Excessive Use of Social Sites & Deviation

(With Special Reference to the Students of Rameshwari Devi Govt. Pg Girls' College Bharatpur)

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Abstract

With the common man's accessibility to internet and android phones, a large majority of the people in India is active on the various social sites for the sake of several purposes. Of the various social sites known to the people, facebook, whatsapp, twitter, youtube etc. are very popular. No doubt, social sites are meant for developing one's rapport with the people of the world which is now considered very essential for the success of globalization. All the social sites are good so long as they are used in a limited way maintaining a balance between the varied aspects of one's life and the people in touch on social sites. However, they are found to be bad and spoiling when they are used in excess disturbing such balance.

Youth is the strongest pillar of a nation. Youth is a stage of life when one is full of aspirations, dreams, ambitions, goals which one wishes to attain through being energetic and dynamic more and more. The innovative approach of youth brings it to several new things that fall before him. Nothing seems to be impossible to the young man. He is ready to reach the highest horizon of success at the cost of every risk imaginable on the part of man.

The modern young man has the mania of using social sites. With the exception of very few, everyone uses mobile and android phones, and is active on one or the other social sites for the sake of entertainment. Unfamiliar with its evil consequences, he is constantly on the move seeking pleasure through the various social sites. It is the general observation that the excessive use of social sites causes deviation in the youth, and particularly, in the college and university students who, being succumbed to such sites, fail to attain those goals for which they join the higher education.

The paper, designed on both the primary and the secondary data, and grounded in the participant observation, is an empirical study conducted on 100 female units studying in Rameshwari Devi Govt. PG Girls' College of Bharatpur.

Keywords: Excessive, Social Sites, Deviation, Social Norms, Anti-Social, Suicidal, Criminal Behavior, Laws, Contribution.

Introduction

According to Macionis, 'deviance as an action or behavior that violates social norms, including a formally enacted rule (e.g., crime), as well as informal violations of social norms (e.g., rejecting folkways and mores). It is a behavioural disposition that is not in conformity with an institutionalized set-up or code of conduct.'

The modern urban youth, and particularly the college and university students which include both the boys and the girls, are on the way to deviance for the sake of enjoying individual liberty. They are ready to violate the social norms and reject the folkways and mores with the strong idea that they are outdated and unnecessarily binding.

Being active on one or the other social site is very common these days. With the exception of very few, most of the people falling in the varied age-groups are succumbed to the use of social sites which reveals 'mania' to the social sites. Social sites are good and helpful in linking one with the society so long as their use is made within limits and for specific reasons such as, education, search for jobs and developing healthy relations with the people. They become harmful when one becomes addicted to their use, and for their sake forgets his goals.

Social sites have a wide network these days, and the people both from villages and cities are active on them. In a developing society like India this tendency is not good and can result into social imbalance. Of the various groups of the people addicted to the use of the social sites, youth is the most affected one which seems to have got strayed from its goals just because of spending too much time on the social sites. Now with the launch of Jio sim which allows the use of Wifi and internet at very low price, android is within the reach of everyone. The scenario is that one can go without food or water for several hours together, but one cannot go without the use of mobile for a few minutes together.

It is indeed shocking to observe these days that the students are being victimized by the social sites. Youth is the backbone of a nation and society, and college and university students are the hopes of future who are expected to contribute to the nation as much as they can through the righteous use of their potential. Now with the mobiles in the hands of every college and university student, the scenario is all changed. Mobile has become the utmost need of the students these days. Whether at home, in washroom or bathroom, at the dining table with parents or siblings or relatives, or on the road on two wheeler or in four wheeler, or in the classroom, the college and university students use mobile risking their physical and mental health and even their life.

To them, mobile use is primary while the other duties to be performed are secondary. To everyone's surprise, the mobile is used by the majority of students, not for the study purposes, but for the other purposes. They prefer wasting their time in useless chit chat on facebook or whatsapp with the strangers with whom they have nothing to do, and whom even they do not know personally, to using it on studies or with their family members.

For the sake of controlling the youth and of showing the path of righteousness, it is essential to find some effective way so that they do not fall a victim to deviation. If the social site mania of the college and university students in India is not checked in time, it may be a cause of destruction of the society. Through the proper counseling, the students should be made familiar with what good is and what bad is for them.

