

THE VARIANCE IN MALE AND FEMALE TEENAGERS' LEVEL OF WELL-BEING IN RELATION TO THEIR STATUS OF SOCIAL MEDIA ADDICTION

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Abstract

Youth dependency on social media looks to be a worry. Internet World Stats reports that Asia has the most Internet users in the world, with 922.3 million users representing 44 percent of the worldwide Internet user population. The purpose of this study was to investigate the influence of social media, specifically Facebook addiction status, on many elements of psychological health and personality in teens, such as well-being. For the purpose of the present study, a sample of 120 respondents from the city of Udaipur in the Indian state of Rajasthan who were involved excessively in social media (FACEBOOK) activities were selected using the approach of purposeful sampling. The data that was obtained was analyzed using a two-way Anova test. This was discovered while analyzing the addiction status of social media (Facebook). The results reveal that there is not a significant variance in male and female teenager's level of well-being in relation to their status of social media addiction.

Keywords: *Social media addiction, Facebook addiction, Cognitive behavioural therapeutic Module, Well-being.*

Introduction

Addiction to social media is a type of internet addiction that is considered as problematic usage of social media by individuals of all ages, especially teenagers. The internet is the basis of social media, thus addiction to social media is a subset of internet addiction. Alternative terms that are sometimes used in place of SNM include "social media," "social digital technology," and "participatory media". Internet addiction is the result of "compulsive overuse" of the medium. Dependence on media is a natural consequence of media addiction. Bonetti, Campbell & Gilmore, (2010). Teenagers are powerless in the face of real-life dangers such as Facebook sadness and cyber bullying because they lack the ability to exercise self-control and are sensitive to the influence of their peers. Other problems, such as social network-induced obesity, addiction to the internet, and loss of sleep, are currently being carefully investigated as a result of the conflicting conclusions that have been found in a great number of researches. Gómez-Baya, Lucia-Casademunt & Salinas-Pérez, (2018). Those who work in the field of health across all age groups, including children and teenagers, parents, educators, and families, must be conscious of the variety of tests that are related with excessive Facebook dependency in order to provide balanced and best guidance and assistance to patients. There are no tried-and-true methods of evaluation or treatment available for the condition.

Literature Review

According to research conducted by Abdel Kader, W. & Elnakeeb, (2017), most adolescents and young adults use Facebook more frequently to keep in contact with the people they already know offline than to meet new people online. According to these studies, the primary purpose for using Facebook among adolescents and young adults was "social searching," in which users looked for information about their own friends Agneta, Mariska & Joost, (2018).

According to Cash & Pruzinsky, (1990), using Facebook was associated with feelings of worry and insecurity. It was claimed by 52% of those who took part in the study that their behaviour had been negatively impacted as a result of their use of SNM. Because they spend so much time on social networking sites, 67% of users indicated that it was difficult to maintain their offline interactions with friends and family members. 55% of those who were prevented from logging into Facebook reported feeling uncomfortable or unsettled as a result. The fact that individuals were unable to ignore their laptops or mobile phones which they use to access the internet, were a fascinating discovery. People had to turn off their devices many times each day in order to give themselves a break from using the internet.

Chouhan, & Charan, (2015) discovered that the number of times teens used blogs and Twitter had decreased, whereas the number of times they used Facebook had steadily increased. In this regard as well, it was discovered that Facebook is the website that users of all ages prefer the most. According to Chouhan & Charan, (2015), the majority of the time that young people in Serbia spend online was spent on Facebook.

Chouhan & Sharma, (2013)'s research, older teens are more likely to use Facebook than younger ones. According to Chouhan & Sharma, (2013), young people do not consider SNM sites to be a waste of time, and they do not plan to stop visiting these sites in the foreseeable future. According to Chouhan & Tiwari, (2002), more than 80% of American adolescents participated in SNM sites, while 95% of American teenagers used the internet.

Research Aim

To analyze the variance in male and female teenagers' level of well-being in relation to their status of social media addiction.

