

Influence Of Social Media In Developing Social Anxiety: A Study Of University Students In Lahore

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Abstract- Now a day's people have modern ways to interact with one another, they can communicate easily through social media with one another. With a lot of advantages social media has also disadvantages as social anxiety is one of them. Social anxiety is the reason of depression, it negatively effects physically, psychologically and increase complexity. These all causes are interlinked. To study about the social anxiety among students, Social media needs to aware the youth about the harmful aspects of it. Purposive sampling technique was used, students were selected who are engaged with social media. Total number of respondents are 50 and all are undergraduate regular students. Data collected through survey method. According to the research findings, there is no correlation between social media and social anxiety. Which means social media is not playing any role in developing social anxiety among students. Social anxiety may occur in situations, but in this research is social media don't develop the social anxiety. The purpose of this study is to find the relationship between social media and social anxiety. This study revealed that there is no association between social media and social anxiety among the students of social work department Punjab University.

Index Terms- Feeling of illness, Level of confidence, Social Media, Social anxiety

I. INTRODUCTION

To study about the social anxiety among students, Social media is a way of representing the ties that bind us in the form of relationships (Coiera .E. 2013). Everything has sunny side and also the darker side, now here highlighted the darker side of social media. Before social media, youth has never opportunities to bring their self-presentation to perfection. With the use of modern technology as they become more socialized. (Valkenburg M. P. 2017). In the case anything shares through media set its direction and a motive to aware the people. Most of the students are the target of anxiety that's why I chose the youth as per content. Nowadays our youth is broad minded and they have several ways to the use of things, either these are positive or negative. Electronic media play a vital role to develop social anxiety among students. With the passage of time we are more connected with the outer world and connect with a lot of people. This communication introduces ourselves with the latest technology, we want to access. Social media are those devices which are socially used. The invention of the computer is to share of resources with others and the data also available in hard copy and take more space to store that is easy to store in soft copy through the computer. Particularly the sharing of data easily possible through internet. Communicate with others is also possible through internet. This is stage of modern invention (Enrikson J. 1998).

Social media has transformed mass communication from the monopoly of the multi-directional communication average of the customary mass media, e.g (printing press, television, radio) to multi-directional communication where everyone can participate. (Wyrwoll .C. 2014).

Anxiety is a persistent problem in multiple fields of study (Daniel .M. 2012). In 1980, SAD (social anxiety disorder) was legitimately documented as a psychiatric condition - defined by an extreme fear and prevention of social situations, where there is probable for valuation or denial by others (Kashdan B. T. & McKnight, 2010). Depression is common now in youth and it has many reasons and all of those one of them is social media. Hesitate to communicate with others through face to face communication. Abilities are less to judge the people through their expressions. According to Saleem A. (2016) Social anxiety is the blend of fear, anxiety and concern that people experience when they expect being unable to make a positive impression on others, particularly in meetings with strangers in public settings. Social anxiety is linked with the observation which comes dealing with others face to face interaction. (Donna J. June 2007). Social anxieties are based upon the feelings of vulnerability, restlessness, shyness or fears to interact with others, in this fast era, everybody becomes smart or in touch with others through technology but this technology prevent anxiety among youth.

The production of 'social anxiety' between these groups which resulted in a tendency to the use of 'scapegoats' onto which troubling experiences were deep (Parton .N. 2018).

Social anxiety is the reasoning of depression, it effects physically and psychologically both and prevention of complexity, these all is interlinked. When we are not confident to talk everyone directly that have some psychological impacts which is psychologically have fear to talk with others Social interaction is when we meet with people or connect with people on the basis of some social needs. When we meet with others, day by day our interaction becomes stronger, but when we are mostly involve in electronic media those who are nearest to us these are more far to us. The psychological impact is when a victim physically

appears, but can't concentrate on work. Social anxiety refers to obstinate fears of circumstances involving social communication or social performance or situations in which there is the probable for inspection by others (*American Psychiatric Association, 1994*).

Everything has positive and negative aspects, but here we are discussing the some related aspects of social media. Awareness is the side of the things, but depression and complexity is also strongly prevented in youth. The criminal minds are born into society. These things give the dimension to others how to take crimes and fix them? The prevention of anxiety about adventure and comes out with the results of depression. Healthy mind have a healthy body and healthy minds make a healthy society. Now days our youth is well-known from the media, there are many types of media and one of them is electronic media. Electronic media is in use of everybody of our society, but youth is more influenced by Social media: including electronic media watching TV, documentaries and the videos those are viral with just one click.

