



# IMPACT OF SOCIAL MEDIA ON MENTAL AND PHYSICAL HEALTH OF YOUTH

**Balemla Amitha**

Research Scholar, Department of Sociology,  
Osmania University, Hyderabad

## ABSTRACT

Social media usage is increasing daily. Social media not only facilitates communication but also influences many people. The present study aimed to find out the impact of social media on mental and physical health of youth. For this purpose, the researcher used a questionnaire method and collected the data from youth who stays in Hyderabad, Telangana state, applying simple random sampling technique. The sample consists of 271 male and female and their age ranges from 16 to 35 years. Applying mean, SD and  $c^2$  results the impact is found. The results indicates that majority youth of Hyderabad uses Youtube (95.6%) and WhatsApp (88.2%) social media platforms. The topics mainly seen/read/heard of social media is educational news (93.0%) and social news (91.1%). There is an impact of social media networking on their 'way of life', it is 'highly addictive', 'multi-tasking' and 'loss of concentration'. No significant difference in the opinions of youth on 'cyber bullying' and 'peer pressure'. The family members and mentors help them in addiction to social media.

**Keywords:** Social media, Mental & Physical health, Addiction, Cyberbullying.

## 1.0 Introduction

Social media become an integral part of youth life. At present situation, youth and social media are depending on each other. Majority social media users are youth only. Generally, most of the youth are frequently uses social media websites for interacting with their friends, search old friends. More over youth concentrating on their further studies and settlement in view of this social media is highly useful for searching information in this regard. Few of them know day to day updates political, economical, science and technology, sociological developments of the society. To come out from the stress the student community choosing social media as an entertainment tool. In general, youth are very much interested in using advancement of technology in every field compare to any other age group of a society. With this equation, the social media become a strong communication tool to link up the society.

Social media has both positive and negative viewpoints. The way that individuals use social media is completely dependent upon them. Over use can lamentably affect an individual, which is the reason the social media users with differing use designs experience minor issues. Both huge advantages and downsides of web-based entertainment use exist. In this regard, number of scholars from entire world have discussed about the advantages and disadvantages of social media.

Indeed, even with every one of the cutting edge accommodations, youths are encountering psychological wellness issues. They are as yet encircled by advancements, which causes them to feel pressured, restless, desolate and alone. These things happen when somebody utilizes these type of social media platforms exorbitantly.

Overuse of social media can result in addiction. Now-a-days the people seated next to one another and looking at their phones instead of conversing with other. The youth spend more time on social media with their mates than they do with their families, loved ones, or friends. The present study attempts to investigate the impact of social media on the mental and physical health of the youth.

**Objectives of the study:** To know the social media platforms used by youth and topic mainly seen on social media. To examine the characteristics of the social media used by the respondents. To find out the impact of Social Networking on Mental and Physical Health of youth.

**Hypothesis:** Youth of Hyderabad mostly spent on social media platforms in a day. There is no impact of social media networking on the youth. There is no significant difference in the opinions of Hyderabad youth on mental and physical health.

**Limitations:** The study is restricted to youth, whose age is between 16-35 years and who stay in Hyderabad & Secunderabad twin cities of Telangana state. The study is mainly based on impact of social media on youth mental and physical health.

## 2.0 Review of Literature

As rapid expansion of the technological landscape in recent years, social media has become increasingly important in the lives of young people. Social networking has created both enormous new challenges and interesting new opportunities. Anshul Varma & Bhuvaneshwari V. (2023)<sup>1</sup> found that there exists a correlation between increased social media use and the presence of various mental health disorders, including anxiety, stress, and depression, among students today. Gaikwad (2022)<sup>2</sup> found the level of all areas of the mental i.e., Egocentrism, Alienation, Expression, Emotional Unitability, and Social Non Conformity. These factor shows the affection of social media to mental health is more in boys than the girls. Anjali Singh, Herendra Kumar and Sunita Kumari (2020)<sup>3</sup> found a significant difference between adolescents who use social media for <2 hours and adolescents who use social media for >2 hours on depression (17.5), anxiety (18.02), and stress level (17.56). A study was carried out by Choudhury and Ali (2020)<sup>4</sup> to determine the incidence of social media addiction in young people. According to the findings of the descriptive research, 31.6% of people suffer from social media addiction. Deepa and Krishnapriya (2020)<sup>5</sup> opined that there is a positive correlation between feeling anxious and serious active on SNS than in real life. This study concludes that more usage of social media, number of SNS and too much of time spent on social networking sites is affecting the student' s mental health such as depression and anxiety. In their 2020 study, Sharma, John, and Sahu<sup>6</sup> examined the impact of social media on mental health and discovered how far the platform has come. Although social media has many negative effects, there are also positive aspects, according to author analysis. According to Kaur and Bashir (2015)<sup>7</sup> there is a negative effect on depression, stress, fatigue, online harassment, cyberbullying, sexting, suppression of emotional and decrease the intellectual abilities.

