

IMPACT OF MEDIA TYPE, FAMILY TYPE AND EMPLOYMENT LEVEL ON NEGATIVE MENTAL HEALTH

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Abstract

The aim of this study was to ascertain the impact of Media type, Family type and Employment level on Negative Mental Health. This study was conducted in to subsequent sub-studies. The objective of study one was to classify the participants on the basis of their score on the Media Interest Scale and the second study was aim to find out the impact of Media type, Family type and Employment level on Negative mental health with special reference to Depression. In study two it was contended that to find out the impact of media type on negative mental health. It was hypothesized that the impact of media type would lay an impact on depression.

The second objective was to find out the impact of family type on depression. It was hypothesized that participants would vary in their negative mental health scores with differentials in their family type.

The third objective was to find out the impact of the level of employment on depression. It was hypothesized that magnitude of negative mental health scores would vary according to the level of employment.

One hundred sixty participants selected from study one were taken into the consideration and they were arranged according to the requirements of a three-way factorial design with a $4 \times 2 \times 2$ factorial design with repeated measurements in the last factor. The Depression Scale developed by Shamim & Tiwari was used. Findings indicated that all main effects were significantly followed by the interactions effect. Moreover, an analysis related to the dimensional relationship of the Media interest Scale was also done and it was found that all dimensions were closely meted. Findings were interpreted in terms of media type, Family type and Employment level on Negative Mental Health. At last, some intervention strategies were also suggested to minimize the Negative Mental Health of the participants.

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Introduction

People generate stuff, share it, bookmark it, and network at a rapid rate on social media, which has grown as a category of online conversation. Social media is rapidly transforming public debate in society and defining trends and agendas in themes ranging from the environment and politics to technology and the entertainment sector, thanks to its simplicity of use, speed, and reach (Asur & Huberman, 2010). The online world has changed tremendously in the last 10 years, thanks to the creation of social media, where young men and women now exchange thoughts, feelings, personal information, images, and videos at an incredible rate. Social media websites are now used by 73% of wired American teenagers (Oberst, 2010).

The concepts of social media are shared by Martin, (2008) and Lusk, (2010). To them, social media refers to the usage of Facebook, blogs, Twitter, Myspace, and LinkedIn for conversation and the sharing of photographs and videos. However, for the sake of this study, social media is defined as the use of the internet for communication, sharing of ideas, and sharing of images and videos by users via Facebook, WhatsApp, Twitter, Skype, Myspace, and Yahoo Messenger. In recent years, the rising usage of social networking websites has become an international phenomenon. What began as a pastime for a few computer-literate individuals has evolved into a social norm and way of life for people all over the world (Boyd, 2007). Teenagers and young adults have embraced these sites in particular as a means of connecting with their peers, sharing information, reinventing their personalities, and showcasing their social life (Boyd, 2007).

Social media addiction is a type of Internet addiction in which people feel compelled to use social media in excessive amounts (Griffiths, 2000; Starcevic, 2013). Individuals who are addicted to social media are typically too concerned about it and are motivated by an uncontrolled need to get on and utilize it (Andreassen&Pallesen, 2014). Mood, cognition, physical and emotional reactions, and interpersonal and psychological problems are all symptoms of social media addiction, according to studies (Balakrishnan & Shamim, 2013; Bachnio, Przepiorka, Senol-Durak, Durak, & Sherstyuk, 2017; Kuss& Griffiths, 2011; Tang, Chen, Yang, Chung, & Lee, 2016; Zaremohzzabieh, Sama, Omar, Bolong, & Kamarudin, 2014). According to reports, around 12% of users on social networking sites suffer from social media addiction (Alabi, 2012; Wolnicz/ et al., 2013; Wu, Cheung, Ku, & Hung, 2013).

