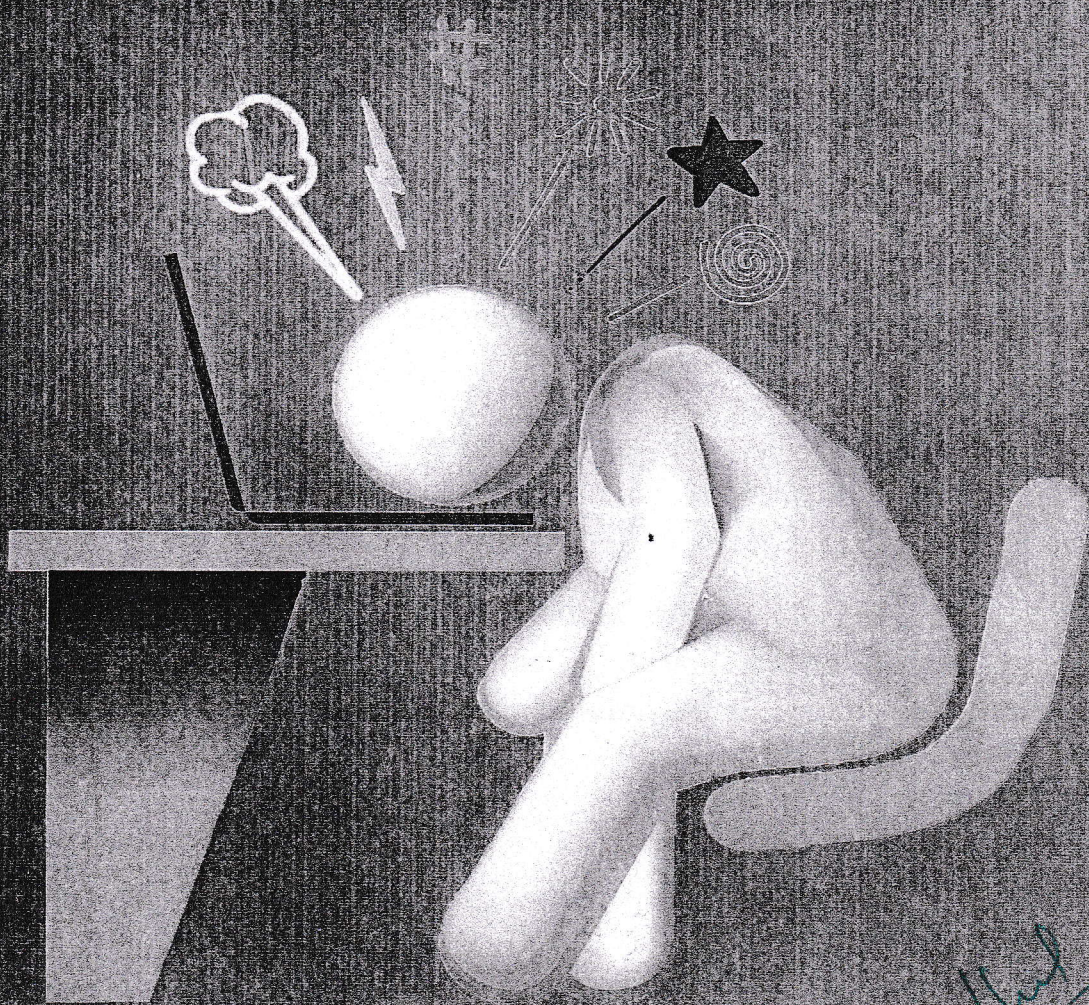


# SOCIAL MEDIA

## INFLUENCE ON YOUTH IN THEIR PSYCHO-SOCIAL BEHAVIOURAL FUNCTIONS



Principal  
St. Xavier's College of Education  
(Autonomous)  
Palayankottai-627002

Chief Editor  
**Dr. D. Thomas Alexander**

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## **DOES SOCIAL MEDIA IMPINGE UPON OUR HEALTH?**

*S. Kiruba Malar, M.Ed. Scholar*

*A. Metilda Jasmine Shanthy, Assistant Professor,  
St. Xavier's College of Education, Palayamkottai.*

### **INTRODUCTION**

Social media includes a list of Internet sites that allow people from all over the world to interact with one another easily. But the way of communication has been changed drastically. People no longer need to wait to receive messages from friends, families and work places or to update their knowledge. (Brayan Herrera, 2016). Instead of defining social media using gorgeous jargon, it is easy to understand it by splitting it into parts.

