Stress Implication of Social Networking Sites in Adolescent Netizens

Altaf Hussain

M.Ed. Student,
Directorate of Distance Education,
University of Kashmir,
Srinagar, Jammu and Kashmir,
India

Abstract

This research paper endeavors to discuss the stress implication of Social Networking Sites (SNS) in Adolescent Netizens (AN). This paper is the literature based on previous studies. Social Networking Sites are interactive and user friendly websites designed and created primarily for the purpose of communication with other users of the same web site by accessing their onsite profiles. It is because of this reason social networking sites have been described as an interactive mechanism on the internet. Now a day Social Networking Site hangout has become a part and parcel of life particularly of Adolescent Netizens across the globe. The precedent reason put forth for it is that Social Networking Sites facilitate Virtual Social Networking (VSN) hence pave the way for building of relationships and community thereby interaction and emotional support in addition to offering virtual space to present forming identities of adolescents online. In spite of myriad of merits Social Networking Sites are responsible for causing stress in Adolescent Netizens hence are subject to mass criticism. Adolescent Onsite Stress (AOS) can be managed by education, guidance and proper surveillance.

Keywords: Social Networking Sites, Adolescent Netizens, Stress.

Introduction

Social networking site is the web based service allowing individuals to create a semi public or public profile within a closed system, present a list of other users of the website with whom they share a connection and look at as well as navigate their list of connections and those made by others within the system (Boyd & Ellison, 2007).

Social Networking Sites facilitate Virtual Social Networking and cause stress.

Virtual Social Networking

The practice of expanding social contacts is called Social Networking (SN). Virtual Social Networking (VSN) means expanding ones onsite social contacts (A. Hussain, S. Banoo. & J. A. Mir, 2019).

Stress

Stress is biological response to life threatening conditions. Stress is caused by stressors (R. S. Feldman, 1990).

Stressor

Stressor is an environmental event of both positive and negative nature (R. S. Feldman, 1990).

Adolescent Netizen

Adolescent Netizen is the adolescent who is using internet, especially habitual or keen one and is subject to onsite stress (A. Hussain, S. Banoo. & J. A. Mir, 2019)

Objective of the Study

To study the stress implication of Social Networking Sites in Adolescent Netizens.

Methodology

The present study is based on content analysis of available literature in the form of books, research papers, internet blogs, newspaper articles, et cetra.

Review of Literature

Bashir, H. & Bhat, S. A. (2017)[1] in their study stated that social networking sites usage should be curtailed to certain age limit due to their potency to cause mental problems in younger generation.

Berryman, C. & Ferguson, C. J. (2017)[2] reported general mental health deterioration symptoms, suicidal ideation, loneliness, social anxiety and decreased empathy due to excessive usage of social media in adolescents.

Remarking An Analisation

Rohilla, P. S. and Kumar, K. (2015)[12] concluded increase in negative effects of social media due to excessive use by young adults.

Strickland, A. C. (2014)[13] revealed in his study that there is a connection between social media usage and mental health. Young adults, the most active social media users have a predominantly high risk for developing mental health issues.

Social Networking Sites and Stress

Since the advent of the first recognizable Social Networking Site in 1997, the SixDegress.com, online social networking platforms have expanded exponentially. The five biggest and popular names in social media today are Facebook, Whatsapp, Instagram, YouTube and Twitter. Social networking sites have become very popular across the globe mainly with young people. This is mostly because they afford users the opportunity to interact with one another irrespective of time, place, sex and age (B. S. Jamwal, 2017). Adolescent Netizens spent most of their time on Social Networking Sites because of the following reasons. Social Networking Sites enable them to socialize with their friends even when they are unable to gather in unmediated situations (Boyd, 2008). Social Networking Sites also facilitate them to meet strangers as well as enable them to articulate and make visible their social networks (Boyd & Ellison, 2007). This in turn can result in connections between individuals that would not otherwise be made (Haythornthwaite, 2005). Social Networking Sites also allow them creation and exchange of user generated content by using highly accessible and a scalable publishing technologies (Kaplan and Haenlein, 2010). Social Networking Sites also serve as everyday places to hangout for Adolescent Netizens for news, education, employment, discovery, play and creation as well as shaping of experiences (Syed Uzma Kubravi and Syed Sameeya Kubravi, 2019). Spending most time in onsite information consumption coupled with publishing and distribution have turned Adolescent Netizens into real time information consumers and distributors hence social site addicts. Social site addiction is none less than drug addiction. Therefore it is increasingly becoming a matter of great concern and has fueled social tension due to deterioration of psychophysical health of Adolescent Netizens in general which have manifested in the form of general debility, sleep disorders, burning and dry eye problem, transient blindness, hand tremor, anxiety, et cetra. Stress development particularly by consistent long social site hangouts is believed to be primarily underlying cause of these disorders reveal earlier studies. On site addiction in addition to onsite victimization, online sexual predation, cyber bullying and cyber stalking builds up stress to sufficiently aversive levels in adolescent netizens which have negative bearing on their psychophysical health hence must be managed at earliest to prevent injury to the wealth and future of nation.

Conclusion

On one hand, interactive interface of social networking sites enables the users to create and disseminate information across geographical boundaries using highly accessible and a scalable publishing technologies, providing interaction among people. On the other hand social networking sites have also turned them into real time information consumers hence social site addicts. On site addiction builds up stress to sufficiently aversive levels which have negative bearing on psychophysical health of Adolescent Netizens. Therefore dire need of an hour is to put the extant stress management strategies into action as well as to educate them about heinous consequences of onsite addiction.

Suggestions for Stress Management

Stress management refers to efforts to avoid, control, reduce or learn to tolerate the stress especially chronic stress, usually for the purpose of improving every day functioning. For stress management following suggestions are put forth to prevent the wealth and future of nation from psychophysical mar hence national injury:

1. Reducing the hours of adolescent onsite hangout through parental control and their active engagement in co-curricular activities.
2. Limiting the access to Social Networking Sites to only adults.
3. Educating Adolescent Netizens about negative effects and judicious use of Social Networking Sites.
4. Discouraging the attitude of sticking to digital online gadgets in loneliness among adolescents and encouraging the attitude of to be with family.
5. Helping them to learn time management and relaxation techniques.
6. Making Adolescent Netizens understand that advent of online technology is not for social media hangouts exclusively but can be exploited as potential resource to serve personal as well as social ends.

Acknowledgement

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