## 3.0 Methodology

**Population:** The population considered for this study are youth in the age group of 16-35 years of Hyderabad, Telangana State.

**Sampling Method:** - Simple random sampling technique is used to get the sample from the total population.

**Sampling Area:** The youth studying intermediate, undergraduate and post-graduate students staying in Hyderabad city.

**Sampling Size:** The sample size consists of 271 respondents of various colleges/universities.

**Research Approach:** To collect the primary data from the respondents survey method used and collected the data through a questionnaire with close-ended questions.

**Research Instrument:** the questionnaire contain questions, which are framed with the aim to excerpt data related to the research objectives. The data was collected using mailed questionnaires.

**Study Area:** Twin cities of Hyderabad and Secunderabad, Telangana State.

## 4.0 Data Analysis and Interpretation

**Table 1: Respondents' Background**

Sl. No.	Variable	Frequency	Percent	Cumulative Percent
1.	Gender			
	(a) Male	192	70.8	70.8
	(b) Female	79	29.2	100.0
	Total:	271	100	
2.	Age			
	(a) 16-25 years	161	59.4	59.4
	(b) 26-35 years	110	40.6	100.0
	Total:	271	100.0	
3.	Qualification			
	(a) Intermediate	9	3.3	3.3
	(b) Undergraduates	83	30.3	33.6
	(c) Post-graduates	141	52.0	85.6
	(d) Other	39	14.4	100.0
	Total:	271	100.0	
4.	Household Income			
	(a) <Rs.20000	109	40.2	40.2
	(b) Rs.20001 to Rs.40000	55	22.1	62.4
	(c) Rs.40001 to Rs.80000	42	15.5	77.9
	(d) Rs.80001 to Rs.100000	41	15.1	93.0
	(e) >Rs.100001	19	7.0	100.0
	Total:	271	100.0	

Source: Primary data

Table 1 shows the respondents socio-economic background of the respondents. On the basis of gender, there are 192 (70.8%) male and 79 (29.2%) female in the present study. The study consists of 161 (59.4%) 16-25 years age group and 110 (40.6%) 26-35 years age group respondents. Nine (3.3%) respondents possess intermediate qualification, 83 (30.3%) undergraduates, 141 (52.0%) Post-graduates and 39 (14.4%) respondents belong to other qualified respondents i.e., polytechnic, medicine, etc. There are 109 (40.2%) respondents whose income is less than Rs.20000 and the other income group respondents are 55 (22.1%) whose income ranges Rs.20001 to Rs.400000, 42 (15.5%) respondents' income range is Rs.40001 to Rs.80000, 41 (15.1%) respondents fall in in the income rage of Rs.80001 to Rs.100000 and 19 (7.0%) respondents earn more Rs.100001.

**Table 2: Social Media Platforms Used**

Sl. No.	Social media platform	Yes	No	Total
(1) Name of the social media platform used				
(a)	Facebook	199 (73.4%)	72 (26.6%)	271 (100%)
(b)	Twitter	209 (77.1%)	62 (22.9%)	271 (100%)
(c)	WhatsApp	239 (88.2%)	32 (11.8%)	271 (100%)
(d)	Youtube	259 (95.6%)	12 (4.4%)	271 (100%)
(e)	Instagram	222 (81.9%)	49 (18.1%)	271 (100%)
(f)	Telegram	229 (84.5%)	42 (15.5%)	271 (100%)
(g)	Tiktok	179 (66.1%)	92 (33.9%)	271 (100%)
(h)	Any other	196 (72.3%)	75 (22.7%)	271 (100%)
(2) News topic mainly seen/read/heard of social media				
(a)	Social news	247 (91.1%)	24 (8.9%)	271 (100%)
(b)	Health news	228 (84.1%)	43 (15.9%)	271 (100%)

