



A study of Facebook and Whatsapp addiction among junior college adolescents

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Abstract

The study of WhatsApp and Facebook addiction of adolescents was conducted, for this study a survey method was used and a sample of 100 adolescents were selected randomly from different colleges of Aurangabad city. The standardized tool of social networking addiction was administered to selected sample. The purpose of this study is to find out the hours spend on these social media and addiction level among adolescents. The findings showed that 79% adolescents shows high addiction level and 96% of adolescents spent daily 5 to 6 hours on WhatsApp and Facebook.

Keywords: whatsapp, facebook, addiction, adolescent

1. Introduction

Addiction is a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence. Addiction to anything may lead to severely affect the mental, physical and Psychological health of the people. People with addiction do not have control over their behavior, actions or usage. Their addiction may reach a point at which it is harmful. Addictions does not only involve physical things, such as drugs or alcohol, but may include virtually anything, ranging from abstract things as gambling to seemingly harmless products, such as chocolate. Why is there a need to study about media addiction? Medical News (2012) reported on a study suggesting that Facebook use may feed anxiety and increase a person's feeling of inadequacy. The researcher feels that there are various reasons that affect the well-being of adolescents and some of them being, the objectives and the goals of the adolescent being smashed, Loss of Parental relationship, Disrupted interpersonal relationships, Fading Social and cultural values, subjection to unhealthy environment and so on. Hence this research is an attempt to understand social media addiction.

2. Objectives

1. To study the Percentage of social networking addicted adolescents.
2. To study the Percentage of WhatsApp and Facebook addicted adolescents.

3. Hypotheses

1. The percentage of social networking addicted adolescents is high.

2. The percentage of WhatsApp and Facebook addicted adolescents are high.

4. Research design and methodology

After studying all the method the researcher selected the most appropriate method i.e Survey Method for conducting the study undertaken.

The Investigator selected the students of Junior College of Aurangabad city as a sample for the study. After selecting the students, on the selected sample the investigator administered the social networking by Ghazi shahnawaz, Dr. Nivedita Ganguli and Manchong Limlunthang Zou, in which 32 items with five point rating scale (strongly agree, agree, undecided, disagree, strongly disagree) and scores were collected and tabulated. After collection of data scores are tabulated and analysed.

Sampling technique

Simple Random Sampling was used for Data Collection.

Sample size

100 students from Junior college of Aurangabad city who are in age group of 16 to 18 years (50 Male + 50 Female)

Tools

1. Social Networking Addiction Scale (SNAS) - This scale is developed by Mohammad Ghazi shahnawaz, Dr. Neevidita Ganguly and Manchong Limlunthanf Zou. It has 32 items which are related with social networking.

Statistical technique

1. Mean is used for calculating the percentage of users.

5. Discussion of the result

Table 1: There percentages of social networking addicted adolescents are high.

Sr. No.	Variable	No. of students(N)	Percentage of students	Range	Interpretation
1.	Social Networking	100	00%	1-40 (P25)	Low Social Networking addiction
2.			21%	41-80 (P50)	Average Social Networking addiction
3.			79%	81-120 (P75)	High Social Networking addiction

The table no.01 shows 21% of adolescent scores between 41-80, which indicates Average social networking addiction

among adolescents, whereas 79 % shows scores between 81-129, which indicates High social networking addiction.

Table 2: The percentage of WhatsApp and facebook addicted adolescents are high.

Sr. No.	Variable	No. of students (N)	Percentage of students	Range	Interpretation
1.	WhatsApp and facebook	100	2%	1-40 (P25)	Low Social Networking addiction
2.			2%	41-80 (P50)	Average Social Networking addiction
3.			96%	81-120 (P75)	High Social Networking addiction

The 96 % of students use WhatsApp and Facebook for 3 to 4 hours daily.

6. Conclusions

- 79% shows high addiction of WhatsApp and Facebook.
- 96% adolescents spares 3 to 4 hours daily on whatsapp and facebook.

7. Suggestions

- Good Social Intelligence helps to reduce stress:** If the positive use of social media is done, it affects the mental health in a positive way. A group with whom you are interacting should be culturally, educationally and ethically sound, helps you to reduce your anxiety and stress.
- Educational website is your best friend:** The best friend is the books; u can get involved in a goo literature on educational website, which helps to reduce the strain and stress of mind.
- It is a best source of leisure time:** The social media is a best source of using leisure time. You can practice your hobbies and learn about the things of interest which keeps you mentally healthy.
- Set limits:** Set a reasonable daily limit for engaging with social media, and stick with it. Decide ahead of time what you will do when you log off. Consider all of the things you feel you have no time for, such as reading a book, exercising or meeting a friend for coffee. Set a timer, and when it goes off, turn your attention to the chosen activity.
- Close tabs:** Keep social media tabs closed while you're working or conducting other important educational assignment so that you're not distracted or tempted to check in, which may lead to a great deal of wasted time and the negative emotions that result.
- Remove phone apps:** If overuse of social media is a concern for you, remove the social media apps from your phone so that you're not spending every idle moment

checking in. Have things handy that you can do instead while you're commuting to work, on your lunch break or otherwise unengaged, such as reading a book, knitting or writing in a journal.

- Reduce access:** Keep your phone in your drawer at work, and leave it in one place while you're at home so it's not constantly in your hand, tempting you to visit your sites.
- Un follow:** If someone in your circle of friends posts things that you find distasteful, negative, offensive or that otherwise negatively affects your mood, un follow them or block their posts from your feed. Likewise, if you find yourself obsessing over someone else's life and feeling envious, block or un follow them to remove the temptation to compare your life to theirs.

8. Reference

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