

Role of Social Media for Peace and Happiness among College Students

Abstract

The purpose of present study is investigation of Social Media for peace and happiness among college students. The sample was taken by randomly selection method. The sample was selected from Bhavnagar Dist. Total 120 college students were taken among them 60 boys and 60 girls. Tool was used constructed by Yung (1996) Social Media inventory. By the types of variables of mean standard deviation and t- test indicated is no significant belonging to girls and boys. The result of the study shown that value 2.80. The hypothesis has not been accepted is this study of level of 0.05 and there is significant different between college boys and girls.

Keywords: Social Media, Peace Happiness.

Introduction

Today's society, social media plays an integral role in the daily life of many individuals. A variety of social media sites exist for a multitude of purposes (see Appendix A), but the most common reason is to connect with people a user already knows and to meet new people (Boyd & Ellison, 2008). According to the Pew Research Center (2018), 69% of people in the United States use various forms of social media sites (SMS), also known as social media platforms, every day. The average American uses at least three social media platforms (Smith & Anderson, 2018), but the number of platforms used varies by age. Originally, social media sites were designed for younger adults. Currently, the Pew Research Center (2018) estimates that old adults are the fastest growing group of individuals to adopt and use social media sites. One of the most prominent social media sites is Facebook, which was created in 2004 by students at Harvard University. As of December 2017, there are over 2 billion active Facebook users worldwide (Facebook, 2018) and about 83 million people in the US over the age of 45 use Facebook (eMarketer, & Squarespace, 2018). The rate of Americans, aged 65 and older, using social media sites (particularly Facebook and Twitter) has increased from 27% in 2013 to 34% in 2016 (Anderson & Perrin, 2017). While Facebook may be the most popular social media site, there are a variety of other platforms that are also popular in the United States. These include (but are not limited to): Twitter, Instagram, LinkedIn, Snapchat, and Google+. Through these platforms, individuals can connect with friends, family, and strangers across the globe. (2018 meghanAlyssa Young <https://etd.ohiolink.edu>)

Happiness is one of the most fundamental requirements of a living being since the beginning of the human civilization man has also been trying to develop new technologies make new tools and improve his lifestyle for the sole purpose of attaining happiness. Happiness is the state in which a living being expresses pleasure and contentment. It is the state in which negative stress levels are at the lowest even if not zero and positive stress boosts the persons positive emotions. happiness is a since the 1960s happiness research has been conducted in a wide variety of scientific disciplines including gerontology social psychology, clinical psychology and medical research and happiness economics .happiness in its broad sense is the label for a family of pleasant emotional states , such as joy, amusement, satisfaction gratification, euphoria and triumph.

What Is the Meaning of Happiness in Positive Psychology?

The meaning of happiness in Positive Psychology really depends on who you ask.

Happiness is often known by another name in positive psychology research: subjective well-being, or social networking. Some believe happiness is one of the core components of SWB, while others believe happiness is SWB. Regardless, you'll frequently find SWB used as a shorthand for happiness in the literature.



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Pripnarily internet or cellular phone-based applications and tools to share information among people. Social media inclues popular networking website, like facebook and twitter, as well as bookmarking sites likes Reddit. It involves blogging and forums and my aspect of an interactive presence which allows individuals the ability to engage in conversations with one another, often as a discursion over a particular blogs post, news article event.

-Business Dictionary

Shirley MacLaine, Academy Award winner, said

"To be happy, you have to be willing to be compliant with not knowing."

Michael J. Fox said

"My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations."

Oxford English Dictionary's Definition of Happiness

First, lets take a look at the definition of happiness so we' re all on the same page. Oxford English Dictionary's definition of " happiness is a simple one: " The state of being happy." (Positive psychology)

" Happiness is the meaning and purpose of the life, the whole aim and purpose of life, the whole aim and end of human existence."

Aristotle

Happiness refers to feelings of pleasure. In the modern world, people are forever seeking happiness some attempt to acquire material wealth to gain happiness while others pursue much more intangible sources such as love to be thing. This highlights that in most situations' happiness is something external to the individual thsthe is able to achieve. It is mostly subjected to our situation or circumstance in life.

Many people believe that happinesss is having fun at a party the excitement of new experiences the thrilland passion of gender or the delights of a fine meal these are all wonder ful experiences to be cherished and cultivated but they are not happiness.

Not exactly what we were looking for, was it? Perhaps we need to dive a little deeper. Oxford English Dictionary's definition of "happy" is a little more helpful: "Feeling or showing pleasure or contentment." (<https://positivepsychology.com>)

The Psychology behind Human Happiness

Now that we know what happiness is, let's dive a little deeper. What does psychology have to tell us about happiness?

