

Impact Of Social Media On General Health Of Adolescent

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DOI: 10.29322/IJSRP.10.12.2020.p10866

<http://dx.doi.org/10.29322/IJSRP.10.12.2020.p10866>

ABSTRACT- Social media has strong impact on all ages but adolescent are more vulnerable to its effect, as this is the changing phase from childhood to adolescent. To analyze the effect of social media on general health of adolescent the questioner study was designed and by using simple sampling of 100 students were selected from different schools from Karachi Pakistan. By the result we analyzed that social media play a vital impact on health of adolescent.

Keyword- Health of Adolescent, Social Media Impact on Health, Social Media and Adolescent.

I. INTRODUCTION

Adolescence is the period of developmental transition between childhood and adulthood. It involves changes in the personality, as well as in physical health, intellectual and social development. During this time of changes teens are faced with many issues, so they must be physically mentally and socially fit. Since last era, social media found to be a power full addiction to the health care communicators. Intensity of online world is thought to be a factor or that trigger depression in some adolescent which may lead to social isolation. Various physical issues have also been reported.

Many researches have conducted researches to evaluate the impact of social media on youth but adolescent is a crucial age to adopt any kind of positive as well as negative changes. Previous researchers used random sampling methods that covers all age group and could not focused on teenagers only. They collaborate with their peers whether for study purpose or for entertainment through social media. Millenials are expose to all type of technologies in many aspects of their life's (Browning Gerlich and Wester Mann 2011). Internet allurements can embrace the young population and persuade them to spend excessive time. This can lead to internet addiction. Although internet is not an addiction but attractive online applications can be addictive (Young 1998).

Researchers have discovered that teens are showing certain change in their life style behavior and which may have major concerned for their parents, teachers and future growth, for example they have opted sedentary life style, reduce out door physical activities, distraction from social circles, studies and their parents. They also exhibit signs of loneliness depression, anxiety etc.

They rely more on internet friends rather making true relationship or friends. This is the age when person wants to make his personality present able to all and want appraisal through likes and good comments some time, they lose self-stem when they could not get desired level of appreciation.

Our study is focused on adolescent or teen agers age from 12 to 18. We design our study to figure out the core changes such as mental health (social anxiety, sleeping disorders, behavioral changes etc.), physical health changes and also to evaluate inability to acquire social skills for example creating healthy interaction with people, self-esteem etc.

To evaluate the desired outcomes a questioner base survey among senior students of school and asked the question relevant to their changes in behavior, thinking, habits and physical fitness after using social media.

We kept the privacy maintained so that children could fairly disclosed the information about themselves we asked twenty-two questions of different aspects. We believe our study disclose the positive and negative effect occurring at this stage in teen age so that teachers, parents, pedagogic and health policy makers can understand the intensity of the outcomes and make a proper awareness programs and policies to mediate the situation.

We are researching to evaluate the effects of social media on their quality of life. We will discover to what extent teens are exhibiting physical, behavioral, mental and social issues. Our study will also focus on impacts of social media usage on their studies.

BACKGROUND- Since two decades, social media continue to grow in popularity as it promises a lot for the modern youth. Since 1990 rapid use of internet caught the attention of researchers (Rotsztein 2003) and many researchers have conducted researches exploring positive and negative impact of social media on peoples personal, social, physical and mental health⁽¹⁾. Till 2000's, the Web(internet) became essential part in developing skills to match the pace of modern technological world. It also provides everyone chance to connect to one another in this vast network generated by the Internet. Social media has also been widely adopted, with high enthusiasm around the world. Internet technology today shows a quick progress, and social networks

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<http://dx.doi.org/10.29322/IJSRP.10.12.2020.p10866>

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increase their number of users on each day. Social networking is one of the main indicators of the technology era, attracts people of all ages while the virtual world goes beyond the real life via the applications it offers. It also has been described as an important part of a young person's life and a platform for experimentation, creative self-expression and identity formation. Informal learning opportunities, interest-based groups, development and maintenance of friendships⁽²⁾ and fun but it can be dangerous when comes in wrong hands. In many studies Youth stand out to be the highest users among the web users. The adolescents found to be more involved in using different social networking sites and are more vulnerable to its negative outcomes. A study conducted on effect of social media on youth in University of Sargodha upon 380 students which have randomly selected for collection of primary data. In these 380 students, 53% students are 19 to 20 years old, 27% are 17 to 18 years old and remaining 20% are above 20. From these respondents, 49% are Male and remaining 51% are Female⁽³⁾.

