A Study on effects of social networking sites on adolescents social and emotional development

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Abstract

In the country like India the usage of Social Networking Sites (SNS) among the people of is evidently increasing, particularly if we are going to discuss the Indian adolescent. It's left an enormous impact particularly on adolescents and on society. The study clarifies the usage of SNS by adolescent. Through this study we tries to find out the effect of social networking sites on the social and emotional development of the adolescents age between 13-19 years of Ghaziabad city, state .we have done the study on the idea of the gender and demography the of the adolescents are using social networking sites. The gathered studies concluded that there are both risks and benefits to teenager's social and emotional development when it involves the usage of it by urban adolescents.

Keywords: adolescents, social media, networking sites, identity, development, social development, emotional development

Introduction

A smart phone with an internet has made users stuck to the palm during day and they lives within the virtual world. nowadays the passing notes, meeting at the local food points, and calling friends via a landline wont to exist, now smart phones, apps, and social networking sites control our teen's days and lives. Teens today don't know what a landline telephone is, Facebook and Instagram have taken the place of meeting friends at a food point, and text messaging has replaced note passing during class. Through network data collection and analysis study, that there's a rise within the depression, anger, or sadness, anxiety, self-mutilation, dysfunctional families, and promiscuity in today's youth than ever before. What has changed? A scientific review has done to collect the results of social networking sites on adolescents. These social media sites have a large impact on our adolescents; thanks to the way they need overflowed their lives to a degree that appears unintelligible compared to the yesterday's youth. This tool of adolescent's communication glide by an unusual set of names. Status Updates, Posts on wall, Live from anyplace, different activity Feeds, Thumbs Ups, Profiles etc. are just a few of the ways in which youth today communicate with each other. Few studies on the results of SNS on adolescents' social and academic development stated that these tools are features of social networking sites (SNS), like Facebook and Instagram. The question is Are these Social Networking Sites benefiting adolescents or they risking their emotional and social well-being? Adolescents may be in danger as they navigate and experiment with the array of SNS because of their limited capacity for self-regulation and susceptibility to look pressure (Ahn, 2011). Ahn (2011) also states that SNS could play a major benefit in teen's social and emotional health. Social Networking Sites allow users to manage, build and represent their social networks online. Among the foremost common uses are, connecting with existing networks, making and developing friendships/contacts, create a web presence for his or her users, viewing content/finding information, creating and customizing profiles and then on. Social Networking Sites have rapidly gained popularity. Globally the active members on SNSs reached 300 millions. Adolescents are a singular population of the users of SNS. They're among the primary to possess grown up entirely surrounded by communication technologies. Teenagers are during a period of rapid development, growth, and maturation.

The explosion in social networking sites like Face book, Instagram, WhatsApp is widely considered an exciting opportunity, especially for youth. Teenagers are among the foremost prolific users of social network sites (SNS). Emerging studies find that youth spend a substantial portion of their standard of living interacting through social media. Subsequently, questions and controversies emerge about the consequences SNS wear adolescent development. Children have always devoted attention to the presentation of self. Friendships have always been made, displayed and broken. Strangers – unknown, weird or frightening - have always hovered on the sting of the group. Teenagers began adopting them to mark identity and socialize with peers. Teens leveraged these sites for a large array of everyday social practices gossiping, flirting, joking around, sharing information, and easily hanging out. While Social Networking sites were predominantly employed by teens as a peer-based social outlet, the uncharted nature of those sites generated fear among adults. Today's adolescents have increased capacity to interact with each other through social media and also the larger world using media, enhanced opportunities to explore and experiment compromise, and possibly an increased likelihood of being influenced by Social media websites (SMWs) include social networking sites (SNSs).

Adolescence is mostly considered to start with onset of puberty, the method that ends up in sexual maturity, or fertility or ability to breed. The term "Puberty" which is applied to period of physical changes for reproductive capability of boys in addition as girls, derived from the Latin word, Puberties meaning age of manhood. Puberty refers to first phase of adolescence during which reproduction apparatus matures. Adolescence goes through the interrelated development changes together with physical changes. Their emotions go up and down. The new social relationship builds up. The self-identity is searched. Adolescence is that the social construction .The physical, cognitive, social and emotional changes occur during adolescence age.

SNS and adolescent Social and emotional Development

Frequent mood swings of adolescents are observed and result into Emotional changes. Adolescents move from relationship with members of the family to relationships with society members outside the family. A slow beginning is as in understanding and control of emotions. Again and again it results into confused behavior.

