

# The Use of Social Networking on Psychological Well – Being in Youth

## Abstract

The purpose behind this extensive use of social networking is may be to share their personaexperience, thoughts and work with others or may be cope their feeling of being alone or for their psychological well-being. This paper examined of social networking, psychological well-being in youth. The sample was taken by randomly method. The sample was selected from Bhavnagar city. Total 160 university students were taken among then 80 boys and 80 girls. Tool was used Psychological well- being scale developed by Sudha Bhogle and Indira jay Prakash (1995) Gujarati Translation is this research an Y.A. jogasan and ArchnaAahir (2016) . By the types of variables of mean standard deviation and t-test indicated is no significant difference between the psychological well being of commerce students belonging to girls and boys. The hypothesis has been not accepted is this study of level 0.05 and there is significant different between university students.

**Keywords:** Social Networking, Psychological Well – Being.

## Introduction

Today the use of technology and online social networking has become progressively more important in the lives of youth. Social networking sites are web - based services that allow users to partake in activities such as constructing a public profile, managing anther users with whom they share a connection and connoted. (Boyd & Ellison, 2008). Some popular online social networking sits used among youth inactive computer games and chat rooms. It is reasonable therefore to expect that acceptance and integration in these online settings would be key factors for youth socialization and well - being today. The purpose of this study, therefore, was to understand the influence of online social networking sites on youth well -being.

Social networking is an internet -based form of communication. Social networking platform allow users to have conversation share information and create and content. There are many forms of social media, including blogs, micro-blogs, wikis, social networking sites, photo-sharing sites, instant messaging, video sharing sites', products, widgets virtual, words and more.

## Psychological well-being

From the time of establishment human have been questioned the things that create happiness and what are the happiness of people depends. Happiness or contentment is basically the understanding of one's own nature, own prospective and all men want to be happy in their environment. Therefore, it is the unconditional claim of all humane needs, requirements and passion it is the main goal of human subsistence (yildiz, 2002). Along with these definitions, psychology focuses on individual's happiness and the idea of well-being. Psychologist martin Seligman, develop methodical leaning called as "optimistic psychology", that is essentially about cheerfulness, peace, happiness, harming and optimistic (positive) individual behaviors. Hence, optimistic psychology will provide the scientific viewpoint by setting a high standard for the limits of human or individual optimism (Goal man, 2003) and is regarding subjective life principles. That includes welfare, well- being, contentment fulfillment from the previous happening to be encouraged for the expectations and present happiness. From the existing studies regarding well-being it is observed that there are a range of ideas along with the universal idea of well-being, similar to subjective well-being psychological well-being, fulfillment, value of life and positive feeling. Significance of this concepts is not entirely equal, however they are significantly interconnected, with reference to the concepts that make them happy (dost,2005).Emotions are unchangeable fundamentals of emotional and psychological conditions. We



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have to concentrate on our emotions in order to understand our own character (Navarro, 2000). The life styles are not the dusting of an individual. Health, well-being and life style of a human being are closely related, psychological, well-being means individual's manufacture of ideas and concepts that make them feel happy (Lent, 2004). In this circumstance, human being is supposed to delay his pain, he have to struggle although having psychological well-being hurts. Her fore subjective well-being is put off things that hurt for the sake of enjoyment.

The theory of psychological well-being states the person's psychological health relies on his optimistic performance in some characteristic of his life. Human being should be positive and optimistic in their relationships, should have a strong believe in himself, should give importance to his life, should have purpose for his life and last but not the least the aptitude to create his own judgment (ozen, 2005). On the basis of this there is a latent tension among psychological well-being growth and happiness (ruff & singer, 1998). Therefore, psychological well-being acquires a significant place in charactes, personality and development theories both tentatively and practically.

#### **Social Networking Use**

Since the onset of social networking, much research has been, produced in the realm of social media effects on users, specifically, user habits and behaviours when social media and how such platforoms may enhance users. Social well-being or reinforce undesirable behaviours (Gonzales & Hancock, 2011, Jin 2013, sterinfeld, Ellison & Lampe 2008).