Objectives of The Study

1. To highlight the structure of urban society
2. To point out the special features of the urban society
3. To study and analyze the various aspects of the urban society
4. To make a special focus on the increasing deviation in the urban youth
5. To find out the various factors responsible for deviation
6. To emphasize in particular excessive use of social sites as the chief factor of deviation
7. To interpret the deviation in the college students as a result of their using the various social sites excessively

Review of Related Literature
Studies Conducted In India

Singh Sunitha and Gopalkrishna Gururaj (2014) in their study titled Health behaviours & problems among young people in India: Cause for concern & call for action find that some of the major health impacting behaviours and problems among the young people include undernutrition and overnutrition, common mental disorders including stress and anxiety, suicidal tendencies and increased suicidal death rates, increased consumption of tobacco, alcohol and other substance use, NCDs, high risk sexual behaviours including STIs and importantly, injuries mainly RTIs and violence.

Hassan Khalid (2017) in his study entitled The Effects of Social Networks on Pakistani Students finds out that this generation is a quite indifferent to cybercrimes. They are not interested in what kind of crimes are going on around them. Their posts contain violent material and they feel happy when other users react to their posts. Everyone is aware of different kinds of cybercrimes like fake Ids, fake news, libel, misuse of personal stuff and impersonation. But most of the time students do not take such things seriously.

Liza Thankam Daniel, Ganesh Krishnan & Sandhya Gupta (2017) in their research paper entitled A study to assess the prevalence and pattern of substance use among male adolescents in suburban area of Delhi emphasize that the onset of substance use is early than 13 years. Low educational status and less family members are associated with substance use in adolescents. Friends are the key source of substances and their initiation of substance use. Parents and siblings should be involved in school education programs concerning substance use and should be motivated to share a healthy relationship with their children and give more time to them, especially in the growing up stage when deviant behavior can influence them easily.

Shikha Singh, Ravi Shankar, and Gyan Prakash Singh (2017) in their research article entitled Prevalence and Associated Risk Factors of Hypertension: A Cross-Sectional Study in Urban Varanasi report that the prevalence of both prehypertension and hypertension is very high in urban Varanasi. This makes the people of this area vulnerable to several chronic diseases and other unbearable health consequences. Specifically men are at more risk of being hypertensive than female. Increasing age is proved to be an independent risk factor for hypertension.

Aman Gupta, Amir Maroof Khan, O. P. Rajoura and Shruti Srivastava (2018) in their study 'Internet addiction and its mental health correlates among undergraduate college students of a university in North India' explore that internet addiction (IA) is an emerging phenomenon among the youth of India. It has been found to be associated with mental health problems. This study was therefore conducted to find out the burden of IA among college students in Delhi, its risk factors and association with depression, anxiety, and stress. IA was significantly associated with higher family income, greater screen time, always online status, and greater duration of internet use per

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week. The independent predictors of IA were greater duration of internet use per week and always online status, depression, anxiety, and stress.

Studies Conducted in Foreign Countries

Luís M. A. Bettencourt, José Lobo, Deborah Strumsky, & Geoffrey B. West (2010) in their study Urban Scaling and Its Deviations: Revealing the Structure of Wealth, Innovation and Crime across Cities reveal that with urban population increasing dramatically worldwide, cities are playing an increasingly critical role in human societies and the sustainability of the planet. An obstacle to effective policy is the lack of meaningful urban metrics based on a quantitative understanding of cities. Typically, linear per capita indicators are used to characterize and rank cities. However, these implicitly ignore the fundamental role of nonlinear agglomeration integral to the life history of cities.

Kari Britt Schroeder, Gillian V. Pepper and Daniel Nettle (2014) in their study Local norms of cheating and the cultural evolution of crime and punishment: a study of two urban neighborhoods conclude that the prevalence of antisocial behavior varies across time and place. The likelihood of committing such behavior is affected by, and also affects, the local social environment.

Yanjun Wang & Kewei Liu (2017) in their research article on Evolution of Urban Socio-Spatial Structure in Modern Times in Xi'an, China inform that the political and socio-economic backgrounds of different periods have a great influence on the urban socio-spatial structure, which is consistent with the evolution mechanism of other countries in the world. Compared with studies of other cities in China and cities in western countries, the evolution of urban socio-spatial structure in China shows the characteristics of circle expansion and the gradual and stable transition under socialist ideology.

Giuseppe Lorini and Francesco Marrosu (2018) in their research article titled How Individual Habits Fit/Unfit Social Norms: From the Historical Perspective to a Neurobiological Repositioning of an Unresolved Problem find out that the biologically hardwired structural organization and the phenotype expressed by individual habits are the benchmark where social norms are challenged. Several brain areas come into common play to define both habits and behaviors aimed at social and legal norms.