The adolescent gradually accommodates sexual maturation, establish workable peer relationship, and judge for purposeful vocation and a few independence from family. Adolescents look for their identity outside the family. Our society doesn't permit complete independence from family. Formal professional education takes very long time and then adolescents are forced to stay financially enthusiastic about parents in India. Parents provide food and shelter to adolescents. Dependence creates anxiety and conflict with adolescents. Independent behavior and decision-making give feeling of adult status to adolescents. Height, weight and few skills don't satisfy adolescents, they seek independence and autonomy,they need to determine on their classes, on eatables, on sleep, on movie etc. The adolescents experience inconsistencies with relevance independence. Either or both parents may have mixed expectation over adolescent's growing independence. Parent-child relationship is put to check as parent-adolescent relationship. Love- hate and trust-mistrust exists simultaneously. The severity of conflicts over independence and dependence may be resolved by better understanding of every other. It'll revolve around parent's authority and control vis a vis freedom and autonomy.

The development and consolidation of identity or a way of sameness and continuity are two important developmental issues that are emphasized in adolescents. Identity isn't given to a personal by society; however, it may be shaped by one's society. In an exceedingly society saturated in social networking sites and electronic devices, this poses an obstacle for the identity-thirsty adolescent. In a period of rapid social change, the older generation isn't able to provide adequate role models in today's social networking world thanks to their lack of data in SNS. Therefore, the importance of the generation cannot be overemphasized. Peers help adolescents find answers to their questions such as "who am I?"Because they depends upon social feedback, how other individual feel about him, and the way they react to the people or society.

Social networking sites, like Facebook, Instagram, WhatsApp etc. provide teens with a really unique thanks to do of finding their identity. Adolescents are sometimes morbidly, often curiously, preoccupied with what they appear to be within the eyes of others as compared with what they feel they're and with the question of the way to attach with earlier cultivated roles and skills with the most effective prototypes of the day. Finding identity is important for adolescents. If one fails in their look for identity, the teenager may experience self-doubt, role diffusion, and role confusion. These setbacks can stem into even greater risks, like adolescents falling into depression and even indulging in self-destructive behaviors. this will result in ego diffusion, personality confusion and in most severe cases result in suicide attempts. Forming identity could be a major developmental step all teens must achieve; failure to spot their identity can result in many harmful effects. Now that SNS has taken teenagers' lives, sorting out how SNS can either aide or hinder teens' identity development is crucial.

Objectives of the Study

- To analyze the use of SNS by adolescents
- To know the effects of SNS on adolescents social development.
- To know the effects of SNS on adolescents emotional development.

Based on the available review of literature, the above hypotheses were formulated.

Hypothesis

H0: Social networking sites effects the social and emotional development of the adolescents.

Ha: Social networking sites does not affect the social and emotional development of the adolescents.

Methodology

The methodology employed to realize the research objectives. The discussion centered round the rationale of the study, purpose of the study, research questions, significance of the study/ hypothesis, demarcation of the research, the population, the sample, and sampling technique,. the info collection process and also the process to research the collected data were described of these were to confirm that the objectives of the research were achieved.

Research Design

Survey method constitutes the planning of the research study. it absolutely was conducted in Ghaziabad. The researcher restricted it to grasp the results of SNS on the social and emotional development of the adolescents.

Sample size:

The target population comprised all adolescent students of English medium schools within the area of Ghaziabad, a geographic area within the district of Ghaziabad, UP. This constituted of both male and feminine students of those institutions. Students of those institutions were of assorted ethnic backgrounds. They were with different socio economic backgrounds. The accessible population was students within the ten English medium schools. The research was centered on the scholars where their ages are between 13 and 19.

Sampling:

Getting a sample in a very research study is incredibly important. This can be because all members of the study area can't be studied .The sampling procedure for data collection for this study is through simple sampling technique. For this reason a sample consisting of 200 respondents were selected during which 100 boys and 100 girls were selected for this study. The breakdown of the 200 students was as follows:

Break Down of Respondents by Age:

S.No.	Age	Boys	Girls	Total
1	13-14	28	20	48
2	15-16	26	28	54
3	17-18	26	26	52
4	19	20	26	46
5	Total	100	100	200

Variables Studied:

Independent Variables: Use of internet and social networking

Dependent Variables: Adolescents

Instruments:

 The primary data was collected by a questionnaire. The findings and conclusions have been drawn based on the survey results on the topic.

Respondents:

The respondents of the study were the male and female from age group of 13-19 years.

Procedure of data gathering:

 The questionnaires were distributed among the respondents from different age group of 13-19 years.