This research seeks to find out what use social media are in the lives of the youth. With the advent of information Technology (IT) almost everywhere, there has been a dramatic adjustment in the way we live. IT tools such as computers, Tablets and mobile phones have become valued elements in the lives of youths merely because it aids them to interact and communicate freely. School going teens spend more time on mobile gaming texting watching videos, sharing personal pictures etc, and this addiction has transformed their mental physical and social status Web-based technologies now encompass the socializing features of virtual spaces that have emerged as zones for information sharing, collaboration, and community formation and extension (Suter, Alexander, & Kaplan, 2005).

OBJECTIVE OF STUDY- The objective of the study is to explore the impact of social media on health of adolescents.

Null Hypothesis- There are no effect of social media on general health of adolescent.

Alternate Hypothesis- There are effects of social media on general health of adolescent.

II. LITERATURE REVIEW

Evidences shoes that there is a relationship between social media and its impacts on the behavior of youth. Therefore, peoples and target audience receive messages in real time and develop changes and tendencies. Tapscott (1998) Currently youth grow up with large number of contacts using different types of social media. They are conveniently adopting digital literacy and live in digital world in which elderly peoples are only naturalized citizens. Children had trust on internet. Those counties who have ICT (Information Communication Technology), social media furnish chances to contribute with those countries. Livingstone and Bober (2003) the main cause of generation gap in different ways such as lack of awareness, recognition of domestic rules, and in what children were really acting and what were parent's views about their children's activities, is social media. Social media made people forgot their rituals and traditions.

Berson and Berson (2005) present that high risk is associated with excessive use of internet, and with simple use of internet there is no risk. Early in childhood, they need guidance of someone as they did not have awareness about the risks. During teenage, they are not able to make life's decisions.

Elola and Oskoz (2008) said, Social media was very beneficial in establishing business relationship with other countries and social media has positive results in establishing and understanding cultural relationship.

Brady, Holcomb, and Smith (2010) said that efficient ways for education is provided by social media. Social media for E-learning is used by students.

Lusk (2010) stated that, students use social media for academic purpose. Social media helps students to learn and improve their communication skills. Student increase their learning skills by using new web tools provided by social media.

In views of Jacobsen and Forste (2011), while doing home work or in class two third of the students use social media which has negative impacts on grades.

According to Kalpidou, Costin, and Morris, grades and social media has a relationship, according to Ohio state University those students who spent time on social media has low grades comparative to those students who did not spent time on social media.

Waddington (2011) stated that, youth believe that social media is an important component of their culture; not a craze. It could improve their capabilities and they used it as an educational tool (4).

III. METHODOLOGY

Sample Size and Study Design- Our research-based survey study includes structured questionnaire to collect data from desired sample we collected data from students studying in schools of different socio-economic groups such as lower class, middle class and upper class. We collected data from all private sector schools of Karachi. We distributed 120 survey questionnaires in different schools of Karachi and received 110 questionnaires back from respondents, out of which 10 questionnaires were not completely filled so we receive complete response from 100 respondents.

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We use random sampling technique to collect data from respondents aged between 12-18.

Measures- We distributed questionnaires in different private schools of Karachi and used dichotomous scale in which there are only YES or NO options so that students can choose 1 suitable option easily. We use internet effect scale to determine the effect of excessive use of social media on their health. We designed our questions to identify the different health issues which includes physical, mental, social and behavioral health issues, these questions were based on the Internet Scale IES (Internet Effect Scale). Out of 27 questions 5 were demographic questions which gives demographic details of respondents for e.g., age, gender, socio-economic status, siblings and family system. 123 were mental health questions to evaluate effect of social media on mental health of adolescent, 123 were behavioral health questions to observe changes in behavior of adolescent due to excessive use of social media, 123 were physical health questions to evaluate the negative impact on the physical health and 123 were social health question to check impact on social media on their social interactions in daily life, there are few questions which helps to evaluate the impact of excessive use of social media on academic performance of student.