(c)	Technology news	228 (84.1%)	43 (15.9%)	271 (100%)
(d)	Economic news	228 (84.1%)	43 (15.9%)	271 (100%)
(e)	Sport news	225 (83.0%)	46 (17.0%)	271 (100%)
(f)	Educational news	252 (93.0%)	19 (7.0%)	271 (100%)
(g)	Political news	243 (89.7%)	28 (10.3%)	271 (100%)
(h)	Cultural news	217 (80.1%)	54 (19.9%)	271 (100%)
(i)	Any other	189 (69.7%)	82 (30.3%)	271 (100%)

Source: Primary data

From the above table, it is observed that most 259 (95.6%) respondents use 'Youtube' as social media platforms and it is followed by 'WhatsApp' platform with 239 (88.2%). The 'Telegram' platform is used by 239 respondents with 84.5%. The respondents placed the 'Instagram' platform at fourth place with 222 (81.9%). The respondents uses other social media platforms that are 'Twitter', 'Facebook' and 'Tiktok' with 209 (77.1%), 199 (73.4%) and 179 (66.1%) respectively. It indicates that the major social media platforms that are used by the youth of Hyderabad are 'Youtube' and 'WhatsApp' with 95.6% and 88.2%, respectively.

**Table 3: Characteristics of Social Media**

(1)	Time spent on social/day	Frequency	Percent	Cumulative Percent
	(a) 1-3 hours	223	82.3%	82.3%
	(b) 4-7 hours	38	14.0%	96.3%
	(c) 8-10 hours	7	2.6%	98.9%
	(d) More than 10 hours	3	1.1%	100.0%
	Total	271	100.0%	
(2)	Frequency use of social media			
	(a) Often	54	19.9%	19.9%
	(b) Always	39	14.4%	34.3%
	(c) Sometimes	174	64.2%	98.5%
	(d) Never	4	1.5%	100.0%
	Total	271	100.0%	
(3)	Identification of fake news			
	(a) Confidently identify	200	73.8%	73.8%
	(b) Cannot identify	71	26.2%	26.2%
	Total	271	100.0%	
(4)	Action on fake news			
	(a) Re-share the post to warn others	47	17.3%	17.3%
	(b) Ignore the post	149	55.0%	72.3%
	(c) Report the post	75	27.7%	100.0%
	Total	271	100.0%	
(5)	Type of Fake News			
	(a) Text	6	2.2%	2.2%
	(b) Audio	0	0.0%	2.2%
	(c) Video	3	1.1%	3.3%
	(d) Photo	1	0.4%	3.7%
	(e) Text & Audio	0	0.0%	3.7%
	(f) Text & Video	3	1.1%	4.8%
	(g) Photo & Video	11	4.1%	8.9%
	(h) Text & Photo & Video	247	91.1%	100.0%
	Total	271	100.0%	

Source: Primary data

The findings of the study revealed that most 223 (82.3%) of the respondents spent 1-3 hours per day. Substantial number of respondents i.e., 174 (64.2%) use social media ‘sometimes’. Nearly three-fourths (i.e., 73.8%) of the respondents firmly stated that they identify the fake news in social media. In this regard, 149 (55.0%) of them ignore the fake news post, 75 (27.7%) report it and 47 (17.3%) re-share the post to warn others. The study results shows that more than ninety percent (247 or 91.1%) fake news are either text or photo or videos.