Sources of data:

The present study is based on both primary and secondary data. The main sources of primary data are the people of Ghaziabad City.

Area of study:

 The area of the study is Ghaziabad.

Review of Literature

Literature review could be a critical and comprehensive evaluation of previous research work exhausted the given field. The review of literature gives the clean picture of the matter to be solved as being a prerequisite to actual planning and conducting the study. The review of past investigation is a tenet to the researcher, because it avoids duplications within the field. In other words literature review could be a summary of a specific area of research, allowing anybody reading it to ascertain why you're pursuing this particular research work. An honest literature review expands upon the explanations behind selecting a specific research question. There have been many research articles, journal reviews and paper presentations on the impact of social networking on the kids, teens, youth and adults on different aspects. For the research work undertaken by me I've got focused especially on the research works of the impact of social media/ social networking on the teens/adolescents as my research specifies adolescents. The literature reviews I've got referred are given below:

June Ahn, (2011) in his „The Effect of Social Network Sites on Adolescents‟ Social and Academic Development: Current Theories and Controversies‟ outlined the theoretical frameworks researchers have used to understand adolescents and SNS. It brings together work from disparate fields that examine the relationship between SNS and social capital, privacy, youth safety, psychological well-being, and educational achievement. This research spoke to high-profile concerns range from youth privacy, safety, psychological well-being, social development, and academic performance.

Teague E. Simoncic (2012) in his study „Face book Depression Revisited: The Absence of an Association between Face book Use and Depressive Symptoms‟ investigated the association between Facebook use, depression, and the personality factors of extroversion and neuroticism. The study suggests that there is no association between Facebook use and depression in college students. Additionally, for females exhibiting high levels of neuroticism, Facebook activity can actually have a protective function against protective symptoms. The author claimed that this is the first study to empirically examine the relationship between Facebook use and depression, and its results contradict popular perception of this relationship.

Sudipta Deb Roy et al. (2015) 'Impact of Social Media / Social Networks on Education and life of Undergraduate level students of Karimganj town-A survey' discussed the positive and Negative impact of social networks on Education of undergraduate level students as well as on their life, depending on one's interest to use it in a positive manner for his /her education and vice versa.

SNS usage provides new opportunities for exposure to unhealthy substances because they're advertised more and more often on digital media, even among adolescents .The content that adolescents report viewing on social media adolescents usually concerns pictures and comments posted by their friends, and researchers have found that as many teenagers post details about their alcohol drinking. The content of such posts may give adolescents the impression that substance use as a normative behaviour among peers of the identical age and older. Compared with people who see alcohol use portrayed less frequently, adolescents who gain the impression from their elder peers' Facebook profiles that it's normal to drink alcohol are at higher risk of developing an attitude shown to predict alcohol use.SNS usage has become ever more popular and customary, even to the purpose of giving rise to a clinical disorder related to abuse-like signs, like an excessive, compulsive online social networking. Several researchers found in their researches that this becomes a kind of behavioural addiction in recent times, and a few argue that addiction to SNSs has grown since the newest technologies (tablets, Smartphone's) arrived on the scene. It still difficult to seek out reliable statistics concerning the prevalence of SNS addiction, however .Whether it's actually addictive or not, social networking excessively and compulsively is unlikely to possess positive effects over time, and might be defined, quite simply, as unhealthy . In fact, the end result of some research points to SNS addicts experiencing problems within the sphere of their emotions and social relations, and with their physical health and performance. A disordered SNS use also seems to guide to a heightened susceptibility to substance and other addictions in undergraduate students .In older adolescent populations, several studies have found associations between inappropriate substance use and a behavioural dependence apparently related to spending an excessive amount of time on **Facebook**, and a problematic Internet usage. As an example, when examined Internet addiction and also the factors related to it in the employment of alcohol emerged as a risk factor for a diagnosis of addiction to the net. This means that substance use is also related to problematic social networking sites usage (PSNSU). Recent research findings also point to adolescents becoming addicted to Internet and experimenting with substance use having commonly the family-related issues. These may involve a more conflictual relationship with their parents, brothers and/or sisters who routinely drink alcohol, the impression that oldsters don't disapprove of adolescents drinking or smoking, and dysfunctional families generally. It seems reasonable to expect factors referring to the family domain that have anything to try and do with illegal substance use (such as a teenage sibling who drinks alcohol) to relate to PSNSU moreover. Along much the identical lines, the

association between the experience of gambling and substance use (as demonstrated in earlier research by, is also linked with PSNSU too.