There are many different theories of happiness, but they generally fall into one of two categories based on how they conceptualize happiness (or well-being):

Hedonic happiness/well-being is happiness conceptualized as experiencing more pleasure and less pain; it is composed of an affective component (high positive affect and low negative affect) and a cognitive component (satisfaction with one's life);

Eudaimonic happiness/well-being conceptualizes happiness as the result of the pursuit

and attainment of life purpose, meaning, challenge, and personal growth; happiness is based on reaching one's full potential and operating at full functioning (AIPC, 2011).

Some theories see happiness as a by-product of other, more important pursuits in life, while others see happiness as the end-goal for humans. Some theories state that pursuing happiness is pointless (although pursuing other important experiences and feelings may contribute to greater happiness), and some assume that happiness can be purposefully increased or enhanced.

The world feels smaller now that people are able to use cellular phones and Social Media sites such as facebook to stay up to – date on the happening of their family, friends and the world in general.

The Benefits of using Social Media

Billions of people around the world use Social media to share information and make connections As a personal level, Social media allows you to communication with friends and family, learn new things, develop your interest and be entertained, on a professional level, you can use social media to broaden your knowledge professional network by connecting with other professional in your industry. At the company level, Social media allows you to have a conversation with your dudience. Gain customer feedback elevate your brand.

Type of Social Media

This type of platform allows you to share and consume information across your network, and to join, create, and participate in groups.

Social Networks: Facebook, Twitter, LinkedIn. ...

Media Sharing Networks: Instagram, Snapchat, YouTube. ...

Discussion Forums: Reddit, Quora, Digg. ...

Bookmarking & Content Curation Networks: Pinterest, Flipboard. ...

Consumer Review Networks: Yelp, Zomato, TripAdvisor.

E book obviouslay goes without sauing. As of December 31, 2015. 1.04 billion active daily users 934 million of whom access the platform from a mobile device.

Happiness

The health, happiness and well being of mean, children and women improve.

1. He should be free, felling the world with happiness, love and his fighting spirit.

I sell happiness, time, peace, of mind and freedom.

Nothing made me happier than timally outsourcing my bookkeeping.

1. I slept better.

2. I felt happier.

3. I enjoyed my free time more.

4. I finally shook off that feeling of doom.

5. I felt closer to my family.

6. I ran better.

7. I got more work.

8. I did mptivated.

9. I did better work.

10. I got better clients
11. I felt in the Zone.
(10 Jun, 2017)
([https:// www.lifedvan.cer.com](https://www.lifedvan.cer.com) > reasons.)

Science

Backed Reasons why qualiting Social media equals happiness.

1. Qulitting Social media can make you happier, are cent study suggests.
2. This awesome military diet plandesined by a military nutrition will increase your metabolism and make you lose weight fast.
3. Psychology finally explains why we make the same mistakes in our relationships over and over.
4. How to make sure your healthing and cooling systems are running efficiently

Types of happiness

Happiness is the meaning the our life the whole aim and of human existence. Happiness is important for people to be self – aware and to truly understand what makes them happy and content as individuals. Take a look at the different types of happiness below and think about the in-people's life and you happy. One types of passion about something whether a hobby and group activity or actively being involved with it can be a great source of happiness. Second types of purpose feeling like you are part of bigger then yourself and your actions really matter can lead to a deep sense of fulfilment and long term happiness .

And third types of pleasure is important to as human beings but its related are relatively short term and all nice friends, listening to our favourite music all produce endorphins and offer us happy moments that can be highlights of our day and after very long term peoples satisfaction.

The 7 Habits of Happy People

1. Realation ships
2. Acts of kindness.
3. Exercise and physical wellbeing.
4. Flow.
5. Spiritual engagement and meaning.
6. Strengths and virtues.
7. Positive mindest: Optiomism, mind fullness and gratitude.

Social Media Effects on Happiness

Happiness in short, is not merely a function of personal experience, but also is properly of groups. Emotions are a collective phenomenon.

Happiness is a fundamental object of human existence. To the extence that it is synonymouns with pleasure, it could even be said to be one of the “two sovereign masters” that, Jereny bent ham aregued our lives. The other, master, lest we forget, is pain.