For brayer & zavatarro (2011), "social media are technologies that facilitate social interaction, make possible collaboration, and enable deliberation across stakeholders. These technologies include blogs, wikis, media (audio, photo, video, text) sharing tools, networking platforms and virtual worlds ." to enables us to explore social will focus on psychological and emotional wellbeing in youth . Social networking has practiced a speedy growth in popularity and status since their commencement in the early 2005 (Alexa, 2011).social networking is a platform for building social relationships. Therefore, youth are using social networking site to develop relationship with friends and strangers. Recent studies has investigated that youth make new friends though. Social networking and make relationships (Mesch& Talmud, 2007). The increase of the social networking use has been escort by fears about its impact on the wellbeing along with health of youth. (Valkenbug& peter, Zoll) This study will also measure the psychological& emotional wellbeing in youth in connection with social networking website.

#### **Types of Social Networking**

1. Facebook: This is easily the largest social networking site in the world and one of the most widelyused.....
2. what'app....
3. QQ
4. We chat
5. Ozone

6. Tumbler
7. Instagram
8. Twitter
9. Linekedln
10. Google
11. Wikipedia
12. Flicker
13. pinterest
14. YouTube
15. VidMate
16. TikTok

And then 60t social networking sites you need to to know about in 2018.....

Social media sites have also grown in numbers by leaps and bounds. it's per the statics revealed on statists, approxionately two billion users used social networking sites and apps in 2015, and with the increased use of mobile devices this number is likely to cross the 2.6 billion mark by 2018.

So in this research, we discuss some of the most popular social media sites that are being explored by the world toda and use of social networking well-being in all youth.

#### **The big five social well-being**

##### **Openness**

Creative, imaginative, intelligent, curious and adventurous.

##### **Extroversion**

Outgoing, friendly, lively, active and talkative

##### **Conscientiousness**

Organized, responsible and hardworking.

##### **Agreeableness**

Helpful, warm, caring, softhearted and sympathetic.

##### **Neuroticism**

Moody, worrying, and nervous.

#### **Review of Literature**

Kumar (2007) propose a sentiment analysis method on the tweets in cloud environment and utilized Hadoop for intelligent analysis and storage of big date on Facebook and Twitter. The reason is that handling huge amount of unstructured date is a tedious task to take up. The current analytics tools and models used that are available in the market are not sufficient to manage big date .Therefore, there is a need to use a cloud storage for such type of applications. The date due to rise in social media has gathered huge interest among users and social networking sitedate is being used for various purposes including, marketing and sentiment analysis.

Singh (2007) presented the research effort in ensuing awareness about the social networking site concept, merits, demerits and meaning .The research methodology in this paper was based on primary and secondary date regards to grouping of users having similar type of interests, jobs, activities, backgrounds or some other type of real life similarities .

Kaveri subrahmanyam and Gloria Lin (2007) published a paper entitled " adolescents on the Net : internet use and well psychological well being " in adolescence .This paper examined the relationship between adolescent online activity and well – being ,participants included 156 adolescents between 15 to 18.4 years of age who surveyed about their access to

and use of the internet .An ANOVA suggested that loneliness was not related the total time spent online, nor to the time spent on e-mail , but was related to paraticipants gender .Analyses suggested that gender and participants perceptions regarding their online relationships were the only variables that predicted loneliness. Significant others was not related to time spent online, time on email, participants relationships with online partners and to their perceptions about these relationships . the implications of the results for researchers parents and other lay persons are discussed .

Manjunatha (2013) published his paper entitled “ the usage of social networking sites among the college students” in India in International research journal of social sciences .the said purpose a survey has been conducted among 500 students in various colleges and universities throughout India .their usage pattern of social networking sites hours spending per week, gender differentiation in its usage, purpose of membership, their level of intimate relationships with online friends and much more interesting aspects have been dealt scientifically in this paper .