ANALYSIS AND INTERPRETATION OF DATA

Survey question responses

Q.1 which social networking sites do you use?

Answer	Response		Total
	Boys	Girls	
Facebook			
Intagram			
Snapchat	100	100	200
WhatsApp			
All			
Total	100	100	200

We found that 100% boys and girls are using facebook ,Instagram , Snapchat, Whatsapp.

Q.2 How many hours a day do you spend on these sites?

Answer	Response		Total
	Boys	Girls	
1-2 Hours	30	20	50
3-4 Hours	43	47	90
4+ Hours	27	33	60
Total	100	100	200

After getting data we found that 30 boys and 20 girls are using SNS for 1-2 hours daily,whereas 43 boys and 47 girls are using these sites for 3-4 hours daily.27 boys and 33 girls are using SNS for 4+ hours daily.

Q.3 Why do you use these social networking sites?

Answer	Response		Total
	Boys	Girls	
Keep up with news/ gossips /trends	23	14	37
To feel a sense of belonging	19	27	46
Contact and connect with friends/Family	16	20	36
Interact with new people	42	39	81
Total		100	100	200

23 boys out of 100 and 14 girls out of 100 using these sites for keep up with news , gossips and trends.46 people in which 19 boys and 27 girls using these sites to feel a sense of belonging. 16 boys and 20 girls are using SNS to contact and connect with friends/Family.42 boys and 39 girls using Social networking Sites to interact with new people.

Q.4 What are personal benefits of using social networking sites?

Answer	Response		Total
	Boys	Girls	
Help with studies	10	18	28
Staying connected	27	31	58
Digital Reputation	38	27	65
Sharing Common interests	25	24	49
Total	100	100	200

As per the received data only 10 boys and 18 girls said it helps with studies. Whereas 27 boys and 31 girls are using it for staying connected. To maintain their digital reputation 38 boys and 27 girls are using these sites. 25 boys and 24 girls are using SNS to share their common interests.

Q.5 What do you believe are the disadvantages of using social networking sites?

Answer	Response		Total
	Boys	Girls	
Cyber-Bullying	14	13	27
Less Social Interaction	29	17	46
Negative feelings	10	17	27
Sexting	17	14	31
Unrealistic expectations	18	10	28
Digital reputation	12	29	41
Total	100	100	200

After collection of data we found the responses of Boys and girls.14 boys and 13 girls accepted that these sites are responsible for Cyber-Bullying. Adolescents using these sites having less social interaction 29 boys and 17 girls stated it. Visiting different sites and using the same gives negative feelings 10 boys and 17 girls said it.It promotes sexting as anwered by 17 boys and 14 girls. It takes to the virtual world which creates the unrealistic expectations as 18 boys and 10 girls said this. To maintain the digital reputation teenagers has do some wrong doings as they think it is demanded 12 boys and 29 girls stated this.

Q.6 Do you think privacy policies are effective in social networking sites?

Answer	Response		Total
	Boys	Girls	
Strongly Agree	10	12	22
Strongly Disagree	45	37	82
Agree	10	19	29
Disagree	35	32	67
Total	100	100	200

When we talked about if privacy policies are effective in social networking sites then we received responses like 10boys are and 12 girls are Strongly Agree, 45 boys and 37 girls are Strongly Disagree and commented

that hacking is the reason behind. 10 boys and 19 girls agreed to the statement whereas 35 boys and 32 girls are disagree for the privacy policy of SNS.

Q.7 Do you accept strangers who try to friend you on social networking sites?

Answer	Response		Total
	Boys	**Girls**	
Yes	67	37	104
Sometimes	33	45	78
No	Nil	18	18
Total	100	100	200

We record the response of 67 boys and 37 girls who said yes that they accept strangers who try to be a friend on social networking sites whereas only 33 boys said sometimes they accept request of strangers but the percentage of girls are higher than the boys 45 girls said they sometimes accept the request. It is very strange that not a single boy reject strangers on SNS whereas 18 girls said no to accept stranger's requests.

Q.8 To what extent do you think social networking sites are impacting your overall wellbeing?

Answer	Response		Total
	Boys	**Girls**	
Positive Impact	27	31	58
No Impact	19	17	36
Negative Impact	11	14	25
Both Positive and Negative	43	38	81
Total	100	100	200

We found the response as 27 boys and 31 girls think SNS impacting their overall well being.19 boys and 17 girls said there is no impact of SNS on them. Whereas 11 boys and 14 girls accept the negative impact of SNS on their well being. A big number of responses are recorded as 43 boys and 38 girls accepted that SNS impact on their well being in both the ways either positive or negative.