Review of Literature

Nowadays happiness has changed into one of the indices of development in society. the significance of happiness doubles when it comes to lively strata of university students. The present study was aimed to indvestigate the relationship between the five–factor model of personality traits and happiness among the students of Kermanshah university of medical sciences, Kermanshah Iran in 2015.in this descriptive–correlational study, 350

students of Kermanshah university of medical sciences were selected through stratified random sampling. For date collection, a demographic questionnaire, the revised NEO personality inventory and oxford happiness inventory were used. Data were analysed though descriptive statistics and inferential statistics. Further the SPSS statistics softwere V.21 was utillised for data analysis. The results of correlation analyses demonstrated that there was a significant positive relationship between happiness and each of the personality trait dimensions of extraversion, neuroticism, conscientiousness and openness to experience. Additionally, the results of reperience the other four dimensions of personality traits could significantly predict the changes of happiness. To extend happiness among university students, the personality traits can be adjusted to some extent. Therefore, if the extension of happiness is high on the lists of managers, it can be influenced in different ways and the personality traits can be developed with the help of different ways and the help of various management techniques.

The advancement of positive psychology is dependent upon measures of happiness, both globally and in specific contexts. Data are presented on two measures of sources of college students happiness from two samples. Testing of the two cohorts (NS=258, 68) was separated by 20 years. Measures for both samples had acceptable psychometric properties. There was an increase in college student's self – reported happiness across the 20-year period in the rankings of different sources of college happiness and general happiness. In a second study a different group of students (N=176) were given a list and asked to select the most important uplifts and hassles in their lives. In general, mean scores on affect measures were relatively stable across time, but transportation hassles were reported as a new source of negative affect in the present study. (2007)

The research was conducted to investigate the forgiveness and subjective happiness level of university, students in terms of gender, faculty, grade, residence and parental attitudes and to determine predictive role of forgiveness on subjective happiness. The study group consists of 828 university students (56.30% female 43.7% male). The data was collected through the forgiveness scale and the subjective happiness scale. The results of the study indicated that the level of forgiveness and subjective happiness of university students did not differ significantly in terms of gender and residence. On the other hand, it was found that the forgiveness level of third and fourth grade students and students who enrolled in faculty of theology were significantly higher than the other students. Moreover, the students whose parents are protective and democratic attitudes reported significantly higher levels of forgiveness and subjective happiness. There is a positive relationship but low between forgiveness and subjective happiness and forgiveness was found as a significant predictor of subjective happiness. (18 December 2017)

Problem of Study

The problem of present study is to find out the role of social Media for peace and Happiness among collage students.

Objective of the Study

The main objectives of studies were as under.

1. To study the Role of social media for peace among collage students.
2. To study the Role of social media for Happiness among collage students.

Null-Hypothesis

1. To related objectives of this study. Null hypothesis were as under.
2. There will be no significant difference in social media for peace and happiness between Collage boys.
3. There will be no significant difference in social media for peace and happiness between Collage girls.

Method**Samples**

According to the purpose of present study. Total 120 sample has been selected.

These was 60 girls and 60 collage boys taken has a sample from Maharaja Krishnakumarsinhji Bhavnagar University, Gujarat

Reserch Design

The present research aims to Role of social media for peace and happiness among Collage students for these total 120 collage boys and girls are taken as a partialpant to check different test method in used.

Measurement Tool

Social media inventory developed by yang (1996). This scale contains 20 items for which the subjects have to put mark for either of five point scale.

Validity

0.81 to 0.88 and reliability 0.77 in this present study.

Scoring and Interpretation

As stated in the manual, scoring key for all 20 items is given. The correct responses for each item as listed in the key strongly agree 1 point and strongly disagree 5 point. The total score for all 20 items gives a total score for social media high score 100 and low score of 20 in social media scale.

Result and Discussion

1. Role of social media for peace and happiness among Collage students.
2. Significant of difference between social media for peace and happiness collage students.

Significant of difference between Social Media for Peace and Happiness Collage Students

Sr.	Type	N	Mean	SD	T-Value	Sing. level
1	Girls	40	30.00	7.45	2.80	0.05
2	Boys	40	32.80	5.22		

0.05=1.98 (Significant level 0.01=2.60)

It can be shows from table-1 that the mean of Role of social media for peace and Happiness collage students, of girls is 30.00 and SD 7.45. The mean of boys is 32.80 and SD 5.22 Mean so the mean difference between boys and girls is 2.80. we can say that girls Role of social media for peace and happiness collage students scores is high boys. Here t-value of social mediafor peace and happiness is 2.80which is significant 0.05 level.

Conclusion

The study sought to examine the dimension of social media and their correlates. Previous research has shown evidence of what can be classified as a peace and happiness. The result of the study shown that t-value 2.80. So, the hypothesis has been not accepted is this study of level of 0.05 and there is significant difference between collage boys and girls. To extend happiness and peace among college students' role of social media can be adjusted to some extent. Therefore, it the extension of happiness and peace developed by social media and help the of various management techniques.

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