Many studies on social media use and mental health have found that long-term use of social media sites like Facebook is positively associated with mental health issues like stress, anxiety, and depression, while being negatively associated with long-term well-being (Eraslan-Capan, 2015; Hong, Huang, Lin & Chiu, 2014;

Malik & Khan, 2015; Marino et al., 2017; Pantic, 2014; Shakya & Christakis, 2017; Toker&Baturay, 2016). For example, among high school students in Central Serbia (Pantic et al., 2012) and young adults in the United States, time spent on social media was positively connected to depressive symptoms (Lin et al., 2016). In addition, certain types of social media users have been linked to lower academic performance (AlMenayes, 2014, 2015; Junco, 2012; Karpinski, Kirschner, Ozer, Mellott, &Ochwo, 2013; Kirschner & Karpinski, 2010). According to Lau (2017), while utilizing social media for academic purposes did not predict academic success as measured by the cumulative grade point average, using social media for non-academic purposes (particularly video gaming) and social media multitasking did. Jiang, Hou, and Wang (2016) discovered that using Weibo, China's equivalent of Twitter, reduced information comprehension.

Importantly, frequent use of social media does not always imply addiction (Griffiths, 2010), and hence does not always have detrimental consequences on people's mental health (e.g., Jelenchick, Eickhoff, & Moreno, 2013) or academic performance (Pasek&Hargittai, 2009). The difference between regular over-engagement in social media, which many people experience on occasion, and social media addiction, which occurs when online social networking becomes uncontrollable and compulsive, is that the latter is connected with negative repercussions (Andreassen, 2015). The majority of research into social media addiction has focused on Facebook addiction (e.g., Andreassen, Torsheim, Brunborg, &Pallesen, 2012; Hong et al., 2014; Koc&Gulyagci, 2013). Facebook addiction has been shown to be positively associated with depression, anxiety, and insomnia (Bányai et al., 2017; Koc&Gulyagci, 2013; Shensa et al., 2017; van Rooij, Ferguson, van de Mheen, &Schoenmakers, 2017) while being negatively associated with subjective well-being, subjective vigor, and life satisfaction (Bachnio, Przepiorka, &Pantic). According to research, social media addiction, particularly Facebook addiction, has a negative impact on academic achievement (Huang, 2014; Nida, 2018).

Social networking websites have been increasingly popular in recent years, providing young people with a new method to interact with one another and communicate with the rest of the world. After the creation of Facebook and My Space in 2004 and 2006, social networking became popular. Facebook, for example, has over 500 million users and is continually increasing, with 85 percent of undergraduate students using the social media platform (Schneider, 2009). These figures are projected to rise as the number of Facebook users continues to rise. This isn't only true for Facebook; YouTube user counts are closely followed as well (University of New Hampshire, 2009).

People can use social networking websites to interact, share information, and develop new relationships. As we adjust to our increasingly computerized world, our social interactions are altered in a variety of ways as the popularity of social networking websites grows. The way web users connect and communicate with one another has evolved and continues to evolve. These people now socialize over the internet, which detracts from the traditional person-to-person interaction. The way we communicate face-to-face, how we receive information, and the dynamics of our social groupings and friendships have all been altered by social networking websites (Asur & Huberman, 2010).

The aim of the study was to ascertain the impact of media, type of employment and type of family on negative mental health. This study is divided into two subsequent studies. In study one participants were classified as high/ low media addicts. The study two was aimed to ascertain the impact of family type, level of employment and media type on depression. The description of the studies is as follows:

Study One

Classification of participants as users of social media types

The aim of this study was to find out the frequency of participants using various social media like, (Face book, WhatsApp-YouTube, etc.). So, a large group of participants fulfilling the requirements of our study design and using various social media was taken into consideration and the participants were requested to rate various social media types according to the time of their use. Eight social media types (Facebook, WhatsApp- Tube, Instagram, Twitter, Pinterest, Blog and Tik Tok) were taken into consideration and participants were asked to rate each type, according to their interest.