IV. RESULTS

AGE- Out of 100 respondents 62 were between the age of 12 to 15 and 38 were between 16 to 19 and 100% students responded to the questioner as shown in table in table and graph

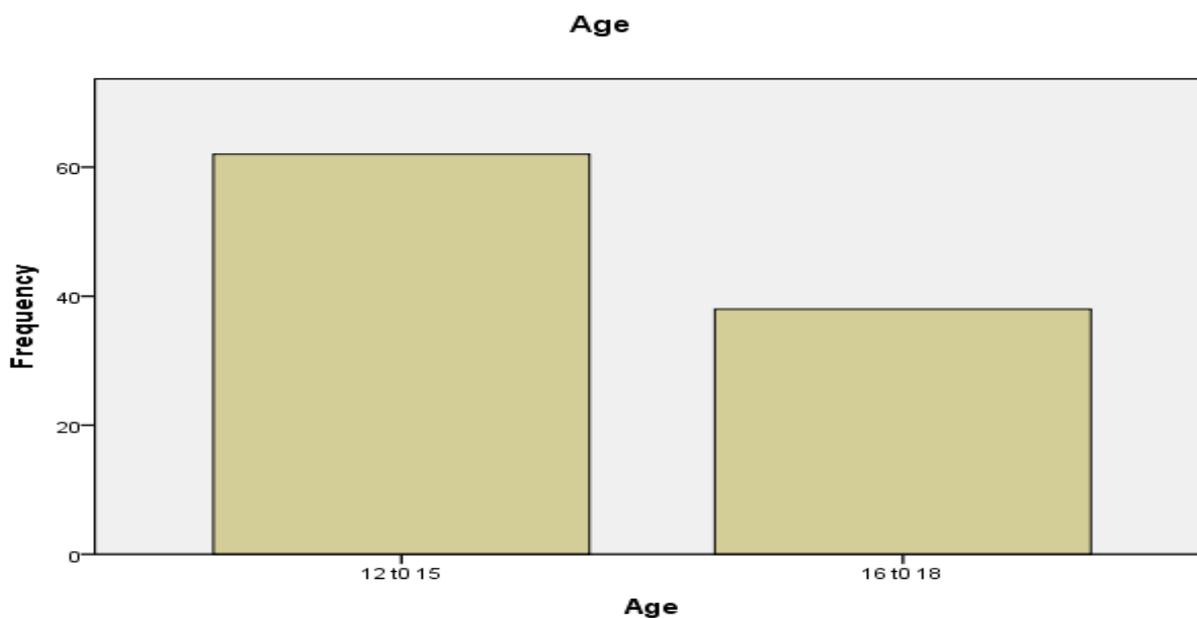
Statistics

Age

N	Valid	100
	Missing	0
Mean		1.3800
Median		1.0000
Mode		1.00
Std. Deviation		.48783

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 12 to 15	62	62.0	62.0	62.0
16 to 18	38	38.0	38.0	100.0
Total	100	100.0	100.0	



GENDER- out of 100, 48 were male and 52 were female and 100% responded to the questioner

