



---

## PHYSICAL EFFECTS OF EXCESSIVE USE OF SOCIAL MEDIA BY STUDENTS

---

Shree Kulkarni Anant Vasudev

Department of Psychology Uma Mahavidyalaya  
Pandharpur

---

### Abstract

The positive aspects of mental health are emphasized in the World Health Organization's definition of health. This study aimed to investigate how social media usage impacts student mental health, as well as explore differences between boys' and girls' students' mental health, by looking at urban and rural areas respectively. The study surveyed 150 students from government schools in Satara District. Various statistical methods were used to analyze the data, including Mean, S.D., and 't'-test. The purpose of this study was to determine whether students' mental health is affected by how frequently they use social media. No significant negative effects and no difference were found between boys and girls, between urban and rural areas, or among those who used social media for one hour every day or more.

**Keywords:** Psychological Health, social media and Students

### Introduction: -

The study's goal was to determine whether there is a negative effect on students' mental health from social media usage, and if so, what factors are most associated with this. The results of the study showed that although no significant difference in mental health between boy and girl students or urban and rural areas was found, positive aspects of mental health were stressed by WHO within its definition of 'health'.

Intellectual fitness a critical part of children's normal health consists of a complicated interactive relationship with their bodily health and their capability to attain university, at paintings and in society. every other aspect both bodily and mental health have an effect on how we suppose, feel and act on the outside

and inside. intellectual health issues have an impact on concerning one in ten youngsters and teenagers. They embrace depression, tension and behavior ailment, and are regularly an instantaneous response to what is going on of their lives. today's children, ages 10 to 15, consume multiple sorts of media (often simultaneously) and spend more time (44.5 hours in step with week) in front of computers, television, mobile and sport monitors than the alternative hobby in their lives besides sound asleep. The cause of this has a look at is to planned upon the effects of social media usages on student's mental health.

### **Review of Literature: -**

The researchers have appeared in various student mental health literature. While children's access to social media has social benefits, and there is evidence that doing so can help mitigate the effects of loneliness, there are also significant inherent dangers. Some of these risks come from accessing unsupervised and unregulated content, combined with children's lack of awareness of privacy issues and their vulnerability to outside influence (American Academy of Pediatrics, 2011). In the past, kids used the family computer in a shared room to go online, but now 38% go online directly from their phones, and 64% go online from their own laptop or tablet (Influence Central.com, 2016). Social media sites provide a space for young people to share their interests in art, music, gaming and blogging.

### **Objective: -**

1. To examine the status of Physical Effects of Excessive use of social media by Students.

### **Research Methods: -**

A sample of the exhibit investigation consisted of 150 learners belonging to the urban and rural areas. All learners who were studying in many authority schools (age group 10 to15 yrs.) of Satara District (N=150) were chosen as random sampling technique of the exhibit survey. All the subjects included in the sample were contacted individually and their responses were taken on mental health. They, were guaranteed that their responses would be kept confidential. several statistical methods containing intend, S.D. were utilized to analyze the

information. Statistics were done utilizing Statistical Package for the Social Sciences (SPSS) .

**Table No.1**

**Number of Students in study area**

Areas	Boys	Girls	Total
Urban Area	75	75	150
<b>Total</b>	<b>75</b>	<b>75</b>	<b>150</b>

*(Source: Compiled by researcher)*

**Data analysis and its Interpretation: -**

The essential objective of the exhibit survey was enquiring the execute of social network usages on mental health amongst between urban and rural areas learners. For this objective, investigator formulated. outcomes are displayed in under delivered tables.

**Table-2**

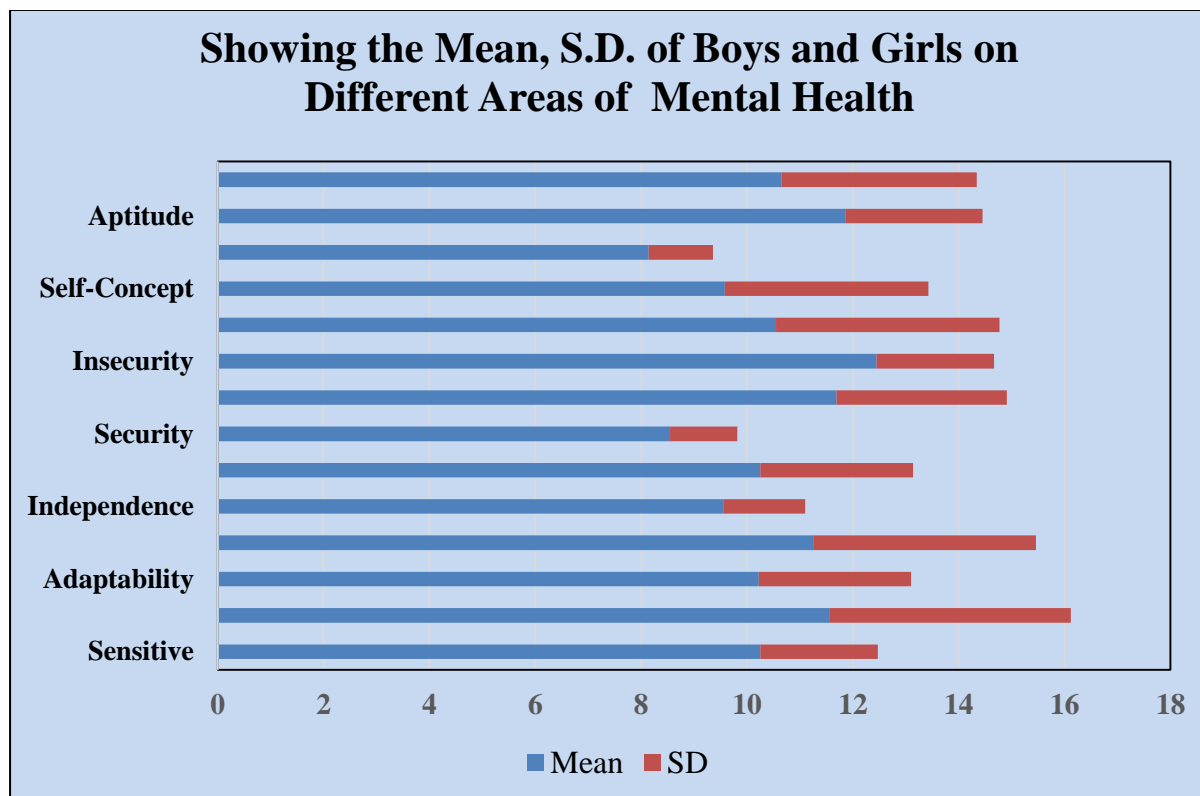
**Showing the Mean, S.D. of boys and girls on different areas of mental health.**

