Influence of Social Media on Behavioural Problems

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Abstract— **Social media is internet based and gives users quick electronic communication of content, such as personal information, documents, videos, and photos. Behavioural problems refers an unwanted behavior which needs changing. Also a pattern of hostile, aggressive, or disruptive behaviour which goes beyond societal norms. The study aimed to explore the influence of social media on behavioral problems. The Researcher evaluated twelve review of literature and interpreted that there was a positive correlation between social media and behavioral problems that means high social media usage can leads to increased behavioural problems of an individual. Lowest social media usage can lead decreased behavioral problems of an individual.**

Index Terms: **Social media, Behavioral problems, disruptive behaviour, hostile.**

INTRODUCTION

Social media are interactive technologies and digital channels that facilitate the creation and sharing of information, ideas, interests, and other forms of expression through virtual communities and networks. The development of social media began with simple platforms. GeoCities was one of the earliest social networking services, launched in November1994, followed by Classmates.com in December 1995 and SixDegrees.com in May 1997. Research from 2015 shows that the world spent 22% of their online time on social networks. As many as 4.08 billion social media users worldwide were found active on smart phones as of October 2020. The occurrence of behaviour problems is more than in case of girls. Girls also experience behavioural problem. Since girls are more capable of socially adaptable behavior, their problems do not come in to focus. Behaviour problems are not heredity in nature The environment which in maycauses of behaviour problem among the adolescents.

M. Dash (1995) conducted a study on behavior problems of children. The findings reveal the following behaviour problems occurring at different stages of development.

Stages of Development	Behaviour Problems
Infancy (birth to 3 years)	Crying, lack of appetite, Stranger anxiety, Separation anxiety, Sibling rivalry, Jealousy, Bed– wedding.
Early Childhood (3 to 6 years)	Excessive shyness, Unhappiness, Temper tantrums, Obstinacy, Jealousy, Bed- wedding, Laziness, Bullying and teasing, Cheating.
Late Childhood (7 to 11 years)	Stealing, Defiance, Daydreaming, Truancy, Telling a lie, Vulgarity, Destroying school property, Getting nervous and feeling disappointed over petty matters .
Adolescence (12 to 20 years)	Rebellion against parents, teachers, and authority, Unhappiness and excessively moody laziness, Bullying and teasing cheating, Telling a lie, Stealing, Destroying school property, Defiance and disobedience, Excessive daydreaming, Truancy, Vulgarity, objectionable, Behavior towards girls, Excessively thoughtful, Excessive carelessness, Getting disappointed over petty matters.

REVIEW OF LITERATURE

Introduction

A literature review is a survey of scholarly source (such as books, journal, articles and thesis, dissertation) related to a specific topic or research question, it is often written as part of a thesis, dissertation, or research paper. Information from the

literature that provide a foundation for research and enhanced practice is analyses in terms of the model used, the relevance of the particular opinion or data, and the logic or methods used to examine conclusions. A good literature review doesn't just summarize source. It analyses, synthesizes, and critically evaluates to give a clear picture of the state of knowledge on the subject. Higher level of social media usage produce more behavioral problems of an individual life.

Reviews related the problem

Hanyiyan, Ruiz hang, Therasa.M oniffrey, Guoxunchen ,Yueqiaowang, Yingruwu , Xingezhang, Quanwang, Lu Ma , RuiLi and Justin B. Moore (2017) conducted a study on Associations among screen time and unhealthy behaviors , academic performance, and well-being in Chinese adolescents. Data gathered from middle school and high school students , male 1394 and female 1231 totally 2625 adolescents.Age range 13 – 18 years. Across-sectional survey conducted for this study. All analyses were conducted using Stata 14 (Statacorp LIC, College Station, TX, USA). They found that Chinese adolescents, more time spent watching television and videos on social networking sites, increased unhealthy behavior and negatively associated with academic performance. Conclusion of this study emphasizes the amount of screening time reported playing electronic games and using social media positively associated with unhealthy behaviour and unhealthy eating habits.

