A Comparative Study of Mental Health of Female with Social Networking Addiction Status

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Abstract

The aim of the present study was to estimate the impact of social networking addiction status on the mental health of female adolescents. For this purpose, the sample consists of 70 female subjects of age 15 to 20 years. There was one independent variable that varied at two levels i.e., addicted in SNAS (social networking addiction scale) and non-addicted in SNAS (social networking addiction scale). The dependent variable is mental health. The mental health was measured by mental health scale. This scale was constructed and standardized by Dr. Kamlesh Sharma. Obtained data were analyzed by using the Mean value, S.D. value and t-test.

Keywords: Social Networking Addiction, Mental Health, Adolescences.

Introduction

Mental health pertains to our cognitive behavioral and emotional wellness. It concerns the manner in which we process thoughts, experience emotions, and conduct ourselves. The concept of mental health is occasionally employed to denote the nonexistence of mental ailments. Mental health has implications for everyday life, interpersonal connections, and even physical well-being. Furthermore, mental health encompasses an individual's capacity to derive pleasure from life – to establish a harmony between daily activities and endeavors to foster emotional fortitude.

According to Kachin (1976), "mental health focuses on positive well-being rather than just the absence of disease, encompassing physical, social, and psychological well-being".

The American Psychiatric Association (APA,1980) described mental health as "The concurrent achievement in occupational, interpersonal relationships, and creative pursuits, coupled with the ability to maturely and flexibly resolve conflicts among instincts, moral values, significant others, and reality".

Andreassen et, al. (2012) studied and develop a reliable and valid measures of Facebook addiction and to examine its association with mental health outcomes. Findings indicated that Facebook addiction was positively correlated with symptoms of depression, anxiety and social anxiety among adolescents. Higher level of Facebook addiction was also associated with lower life satisfaction and subjective well-being.

Kuss, D.J., & Griffiths, M.D. (2011) conducted a comprehensive review of the psychological literature on online social networking addiction. They found evidence suggesting that excessive use of social networking sites (SNSs) such as Facebook and Twitter were associated with negative psychological outcomes, including depression, anxiety, loneliness and low self-esteem, particularly among adolescents and young adults.

Methodology Statement of Problem

To study the effect of social networking addiction on mental health of adolescents of female adolescents.

Objectives

To study the effect of social networking addiction status between addicted in SNAS (social networking addiction scale) and non-addicted in SNAS (social networking addiction scale) on the mental health of female adolescents.

Hypothesis

There will be no significant difference in social networking addiction status (addicted and non-addicted in social networking addiction scale) on the mental health of female adolescents.

Sample

In the present study, random sampling was used for the selection of participants. The study was conducted on 35 females who had addicted on social networking (age about 15 to 20) and 35 females who had non-addicted on social networking (age about 15 to 20).

Variables

In the present study, the nature of the variable was given in the following table:

S.No.	Nature of Variable	Name of Variable	Levels of Variables
1.	Independent Variable	Social Networking Addiction	Addicted Non-Addicted
2.	Dependent Variable	Mental Health	

Design

t-test was applied in the present research. The independent variable of the study is social networking addiction, varied at two levels i.e., addicted and non-addicted of female adolescents. The dependent variable of the study is mental health.

Measuring Tool

Mental health scale was used for data collection. This scale was constructed by Dr. Kamlesh Sharma. The mental health scale consists of 60 items. A higher score indicates that mental health perceived by the subject.

Procedure of data collection

Initially, the participants were personally contracted and rapport was established with them. Thereafter the mental health inventory was distributed to the subjects individually. After that they were advised to read out the instructions carefully, which were given on the front page, subjects were asked to give details of their bio-data and other essential information. The subjects were instructed to fill out the test. After all administration, the inventories were taken back from all subjects. Data were checked, and scoring was done with the help of the scoring key.

Result And Discussion

The aim of the present research work was to find out the effect of social networking addiction on mental health of female adolescents. For this purpose, t-test was applied for data analysis. The result of the study is summarized in table no.1.