Method

Sample As this study was aimed to find out the high and low media addict participants, K number of the participants was taken into the consideration. The design of the study was as follows:

Table 1
Experimental Design

	A1		A2		A3		A4		A5		A6		A7		A8	
	B1	B2	B1	B2	B1	B2	B1	B2	B1	B2	B1	B2	B1	B2	B1	B2
C1	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K
C2	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K

Legends

- A- Media Type
- A1- What’s App
- A2- Facebook
- A3- Instagram
- A4- YouTube
- A5- Twitter
- A6- Pinterest
- A7- Blog
- A8- Tik Tok
- B- Family Type
- B1- Nuclear Family
- B2- Joint Family
- C- Types of Employment
- C1- Employed
- C2- Unemployed

Measures

Media Interest Scale

This scale is developed by Shukla & Tewari 2022. It aims to find out the interest of the participants in various types of social media. There are eight social media like Facebook, WhatsApp- Tube, Instagram, Twitter, Pinterest, Blog and Tik Tok and the participants are requested to rate their interest and use of the particular area on the basis of five points (Very Agree, Agree, Average Agree, Less Agree, Disagree) mentioned in front of each social media type. The score ranges from 1- 40, low score shows high interest and high scores vice versa. This is a situational test.

Procedure

At first, the investigators contacted the employed and unemployed women of joint and nuclear families. They belong to class 1, class 2 and class 3 jobs. It was followed by the administration of the Media Interest Scale. Data collection was done individually/ in groups as per the availability of the participants.

Results

Obtained data were analyzed by Mean values and they are given below in table 2.

Table 2
Mean Values of Media Interest Scale

	A1		A2		A3		A4		A5		A6		A7		A8	
	B1	B2	B1	B2	B1	B2	B1	B2	B1	B2	B1	B2	B1	B2	B1	B2
C1	8	11	7	16	12	8	13	17	21	28	22	21	32	28	32	21
C2	9	12	13	11	14	7	15	14	24	25	26	24	34	26	26	34

A close perusal of the table reveals that media use was from pronounced in all groups and people used it very much. Media is not only used for the sake of entertainment but also it is found as a means of getting more and more awareness and knowledge. As participants were belonged to all streams of life, so it was quite possible that they used media for entertainment as well as for increasing their knowledge. Table 2 also reveals that media use was more or less common in all groups and the differentials were not so prominent.

Findings are also presented graphically and reveal the fact that media use is most common among the people of various segments of society.

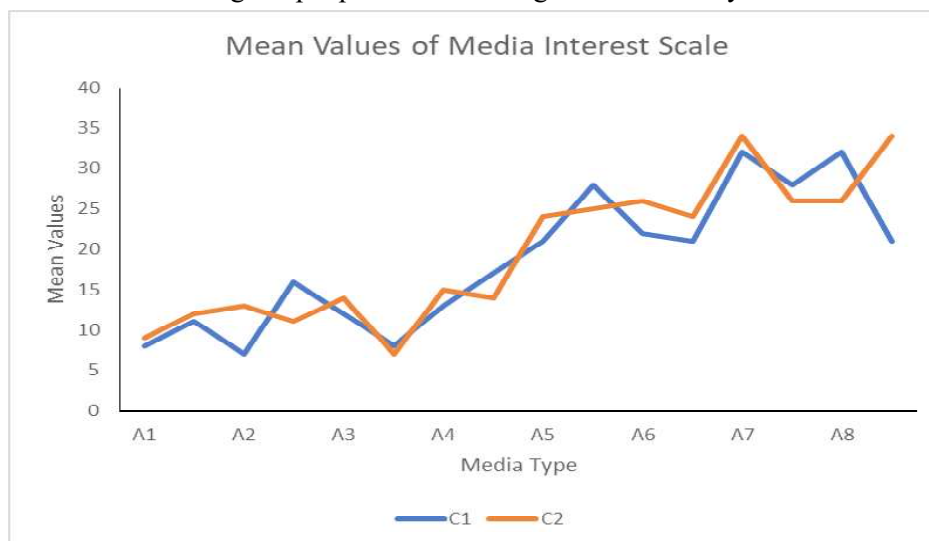


Figure- 1

A Close perusal of the table and graph reveals that the difference between the scores was prominent on Facebook, WhatsApp, YouTube and Instagram respectively. Therefore, these four social types were taken into consideration for study two.

