

EFFECT OF SOCIAL MEDIA ON YOUTH'S SOCIAL LIFE AND HEALTH: A SOCIOLOGICAL STUDY

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Abstract

Social media has various effects on youth's life on both ends some time effects are in the favor of youth's social life and sometimes these effects are negative to its user. Social Media might be sometimes seemed like just a new set of cool tools for involving young people. **Aim** - Effect of Social Media on youth's social life and positive/negative aspect on youth health in boys hostel. **Methods**-The data for the present study have been collected by using the observation and interview schedule technique from 100 respondents for the fulfillment of the information. Purposive sampling was used to selector the respondents. **Results**- The larger number (58%) of the respondents agree and a few numbers (4%) of the respondents disagree that social media deteriorating our social life, majority (58%) of respondents supported the disagree that social media has positive effects on youth's health and (2%) of the respondents strongly agree for this statement. majority (83%) of the respondents reported that when they use social media for a long time , faced eye-burning problems and the smallest number(11%) of the respondents have faced constipation problems. The largest number (47%) of the respondents often used social media's main purpose for entertainment only, and (23%) of the respondents informed use of social media as a Professionally.

Keyword

Social Media , Youth's Social life and Health.

Reference to this paper should be made as follows:

Received: 09.02.2022

Approved: 16.03.2022

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Article No.16

RJPSS Oct.-Mar: 2022,

Vol. XLVII No. 1,

pp. 143-150

Online available at:

<https://anubooks.com/rjpss-2022-vol-xlvii-no-1/>

[https://doi.org/10.31995/](https://doi.org/10.31995/rjpss.2022.v47i01.016)

[rjpss.2022.v47i01.016](https://doi.org/10.31995/rjpss.2022.v47i01.016)

Introduction

Youth, Social Media, and health issues have multifarious repercussions on the personality and status and also on the various aspects of national life. There are many studies on different aspects of health but there are a few studies on Social Media and youth's health, whereas there is no study that explores the Social Media effect on youth's health, so there is a need to conduct to such type of study which based on the effect of Social Media on youth's Health. Social Media has various effects on youth's life on both ends these times are in the favor of youth's social life and sometimes these effects are negative to its user. Social Media might be sometimes seemed like just a new set of cool tools for involving young people. Sometimes you may use it this way and that's ok there are some pretty cool new tools around but the emergence of Social Media potentially has a bigger effect than that. It affects upon young people who grow up in an age where media is not about broadcast content

from the TV, but is about interactivity, relevant to a new generation, and who find their own work and structures being changed by changing communication tools and patterns of communications (Anthony, 2009).

Objectives of the Study

1. To assess the socio-demographic status of youth.
2. To explore the effect of Social Media on youth's social life & Health.

Review of Literature

Ghulam Shabir ,andet al.(2017) studies on "The Effect of Social Media on youth Health " its area of study Bahawalpur city Pakistan discussed a Social Media n youth social life , to assess the benefits and preferred form of Social Media for youth social evaluate the attitude of youth towards Social Media and measure the spending time on Social Media , to recommend some measure for proper use of Social Media in the right direction to inform and educate the people . Social Media promote unethical pictures, video clips and images among youth, anti-religious posts and links create hatred among peoples of different communities, Negative use of Social Media is deteriorating the relationship among the countries, Social Media is playing a key role to create political awareness among youth.

Emilia Sanchez, (November, 2006) discussed on "what effects do mobile phones have on people's health?" they have been selected area Barcelona, (Spain). During recent years, the use of mobile phones has increased substantially and has been paralleled by a growing concern about the effects on health attributed to exposure to the electromagnetic fields produced by them and their base stations. Mobile phones have been in extensive use for a relatively short period of time, and technology has progressively changed, from analog to digital systems mobile phones

and base stations emit radiofrequency or microwave radiation. Explore to such a radiation could affect health directly

Lisa F. Berkmen , (1998) observed health care for the aged living in Social Media topic “Assessing the Physical Health Effects of Social Network And Social Support “. Define the problem of Social Media effects on health from California city .the very popularity of this concept demand that we examine critically and in detail the evidence linking social networks and social network and social supports to health outcomes. Human population laboratory in 1965. the survey, basic information on social essential aspects of an individual personal network was collected. The purpose of this study paper has been to review the finding on the relationship between Social Media and mortality and morbidity

