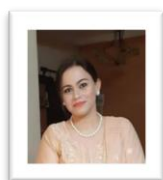


Understanding Effect of Social Media On Aggression among Youth

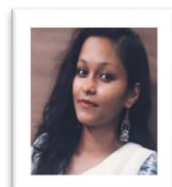
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Abstract
The present paper endeavours to cast a glance on understanding the effects of social media on aggression among youth. The sample of the present paper comprised of 15 males and 15 females between the age of 19 to 22 years. Tools incorporated in the study includes; the Social Networking Time Use Scale (SONTUS) developed by Olufadi(2015) and Aggression Questionnaire by Buss & Perry (1922). The extensive use of Social Networking has been on the rise among the youth. In today's world, life cannot be imagined without Facebook, YouTube, Instagram, WhatsApp, LinkedIn or Twitter accounts and online handles. The new age social networking culture has been having met an enthusiastic response and acceptance. But this social media has influenced our way of traditional interactions and social communications to a great extent. Thus, objectives of this study are to understand and investigate the extent of social media impact on the youth. This paper is an attempt to analyse the pattern of social networking usage and impact in order to determine the social networking addiction. The results of the study suggest that there was no significant relation between the use of social media and its effect on aggression.

Keywords: Social media, Aggression, Anxiety and Stress.

Introduction

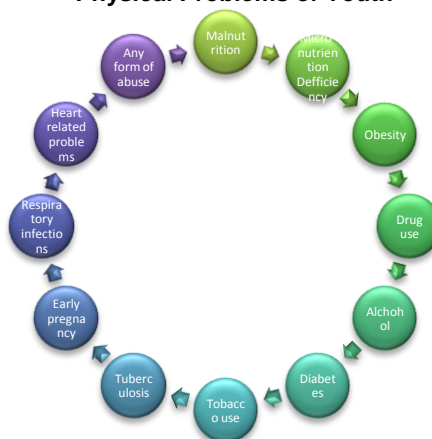
“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead

Youth is the period between childhood and adulthood. The United Nations defines youth as person between the age group from 15 to 24. Today's youth is identified as having particular mind set of attitudes. (Altschuler, et.al. 2012). The age range of youth in India is between 15 to 29 years of age, according to National Youth Policy (2014). This age range contributes to about 27.5% of our Indian population.

Surprisingly, the age between 7 to 12 is considered to have the capacity to commit any offence. Whereas, 18 years is the minimum age to attain legal activities. At this point of age an individual at 18 is able to vote. (U.N. 2003)The youth today is facing lot of problems. Some of these problems are related to the surroundings, while some are created by self. There are several biological and psychological problems as well. Major biological/physical and psychological problems faced by youth in India are mentioned as;

Physical Problems of Youth



(Sunitha and Gururaj, 2014)

Psychological Problems of Youth



(Mahendram2015)

Aggression among Youth

Aggression is a word that we use every day to characterize the behaviour of others and perhaps even of ourselves. Aggression is defined as behaviour that is intended to harm another individual who does not wish to be harmed (Baron & Richardson 1994). Moreover, there are different forms of aggression and there are different functions that aggression can perform. Different types of aggression are as follows:

1. Physical aggression; hitting, biting etc.
2. Verbal aggression; yelling, screaming etc, Anderson and Huesmann (2003).
3. Relational or social aggression; harming another person's social relationships Crick & Grotpeter (1995).
4. Instrumental or cognitive aggression; hurting someone to gain something, money, reward etc.
5. Emotional or impulsive aggression; the extreme negative emotion Bushman & Anderson (2001).

Aggression is expressed in many forms like, verbal or physical. There can be many reasons that may lead to aggression; peer pressure, norms, relationship issues with friends or family. Since there are many ways to express aggression there is also one way called social media which is the easiest way to express thoughts and the easiest way of getting affected by them. Violent things shown online contain negative thoughts and content which may harm others.