This is important to people, engage each other through social media, people are connecting with each other for sharing get fun spend free time in other activities. Now in the modern world becomes harder and faster to follow it, young generation needs to be more socialize by self with others. The modern world has modern ways to interact with other people are connected easily with one another. Everyone has a hard and fast life and in this life, social media is time saving.

There are many types of social media, but here we are discussing about electronic devices through which younger generation becomes socialized. Electronic media are the media that one can share on any electronic device for the audiences viewing, unlike static media (Printing), electronic media is publicized to the wider community. Examples of electronic media are things such as like television, radio or the internet. (Connell X. C. 2015)

The use of electronic media to communicate with others for the sake of socializing yourself and well-known from the new developing world. Television, Radio and Internet are the examples of electronic media through which we are aware of the outside world. Television is most common device and use of Social media, people is spending most of their time for it. Most of the serials and social websites are playing on it and a huge amount of youth watches it. Radio is not a later invention as well as Television, many of programs and stories are here through it.

The Internet is also a source of Social media, but with the passage of time it is easier to access and the sharing of videos, movies and messages are far from just a click. The mobile phone is that device which is easy to access for anyone, anywhere and the well-known example of Social media, internet, movies each and everything available through it and students are well introduced from it and use it for each purpose.

1.1. Reasons

- Less self-confidence among students.
- Because of this source of communication we far from our close relations.
- Use of social websites effects social anxiety.

1.2. Hypothesis

- How social media effects Social anxiety among students?
- Is social anxiety in female more than male?
- Influence of Social media may likely develop social anxiety among university students in Lahore.
- Social anxiety may vary the lot of use social websites.
- Social anxiety may prevent from less verbal communication.

2. Literature review

Social media mostly use through electronic devices. Electronic devices are invented to share the data with others which is in the form of soft copy and easy to share. Firstly the invention of the computer is in that era which is huge in size. Further, for sharing or connecting with others through the internet. Electronic mail and communication and connectivity of local and wide area networks are introduced. Other electronic websites are introduced to communicate like Facebook, Twitter, WhatsApp and online games. The invention of television and handsets is more likely closed to the students with the outer world.

According to (Fuchs .C. 2017) a human is social according to social theory, for living in a society human need to be social now in modern time connected through modern technology, internet. If anybody connected electronic devices without internet, connectivity is not possible they have ideas but its sharing with others is not possible. The process of perceiving is a social activity and these activities develop social relations. There are several ways of information as likely several ways of social networking. People say that all media is not social such those which through connect with others is social media. Ray Tomlinson sent the first email one to another computer in 1971. Media is social but all types of media is not social, example: if anyone plays a game alone (use of media but not social), if play an online game with someone else (that is social activity). Communication is a necessary part of our life.

Communication is possible through social websites those are connect us to the well known and unknown people. In 21st century is easy to access way to communicate with people. Social media gives us the path to communicate. (Yousfzai .A. 2016) In 2016 South Asia, including Pakistan has included in developing countries and the use of social media is becoming faster towards youth.

Facebook has 3 billion connections per day, goggle 2.5 billion connections per day. Now people owner of their own personal devices like mobile phone, laptops, tabs etc.

(Tamyra .P. 2009) Social anxiety is changeable sometime it happening with the changes of moods, but social anxiety results become more extreme. Symptoms of social anxiety occur in social situations, those students faced the social anxiety they don't play any abnormal actions. It's happening in different situations.

2.1. Advantages of Social Media

Use of Social media is helpful for youth in sharing information about new development of society and the outer world. Give a broader way to increase mental level, increase the IQ level, skill development, improving communication skills and connected people with others those are more far to us. Providing information about anything like books, eBooks, digital sources, newspaper, documentaries, different cutlers, historical information, etc. are available anywhere or everywhere through connecting internet.

Provide opportunities to enhance the communication skills with family, fellows, colleagues and friends. (Tynes, 2007)

2.2. Disadvantages of Social Media

Social media is a vast area of providing information and all types of information is included in it. Some information is useful and sometime it providing negative or positive information. But all type information involves youth in unhealthy and time wasting activities. Involvements in lots of activities involve in lot of habits and anxieties developing in youth personality. Online communication with others develops social anxiety and a feeling of loneliness. Youth engage to communicate with others, but in this expressionless communication prevention of misconception. Misconception is known as misunderstanding about others views.

2.3. Influence of social media in developing social anxiety

Social media play a great significance part in society for the development of society. Use of social media is reason of less confidentiality among youth. Social anxiety fended off personality development towards social development. Male and female, both experience the social anxiety online communication websites. One explanation is due to the importance of females.