Study Two

Impact of media type, family type and employment level on depression

This study was aimed to ascertain the Impact of media type, family type and employment level on negative mental health. Objectives and hypotheses were as follows:

The first objective was to find out the impact of media type on negative mental health. It was hypothesized that the impact of media type would lay an impact on depression.

The second objective was to find out the impact of family type on depression. It was hypothesized that participants would vary in their negative mental health scores with differentials in their family type.

The third objective was to find out the impact of the level of employment on depression. It was hypothesized that the magnitude of negative mental health scores would vary according to the level of employment.

Keeping these views in consideration this study was planned.

Method

Sample One hundred sixty female participants ranging between 30- 45 years of age participated in this study and they were arranged according to the requirement of four media types (What’s App, Facebook, Instagram, Twitter) and two family types (Nuclear Family, Joint Family) and two employment level (Employed, Unemployed) i.e., 10 participants in each cell.

The research design is as follows:

Table 3
Design of the study

	A1		A2		A3		A4	
	B1	B2	B1	B2	B1	B2	B1	B2
C1	10	10	10	10	10	10	10	10
C2	10	10	10	10	10	10	10	10

Legends

- | | |
|----------------|------------------------|
| A- Media Type | B- Family Type |
| A1- What’s App | B1- Nuclear Family |
| A2- Facebook | B2- Joint Family |
| A3- YouTube | C- Types of Employment |
| A4- Instagram | C1- Employed |
| | C2- Unemployed |

Measure

In this study, only one measure was used, and it is described below.

Depression Scale In order to measure the negative mental health, the depression scale (Shamim &Tiwari) was used. There are 96 items on the scale, and they cover twelve dimensions covering eight items in each. They are Apathy, Sleep, Disturbance, Pessimism, Fatigability, Irritability, Social withdrawal & Self-Centredness, Dejected or Sadness, Self- Dislike, Self- Harm, Somatic Reoccupation and Indecisiveness. There are five responses in each category- Not at all, a little bit,

moderately, quite a bit and extremely. The scores are assigned 4, 3, 2, 1, and 0 respectively. The split-half reliability of this test is .87 and the test-retest reliability is .89. This test is used successfully in many studies of personality development.

Procedure

Data collection was done individually/ in groups as per the availability of the participants. Best efforts were made to avoid external distractions.

Results

Obtained data were analyzed by 3-way ANOVA and interpreted in terms of Media Type, Family Type and Types of employment as affecters of depression. A summary table of ANOVA is given below in Table 3.

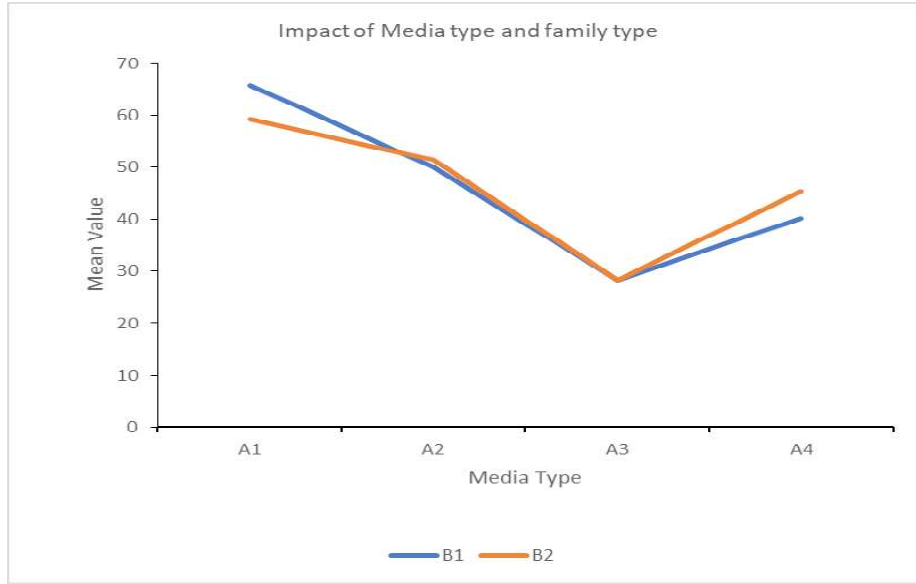
Table 4
Summary showing the impact of the type of media, family type and type of employment on depression