Social Media

Social media are the platforms that help in conceptions and sharing of information, ideas, creativity, interest and all other forms of expressions via virtual networks. Social media help in development of online social networks by connecting profiles of users with other groups or individuals. It helps to improve an individual's connection with online groups. (Obar, Wildman 2015)

Social Media and Addiction

Addiction is conduct which leads to pleasurable access resulting in weakening a person in some or the other way. This addiction leads to conflict with everyday work, family work and person's social life. If a person or individual spends more than 1 hour on a daily basis at any kind of social media is said to be addicted to social media. An individual gets addicted to social media by constantly checking their phones, which leads to poor performance at work. (Dr. Wilson, 2015)

After having gone through the studies on the youth, it can be stated that a lot of work has been done on the factors like age Wilson, Fornasier and White (2010), gender, Harris and Bohnhoff (1996) etc. There is a dearth of literature with reference to effects of social media among youth, especially in the Indian context. Thus, this encouraged the researchers to take up the present study. While reviewing the literature some questions came into the mind of the researchers like; Does the social media really leave an impact on youths in terms of aggression? How does youth deal with their aggression? How does youth express their aggression on any social media platforms? Etc. Hence an attempt is made in the present paper to study some of the questions.

Review of Literature

Demographic variables

Age and Gender

In a study by Kircaburun (2016) revealed that "self-esteem and social media addiction predict 20% of the daily internet use". Likewise, Jeffery and colleague (2005) found that children who reported the most faking behaviour on the internet i.e. pretending to be older than age had poorer social skills, lower level of self-esteem, they had much higher level of anxiety and higher level of aggression". Similarly, Wilson, Fornasier and White (2010) reported that "social media or social networking sites extend to the wide range of internet which attracts extroverts".

Luther and Legg (2010) showed that acts of physical aggression were more likely to be carried out by male characters, whereas acts of social aggression were more likely to be committed by female characters. Moreover, Fardouly et.al, (2015) investigated the effect of Facebook usage on women's mood and body image, they concluded that "participants who spent time on Facebook reported being in a more negative mood than those who spent time on the control website". Additionally, Guzin et.al. (2011) found "the difference in making new contacts was in favour of males, the differences on the other three user purposes were in favour of females".

Psychological Variables

Brad and Rowell (2006) suggested that short term effects of violent media were greater for adults than for children whereas long term effects were greater for children.

However, Upadhyay (2018), mentioned that "significant negative correlation between self-control social media usage and positive wellbeing social media usage and non-significant negative correlation between social media usage paired with the other affective state"

Method

Objectives of the Study

1. To study the gender difference between the domains of social media and aggression.
2. To study the relationship between the domains of aggression and social media across gender.

Hypothesis

1. Males will be high on relaxation, motives for use and academic time in the domains of social media.
2. Females will be high on verbal aggression and anger in the domains of aggression.
3. There will be positive correlation between use of social media and aggression among youth.
4. The use of social media during stress and in public places will be positively correlated with physical and verbal aggression in males.
5. The use of social media during the relaxation, motives for use and academic time will be positively correlated with anger and hostile in females.

Sample

Sample of 30 undergraduate students 15 males and 15 females from 19 years to 22 years age group were taken from arts faculty of University of Lucknow, Lucknow.

Variables

Predictor Variable- Social Media

Criterion Variable- Aggression

Design

Correlational research design was used.

Tools Used

Social Networking Time Use Scale (SONTUS)

The scale was back translated for the present study. This scale was developed by YunusaOlufadi in 2015. This scale has 29 items in it. The content validity of this scale ranges from 0.88 to 1.00.

Aggression Scale

The scale was back translated then used in the present study.