Rajesh Kumar Jha and Dev Kumar shah (2004) examined on “Facebook use and its effects on the life of health science students in a private medical college and area study Nepal”. The internet has emerged as the most effective means of disseminating information. it is worth mentioning that social media platforms such as Facebook, have been in use since their beginning . Initially created for Harvard university students in 2004, as a method of socializing. This forum was opened for use by the general public in 2006. Facebook is now one of the best-known social media sites used by people of all ages and professions. Facebook has had a negative effect on their studies Burning eyes (21%) disturbed sleep (19%) and headache (16%) were the most common adverse health effects reported by the Facebook users. Many students (71.4%) tried and most of them (68.7%) succeeded, in reducing time spent on Facebook, to allow for increased time devoted to their studies.

Skues, j.l Williams (2012) discussed on “health hazards among Social Media and adolescent stage”. His study topic Is Social Media Negatively Affecting your Health? Its area study jilkions society member Honk kong observed if you suspect Social Media is chipping away at your emotional wellness, you’re not alone. Consciously, consistently using Social Media as an unpleasant emotion .frequently feeling envious of others while engaged with Social Media.

Vollkow N D , (2011) discussed on “Effects of Mobile Phone Radiation On the Youth’s health”. Its Radiation absorption from mobile phones part of the radio waves emitted by a mobile telephone handset is absorbed by the human head . the radio waves emitted by a GSM handset can have a peak power of 2 watts, and a US (Ultra Sound) analog phone had a maximum transmit power of 3.6 watts. Other digital mobile technologies, such as CDMA2000 AND D-AMPS, use lower output power, typically below 1 watt. Blood-brain barrier effects, Cancer, and all disease problems related to the human body. Radiofrequency exposure limits for mobile

phone users are given in terms of Specific Absorption rate per unit mass of the body. This guideline is based on a detailed assessment of the available scientific evidence.

Bashir h, and Bhat S A: (2017) observed on the effect of Social Media on health. To achieve said purpose, the investigator reviewed and synthesized available related literature. Literature summed so far reveals that the younger generation operates susceptibly. As a confronting population of the present era, the younger generation is experiencing embryonic stage of life and is at risk of serious health problems. Exploring and understanding the means with the help of which Social Media is affecting the health of the present younger generation is a succeeding step that can illuminate the connection which is at play among these variables of the young generation.

Guorun Alma, (2015) explored on “Social Network site usage Among Adolescents Health” in Nigeria in the study independent variables were participation in social activities at school, gender and age. The dependent variables were self-esteem, depression, psychosomatic symptoms, health, and hours of sleep. The question on how many hours per night the participant slept was used to get an assessment of participants sleep. The descriptive statistics for the variables used in the study are shown in Social Media, social activities at school , gender indicating that participants were in rather good health .a path analysis was run to examine direct and indirect effects of predictor variables on self-esteem and depression. The causal flow was from the left to the right.

Tripathi M. and Singh Shiwangi (2008) provided an overview on the decision-making pattern of family planning method acceptors in concise review focuses on the positive and negative effects of social media sites on youth's health. Where, Random advice on social media sites for any disease without proper research can be harmful in this article, the same positive and negative effects of Social Media on youth's health are discussed, however, another view shows darker side of Social Media according to recent reports the more time you spend on Social Media. The most important concerns are decreased self-esteem, eating disorders anxiety, feelings of inferiority, declined focus in work, etc. During the past 10 years, Social Media caused a great change in people's connections. Thus, it is important to manage misguiding information and correct delivery of health information by the health agencies and other authentic organizations among individuals.

Ateeq Ahamad, (2006) observed on “Rising of Social Network Websites In India” Overview Social Media websites may be defined as sites that allow users to build a profile that will be made public within an enclosed system . the main purpose behind the creation of a Social Media website is to enable persons to avail themselves

of pre-existing Connections. Social Media have also had an economic effect with respect to the ways in which content is created consumed. This sector averaged 3.8% from 2002 to 2011; double the rate of growth in the overall economy (1.9%). the basic objective of this research is to analysis about the awareness and frequency regarding the use of Social Media websites in India.