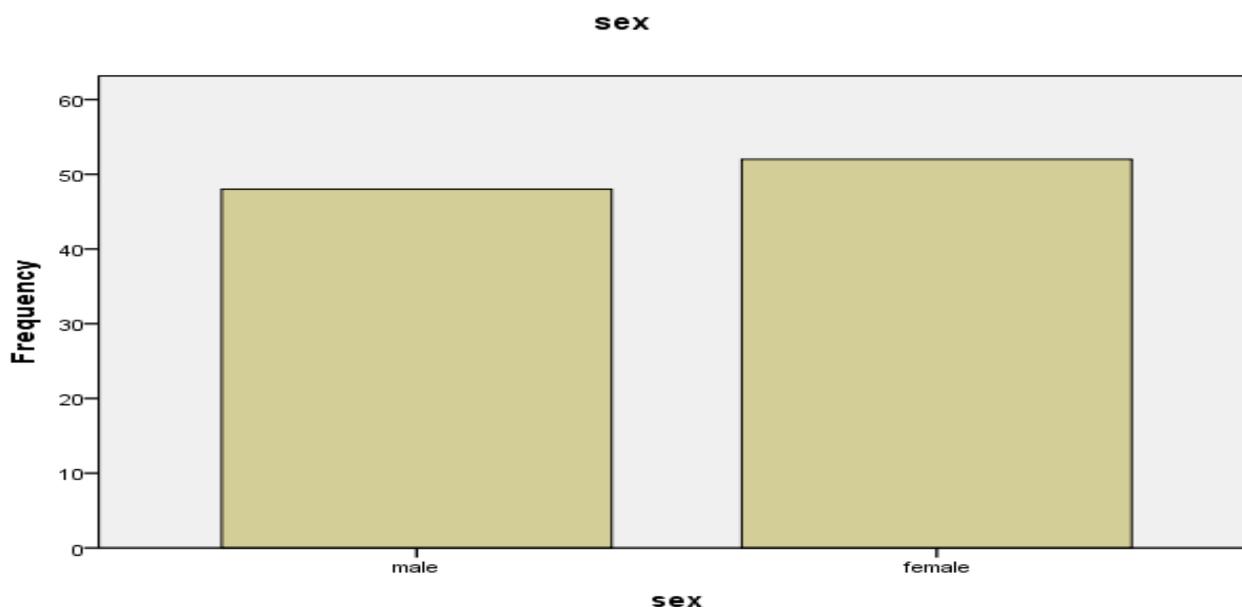
Statistics

SEX

N	Valid	100
	Missing	0
Mean		1.5200
Median		2.0000
Mode		2.00
Std. Deviation		.50212

SEX

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid male	48	48.0	48.0	48.0
female	52	52.0	52.0	100.0
Total	100	100.0	100.0	



CLASS- we took three socioeconomic classes upper class ,middle class ,and lower class .most of the students belonged to middle class about 81 in number as shown in table and graph.