This questionnaire was developed by Buss & Perry in 1922. The internal consistency coefficients were: Physical Aggression, $\alpha = .85$; Verbal Aggression, $\alpha = .72$; Anger, $\alpha = .83$ and Hostility, $\alpha = .77$, with the internal consistency being $\alpha = .89$. Test-retest reliability (nine weeks) for the subscales and total score ranged from $\alpha = .72$ to $\alpha = .80$

Procedure

Students were contacted one by one, they were told about the purpose of the study. Confidentiality was ensured. Some of the items were simplified for their understanding. The study was designed to understand the effect and usage of social media on aggression among youth. Participants were given the Social Networking Time Use Scale (SONTUS) and Buss Perry Aggression Questionnaire. After the data collection, scoring for each item in both(the scale and questionnaire)was done and correlation was calculated.

Results and Discussion

Sample of 15 males and 15 females were taken from the age group of 19 years to 22 years. The sample was taken from University of Lucknow. Firstly, mean and standard deviation for males and females was calculated separately and then table was made for the same. After that, relation between domains of the scales were calculated using correlation in SPSS, which were discussed one by one.

Descriptive Statistics

A descriptive statistic is a summary statistic that quantitatively describes or summarizes features from a collection of information while descriptive statistics is the process of using and analysing those statistics. There was gender difference in the sample and it was calculated using t-test for both males and females.

Table 1: Showing Mean &Standard Deviation of the Male Sample on Social Media &Aggression Domains

| Descriptive Statistics Male | | | |
|---------------------------------------|----|---------|----------------|
| | N | Mean | Std. Deviation |
| For Social Media Scale Domains | | | |
| Relaxation And free period | 15 | 42.6000 | 9.57527 |
| Academic Related period | 15 | 31.2000 | 9.29055 |
| Public Places Related | 15 | 27.6000 | 5.12417 |
| Stress Related Period | 15 | 25.2000 | 5.12975 |
| Motives for Use | 15 | 23.1333 | 5.19432 |
| For Aggression Domains | | | |
| Physical Aggression | 15 | 29.8667 | 14.42650 |

Asian Resonance

| | | | |
|---------------------|----|----------|----------|
| Verbal Aggression | 15 | 14.2000 | 2.98089 |
| Anger | 15 | 20.0667 | 4.77294 |
| Hostility | 15 | 22.6000 | 4.73286 |
| SONTUS Total | 15 | 162.2667 | 28.13099 |
| AQ Total | 15 | 86.7333 | 23.87308 |

The table 1, represents mean and standard deviation of males' sample. Total number of male samples was 15. The total mean for SONTUS was 162.2667 and standard deviation was 28.13099, whereas, for aggression the total mean was 86.7333 and total for standard deviation is 23.87308 of the sample.

Table 2: Showing Mean & Standard Deviation of the Female Sample on Social Media & Aggression Domains

| Descriptive Statistic Females | | | |
|---------------------------------------|----|---------|----------------|
| | N | Mean | Std. Deviation |
| For Social Media Scale Domains | | | |
| Relaxation And free period | 15 | 42.5333 | 14.41164 |
| Academic Related period | 15 | 39.2000 | 39.61457 |
| Public Places Related | 15 | 23.7333 | 13.58816 |
| Stress Related Period | 15 | 34.5333 | 25.40772 |
| Motives for Use | 15 | 25.0000 | 9.94269 |
| For Aggression Domains | | | |
| Physical Aggression | 15 | 23.9333 | 4.44758 |

Table 4: Correlation Between Use of Social Media in Public Place & During Stress with Physical & Verbal Aggression in Males

| Correlations | | | | |
|-----------------------|-----------------------|-----------------------|---------------------|-------------------|
| | Public Places Related | Stress Related Period | Physical Aggression | Verbal Aggression |
| PublicPlacesRelated | 1 | .460* | -.476* | -.097 |
| Stress Related Period | .460* | 1 | -.070 | -.134* |
| Physical Aggression | -.476* | -.070 | 1 | .708* |
| Verbal Aggression | -.097 | -.134 | .708** | 1 |