The word social refers to a pleasant companionship with other people by sharing and receiving information. The word media refers to the gadget or equipment of communication like internet. So, social media is a web-based interaction tool that facilitates people to exchange the user generated content and create new content to share. (Daniel Nations, 2017)

Social media has taken the whole world into its trap. People of all age groups from small kids to age old retirees are using social media as a means to stay connected with friends and family, to discover what's going on in the world, and to share and express what matters to them. They spend time in social media recklessly. It actually disturbs the way of life they live. It made most of the people lazy. Children forgot outdoor games. The posture people maintain while using social media, the amount of time they use it and the craze they have in using it certainly affect their psychology in turn have effects on health.

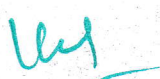
### **DESTRUCTOR OF HEALTH**

#### **MENTAL HEALTH**

The launching of dial-up Internet Service Provider (ISP) in US (late 1980) triggered the advancement of Internet technology in past 25 years which made most people to tremble. One of the influential reasons for connecting to internet is the possibility for the better communication with the people far away from us. (Honor Whiteman, 2015). But nowadays, we focus on the number of pictures posted and critically compare the life of ours with other people who post us. Means, others' posts measures the successes and failures of our lives. This leads to pernicious feelings of low self-confidence, self-esteem, thus affects the mental health. (Brayan Herrera, 2016). As a result the negative impact of social media on health formed a hot topic recently.

#### **FORCES TO THE STATE OF MELANCHOLY**

Social media users just want to compare their lives with others who are in contact. They like to exaggerate the reality of their lives to make them appear more desirable to be with. Lack of face to face communication enables them to hide the reality what actually they are sometimes there may be a hurtful and critical interaction in social media. Such unfriendly exchange of information brings bitter experience in their mind which may lead to depression to an already troubled individual. Some may feel their life is not measured up to so many others which may develop pessimistic thought in their mind. The feeling of inadequacy may force the person to be in the state of melancholy.

  
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### **Leads to Craving**

People log into social media multiple times in a day. They use the site for many reasons: like to receive news, play games, chat with friends and, distraction and boredom relief. Likes and comments for the post boost the person which makes it difficult to stop using it. Nowadays smart phones made it easier to log into a site at anytime and anywhere throughout their day. It made the people to feel checking up the posts and news is more important than anything else. Such perception forced him to crave for WiFi or data connection. Actually the users are addicted to Social media.

### **Provokes Anxiety**

Social media users try to make themselves available 24/7. They want to respond immediately to the posts. Also they want quick access to the information. If not, there would be a lingering sense of sadness behind their mind that they have missed out some conversations or funny videos. They tend to have a fear of missing out. Such emotional investment in social media could be detrimental to their health. The pressure on using social media makes them tired, irritable and drowsy. It is obvious the pressure of social media disproportionately affects the mental health of users and provokes anxiety.

### **Decline in Confidence**

Many times social media users post an exaggerated version of an incident. The constant comparison with others posts which depicts the fun and luxurious life style creates an inferiority complex in the mind of people. Sometimes the comparison on the speed of the connectivity with other friends also causes low self confidence.

### **Lives in Solitude**

Smart devices such as computers, tablet and smart phones enable us to connect with social media virtually which means we are socializing virtually but fail to socialize with the person quite next to us. People are busy in virtual world having isolated themselves behind online identities. Failed to have the joy of observing the body language, facial expression and voicemodulation. Social media eliminated the need to go out and socialize with others in person.

### **Hampers Creativity**

Social media provides all information with the touch of the finger tips. Questions can be posted to others in the social sites instead of reflecting on particular concept. Our own imagination and thought process may generate insight and form permanent knowledge. Social media makes the human kind lazy. Original thinking is suppressed by the readily available information which hinders the creativity. Creativity and innovation made the human kind superior and it is an alarm that we are losing such identity.

### **Being Restless**

Whenever there is no possibility of using social media the users exhibit a restless behaviour. Cyberbullying is another issue that targets adolescents by which they are threatened and intimidated through messages. Interactions on social media via smart phones pave way to share the locations which opens up doors for cyberstalkers to target the users.

