

# Effect of Mental Health on the Infatuation towards Social Media

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## Abstract

The world is becoming a global village. In this enormous network created by the internet, everyone is related to everyone else. Nowadays, social networking services are accessible to meet people's immediate social demands. The media landscape that today's youth must navigate is one that is evolving quickly. Youths are more influenced by the amount of time they spend on media than in the past, whether that time is spent learning for academic credit or not. Nowadays, teens' insatiable online cravings are inextricably linked to social media. These social networking sites enable users to communicate with friends who live far away and facilitate the sharing of images, videos, and audio files with those who are closest to us. These days, it is exceedingly challenging to locate teenagers who do not have an account on any social networking site. They utilise these websites to communicate with friends, family, coworkers, and other close friends and family members in order to share their thoughts, feelings, and ideas as well as concerns pertaining to their academic work. The investigator saw throughout her tenure as a teacher that teenage kids today exhibit an extravagant desire for social media, particularly for apps like Whats App, Facebook, Twitter, and video games. The majority of students in modern culture devote a significant amount of time to these activities. His mental health will suffer as a result. Thus, it is the duty of both parents and educators to function as the child's helper, monitor, coordinator, and observer in addition to maintaining a healthy relationship with them at all times. In the field of education, social media and mental health have a strong favourable association; nevertheless, an obsession with some social media platforms maintains a bad relationship with mental health. According to this study, there is a minor but substantial unfavourable association between male and female students' mental health and their obsession with social media. It indicates that a considerable decline in Mental Health is associated with an increase in Social Media Infatuation.

**Key Words:** Mental health, Infatuation towards Social Media, Higher secondary students

## Introduction

Since we are all social animals, we naturally desire to belong to a group and follow their lead. To achieve electronic independence, one must have access to the internet. Social media is an essential part of life that can't be disregarded. Without a question, the modern world has changed dramatically; we now live in the era of digital technology. Social media has completely changed digital technology in our country, enabling us to communicate with others instantaneously and express our thoughts, feelings, and opinions. Though most people use the internet for business, health, and education, teens mostly use it for social networking sites. This is unfortunate because a large section of the public uses the internet for other purposes. The concept of social networks is simple to understand: they are online resources that let users establish individual profiles, link and relate to each other arbitrarily, and share those connections with people globally. However, social media also contributes to their anger, impatience, and deviance. The problem arises when we use it without thinking about how it will affect our family, society, and ourselves.

The growth of technology and the advent of social media have utterly wrecked students' reading habits. Whatever a person's age, gender, or status, reading is an essential skill that serves as the cornerstone of success in life. It encourages the development of a person's thoughts. One of the main reasons why kids are reading less is the introduction of phones and laptops, along with the misuse of other types of communication technology. Pupils are becoming less and less interested in reading for pleasure and enjoyment; instead, they are turning to the media. A state of mental health is defined by the ability to successfully carry out mental processes, which results in productive endeavours, fulfilling relationships with others, and the flexibility to overcome hardship. Among the ideas of mental health are subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational reliance, and self-actualization of one's intellectual and emotional potential. Thus, a person's balanced personality development that enables him to live in harmony with others is what is meant to be considered mental health. Global concern is being raised about the growing significance of children's and teens' mental health, since it plays a critical role in their overall development and well-being. The young people of today are still feeling the effects of this abrupt change. As a result, children now face greater pressure to do well in order to prepare for the demands of a globalised society and for the future. Teachers, parents, psychologists, and the general public are growing increasingly concerned about the behavioural and mental health problems that school-age children encounter. Due to the pressures and stress of adolescence, some people develop an obsession with activities that provide them pleasure. It is a fact that most teenage students today have a keen interest in the media because of their cell phones. Their scholastic performance suffers as a result of their growing usage of Facebook, Instagram, WhatsApp, and other apps. These problems with children are often ignored and untreated, and in rare occasions, the severity of these problems and their overall impact on the child's development get worse. Therefore, we need to enhance pupils' mental health in order to free their minds from the perils of fixation. Adverse childhood behaviours often lead to substantial problems in our society as adults, including misbehaviour, severe violence, substance abuse, antisocial behaviour, and suicide. Children and teenagers are the most valuable members of a society's human resource pool. Now is the moment when doors open and the stage is set for a successful, happy, and healthy adulthood. Thus, balanced mental health is the cornerstone of healthy adult development and later years of life. Given the critical role that mental health plays in a child's development, parents and teachers should be concerned about their child's love for social media.

