



Research Article

A STUDY TO ASSESS THE ADDICTION OF SOCIAL NETWORKING SITES IN AFFECTING MENTAL HEALTH AMONG ADOLESCENCE FOR B.SC NURSING STUDENT IN SELECTED COLLEGE ,CHENNAI

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ABSTRACT

The 21st century continues to use technological advances that change of communication, socialization, and private versus public information. Adolescence is the part of life that succeeds from childhood, the period of existence preceding maturity or age; the whole early part of life, from childhood to manhood. Social networking is a phenomenon which has existed since society began. Constant online communication affects children, making it difficult for them to communicate and concentrate when they are away from the screen. The present study aimed to assess the addiction of social networking which affect the mental health. The study was carried out in a selected college of Chennai. Total 30 sample were included for data collection. A question was prepared comprises of 10 question covering the main objectives of the study. Finding concluded that the impact of addiction of social networking on adolescence affecting the mental health shows the result of Severe impact 8(27%), Moderate impact 10 (33%), Mild impact 12 (40%) is existing.

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INTRODUCTION

The 21st century continues to use technological advances that change of communication, socialization, and private versus public information. One such change is the prominence that social networking sites currently enjoy, especially among the younger generations. The adolescence is a condition or quality of being young. An early period of development or existence: a nation in its youth. Social networking is a phenomenon which has existed since society began. SNS have shifted social networking to the Internet. In less than five years, these sites have grown from a niche online activity into a phenomenon through which tens of millions of internet users are connected, both in their leisure time, and at work. Daily over use of media and technology has a negative effect on the health of all children, preteens and teenagers by making them more prone to anxiety, depression, and other psychological disorders, as well as by making them more susceptible to future health problems. In the year 2011 according to the presentation by Dr Larry Rosen at the 119 Annual Convention of the American Psychological Association stated that middle school, high school and college students who checked Face book at least once during a 15-minute study period achieved lower grades. This study by researcher designed to estimate the level of adverse effects of social networking among youths in academic performance so that they can be educated in this regard through their parents and teachers.

Objectives

1. To assess the impact of addiction of social networking sites on adolescence
2. To determine the association between the impact of social networking sites with selected demographic variables.

MATERIALS AND METHODS

The study was performed in a selected college of Chennai. Students present at the day and time of data collection. A questionnaire was prepared comprising of 10 question covering the main objectives of the study these student were asked to fill the questionnaire irrespective of their gender or whether they are addicted to social networking or not. The sample size was 30 students and the sampling technique was purposive sampling. The responses were calculated and tabulated with regard to social networking addiction the inclusion criteria were students who understand English and students who were available at the time of data collection, the exclusion criteria includes who are not present in the data collection.

RESULTS

Out of 30 subjects it was found that the impact of addiction of social networking on adolescence affecting the mental health shows the result of Severe impact 8(27%), Moderate impact 10 (33%), Mild impact 12 (40%) is existing.

Frequency and percentage distribution according to the level impact of social networking sites addiction in adolescents among college students

Sl.no	scoring	No of items	Percentage(%)
1.	Mild Impact of Social Networking On Adolescence(1-3)	12	40
2.	Moderate Impact Of Social Networking On Adolescence (4-6)	10	33
3.	Severe Impact Of Social Networking On Adolescence (7-10)	8	27

CONCLUSION

The result showed the most of the adolescents gets influenced by social networking addiction which affects their mental health. The moderate impact is more than the severe and mild impacts. The difference was found not statistically significant.

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