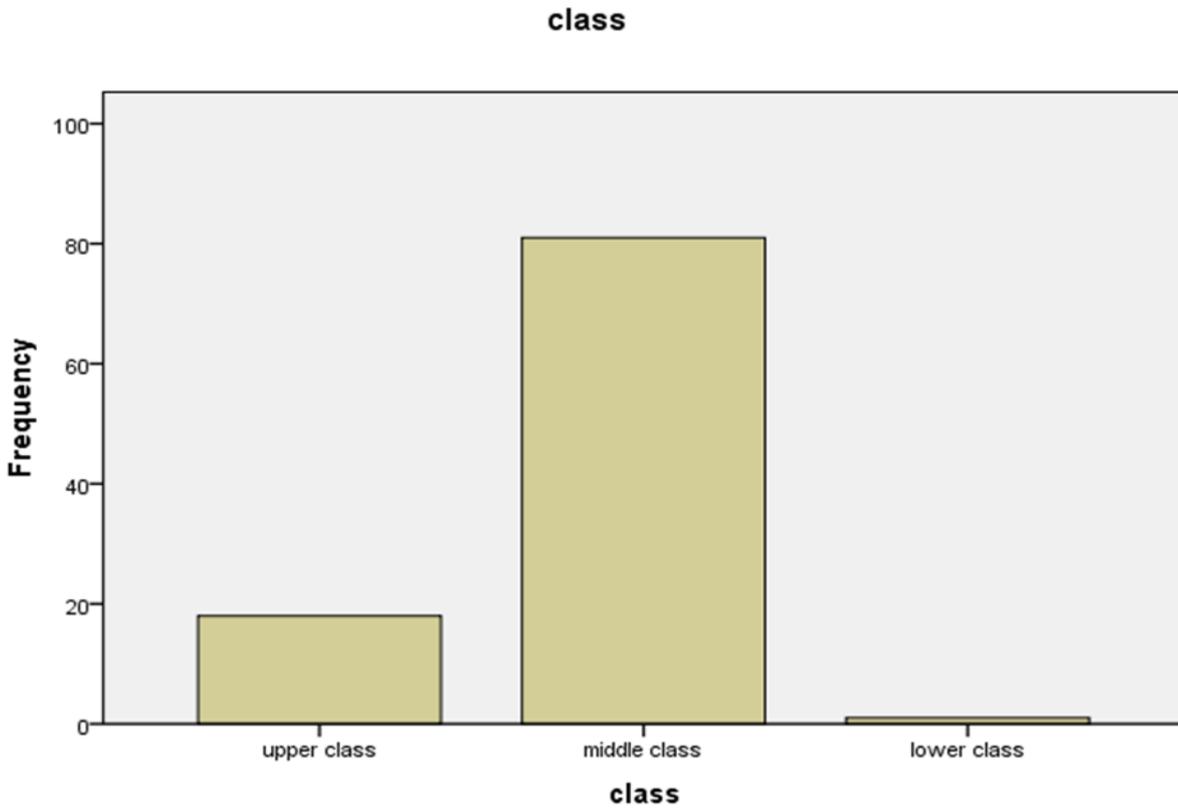
Statistics

Class

N	Valid	100
	Missing	0
Mean		1.8300
Median		2.0000
Mode		2.00
Std. Deviation		.40339

Class

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid upper class	18	18.0	18.0	18.0
middle class	81	81.0	81.0	99.0
lower class	1	1.0	1.0	100.0
Total	100	100.0	100.0	