Also Paul Mc Namee, Silvia Mendolia, Oleg Yerothin(2019) made a study on social media extensive use and behavioral outcomes in adolescence. Collecting data from the UK household longitudinal study (UKHLS) known as understanding society and in particular from the youth questionnaire, including interviews with all children between 10 and 15 years old who belong to households in the survey. Sample includes over 23000 observations from over 8000 children. UKHLS survey covering youths mental well-being. And they analyses the relationship between social media activity and the Strengths and Difficulties Questionnaire (SDQ), which is a behavioral screening questionnaire for children and young people. Results indicate a mixed picture, where limited time on social media has no effect on mental well-being (and can actually provide positive impact of social relationships), while there are some strong negative associations between very long hours on social media and increased emotional distress and worse behavioral outcomes.

Further Po-ium Department of Military and Community medicine, Pharmongkutkuao college of medicine, Bangkok, Thailand (December -2018) determined a study on Impact of social media misused and behavioral problems among adolescents in Thailand . Total number of sample 118 students in 7 public schools located in central of Thailand. A cross – sectional study was used. The behavioral problems were assessed by using the Strength and Difficulties Questionnaire (SDQ). Multiple logistic regression analysis was used to identify the risk factors associated with behavioral problems. The behavioral problems were peer problem 21%, emotional problem 19%, hyperactivities 10%, conduct problem 4% .This study highlights the association between social media misused and high prevalence of behavioral problems among adolescent in Thailand.

Another one more study by Talatu Ibrahim Umar and MurjaIdrisdetermined a study on Influence of social media on psychological behavior and academic performance of secondary school students. Sample of this study consists 306 students 196 male and 110 female. Purposive sampling technique was used to select 4 schools. Sample random sampling method was used to selecting the final respondents that participated in this study. Survey research design was applied. A researcher made questionnaire titled 'social media use on psychosocial behavior of secondary school students(QSMUPBS) consisting of 22 items. It was 5 – point likert scale. While on the academic performance a twenty questions test was given to the respondents. The reliability of both instruments yields a reliability coefficient of 0.76 and 0.81respectively. Conclusion of this study social media usage influences most of the students psychosocial behavior thereby they become addictive psychologically, while spending most of their time on internet networking, resulting to the fact that less attention is been paid to other activities and aspects tht relate to their life negatively.

Further Tugberkkaya, HuseyinBicen (2016) made a study on the effects of social media on student's behavior. Facebook as a case study. Primary data

gathered by 362 high school students male 202 , female 160 using survey method. Age range 15-18 years. The questionnaire was prepared by researchers and it composed of 51 positive statements in order to evaluate the confidence level, engagement and the effect of educational studies. A 5 - point likert scale was used , where reliability and validity was calculated by the cronbach's alpha value, which was 0.88 for the whole scale . T- test , One way ANOVA , and mean statistics were calculated by using IBM SPSS statistics . 20 program in order to observe the students behaviors on social media. This study revealed use of Facebook for educational purposes can decrease and student concentration as their shares changes according to their mood. A high degree of Facebook sharing might indicate that there are some indication of narcissism.

AlsoAziziYahaya, Gooh Mo Lee, Halimah Ma alip, MohdTaufekMohd. Noh.ZarifaBintiMohd sis (2015) made a study on The impact of social networking on behavioral development among secondary school students. This study also focuses on 4 factors; loneliness, social anxiety, social influences and addiction. Dependent variables of this study emphasizes self- esteem, social skills and learning behaviors. Respondents were 220 students from 7 schools in JahorBahru District using survey method . The data were analyzed by SPSS version 17. Descriptive statistics show that social influence is the dominant factor. Internet Addiction Test , Interaction Anxiety Scale, R- UCLA loneliness scale, Rosenberg's Self- esteem Scale (1965) were used. And rest of the items were developed by the researcher. Alpha coefficient value obtained 0.875. The questionnaire items were high reliability. Finding of this study loneliness gives the major impact to self- esteem, social skills, learning behavior .

