.30 95.25 114.15	39.671 20.592 14.658 30.019 25.511	F - 2.481 Df – 4,113 Sig. - 0.048 P < 0.05
XI	Order of birth 1 st 2 nd 3 rd and above	42 44 32	125.79 109.93 80.41	19.612 21.566 23.744	F - 40.813 Df – 2,115 Sig. - 0.000 P < 0.001
XII	Usage of social media Often Frequently All the time	43 43 32	84.30 114.56 129.44	25.473 17.251 18.497	F - 46.451 Df – 2,115 Sig. - 0.000 P < 0.001

From the table 1, it is clear that respondents scored high mean score in often and frequently usage of social media addiction.

Regarding the gender, of table clearly shows that male respondents scored higher mean score of social media addiction than the female respondents. Likewise, the independent sample t test ($t=2.570$, $p < 0.05$) results show that there is a significant difference between the male and female respondents in the mean scores of social media addiction.

The findings of the study clearly reveals that the respondents belong to Hindu religion have scored higher mean score of social media addiction than the respondents from Muslim and Christians. Moreover, the ANOVA test ($F=4.842$, $p < 0.05$) results show that there is a significant difference between Religions in the mean scores of social media addiction of the respondents.

The findings of the study clearly shows that the respondents belong to SC community have scored higher mean score of social media addiction than their counterparts. Similarly, the ANOVA result ($F=5.920$, $p < 0.01$) illustrates that there is a significant difference between the castes of the respondents in the mean scores of social media addiction.

The findings of the study clearly shows that the respondents' father is illiterate have scored higher mean score of social media addiction than their counterparts. Likewise, the ANOVA result ($F=3.799$, $p < 0.05$) illustrates that there is a significant difference between the father educations of the respondents in the mean scores of social media addiction.

The findings of the study clearly shows that the respondent's mothers have studied up to middle school level have scored higher mean value of social media addiction than their counterparts. Likewise, the ANOVA result ($F=4.978$, $p < 0.01$) demonstrates that there is a significant difference between the mother's education of the respondents in the mean scores of social media addiction.

The findings of the study depicts that the respondents' unemployed fathers scored higher mean value of social media addiction than their counterparts. Likewise, the ANOVA result ($F=2.913$, $p < 0.05$) indicated that there is a significant difference between the father's occupation of the respondents in the mean scores of social media addiction.

The findings of the study clearly shows that the respondents' fathers are engaged in agriculture coolie have higher mean score of social media addiction than their counterparts. Likewise, the ANOVA result ($F=5.802$, $p < 0.001$) demonstrates that there is a significant difference between the mother's education of the respondents in the mean scores of social media addiction.

The findings of the study clearly explains that the respondents from nuclear family gets higher mean score of social media addiction than their counterparts. However, the t test result ($F=1.332$, $p > 0.05$) did not support the research hypothesis that there is no significant difference between the respondents from nuclear family and joint family in the mean scores of social media addiction.

The findings of the study clearly mentioned that the respondents from small size family gets higher mean score of social media addiction than their counterparts. The ANOVA test result too ($F=3.548$, $p < 0.05$) sustain the research hypothesis that there is a significant difference between the respondents' size of family in the mean scores of social media addiction.

The findings of the study highlighted that the respondents from the family income bracket of Rs. 10001 – 20000 have higher mean score of social media addiction than their counterparts. The ANOVA test result also ($F=2.481$, $p < 0.05$) sustain the research hypothesis that there is a significant difference between the respondents' size of family in the mean scores of social media addiction.

The findings of the study depicts that the respondents who are 1st born child have higher mean score of social media addiction than their counterparts. The ANOVA test result also ($F=40.813$, $p < 0.001$) sustain the research hypothesis that there is a significant difference between the respondents' order of birth in the mean scores of social media addiction.

The findings of the study depicts that the respondents who are using mobile all the time have scored higher mean value of social media addiction than their counterparts. The ANOVA test result shows ($F=46.451$, $p < 0.001$) that there is a significant difference between the respondent's usage of social media app in the mean scores of social media addiction.

DISCUSSION

The current studies provided pragmatic support that social networking addiction was undesirably associated with Adolescent hostel students. Furthermore, in line with previous findings it is clear that there is an association between demographic variables and social media addiction (Priya et al. 2018). The expansion and increasing of

technology and recognition of social media and also the social networking sites become a part in Adolescent hostel students' life. Adolescent hostel students are spending much time in using social networking sites and are becoming more dependent in online social interaction which can negatively affect the academics and drop down the real-life social community participation (Rajeev et al. 2016). Thus, the reviews collected by the researcher support the current study results too.

Social Work intervention

It is a belief that social networking addiction is a largely treatable condition. When one person's addiction is acknowledged, a therapist, a counsellor or other mental health professional can help an individual to take the necessary steps to address the behaviour and regain their ability to use the social media in a good and healthy way. Some of the effective therapies which can be provided are cognitive behavioural therapy, self-help treatment groups, group therapy, and family therapy and Social skills training too can be used.

Recommendations

Screening of Adolescent hostel students for social networking addiction and counselling and awareness regarding their healthy use of technology is the need. The educational authorities and the hostel authorities should ban or limit the over using of mobile phones around it. The educational authorities as well as the hostel wardens must create awareness among the students on the bad effects and negative impact of social media and unhealthy usage. Students should be in suspense to use social media more for academic purposes than for other purposes. The National Media Commission and the National Communications Authority must pass legislation to curtail the unrestrained usage of social media. Particularly, they must control the availability of some of the social media sites to students too. Majority of students are using social media in their mobile phones. Therefore, authorities can prevent students from using social media by banning tenure of mobile.

It is recommended that students be advised and warned against the dangers of addiction to social networking sites and be encouraged to install sites that can add value to their academic work and research.

Suggestions

- To give awareness programme about social networking addiction to the students
- To motivate the students to avoid isolation activity and to encourage, participate in social activity, family functions, etc.,
- To explain about life and time value.
- To give some ideas to reduce their social networking using time.
- To educate the students about social networking addiction.

Limitations

Due to the time and practical constraints, the researcher was unable to collect a bigger sample. Therefore, the sample may not be adequate to represent the universe. Thus, the findings of the present study may not be generalized to a large extent. Further study with a larger sample is suggested.

CONCLUSION

This study was conducted to identify the level of social networking addiction in Adolescent hostel students. The study findings revealed that majority of the respondents are in the age group of 17-19 year. More than four fifth of the respondents from nuclear family and three fourth of the respondents from medium size family. Most of the respondents are using mobile frequently and have scored high level in social media addiction and there is difference between age group, sex, order of birth, frequency of using mobile etc. The youth often experience poor mental health as a result of the addiction to the social networking which reflects the growth of the generation gaps between elders and themselves. The education in social networking sites has grown widely and the youth divert their attention due to lack of self-control and get addicted. To conclude, the current research revealed the social media addiction among the Adolescent hostel students' as it has direct impact on their mental health and

academic performance.

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