S. No. of Variation	Ss	df	MS	f
A	34.35	3	11.45	6.64
B	0.012	1	0.0120	.007
C	3.36	1	3.36	5.79
AB	49.70	3	16.57	9.61
AC	50.12	3	16.70	9.61
BC	8.46	1	8.46	4.91
ABC	55.14	3	18.37	10.66
Error within	83.52	144	0.58	
		159		

The table reveals that the main effect of media type was significant ($F_{3, 159} = 6.64$ p d" .01) and participants interests in varying media types like What's app, Facebook, Instagram and Twitter were not similar. Mean values pooled across family type and types of employment were: 60.50, 50.65, 28.30 and 47.99, respectively for WhatsApp, Facebook, Youtube and Instagram. The values show great disparities in the score of depression as affected by media type.

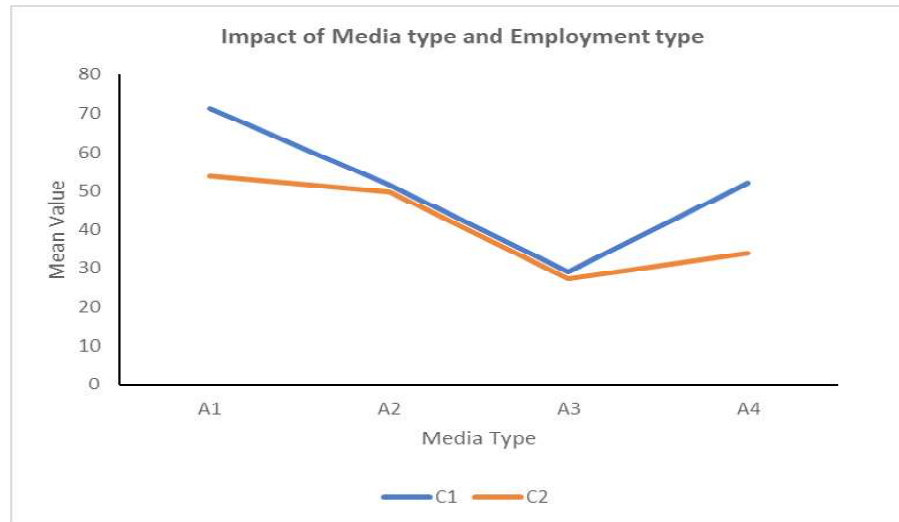
The next main effect of family type was insignificant ($F_{1, 159} = 0.007$ p e" .05) and it was found that the level of depression was found a variant in nuclear ($M = 46.08$) and joint families (46.15). The third main effect of types of employment was significant ($F_{1, 159} = 5.79$ p d" .01) and it was noted that employed ($M = 51.01$) and unemployed (41.21) participants show differences in the scores of depression.

The two-way interaction of media type and family type was also significant ($F_{3, 159} = 9.61$ p d" .01) and it is appeared in figure 2.