Research Objective

To study the variance in male and female teenagers' level of well-being in relation to their status of social media addiction.

Research Hypothesis

H0: Male and female teenagers will not be significantly different in their level of wellbeing in relation to their status of social media addiction.

H1: Male and female teenagers will be significantly different in their level of wellbeing in relation to their status of social media addiction.

Material and Method

Research Design

The Independent Group Design was utilised in order to make a comparison between teenagers who were addicted to social media and those who were not addicted to social media in relation to their gender, which was either male or female, on their measures of addiction to social media, well-being.

Sample size

The entire sample included 120 participants, all of whom were between the ages of 15 and 19 and came from a variety of educational institutions located in the city of Udaipur in the Indian state of Rajasthan. Teenagers who reported participating in activities related to social media were prioritised for inclusion in the study after employing a purposeful selection technique to choose the participants for the sample.

Data Analysis

A two-way ANOVA test was carried out to investigate the impact of gender and the degree to which teens are addicted to social media on their levels of well-being. The Well-being Index (WBI) was utilised as a tool for determining each respondent's overall degree of wellbeing. Chouhan and Sharma came up with this scale in 2016, therefore credit goes to them. There are a total of 50 statements on the scale, with 32 of them having a positive connotation and 18 having a negative connotation.

Results and Discussion

The result under ANOVA revealed the effect of gender (Male & Female) , status of social media addiction (Social Media Addict & Social Media Non-Addict) and their interaction on all psychological measures namely well-being. Beside Indian perspective overall well-being refers to health, vitality, creativity, fulfilment and resilience. It refers to flourishing that involves mind, body, society and environment in general. Well-being refers to a harmonious interplay of physical, cognitive and affective process rather than subjugating to them.

Table 1.1
Summary of Analysis of Variance for Well-Being (WB)

<i>Source of Variance</i>	<i>SS</i>	<i>Df</i>	<i>MSS</i>	<i>F Value</i>	<i>p</i>
<i>Corrected Model</i>	<i>5996.3</i>	<i>3</i>	<i>1998.767</i>	<i>3.52</i>	<i>0.017</i>
<i>Intercept</i>	<i>3914685.633</i>	<i>1</i>	<i>3914686</i>	<i>6896.65</i>	<i>0.00</i>
<i>Gender</i>	<i>1104.133</i>	<i>1</i>	<i>1104.133</i>	<i>1.95</i>	<i>0.166</i>
<i>SMA Status</i>	<i>4864.133</i>	<i>1</i>	<i>4864.133</i>	<i>8.57</i>	<i>0.004**</i>
<i>Gender * SMA Status</i>	<i>28.033</i>	<i>1</i>	<i>28.033</i>	<i>0.05</i>	<i>0.825</i>
<i>Error</i>	<i>65844.067</i>	<i>116</i>	<i>567.621</i>		
<i>Total</i>	<i>3986526</i>	<i>120</i>			
<i>Corrected Total</i>	<i>71840.367</i>	<i>119</i>			

Analysis of variance (2X2) for gender and social media addiction status on measure of well-being (WB) revealed that gender either independently or interactively with status of social media addiction is not significant to introduce variance in teenagers' well-being although social media addiction status independently endorsed as significant factor to determine teenagers' well-being.

Hypothesis 1

Male and female teenagers will be significantly different in their level of well-being in relation to their status of social media addiction.