### **Rationale of the study**

Nowadays, social networking services are accessible to meet people's immediate social demands. These social networking sites enable users to communicate with friends who live far away and facilitate the sharing of images, videos, and audio files with those who are closest to us. These days, it is exceedingly challenging to locate teenagers who do not have an account on any social networking site. They utilize these websites to communicate with friends, family, coworkers, and other close friends and family members in order to share their thoughts, feelings, and ideas as well as concerns pertaining to their academic work. The investigator saw throughout her tenure as a teacher that teenage kids today exhibit an extravagant desire for social media, particularly for apps like Whats App, Face book, Twitter, and video games. The majority of students in modern culture devote a significant amount of time to these activities. His mental health will suffer as a result. Thus, it is the duty of both parents and educators to function as the child's helper, monitor, coordinator, and observer in addition to maintaining a healthy relationship with them at all times. In the field of education, social media and mental health have a strong favourable association; nevertheless, an obsession with some social media platforms maintains a bad relationship with mental health.

**Objective**

To find out the significant relationship between Mental health and Infatuation towards Social Media among Higher secondary students for the whole sample and subsamples based on

- Gender ( Male and female)
- Type of Curriculum (State Board/ CBSE/ ICSE)
- Subject specialisation (Humanities/ Commerce/ Science)
- Type of Management of School (Govt./ Aided/ Un-Aided)

**Hypothesis**

There exists significant relationship between Mental Health and Infatuation towards Social Media among Higher secondary students in total sample and subsamples based on

- Gender (Male / Female)
- Type of Curriculum (State Board/ CBSE/ ICSE)
- Subject specialisation (Humanities/ Commerce/ Science)
- Type of Management of School (Govt./ Aided/ Un-Aided)

**Methodology of the Study**

The method adopted should always be valid, reliable and appropriate to the nature of the problem under investigation and the kind of data that the problem demands. The present study was undertaken to find out the significant relationship between Mental health and Infatuation towards Social Media among Higher secondary students. Hence normative survey method will be adopted by the investigator for collecting the data.

**Sample for the study**

A sample of 620 Higher secondary students will be selected using stratified random sampling technique giving due representation to

- Gender (Male / Female)
- Type of Curriculum (State Board/ CBSE/ ICSE)
- Subject specialization (Humanities/ Commerce/ Science)
- Type of Management of School (Govt./ Aided/ Un-Aided)

**Tools for the study**

Mental Health Scale

Infatuation towards Social Media Scale

**Statistical Techniques used for the study**

Mean, Standard Deviation, Critical Ratio and Analysis of Variance

## ANALYSIS

### Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for the total sample and subsamples

In this section Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for the total sample and sub samples gender, type of curriculum, Subject specialization and type of management of schools were done. Results of the correlation analysis are presented in below.

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for Total Sample is presented in table 1.

**Table 1**

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for Total Sample

| Variables                        | Mean   | Std. Deviation | N   | r-value  |
|----------------------------------|--------|----------------|-----|----------|
| Infatuation towards Social Media | 106.48 | 20.284         | 620 | -0.385** |
| Mental Health                    | 156.09 | 14.855         | 620 |          |

**\*\*Significant at 0.01 level**

### Findings

From the above table it is clear that Infatuation towards Social Media is significantly correlated with Metal Health score of Higher secondary school students for total sample ( $r = -0.385$ ,  $p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Metal Health of total sample. It means that there is significant decrease in Metal Health score for increase in Infatuation towards Social Media

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for sub sample gender is presented in table 2.

**Table 2**

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for subsample Gender

| Gender | Variables                        | Mean   | Std. Deviation | N   | r-value  |
|--------|----------------------------------|--------|----------------|-----|----------|
| Male   | Infatuation towards Social Media | 106.08 | 21.348         | 307 | -0.337** |
|        | Mental Health                    | 154.40 | 15.262         | 307 |          |
| Female | Infatuation towards Social Media | 106.87 | 19.210         | 313 | -0.452** |
|        | Mental Health                    | 157.75 | 14.275         | 313 |          |

**\*\*Significant at 0.01 level**

## Findings

From table 2, it is clear that Infatuation towards Social Media is significantly correlated with Mental Health score of Higher secondary school students for male students ( $r = -0.337, p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Mental Health of male students. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media.

Table also shows that Infatuation towards Social Media is significantly correlated with Mental Health score of Higher secondary school students for female students ( $r = -0.452, p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Mental Health of female students. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media.

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for sub sample type of curriculum is presented in table 3.