**Table 4: Impact of Social Networking on Mental and Physical Health**

Sl. No.	Impact	N	Mini-mum	Maxi-mum	Mean	Rank	SD	$\chi^2$	df	Sig.
(1)	Way of life for youth	271	1	5	3.68	1	1.15 1	87.72	4	.000
(2)	Is Highly addictive	271	1	5	3.68	1	1.17 9	67.50	4	.000
(3)	Compare our lives with others	271	1	5	3.38	3	1.17 0	44.66	4	.000
(4)	Making us restless, sleeplessness	271	1	5	3.28	4	1.30 7	18.72	4	.001
(5)	Gives rise to Cyber Bullying	271	1	5	3.20	5	1.40 7	6.98	4	.136
(6)	Glamourizes Drug & Alcohol	271	1	5	2.99	9	1.30 1	10.45	4	.033
(7)	Can make us unhappy	271	1	5	3.00	8	1.20 0	32.59	4	.000
(8)	Leads to fear of missing out	271	1	5	3.18	6	1.14 6	49.31	4	.000
(9)	Multitasking, loss of concentration	271	1	5	3.44	2	1.30 6	28.64	4	.000
(10)	Leads to increased peer pressure	271	1	5	3.17	7	1.38 8	9.277	4	.055
	Total	271	10	50	33.0 0		7.72 0	104.04 4	3 3	.000

Source: Primary data

Table 4 pertains descriptive statistics on the impact of social networking on mental and physical health well-being of young of Hyderabad. It is found that the mean score (3.68) shows that the respondents felt that the social networking impact on way of life for youth and it is highly addictive among youth and placed these two opinions in first place. According to them it is a multitasking and loss of concentration on their routine and placed this statement in second place with 3.44 as it mean. The other impact on use social networking is compare lives with others with a mean of 3.38. The youth of Hyderabad accepted that it make them restless and sleeplessness and its mean value is 3.28. The respondents opined that the social networking gives rise to cyber bullying with 3.20 as its mean score and placed in 5<sup>th</sup> rank. With 3.18 mean value, the respondents placed the statement “Leads to fear of missing out” in sixth place. The social networking impacts in increasing of peer pressure with 3.17 mean score and it ranked seventh. Both the statements i.e., “Can make us unhappy” and “Glamourizes Drug & Alcohol” with a mean value of 3.00 and 2.99,

respectively. With a mean score of 33.00 and 7.720 as SD, the impact of social networking on mental and physical health of youth of Hyderabad is more than average. Further, the p values of  $\chi^2$  results (.000) indicates that there is a significant difference in the opinions of respondents on many statement, except the statements like “Gives rise to cyber bullying” and “Leads to increased peer pressure” with a p value of .136 and .055, respectively.

## 5.0 Findings

1. Majority of the youth of Hyderabad use Youtube (95.6%) and WhatsApp (88.2%) social media platforms.
2. It is found that the news topic mainly seen/read/heard of social media is educational news (93.0%) and social news (91.1%).
3. The findings shows that most of the youth spent 1-3 hours on social media per day and 64.2% of them uses social media sometimes. About three-fourths (i.e., 73.8%) of them identify the fake news, 55% ignore the media post and 27.7% of them report the post. Most (91.1%) of them stated the type of fake news are either text or photo or video.
4. The results established that there is an impact of social media networking on their ‘ way of life’ , it is ‘ highly addictive’ , ‘ multi-tasking’ and ‘ loss of concentration’ .
5. The p values of  $\chi^2$  indicate that there is no significant difference in the opinions of youth on ‘cyber bullying’ and ‘peer pressure’.

## 6.0 Conclusion

The exposure to social media by youth using advanced technology makes them addition towards different types of social media networking. The present study found that YouTube is the mostly used social networking site, whereas Madhur Raj Jain (2012)<sup>8</sup> stated the Facebook is most popular web site in Delhi. The results of the present study indicates that majority of the youth sparing their valuable time 1-3 hours on social networking. It is comparatively less with the results of Kajal Sharma (2023)<sup>9</sup>, who conducted a study at Union Territory of Chandigarh, where the youth spend more than seven hours a day. The respondents asked whether they felt any impact on using social networking, it is highly addictive and way of life for youth. These results are agreed with the study of Kajal Sharma. This study found that more than 90% of the youth accepted they use social for development of educational purposes. In a study conducted by Chandra Shekhar (2021)<sup>10</sup> stated that 29% of the youth strongly agreed that the social media impacting on their education as well as employment opportunities.

It is recommended that the family members and/or school/college mentors assist young people in their addiction to social media by supervising their mental health issues.

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