NO.OF SIBLING- out of 100 students ,students inform that only 6 don't have any sibling other 14 have One and 22 have 2 ,31 have 3 and 15 have 4 and 4 have 5 and 6 have 6 siblings as shown in graph and table below.

Statistics

no.of siblings

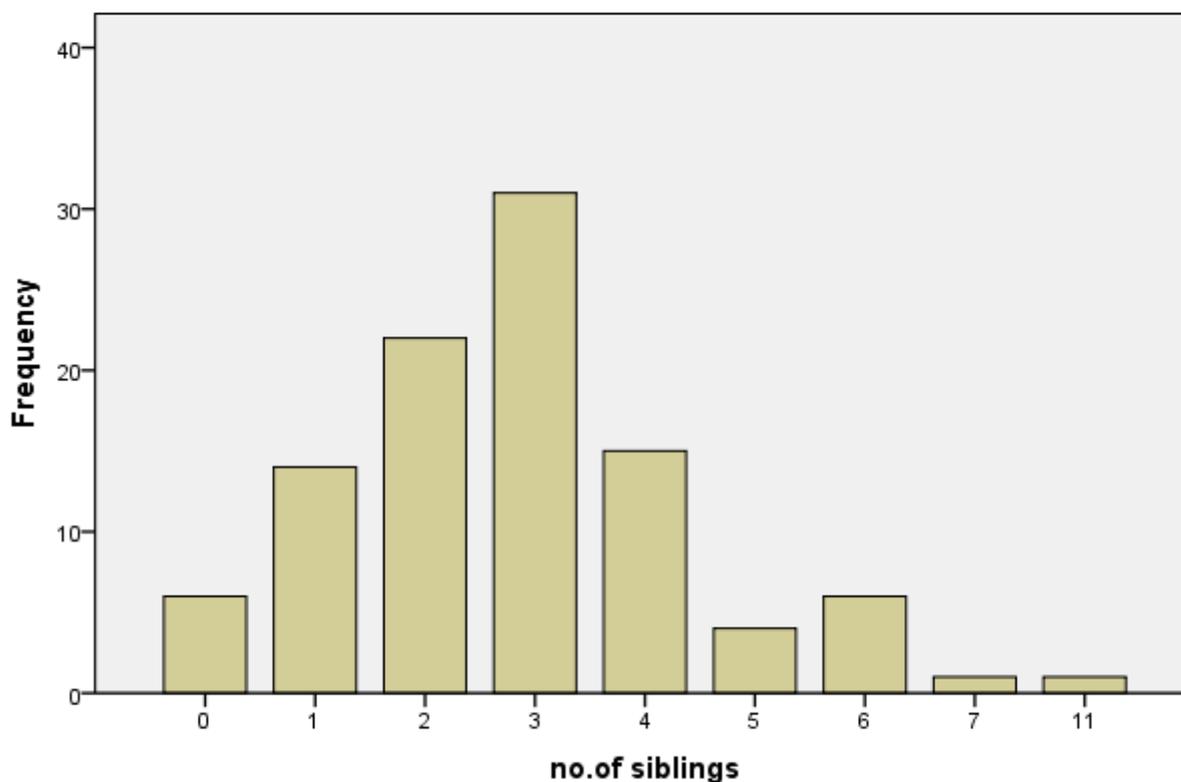
N	Valid	100
	Missing	0
Mean		3.8500
Median		4.0000
Mode		4.00
Std. Deviation		1.72548