Table- 4 represents, the difference between use of social media during stress and in public places with physical and verbal aggression in males. The 2nd hypothesis made in this regard "that the use of social media during stress and in public places will be positively correlated with physical and verbal aggression in males" was rejected. The probable

| | | | |
|---------------------|----|----------|----------|
| VerbalAggression | 15 | 15.2667 | 4.92032 |
| Anger | 15 | 21.1333 | 4.32380 |
| Hostility | 15 | 22.8667 | 7.02919 |
| SONTUS Total | 15 | 176.9333 | 82.62952 |
| AQ Total | 15 | 83.2000 | 15.86641 |

The table-2 represents the mean and standard deviation of females. The total of 25 females were included in the sample. The SONTUS, total mean computed was 176.9333 and standard deviation was 82.62952, whereas, aggression total mean was 83.2000 and standard deviation was 15.86641.

Table 3: Correlation between Use of Social Media & Aggression

| Correlations | | |
|--------------|--------------|----------|
| | SONTUS Total | AQ Total |
| SONTUS | 1 | -.123 |
| AQ | .123 | 1 |

*SONTUS- Social Networking Time Use Scale

*AQ- Aggression Questionnaire

Table-3 states the correlation between usage of social media and aggression. The results suggest that there was no significant relation between the two variables. Hence the hypothesis 1st made in this regard "there will be positive correlation between use of social media and aggression among youth across gender" was rejected. A probable reason could be that social media was taken as a means of enjoyment in youth and not to show aggressive behaviours. Faye, Cheryl et.al. (2017) found that "cyber-aggression was experienced by a significant minority of university students, impacting their sense of wellbeing and mental health".

reason could be that males may have other ways to deal with stress. In similar study, Kaya and Bicen (2016) found that "the university students were aware of protecting their social identity as their Facebook shares are not public. Furthermore, they respect privacy as they do not use their friend's Facebook account."

Table 5: Correlation between Use of Social Media during the Relaxation, Motives for Use & Academic Time with Anger & Hostility in Females

| Correlations | | | | | |
|---------------------------|---------------------------|-----------------|-------------------------|-------|-----------|
| | Relaxation and freeperiod | Motives for Use | Academic Related Period | Anger | Hostility |
| Relaxation and freeperiod | 1 | .865** | .430 | -.418 | -.118* |
| Motives for Use | .865** | 1 | .503* | -.266 | -.078 |
| Academic Related Period | .430 | .503* | 1 | .333 | -.172* |
| Anger | -.418 | -.266 | .333 | 1 | .332 |
| Hostility | -.118 | -.078 | -.172 | .332 | 1 |

Lastly, the table-5 suggest the correlation between use of social media during relaxation, motives for use and academic time with anger and hostility in females. The results show that there was no significant relation between the variables. Hence the 3rd hypothesis made in this regards that “the use of social media during the relaxation, motives for use and academic time will be positively correlated with anger and hostility in females” was rejected. The probable reason could be that females don’t show anger and hostility because of using social media platforms during the time of relaxation, motives for use and academic time. In the contrasting studies, Guzin et.al. (2011) found “significant differences between genders difference on making new contacts”.

Summary and Conclusion

The results of the study suggest that there was no significant relation between the use of social media and its effect on aggression, use of social media during stress and in public places. Pointing the impact of social media Akashdeep, Vinay and Sam (2017) concluded that “the impact of popular social media sites in Indian culture and the way of the use, purpose, the way through these sites are accessed is the same in the culture”. The social media does not cause aggression among gender among males and females while using social media platforms at different places or for different purposes. The study can be used to see the relationship between use of social media and aggression.

Implications

1. In context with the study, the effects of use of social media on aggression can be observed.
2. Researches can also be done on different areas like urban and rural with people using different social media platforms and its effects on aggression.
3. It is suggested that the researcher need to do work in the field of use of social media on different levels and its effects on aggression.

Suggestions

1. It is suggested that the researcher need to do work in the field of use of social media on different levels and its effects on aggression.
2. The researcher can also see the results between different age groups, like teenagers or adults to

see the perspectives of people with different age groups.

3. It is also suggested that research can also be done to see the difference in between urban and rural area people of different age group using social media platforms.

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