Need of the Study

Technology is a double-edged sword. From the above reviews, it is clear that the youth of today are the principal consumers of technology. This mixed set of research findings led to thinking about how the youth is using the technology to bring about positive changes in their lives and avoid the negative consequences of using technology excessively. Based on the review of the literature, the statement of the problem has been formulated. Social Media impact on youth on both ends good and bad Social Media is one of most influences impacting source throughout the world including India people do have these influences of Social Media which has enhanced the exposure of the people and create more awareness among youth. Youth is highly involved in Social Media. India's Youth health . its So, this Research is very helpful, suitability job related to effect social media and youth's health.

Methods

Participants

The data for the present study were collected from 100 respondents for the required fulfillment of the information. Data will be collected by using the interview schedule and observation methods. The respondents were selected by using the purposive sampling. I will collect the information from the Youth generation belonging to the age group of 18 to 29. Data analyzed/ classified by using the simple statistical.

Area of Study

The present study “ Effect of Social Media on Youth's social life & Health” In the area of Chaudhary Charan Singh University Campus, Meerut. The university started as Meerut University later named after Chaudhary Charan Singh (Former Prime minister of India). Distance between Meerut city to Chaudhary Charan Singh University by bus 24 km or 14.9 miles or 13 nautical miles. Over 222 acres of land have vast of the university and 252 professional colleges/ institutes. On university campus, six boys hostels but its The present study has been focused on four boys' hostels because this research title is Youth's health who belong under 18-29. There are living youth groups quite a lot of quantity in this hostel.

Result and Discussion

Table 1 shows that the majority (58%) of the respondents belong to the age group of 18-21 and less than (14%) respondents belong to the age group of 26-29.

The more majority (91%) of the respondents are Hindu and a very few numbers (1%) of the respondent is Sikh religion. The larger number (58%) of the respondents are graduates and very few numbers (05%) of the respondents Ph.d. The majority (52%) of the respondents belong to the high-income group (40000-60000) and a few numbers (14%) of the respondents are from the lower-income group (80001-100000). The above fact reveals that the larger number, (63%) of the respondents are from the agriculture sector, and (10%) respondents of the government sector. The more majority (58%) of the respondents are living in Joint and a few numbers (42%) respondents are living in nuclear family. Table 2 shows that The larger number (58%) of the respondents are agree and a few numbers (4%) of the respondents disagree that social media deteriorating our social norms. Table 3 shows that table shows that out of 100 respondents 83 respondents reported that when they use social media for a long time , faced eyes burning problems. 77 respondents were disturbed in sleep and 40 respondents reported that they have headache problems. And , 23 respondents have no anxiety problem and 77 respondents have no anxiety problem. 25 respondents have faced neck or back pain problems and 11 respondents have constipation and 32 respondents reported that they have eating disorders disease .

Table-1: Socio-Demographic Status of the Respondents

Variables	No. of Respondents	Percentage
	Age	
18-21	58	58%
22-25	28	28%
26-29	14	14%
Education		
Graduation	58	58%
Post-Graduation	30	30%
M.Phil	07	07%
Ph.D.	05	05%
Family Income (annual)		
40000-60000	52	52%
60001-80000	19	19%
80001-100000	14	14%
100001 above	15	15%
Occupation		
Government	10	10%
Professional	27	27%
Agriculture	63	63%
Type of Family		
Joint Family	58	58%
Nuclear Family	42	42%

Table: 2 Effect of Social Media on youth's Social Life

Strongly Disagree	13	13%
Disagree	04	04%
Undecided	08	08%
Agree	58	58%
Strongly Agree	17	17%

Table : 3 Effect of Social Media on Youth's Health

Effect of Health	Agree of Respondent (Out of 100)	Percentage
Burning of eyes	83	83%
Disturb sleep	77	77%
Headache	40	40%
Anxiety	23	23%
Neck pain / Back pain	25	25%
Constipation	11	11%
Eating disorder	32	32%

Conclusion

It is evident from the studies that social media has both positive and negative impacts on our youths. Youths must be clear on the purpose of using social media and how long they are on online and make it beneficial to their personal and social networking purpose.

Recommendation

It is suggested that social media users have to remember the purpose of using social media and stay remain to use the informative sites and also be aware of privacy issues involved in the use of apps .

Y0uth should use their time wisely on social media for better social networking instead of wasting their precious time on informal chats and posts in WhatsApp, Twitter, Facebook . To secure the future of children, teachers and parents should check out what they actually are doing on social media .

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