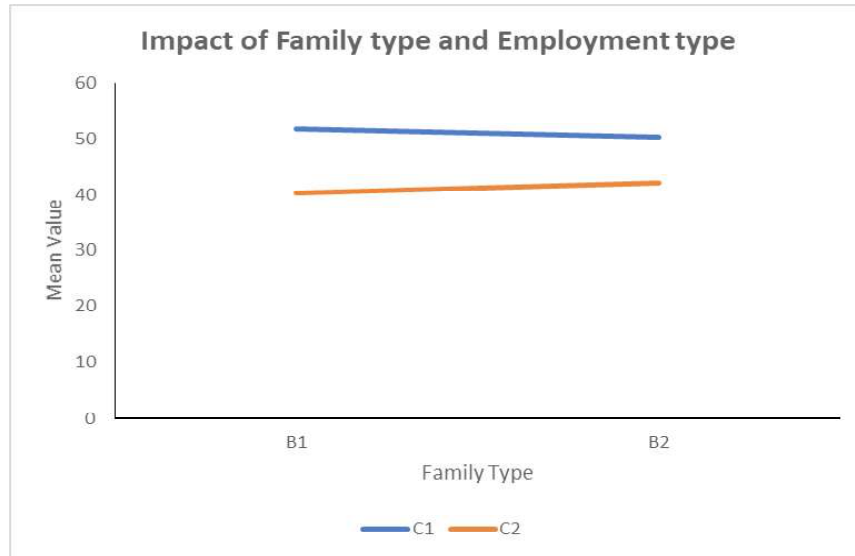
Mean value showing the impact of Media type and family type fig. 2

Similarly, the media type and types of employment are also significant ($F(3,159) = 9.69$ $p < .01$) is appeared in figure 3.



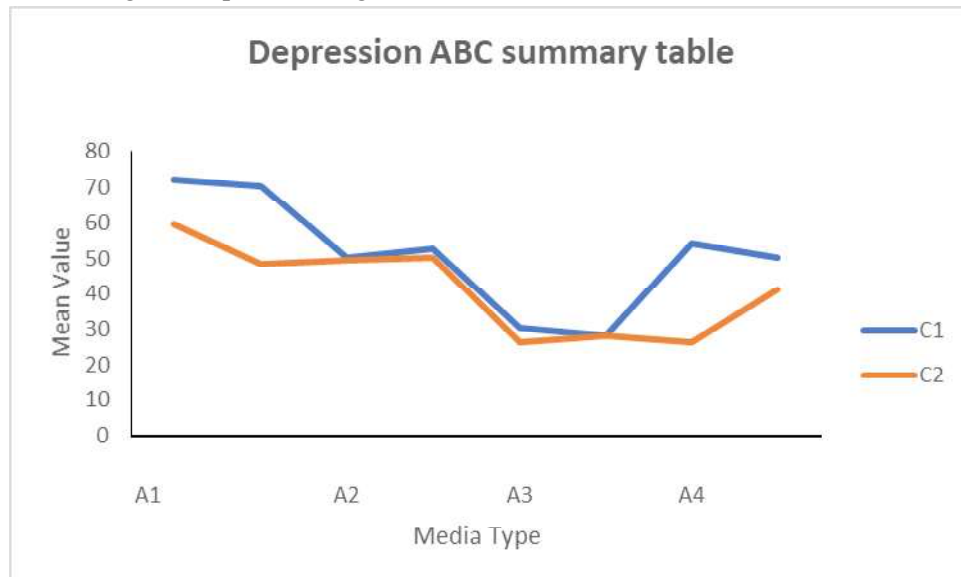
Mean value showing the impact of Media type and Employment type fig- 3

The next interaction of family types and types of employment was also significant ($F 1,159 = 4.91$ $p < .05$) is appeared in figure 4.



Mean value showing the impact of Family type and Employment type fig. 4

Last but not the least was the three-way interaction which was also significant ($F(3,159)=10.66$ $p < .01$) it was found that all variables lay their impact on depression and findings are reported in figure 5.



Depression ABC summary table fig. 5

Dimensional analysis of the data

In order to find out, the within-group relationship correlations between the twelve dimensions of the depression scale were made and the findings are given below in table 4. The table shows a good knitting among the dimension because all values are significant.