no. of siblings

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 0	6	6.0	6.0	6.0
1	14	14.0	14.0	20.0

2	22	22.0	22.0	42.0
3	31	31.0	31.0	73.0
4	15	15.0	15.0	88.0
5	4	4.0	4.0	92.0
6	6	6.0	6.0	98.0
7	1	1.0	1.0	99.0
11	1	1.0	1.0	100.0
Total	100	100.0	100.0	

no.of siblings



Statistics

FAMILY SYSTEM- out of 100 students 61 belonged to nuclear family system and 39 were belonged to extended family system as shown below.

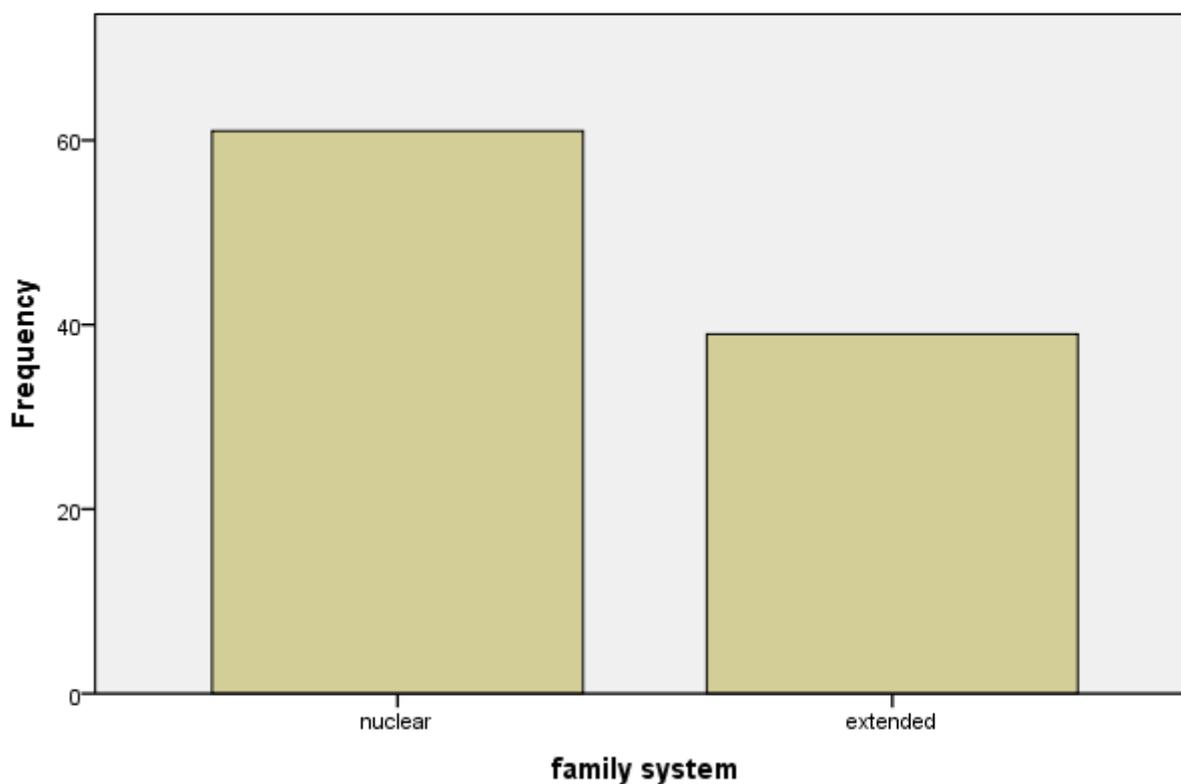
Family system

N	Valid	100
	Missing	0
Mean		1.3900
Median		1.0000
Mode		1.00
Std. Deviation		.49021

family system

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Nuclear	61	61.0	61.0	61.0
	Extended	39	39.0	39.0	100.0
Total		100	100.0	100.0	

family system



IMPACT ON GENERAL HEALTH- This study shows that there are negative impacts of social media on the health of adolescent. Out of 100 respondents, most respondent have social problem (mean=10.7500) followed by mental problems (mean=8.90) then physical problem (mean=7.500) respondent also has educational problems (mean=3.34) and shows behavioral problem (mean=3.07). This shows that social media has impact on adolescence mental health, reduced their social interaction and outdoor activities but at the same time study shows that their education and learning abilities are not effected as their social behavior.

Descriptive Statistics

	N	Range	Minimum	Maximum	Mean	Std. Deviation	Variance
social problem	100	7.00	7.00	14.00	10.7500	1.39534	1.947
physical problem	100	5.00	5.00	10.00	7.5500	1.55294	2.412
mental problem	100	6.00	6.00	12.00	8.9000	1.32192	1.747
Behaviouralproblem	100	2.00	2.00	4.00	3.0700	.78180	.611
educational problem	100	2.00	2.00	4.00	3.3400	.76831	.590
Valid N (listwise)	100						

Descriptive Statistics

	Std. Deviation	Variance
social problem	1.39534	1.947
physical problem	1.55294	2.412
mental problem	1.32192	1.747
Behavioral problem	.78180	.611
educational problem	.76831	.590
Valid N (list wise)		

V. CONCLUSION

This descriptive study shows that excessive use of internet has strong negative influence on the health of adolescent. It has influence on the social, mental, physical and behavioral factors of health of adolescent, academic performance has also been affected by the massive use of social media. Above result shows that adolescent mostly have social problems after intrusion of internet as they prefer having online relationships rather than interacting with peoples for example interacting with friends and relatives etc. Second most common health issue identified in our result is mental disturbance, they face mood swings, depressive and anxiety due to long hours usage of internet. Adolescent found to have detrimental effect on physical health such as vision, headache, migraine, fatigue and backache. Adolescent also face different behavioral issues. Other health issues excessive use of internet also declines the educational performance of students such as lack of interest in homework and bad grades.

DISCUSSION- As we know health is the name of mental, physical and social wellbeing. By introduction of social media in our society the health of the people is facing devastating effect and teen agers who are at the stage of transformation from childhood to adulthood cannot maintain appropriate usage of internet. Youth is depriving of social interaction by which they can share ideas acquire information also be exposed to many opportunities in vicinity, but the internet is unregulated world it has no form of morals and laws and relationship constrain that are essential to healthy behavior. Adolescent are exposed to variety of content for example aggressive gaming videos verbal outburst that can lead to serious mental breakdown, they may have anxiety attach and depression. In education internet usage can be advantageous but inability of young people to evaluate the contents and

staying online for long deteriorate their performance in school and colleges so there is utter need to spread awareness to adolescent about the appropriate use of internet in order to improve quality of health.

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