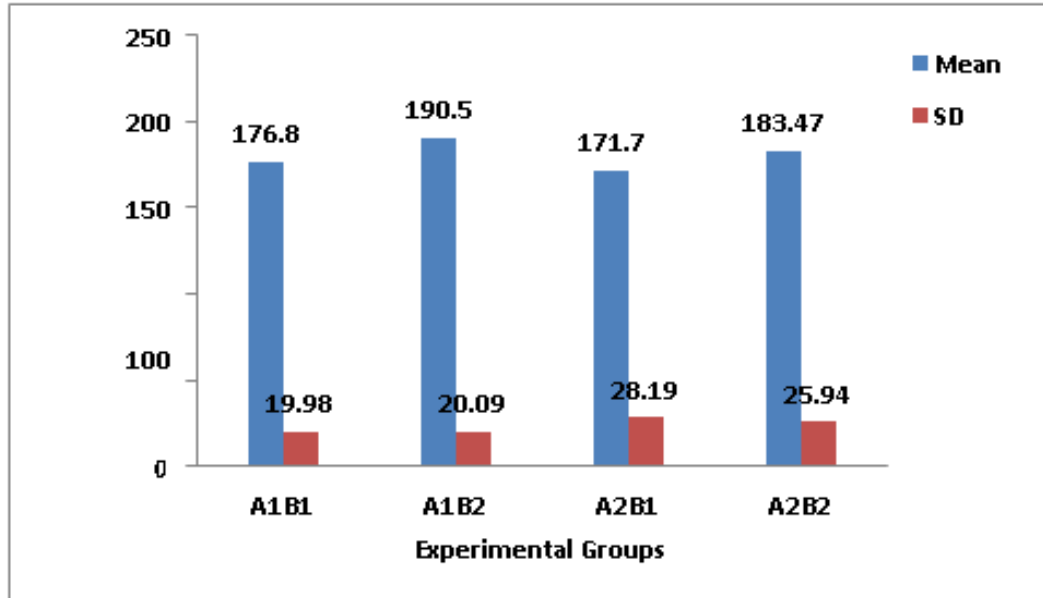
Table 1.2
Descriptive and F Values for Interaction on Well-Being (WB)

<i>Experimental</i>				
<i>Groups</i>	<i>Mean</i>	<i>SD</i>	<i>f</i>	<i>p</i>
<i>A1B1</i>	<i>176.8</i>	<i>19.982</i>		
<i>A1B2</i>	<i>190.5</i>	<i>20.087</i>	<i>0.049</i>	<i>0.825</i>
<i>A2B1</i>	<i>171.7</i>	<i>28.193</i>		
<i>A2B2</i>	<i>183.47</i>	<i>25.94</i>		

Where = A1 – Male, A2 - Female, B1 –Social Media Addict & B2–Social Media Non-Addict

Figure 1.1

Graphical Representation of Descriptive Values for All Experimental Groups on Well-Being (WB)



Result table 1.1 exhibits analysis of variance (F value) for interactive role of social media addiction status and gender, which is endorsed as insignificant on measure of teenagers’ well-being ($F = 0.049, p = 0.825$). To precise all experimental groups showing very less variation in their measure of well-being. F value further substantiated this variation as insignificant hence level of well-being for male and female teenagers cannot be justified as a result of their dependency on social media whether they are addict or not.

To conclude as variance in well-being for all experimental groups are not corroborated as significant, the considered alternative hypothesis in similar context has not been proven true hence rejected here.

Conclusion

The advanced and update information regarding social media addiction phenomenon speculated to be conducive to encourage healthy usage and urge parents and educators to monitor for potential problems with social media addiction.

Based on the data analysis following conclusions were drawn.

WELL-BEING

- Male and female teenagers are not significantly different in their level of wellbeing ($F = 1.945, p = 0.166$).
- Social media addict group of teenagers are found significantly poorer in their level of well-being as compared to social media non-addict group of teenagers ($F = 8.569, p = 0.004$).
- Interactive role of social media addiction status and Teenager is found insignificant on measure of teenagers' well-being ($F = 0.049, p = 0.825$).

It has been concluded that the rise of social media over the course of the past few decades, and especially with the advent of digital technology, has brought the topic to the forefront of public attention. It is impossible to ignore the significant positive aspects of social media, such as the ease with which people may make rapid and worldwide connections. On the other hand, it is common known that there are negative aspects associated with the use of social media by people of all ages and cultures.

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