**Table 3**

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for subsample Type of Curriculum

| Type of Curriculum | Variables                        | Mean   | Std. Deviation | N   | r-value  |
|--------------------|----------------------------------|--------|----------------|-----|----------|
| State Syllabus     | Infatuation towards Social Media | 107.81 | 20.321         | 328 | -0.436** |
|                    | Mental Health                    | 156.73 | 14.330         | 328 |          |
| CBSE syllabus      | Infatuation towards Social Media | 107.52 | 19.826         | 168 | -0.385** |
|                    | Mental Health                    | 153.71 | 16.249         | 168 |          |
| ICSE Syllabus      | Infatuation towards Social Media | 101.54 | 20.207         | 124 | -0.249** |
|                    | Mental Health                    | 157.62 | 13.962         | 124 |          |

**\*\*Significant at 0.01 level**

## Findings

From table 3, it is clear that Infatuation towards Social Media is significantly correlated with Mental Health score of state syllabus Higher secondary school students ( $r = -0.436, p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Mental Health of State syllabus students. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media.

Table 3 reveals that Infatuation towards Social Media is significantly correlated with Mental Health score of CBSE syllabus Higher secondary school students ( $r = -0.385, p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Mental Health of CBSE syllabus students. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media

Table 3 also shows that Infatuation towards Social Media is significantly correlated with Mental Health score of ICSE syllabus Higher secondary school students ( $r = -0.249, p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative negligible correlation between

Infatuation towards Social Media and Mental Health of ICSE syllabus students. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media.

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for sub sample subject specialization is presented in table 4.

**Table 4**

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for subsample subject specialization

| Subject specialization | Variables                        | Mean   | Std. Deviation | N   | r-value  |
|------------------------|----------------------------------|--------|----------------|-----|----------|
| Science                | Infatuation towards Social Media | 108.25 | 21.980         | 201 | -0.287** |
|                        | Mental Health                    | 155.35 | 14.092         | 201 |          |
| Humanities             | Infatuation towards Social Media | 103.94 | 20.369         | 204 | -0.491** |
|                        | Mental Health                    | 158.52 | 14.208         | 204 |          |
| Commerce               | Infatuation towards Social Media | 107.24 | 18.313         | 215 | -0.378** |
|                        | Mental Health                    | 154.48 | 15.889         | 215 |          |

**\*\*Significant at 0.01 level**

## Findings

From table 4, it is clear that Infatuation towards Social Media is significantly correlated with Mental Health score of Higher secondary school students studying science subjects ( $r = -0.287$ ,  $p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative negligible correlation between Infatuation towards Social Media and Mental Health of students studying science subjects. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media.

Table 4 reveals that Infatuation towards Social Media is significantly correlated with Mental Health score of Higher secondary school students studying humanities subjects ( $r = -0.491$ ,  $p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Mental Health of students studying humanities subjects. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media

Table 4, also shows that Infatuation towards Social Media is significantly correlated with Mental Health score of Higher secondary school students studying commerce subjects ( $r = -0.378$ ,  $p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Mental Health of students studying commerce subjects. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media.

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for sub sample type of management is presented in table 5.

**Table 5**

Details of the Relationship between Infatuation towards Social Media and Mental Health among Higher secondary students for subsample type of management

| Type of Management | Variable                         | Mean   | Std. Deviation | N   | r-value  |
|--------------------|----------------------------------|--------|----------------|-----|----------|
| Government         | Infatuation towards Social Media | 103.31 | 18.904         | 140 | -0.335** |
|                    | Mental Health                    | 157.01 | 14.293         | 140 |          |
| Aided              | Infatuation towards Social Media | 111.55 | 20.157         | 180 | -0.502** |
|                    | Mental Health                    | 156.35 | 14.477         | 180 |          |
| Unaided            | Infatuation towards Social Media | 104.92 | 20.488         | 300 | -0.353** |
|                    | Mental Health                    | 155.51 | 15.349         | 300 |          |

**\*\*Significant at 0.01 level**

## Findings

From table 5, it is clear that Infatuation towards Social Media is significantly correlated with Mental Health score of government Higher secondary school students ( $r = -0.335$ ,  $p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Mental Health of government Higher secondary school students. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media.

Table 5, reveals that Infatuation towards Social Media is significantly correlated with Mental Health score of aided Higher secondary school students ( $r = -0.502$ ,  $p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative moderate correlation between Infatuation towards Social Media and Mental Health of aided Higher secondary school students. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media

Table 5, also shows that Infatuation towards Social Media is significantly correlated with Mental Health score of unaided Higher secondary school students ( $r = -0.353$ ,  $p < .01$ ). Magnitude and sign of correlation coefficient shows that there exist a significant negative low correlation between Infatuation towards Social Media and Mental Health of unaided Higher secondary school students. It means that there is significant decrease in Mental Health score for increase in Infatuation towards Social Media.

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