Table No.1: Mean, S.D. and t-ratio between the responses of addicted and non-addicted on social networking addiction scale of female adolescents

Social Networking Addiction	N	Mean Score	S.D.	SED	t-ratio	Significance Levels
Addicted	35	46.4	1.89			
Non-Addicted	35	71.17	1.91	0.45	54.36	P>0.01

The result as given in table no.1 indicates that the mean scores of addicted on social networking addiction among female adolescents is 46.4 and the mean scores of non-addicted on social networking addiction among female adolescents is 71.17. The mean value shows that non-addicted females adolescents on social networking addiction scale had good mental health to the comparison of addicted females' adolescents (show table no.2). Results revels that the S.D. value of non-addicted females' adolescents on social networking addiction scale is 1.91 and the S.D. value of addicted females' adolescents on social networking addiction scale is 1.89.

Table No.2 Bar Diagram show the Mean Scores of Mental Health of addicted and non-addicted female adolescents in social networking addiction scale
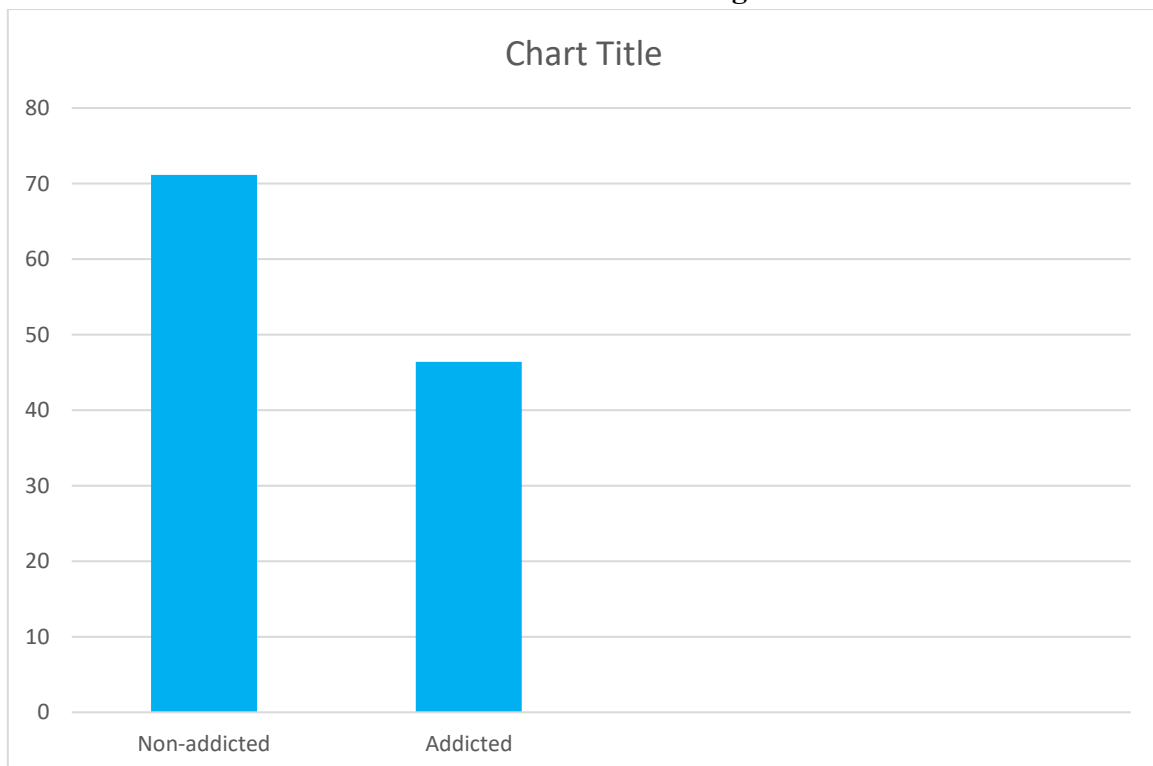

Table no.1 shows the SED value, which is 0.45 and t-vale is 54.36. t-value is higher than the SED value. This value is significant at 0.01 level (t-value=54.36, P>0.01). Table value shows that social networking addiction effect the mental health of female adolescents. This value indicates that there will be significant differences in social networking addiction on the mental health of female adolescents. Mental health is the most important factor in every person's life, the relationship between mental health and social networking

addiction is directly and indirectly connected. Good mental health is helpful to maintain different types of psychological issues in human beings.

Conclusion

The result can be summarized that social networking addiction has a significant effect on the mental health of female adolescents. Study revel that the female adolescents who had non addicted on social networking sites had good mental health to the comparison of that female adolescents who had addicted in social networking sites.

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