Q.9 What emotions do you experience when using social networking sites?

Answer	Response		Total
	Boys	**Girls**	
Rejection	14	17	31
Happiness	27	24	51
Fear of missing out	13	15	28
Inspiration	15	13	28
Motivation	12	17	29
Boost self esteem	19	14	33
Total	100	100	200

When we talked about the emotions then we found 14 boys and 17 girls accepted that they felt any kind of rejection at SNS. Whereas 27 boys and 24 girls said they felt very happy when and after using SNS. Only 13 boys and 15 girls had a fear of missing out. Stories of others and their activities inspire the visitors to SNS and 15 boys and 13 girls of our study felt a kind of inspiration. Sometimes their friend and family members

motivate themselves through indirect communication and we found that 12 boys and 17 girls felt motivated after using SNS.19 boys and 14 girls respond that using SNS boosting self esteem.

Q.10 How do these emotions impact on your overall wellbeing?

Answer	Response		
	Boys	**Girls**	**Total**
It effects my ability to relate well with others	15	13	28
Give me a positive outlook	12	17	29
Heightens my anxiety	13	15	28
Gives me a feeling of social and emotional isolation	14	17	31
May lead to other mental health issues	20	18	38
Feels like my emotions are controlling my thoughts	26	20	46
Total	100	100	200

We record a response on the impact of emotions on the overall wellbeing of the users. We found 15 boys and 13 girls said that SNSs effects their ability to relate well with others. 12 Boys and 17 Girls said SNSs gave them a positive outlook. 13 boys and 15 girls said it heightens their anxiety. 14 boys and 17 girls said it gives them a feeling of social and emotional isolation from family or society.20 boys and 18 girls accepted that use of SNSs may lead to other mental health issues and finally 26 boys and 20 girls stated that they feels like their emotions are controlling their thoughts at SNSs.

Discussion Summary of Results

This study offers a scientific review of analysis encompassing the consequences of SNS on adolescent's social and emotional development. SNSs are intriguing new space to review as a result of the technology is such an integral a part of adolescent life. These days' Social media is additionally a region of each and every individual's standard of living. Oldsters and educators have extended considerations concerning the consequences of SNS. The qualitative and quantitative studies discuss each edge and a risk to teen's social and emotional health. We tend to the individuals from the country like India wherever the social networking is critical and that we the Indians are terribly emotional too. We tend to get these social and emotional things from our ancestors and those we are carrying forward it to our next generation. With the arrival of net the SNS becomes very fashionable in an exceedingly developing country like India where every individual accessing internet therefore these days' teenagers build the web communities, and perform communication behaviors that are coupled to their development effects. As today's teens don't recognize the importance of gathering, social interaction within the society and therefore the emotional reference to alternative members of family and society. During this study we tend to found teenagers are mistreatment SNS to move with new individuals to share common interests at the utmost. Once one becomes active to the SNS then it becomes obvious to own less social interaction because of most usage of SNSs. impractical expectations has aroused and security is not any there and cyber crime is there as a result of they settle for friend requests from strangers with none cross checking of their identities. Moreover, they additionally show vital risks SNS has on teenagers' like, cyber-bullying. The social edges appeared additional absolutely vital then the emotional effects because it boost self-worth of all specially the introvert individuals. The emotional risks seemed

to be additional negatively vital to teen's usage of SNS. SNS is employed to assist teens stay track with their preparation and tests in addition as getting used as a distraction. SNSs could cause alternative mental state problems and generally because of most usage they want their emotions and dominant their thoughts. Contemporary youth are growing up in an exceedingly cultural setting within which several aspects of their lives are mediate by SNS and lots of of their experiences and opportunities are formed by their engagement with social media. A study has well-tried that SNS may be a negative factor, in country like India. we want to create new and robust cyber laws additionally it's a time to use SNSs for restricted time or we are able to say government needs to take steps to control the timings of teenagers usage of SNSs

by permitting IT corporations to create barely code that directly connected to their Aadhar link or

ID so it's simple to spot the age of the user. Which would be helpful to surveillance and once he/she will login via touch to SNSs their total time of using SNSs starts and it should be a prescribed time allotted for the teens by the government of INDIA. Then we will definitely found positive effects of SNSs n their social and emotional development. In this study we found networking sites effects the social and emotional development of the adolescents because they are using it for entertainment purposes not for study and information purposes. Which develop the fear of in person interactions and their mind is not free to think about their interests and unable to do Intrapersonal communication.

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