## **PHYSICAL HEALTH**

Social media not only affects the mental health but also the physical health because both are interconnected. When someone gets affected mentally it will have an impact on the physical health too. And if we see in the other way, the way or medium through which we use social media has an impact on our physical health.

### **Affects Eye**

Youth tend to use smart phones at night which affects the eye sight acutely. The radiations emitted by the screen causes damage to retina.

### **Develops Diabetes and Cardio Vascular Diseases**

Social media users collect all information with a touch on finger tips. They book tickets, order food, do online shopping etc, in social media. They are made to stay indoors and no appeal for physical movement. According to ancient studies, people above 40 years get health problems like diabetes and cardio vascular diseases. But nowadays even teen agers are suffering from all such diseases.

### **Obesity**

Teenagers forgot outdoor games which give lots of fun and social interactions. They prefer to stay indoors and sit in front of computer for hours. They even have their food along when they virtually socialising. Obesity has become more prevalent among youth because the devices have captivated their attention.

### **Leads to Paranoia**

Logging into social media leaves digital footprints with it, as it makes all the activities of the user on the web increasingly indelible. This is good news for institutions and organisations, though as more and more employers adopt to social networking sites to do background checks on their staff. This leads to paranoia among the employees.

### **Body Dismorphia**

Body dysmorphia is an area, which has been affected by social media. A study conducted by Dr. Bryony Bamford indicated that high amounts of time spent on Facebook may lead to body image insecurity, which can also lead to depression. (Brayan Herrera, 2016)

## **CONSTRUCTIVE TO HEALTH**

### **Keeps Health and Fitness in Track**

Many links to tools and technologies are available in social media to keep fitness in track. MapMyRun and MapFitnessPal are some applications available in social media which form as a platform to inform our own fitness progression. A recent CNN article quotes that "Social features on fitness devices play three roles: motivate the people, various interactions act as triggers for action, and sharing information and tips can increase ability."

### **Provides Health Tips**

Social media provides opportunity to form group with like-minded people. These people post their own personal experience and other forwarded posts on health related information. Thus social media forms a continuous flow of information.

### **Creates a Culture of Healthy Life Style**

Social media is an motivational tool that encourages the user reach the health goals such as losing weight, doing warm up exercises daily, quit smoking, lowering the blood sugar level and cholesterol. By forming groups and posting with friends support the people to progress in their achievement. It enables the person to stay focused on the target.

### **Develops Self Esteem**

A global untrue perception wavering around is that Social media drives the user out of the real world. But it actually facilitates the user to embrace the relationships with everyone. Binding relationship with the like-minded people develops self esteem by pulling out the slumps in the mind of the user.

### **Fosters Secured Feeling**

In secular family settings, having discussions about the health related problems with elders is impossible. People develop an unsecured feeling in the time of health issues. Nowadays young people browse online for information related to their issues. This may also be risky as there are much inaccurate, intolerant information online. But there are some health-networking site comprises a chat room and an information bank which includes fact sheets and multimedia resources like videos, interviews etc. Such health-networking site fosters secured feeling by providing support and referral service to the clients.

### **Forms a Tool for Health Research**

Collecting data from women candidates for research studies remained difficult for medical professionals. But recently, researchers identified social media as an effective tool that can serve as a platform for recruiting young women in health research. On the study's Facebook page, potential participants could click on a link that would direct them to a secure website where they could confidentially express their interest. More than 95 per cent of the study's participants were recruited this way. The women were asked to complete an online questionnaire for the study could be assessed. (Joanna Egan).

## **CONCLUSION**

Recent studies reveal that teenagers and young adults use social media to a larger extent, suggesting that the social and emotional development of these groups are taking place in online. Dr. Rauch says, "I think parents should be aware that their adolescent children are living at a time where they are constantly 'on' and connected. I would encourage any parent to explore ways to encourage or even mandate 'off' time, not just away from social media sites, but away from the devices. That is probably good advice for all of us." Experts suggest some signs which act as an alarm to take a breath and step away from the use of social media. The alarming signs are urge of spending more and more time online. A constant thought about social media. An anxious, moody, or restless feeling in the mind whenever there is no possibility of accessing social media. A lethargic attitude of neglecting other aspects of life in favour of social media.

It is not the social media impinges upon our health. Only the devices that we use and our attitude impinge upon our health. Social media contains lots and lots of useful information which will help to enhance our knowledge and stay healthy. It's all in the hand of users to make it fruitful.

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