Jaffar Abbas , Jaffar Aman , Mohammad Nurunnabi and Shaher Bano (2019) in their study entitled The Impact of Social Media on Learning Behavior for Sustainable Education: Evidence of Students from Selected Universities in Pakistan comment that The positive aspects of social media include the sharing of opinions with others; the raising of awareness; the sharing of knowledge; the building of relationships, identity, reputation, and contacts; the improving of social influence; and the development of other communication skills. The excessive use of social media makes students emotionally and physically imbalanced and results in dull or irritable behavior. Considering the pros and cons of social media, students' parents should impose regulations on their children's use of social media, as the negative impact of social media may affect a student's educational performance.

Hypothesis

1. Urban society being complex needs to be understood
2. It has both the positive and the negative aspects
3. The urban youth is facing several problems
4. The urban youth is on the track of deviation
5. The college and university students reflect a horrible deviation
6. The use of social sites is both good and bad
7. The excessive use of social sites by the students leads them to deviation
8. The results of deviation are too horrible
9. Deviation leads the students to self destruction and makes them anti-social

Research Methodology

The paper is an empirical study conducted on 100 female units studying in Rameshwari Devi Govt. PG Girls' College of Bharatpur. In order to keep up the scientific spirit of the work, the researcher made participant observation of the randomly selected units in the selected study area. The study got its base through the secondary data found available on the various internet sites. The authors made a thorough and detailed study of several articles and research papers on the theme for the sake of understanding the problem and getting a sufficient feedback of it. Content analysis of the selected research papers was made keeping in view the nativity of the authors, objectives of the study, hypothesis of the study, research methodology of the study and findings before the formulation of hypothesis. In close association with the selected units for the study, the collection of the primary data was made through schedule technique containing 25 relevant questions on the theme followed by classification, analysis and generalization.

Findings & Conclusion

1. The urban society is complex and is notable for its complex and particular social structure which includes the individualism, sense of liberty, gender equality, materialistic culture etc.
2. The complexity of the urban society can be understood only through the understanding of its structure
3. The positive aspect of the urban society includes availability of the basic needs required for the existence of man, education to all, health facilities, equality of men and women, healthy socialization, industrialization, job opportunities, effective social control etc.
4. Negative aspect of the urban society includes slums, environmental pollution, crimes, urban problems and deviation
5. The urban youth is on the path of deviation, and several factors are responsible for it
6. The twenty first century has befallen the youth in the grip of internet world which forces him to use the social sites, such as, facebook, twitter, whatsapp, youtube etc. for several things.
7. The real world is being replaced by the world served by the internet through the social sites.

8. The college and university students see their own image through the various social sites
9. There is a horrible deterioration in the girls studying in Govt. RD Girls' College Bharatpur, and the main reason is the excessive use of social sites by them.
10. 100% of the selected units were found having expensive android phones
11. 78% of them keep their mobiles locked for the sake of personal security
12. Only 63% of the units were bought mobiles by their parents and other family members
13. 37% of them got the mobiles as gifts from their friends and other kinsmen
14. 100% of the selected units report that the girls use social sites for the purpose of joining the world at large, making friends, sharing and exchanging views
15. Only 24% of them agree that social sites are not safe for the girls
16. 100% of the selected units agree that excessive use of social sites is harmful to physical and mental health, and that since it is the demand of time, one should be active on the social sites only moderately
17. 11% of the girls of the concerning college believe that use of social sites makes the girls free from the taboos of character
18. 14% of them reveal that the excessive use of the social sites makes the life style of the girls irregular, and is developing drinking habit in them
19. 91% of the selected units believe that now the traditional marriage system is being replaced by the marriage through matrimonial sites.

Bharatpur which is traditionally known as a part of the Braj area is severally in the grip of modernity which is threatening its ancient culture in a way that the city seems to be losing its ancient form and values. In the city, all the students can be seen being active on the social sites with a readiness to join the stream of modernity. Not only the boys but the girls also are victims to this tendency. In the city, there is an utmost need for the counseling of such students so that they can realize the worth of time and can use it in a right way that can ensure the attainment of goals that they have set for their future, and with which they have joined the higher education. RD Girls College is not an exception to it. Thousands of girls are the bonafide students in the various streams. Many of them reflect a deviant behavior due to their excessive inclination to the mobile and social sites.

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