Nishi Misra, Shivani Dangji, and Sanaya Patel (2015) published his paper entitled “ Gender differences in usage if social networking sites and perceived online social support on psychological well - being of youth ”The study was conducted with an aim to study the effect social networking sites and perceived social support on the psychological well being of the youth he sample size was 100 which had 50 males and 50 females .all the participants were college going students or new entrants in the corporate sector . The results indicated a negative relationship existed between online perceived social support and psychological well being. This study has a lot of implications in terms of creating awareness among the youth so that they limit the usage of social networking sites and also a lot of research in the context is to be done.

#### **Problem of Study**

The problem of present study is to find out the use of social networking no psychological well – being in youth.

#### **Objectives**

The main objectives of studies were as under.

1. To study the use of social networking on psychological well-being of artsstudents.
2. To study the use of social networking on psychological well-being of commerce students

#### **Null-Hypothesis**

To related objectives of this study, null hypothesis were as under.

1. There is no significant difference in social networking on psychological well –being of girls and boys of arts students.

2. There is no significant difference in social networking on psychological well –being of girls and boys of commerce students.

#### **Method**

##### **Samples**

According to the purpose of present study. A sample of N=160 Students from Maharaja Krishna Kumar Sinhji Bhavnagar university Gujarat among the n=80 girls and n=80 boys.

##### **Research Design**

The present research aims to use of social networking on psychological well-being in youthof M.K.B.U. students for these total 160 university students boys and girls are taken as a participant to check different test method in used. Here 2x2 Factorial design is use.

##### **Measurement Tools**

##### **Psychological Well-Being (1995)**

Psychological well-being scale developed by Sudha Bhogle and Indira Jai Prakash (1995). Gujarati Translation is used in this research. This scale contains 28 items, forwhich the subjects have to put mark for either of two options 'Yes' or 'No.' The 28 sitem in the scale was divided into 13 factors, which will contribute topsychological well-being of the individuals. They are meaninglessness, self-esteem, somatic symptoms, positive affect, life satisfaction, daily activities, suicidal ideas,social support, personal control, tension, wellness general efficiency and satisfaction.The maximum score are 28 and minimum score is 0. A high score indicate high levelof psychological well-being and a low score indicates low level of psychological well-being.

Sentence	Answer	Mark
Positive	Yes	1
	No	0
Negative	Yes	0
	No	1

##### **Validity**

Validity of this scale is very high.

##### **Reliability**

Reliability of this scale is very high.

##### **Scoring and Interpretation**

As stated in the manual, scoring key for all 28 items isgiven. The correct responses for each item as listed in the key, yields the score one orzero. The total score for all 28 items gives a total score for psychological well-beingand high score indicates high level of psychological well-being.

##### **Result and Discussion**

1. The data collection of the use of social networking on psychological well-being in youth.
2. Significant of difference between social networking on psychological well- being in youth.

**Table-1: Showing The, Mean, Standard Deviation and t- Value of Girls - Boys**

S.No.	Types of Variables	Stream	Gendar	N	Mean	SD	T	Sign. Level
1	Psychological well – being	Arts	Girls	40	53.26	5.07	4.13	0.05
			Boys	40	59.15	5.88		
		commerce	Girls	40	73.93	6.46	3..23	0.05
			Boys	40	76.53	6.51		

\*Significant Level. 0.05= 1.98 0.01=2.61

It can be show form tabale -1 that the mean of use of social networking on psychological well - being in youth. The result shows psychological well being of arts boys and commerce boys high . score of diffrence between mean commerce boys 76.53 and SD commerce boys 6.51 and Arts boys 59.15.girls score is low, boys of social networking on psychological well- being in students.

#### Conclusion

The study sought to examine the dimensions of social networking and their correlates. Previous research has shown evidence of what can be classified as an wellbeing .To investigate the matter further satisfaction with social networking was positively correlated with social networking wellbeing. result of the study psychological well- being shown that t-value 4.23 so the hypothesishas been not accepted is this study of level and that t-value 3.23.there is significant difference 1.98 level of 0.05 and 2.61 level of 0.01 .students (boys & girls) it will also enable us to take in to account any future friends given that we are dealing with a phenomenon populated largely by youth.

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