Table 5
Inter Correlation Matrix

S. No.	Name of the Area (s)	1	2	3	4	5	6	7	8	9	10	11	12
1	Apathy	-	49	51	62	49	64	54	61	63	65	55	58
2	Sleep Disturbance		-	55	68	62	61	53	56	49	50	58	57
3	Pessimism			-	59	60	62	66	53	54	59	62	61
4	Fatigability				-	65	68	67	57	54	55	59	49
5	Irritability					-	49	51	54	58	61	68	66
6	Social Withdrawal & Self-Centredness						-	56	58	62	67	58	51
7	Dejected or Sadness							-	49	50	62	55	64
8	Self- Dislike								-	53	66	64	68
10	Self- Harm										-	65	50
11	Somatic Reoccupation											-	55
12	Indecisiveness												-

Discussion

Given the rise in mental health issues, it is now crucial to comprehend how social media affects teenagers' well-being (Kim, 2017). Internet-related problematic behaviors are frequently described using psychiatric language, such as "addiction." Some youthful activity, nevertheless, can be mistaken for abnormal. Young people posting a lot of selfies, for instance, may come out as narcissistic, but in younger social networks, this type of behavior has become the standard (McCrae, 2018). However, psychologists and other professionals have issued cautionary statements regarding the negative effects of young people using social media on their personal and social development (Greenfield, 2014; Twenge, 2006).

It's possible to see social media as a "double-edged sword." Studies (Deters & Mehl, 2013; Lenhart et al., 2015; Lilley, Ball, and Vernon, 2014;

O’Keeffe & Clarke-Pearson, 2011; Rosen, 2011) demonstrate the advantages of allowing people to communicate their thoughts and feelings and to get social support. Additionally, studies have shown a connection between social media use and psychiatric issues. A minor but statistically significant correlation between social media use and depression symptoms in children and adolescents was found in a comprehensive evaluation of 11 research (McCrae, Gettings, and Russell, 2017). In adolescents and young adults, problematic Facebook use was linked to psychological distress, according to a meta-analysis of 23 studies (Marino, Gini, Vieno, and Spada, 2018). The usage of social media and depression have been linked in other comprehensive studies (Best, Manktelow, and Taylor, 2014; Hoare, Milton, Foster, and Allender, 2016).

Social media and mental health issues are not directly linked, as there are many contributing factors. Impaired sleep was proposed as a mechanism in a 2017 paper by the Young Health Movement and the Royal Society for Public Health. Internet use is a sedentary activity that increases the risk of health issues when done in excess (Iannotti et al., 2009). Although the direction of the association between sedentary behavior and poor mental health in young people is unclear—those with mental health issues may be more prone to be less physically active—a meta-analysis by Asare (2015) demonstrated this. Social media users frequently multitask since they have accounts on various platforms. According to a 2013 study by Rosen, Whaling, Rab, Carrier, and Cheever, multitasking online is a predictor of mental disorder symptoms. Due to the excessive demand, Primack and EscobarViera (2017) discovered a correlation between the number of social media accounts and the degree of anxiety.

Social support is a major component that affects how social media use and mental health are related. The American Academy of Pediatrics reported that using social media allows adolescent users to deepen their ties with current friends and make new ones online, reducing social isolation and loneliness and indirectly enhancing mental health (O’Keeffe & Clarke-Pearson, 2011). Studies show that those with inadequate social support are more likely than people with good social support from family, friends, and neighbors to experience mental health issues (such as depression, anxiety, and psychological distress) (Klineberg et al., 2006; Maulik, Eaton, and Bradshaw, 2011). Seabrook, Kern, and Rickard (2016) conducted a review of 70 papers and discovered an inverse relationship between positive social media interactions and both sadness and anxiety. However, as other investigations have suggested, the quality of social support may be more significant than the quantity (e.g., Teo, Choi, and Valenstein, 2013; Vandervoort, 1999).

