

A Study to Assess the Impact of Social Media on Psychological Health During Lock Down among Adolescents in the Selected Colleges of Pune City

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Abstract

Introduction -Research focuses on the use of social media on psychological health during lock down among adolescents .Technology is having highly command on human beings. As it is found that adolescents has become the victim of using excessive social media. It is extremely necessary to educate young population regarding the correct utilization of social media to uphold in their personal as well as professional growth. Technology has significant impact on our body as well on mind. As our lifestyle is also changing hence social media is having lot of impact in our mind. ¹ During complete lock down it is observed that social media has influence the young minds a lot. The (COVID19) epidemic is a public health emergency of international concern, it is decision of governmental bodies that to stop the spread the corona virus .Hence the lock down was announced to spread of this virus. The present pandemic situation is rapidly affecting the population and having the negative impact on the whole population not only on physically but mentally also. ²As when the complete lock down was announced it was extremely difficult to an individual to cope up with that changing life style. The purpose of study was to check the impact of social media on adolescents during lock down and it was found that the adolescents had major negative impact of excess use of social media and affected not only physically but emotionally also . **Design** - Non-Experimental Descriptive survey. **Results**- Non Probability convenience sampling technique used to collect information from 100 participants studying in schools and colleges. And found that 68% adolescents have negative impact and 32% have positive impact of social media on mental health during lock down among adolescent age group **Conclusion**- The research was emphasis on the effect of utilization of social media on mental health of young generation during lock down. . It is concluded that they are misusing their valuable time instead of giving focus on study which is leading to not only physical damage but also have impact on their psychological health

Keywords – social media, lock down, psychological health, adolescents

Introduction

Adolescent is very crucial phase of Human life because it's a transformation from child into an adult. Now a day due to changing lifestyle the adolescent's behaviour is also changed. This age group has become more attracted towards social media. And we have seen many parents have complaining that their child is using social media without any limit. This is not only affected physical health but psychological health of the child. ³ As during lock down it was found that social media had tremendous impact on young generation as well distracted their mind from studies which is further affected their personal and professional growth.

Objectives of the Study

1. To know the effect of social media towards adolescents
2. To assess the influence of social media on psychological health of adolescents
3. To find association between influence of social media and mental health among adolescent

Methodology

The non-experimental descriptive survey study was conducted in the Pune city where adolescents

were participated through non probability convenience sampling technique. The self-administered structured questionnaires and check list were used. The collected data were analyzed by using descriptive and inferential statistics

Analysis and Interpretation

Description of subject characteristics

It is observed that the majority of the participants (67%) were under the age group of 20-21, years, (18 %) were from 18-19 yrs. And the remaining (15%) were comes under 16 -17 yrs. as of age group.

Male participants were least in numbers i.e. 25% as compare to female participant's i.e.

75% %

Out of 100 participants selected for the study majority i.e. 1% from 10th std , 12% from 12th std and remaining were from 87% were from other educational background

It was observed that during lock down their stay along with family members were 91%, alone 8% and 1% with others.

Discussion

The study was conducted to find out the impact of social media on psychological health during lock down among adolescents in the selected colleges of Pune city". Total 100 participants have participated in the study. ⁴Out of which three age group was selected from 16-17yrs, 18-19 yrs and 20-21 years the majority of the participants were from the age group of 20-21 yrs. and majority of female participants have participated in the study.

The liker scale was used to assess the data. After obtaining the data the result was found that

The research found that 68% have negative impact and 32% had positive influence of social media on mental health of during lock down among adolescents. The same study was conducted with the title ⁵"A Study on Impact of COVID-19 Lockdown on Psychological Health, Economy and Social Life of People in Kashmir" and they have found that (67.5%) reported that if this lock

down will continue which will affect not only physical health of an individual but also psychological health will disturbed where, as (23.5%) of the participants says that the lockdown will not have much impact on the mental health as people are in the awareness of the fact that lockdown is extremely needed for their protection .

Conclusion

This Research was giving focus on the effect of social media on psychological health among adolescents during lock down .The researcher found that due to lock down the adolescent's age group have been affected and have negative impact of use of social media and affected their psychological health also. ⁶ It is found that they are wasting their valuable time instead of focusing on studies. The current COVID-19 pandemic situation which is going out of control is causing widespread concern to public health.. The awareness needs to be created among youth of safely and carefully handling the social media so it will have balance and healthy life and will not affect the psychological health of an individual.

Acknowledgement- The researcher thanks the participants who actively participated in this study. The main objective of writing this paper was to assess that how social media had influence the youth generation and affected not only their physical but psychological health also during lock down.

Ethical Clearance-Institutional Research committee

Source of Funding- Self

Conflict of Interest – Nil

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