Areas of Mental Health	Gender	N	Mean	SD
Sensitive	Boys	75	10.25	2.22
	Girls	75	11.55	4.57
Adaptability	Boys	75	10.22	2.88
	Girls	75	11.25	4.21
Independence	Boys	75	9.55	1.55
	Girls	75	10.25	2.89
Security	Boys	75	8.55	1.27
	Girls	75	11.69	3.22
Insecurity	Boys	75	12.45	2.22
	Girls	75	10.55	4.22
Self-Concept	Boys	75	9.58	3.85
	Girls	75	8.14	1.22

Aptitude	Boys	75	11.87	2.58
	Girls	75	10.65	3.69

(Sources: - Data Collection, Complied by researcher)

Graph No.1



Overhead board and figure denote the disagreement on six areas of mental health between both the groups (boys and girls). It is obvious that there is no essential disagreement on all areas of mental health. because, in the light of the outcome, that there's no essential disagreement between boys and girls as attested by the mental health is invalid in the exhibit survey.

Kumar, Gerwal (2014) and Dhurandher, Alka Agrawal (2015) was found his research that no essential disagreement on the mental health of boys and girls of higher secondary center of learning. vital point found this survey no adverse impacts on mental health of learners, those students' usages social network greatest one 60 minutes in each day.

**Discussion: -**

The outcomes of this survey showed that there exists a no relationship between numerous areas of mental health with social network usages learners. But this learner spends his times on playing a moveable game only under than one sixty minutes. Other than that, there exist a direct relationship between physical health, anguish and depression with pc games addiction (Hedayati, 2009).

Students and adolescents' attractions to the pc games bring on several mental, physical and social issues for them. These effects are stimulating enrage and violence, obesity, epilepsy because of games, social isolation, and other physical and mental damages. limitless psychologists and mental health professionals have paid attention to the impact of these games (Ahmadi S., 998).

In summary, I complete that mental health plays an essential part at any juncture of life. but sometimes, mental health is essential at adolescent as in this time one takes on new responsibilities and roles. Those learners expend his times on usages of social network only under than one 60 minutes. It was not essential negative execute on mental health.

**Conclusion: -**

The focus of the survey was to decide the impact of social network usages on student's mental health, those students' usages social network for greatest one 60 minutes on daily basis. In, the conclusions of this research, no essential negative execute and disagreement is seen in the mental health of boy and young woman learners. along with no essential negative execute and disagreement is seen in the mental health of urban and rural areas learners.

**Suggestions**

1. A survey may be undertaken to include the age group only 10 to 15 yrs. learners.
2. Authority and personalized Schools groups could be separately studied.
3. Studies may additionally be extended to other types of schools to deliver a greater notion of the situation of student's mental health.
4. Issues of learners narrated to mental health for each growth juncture wanted to survey separately.

**References: -**

1. American Academy of Pediatrics. (2011). Clinical report, The impact of social media on children, adolescents, and families.
2. Anderson (2000). Video games and aggressive thoughts, feelings, and behavior in the laboratory and in life. *J Pers Soc Psycho*, 78(4): 772-90.
3. Ahmadi (1998). Social effects of computer games on male students in third year of guidance school in Isfahan city. *Quarterly of public culture*, 1&17: 87 [Persian].
4. Clarke-Pearson, (2011). The Impact of social media on Children, Adolescents and Families. Retrieved from <http://pediatrics.aappublications.org>
5. Dhurandher, Agrawal. (2015). A Comparative Study on Mental Health of Students of Science and Art Subject. *International Journal of Education and Psychological Research (IJEPR)*, Volume 4, Issue 2.
6. Hedayati. (2009). Effect of Addiction to Computer Games on Physical and Mental Health of Female and Male Students of Guidance School in City of Isfahan. *Addict & Health*, Vol 1, No 2.