People frequently evaluate their opinions and skills by comparing them to those of others, according to the social comparison hypothesis (Festinger, 1954). It's interesting to note that teens are more likely to engage in such behavior than younger children or adults (Kramer, Ingledew, and Iphofen, 2008; Myers & Crowther, 2009). Teenagers who participate in downward social comparison (comparing themselves to lesser performance) and those who utilize better performers as a benchmark may experience different effects of social media on their mental health. According to Seabrook et al. (2016)'s systematic study, there is a connection between depressing online interactions and both anxiety and depression. Similar findings were made by Appel, Gerlach, and Crusius (2016), who discovered that passive Facebook use is a predictor of social comparison and jealousy, both of which result in depression.

According to Erikson (1950), adolescence is a time when people create their social and personal identities. A large portion of this development currently depends on social media. Teenagers may not be able to avoid the potentially negative impacts of social media use because of their poor ability to self-regulate and their susceptibility to peer pressure, and as a result, they are more likely to experience mental disorders. However, research on how social media affects teenagers' psychological development is still in its infancy. The majority of study conducted so far has focused on college or university students and young people in their later teens. As a result of either focusing on a diverse population that included children, adolescents, and adults (Baker & Algorta, 2016; Marino et al., 2018; Seabrook et al., 2016) or on general mental well-being that included both clinical outcomes and subjective well-being as the outcome of interest, earlier systematic reviews included more studies (Best et al., 2014; Marino et al., 2018).

A rising corpus of research suggests that bad family ties can induce stress, damage mental health and even produce physical symptoms. According to research, unsupportive families can harm a person's mental well-being and/or make a mental disease worse.

Family members frequently provide the majority of the care that people with mental illnesses need, so when they refuse to offer their assistance, the healing process may suffer.

Abuse of either the mind or the body can harm one's mental health. A mental health issue that requires lifelong management might arise when a youngster is harmed. The signs of a mental disorder can be severe and necessitate years of treatment depending on the severity of the abuse, how long it has been occurring, and the person's current state of mental health.

Even when their mental health symptoms seem to be under control, a person who has experienced abuse by a family member may require ongoing therapy. Research is still being done to determine how much abuse affects children and young people.

Chronic stress can be harmful to one's physical and mental health. A mental health condition like anxiety or depression may eventually arise as a result of this stress. Chronic family stress raises significant concerns because the victim frequently has few options for stress alleviation.

If family members are willing to undergo counseling, it would be ideal if this tension could be reduced. However, if the chronic stress persists, the patient may need individual treatment to learn the best ways to handle their family's situation.

If your family is negatively affecting your mental health, you might want to schedule a session with a therapist or counselor to obtain support for your symptoms and learn coping mechanisms for family issues.

While it's not usually your choice how your mental health is doing, you can choose to get treatment. If your family is not encouraging, it is important to speak with your healthcare practitioner who can explain your alternatives and help you acquire the necessary assistance.

It is becoming more widely acknowledged that an employee's mental health plays a significant role in determining their overall health and that pressures at work can contribute to a variety of physical ailments, including cardiovascular disease, diabetes, and hypertension. Employees' burnout is another consequence of poor mental health, which has a significant negative impact on their capacity to make meaningful contributions in both their personal and professional life.

Data from several nations throughout the world show that mental health issues are a factor in many workers quitting their jobs. About 58% of the disabilities at work in the Netherlands are mental health related. According to estimates, between 30 and 40 percent of sick days in the UK are caused by mental illnesses. Employers and businesses are directly impacted by mental health issues through increased absenteeism, a negative impact on production and revenues, as well as an increase in costs to address the problem. They also have a negative effect on employee morale.

Stress at work is a significant contributor to an occupational illness, low productivity, and mistakes made by humans. This entails increased absences owing to illness, significant personnel turnover, subpar performance within the company, and perhaps an increase in accidents brought on by human error. In addition to physical symptoms like heart disease, back pain, headaches, gastrointestinal problems, or other minor ailments, work-related stress can also have psychological repercussions including anxiety and depression, memory loss, and poor decision-

making. People who are subjected to extreme pressure or other demands experience stress, which is a negative reaction. There is a major difference between pressure, which can serve as motivation, and stress, which can happen when the pressure reaches an unhealthy level.

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