Social media play a part to moderate the society. Social media also pay a part in prevention of social anxiety. Most of our youth engage with electronic devices. They are connected with each other through the source of Social media. The face to face or verbal communication is rare now they are connected with lots of people through devices. Social media is helping to provide the information another hand it discloses those things which are not good for youth, young minds. Develop less confident them. They can't communicate with others through facial expressions and they can't judge the people. Social media close us with people. We communicated more than two people or a group of people at the time with other hand, we become far from our close relationships. Those who are nearest to us these are more far more us now. The student spends a lot of their devices not with close relationships. Reactions and interaction directly with others often induce anxiety in people distress from social anxiety. By using social media, social anxious youngsters can avoid direct reactions of others and thereby reduce or prevent occurring anxiety. (Krol P.C. 2015)

3. Methodology

University of the Punjab is one of the largest and oldest university in Pakistan and for our research purpose a sample student selected from the Department of Social Work from the program of Regular BS. Hons of same university. Total number of questions were 16 and they were depending on these:

1. To know about how many students use the social website for communication.
2. How much they spend time on social media.
3. How many socialize, they are through social media.
4. Are they facing social anxieties with the use of social media.
5. Is lower confidence level is reasoning is social media.
6. Do they face hesitation to communicate with others?

3.1. Sampling

A purposive sampling technique also known as selective sampling, students were selected those engage with social media. All of them were engaged with social media. Total number of respondents were 50 and all of them from BS. Hons regular students were respondents in which 26 male and 24 female the age between 18 to 22.

3.2. Tool Development

Interview schedule was prepared for the purposes of data collection. All of the questions were closed ended. The closed ended questions reduced the possibility of ambiguity and failure to understand the questions. A tool for data entry and its analysis was SPSS and all results from the data entry and of analysis came from there.

4. Results

Table 1. Independent sample t-test applies. Is social media developing social anxiety?

Independent Samples Test								
		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Social anxiety	Equal variances assumed	.268	.607	-1.879	48	.066	-1.51923	.80854
	Equal variances not assumed			-1.880	47.794	.066	-1.51923	.80801

According to **Table 1**, it may be assumed that male and female have non-significant differences in Social anxiety.

Table 2: Correlation between Social Media and Social Anxiety

Correlations			
		Social anxiety	Social media
Social anxiety	Pearson Correlation	<i>1</i>	<i>-.094</i>
	Sig. (2-tailed)		<i>.514</i>
	N	<i>50</i>	<i>50</i>
Social media	Pearson Correlation	<i>-.094</i>	<i>1</i>
	Sig. (2-tailed)	<i>.514</i>	
	N	<i>50</i>	<i>50</i>

According to **Table 2**, there is no relationship between Social media and Social anxiety.

Table 3: Mean and standard deviation value of male and female in social anxiety.

Group Statistics					
	Gender	N	Mean	Std. Deviation	Std. Error Mean
Social anxiety	Male	26	17.7308	2.87830	.56448
	Female	24	19.2500	2.83227	.57813

According to table 3: Mean value of male 17.73 and female 19.25 on social anxiety do no different significantly.

4. Findings

Woods and stock (2016) in this research the researchers found that the use of social media positively correlated with social anxiety. In this research there is no correlation between social media and social anxiety. Which means social media is not pay a part to developing social anxiety among students.

5. Conclusion

Social change comes with the passage of time, those things are minor level sometime these are exist into the form of social dispersion. Social media now is a part of our regular lives, and fact is that it also effects. This study is helpful to find out level of social anxiety exist in our young generation. It depends social anxiety exist on higher level or mini. This study is conducting to know either social media influence on our students lives or not it has been observed that less confidentiality is also a reason of social media. Social websites through which youth communicate to known or unknown people may raise social anxiety. The aim of conducting this study to know about the impacts of social media on youth.

Social anxiety may occur in different situations but this research shows that social media is not developing the social anxiety. There are many reasons behind this research but on the basis of results we conclude that social media is in approach of every student either it is for the purpose of study or for the purpose of other social networking. Social anxiety also exist in society at every step of life but they both are not interlinked according to this study.

6. Recommendations

In the use of given sample there is no relationship between social anxiety and social media, if the sample size increases the results might be changed or by the changes in variant of age group also affects the result.

Social websites provide us ever type of data especially in collages universities and educational institute are providing the facilities of internet they must ban or close the social networking sites. It is not a permanent solution, but at least in educational institutions social media is use for its purpose.

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