Also Rhea. J. Thadathil, Dr. ShirishLimaye Symbiosis, College of Arts and Commerce, Pune, India (2016) made a study on Influence of social media on behavioral patterns. Data were collected through Structured questionnaires and library research. Data gathered from 68 respondents. The respondents classified 2 categories, 36 respondents were from younger generation in age group (18- 30 years) and 32respondents were from older generation in age group (31- 60 years). Correlation method was used to finding the relationship between social media and behavioral patterns. Conclusion of this study was the younger generation tends to express themselves most through social media.

FurtherGreta Buda, JusteLukoseviciute and Laura Salciunaite, KastytisSmigelskas (2020) made a study on possible effects of social media use on adolescent healthy behaviors and perceptions. The sample comprised 4171 school students boys population - 2121, girls population - 2050. The data were collected by school- based survey using paper- pencil questionnaires. The study was conducted 64 Secondary Schools across the country PSMU (Problematic Social Media Use) assessed using the 9 item social media disorder scale (SMD; VandenEijnden et al, 2016) with the response options yes or no. The data were analyzed IBM SPSS statistics version 20. Descriptive analysis, Bivariate analysis and Chi- squared test. Findings of this study adolescent with Problematic Social Media Use (PSMU) face an increased risk of lower life satisfaction and physical activity as well as poorer sleep quality. Moreover, PSMU related problems were more common among girls and boys. Conclusion of this study comparison between gender, age and family affluence demonstrated that girls displayed a more negative profile where they more frequently reported poor life satisfaction, difficulties in sleeping , poorer perceived sleep quality and lower levels of physical activity.

Similarly Mrs. Rajeswari.S, Associate Professor of Kasturba Gandhi Nursing College, Pudhucherry, (2017) made a study on Impact of social media on life style and learning behavior among adolescents. A quantitative non- experimental research approach and descriptive design was adopted. 60 adolescents were selected by simple random sampling technique at JothiVallalar Higher Secondary School, at periyakalapet, puducherry. The data were analyzed by using descriptive and inferential statistics like frequency, percentage, mean, standard deviation and chi- square test. The impact of social media on learning behavior related that were 1 (1.7 %) student was mildly affected, 50 (83.3 %) students were moderately affected and 9 (15%) were highly affected. Based on lifestyle among adolescents, the impact of social media 40 (66.7%) students were moderately affected and 20 (33.3 %) students were highly affected. Conclusion of this study, 40 (66.7%) students had a moderate impact on lifestyle and learning behavior due to social media use.

Further Heather Cleland Woods, HollyScott, University of Glasgow, UK (2016) made a study on sleepy teens; social media us in adolescence is associated with poor sleep quality, anxiety, depression and low self- esteem. Participants were 467 Secondary School Students aged 11- 17 years. Poor sleep quality was assessed using the Pittsburgh Sleep Quality Items (PSQI; Buysse, Reynolds, Monk, Bermn&kupfer, 1989). This measure consists 19 self-rated items. The Hospital Anxiety and Depression Scale (HADS; Zigmond&Snaith , 1983) was used to assess anxiety and depression levels. Two subscales each consisting of 7 items. And the Rosenberg Self-Esteem Scale (RSES; Rosenberg, 1965) was used to assess trait self –esteem. This measure consists 8 items. To assess emotional investment in social media, they used a slightly modification of the Social integration and Emotional connection Subscale of the Social media Use Integration Scale (Jenkins – Guarnieri, Wright and Johnson, 2013). This study concludes night time – specific social media use and emotional investment in social media both associated with poorer sleep quality, lower self – esteem and higher anxiety and depression levels.

Also Anjalisingh, Herendrakumar, Sunitakumari(2020) made a study on Impact of social media on adolescents mental health. In survey method 100 students out of 50 students who use social media less two hours and 50 students who use social media for more than two hours was drowned randomly selected from the different school of Aligarah district in the age range between 16 to 18 years. DASS- 42 developed by Lovibond(1995) was used for data collection. The scale consists 42items. 14 items represent depression, 14 items represent anxiety, 14 items represent stress. 4 - point scale from did not apply to me, some of the time, a good part of the time and most of the time. Conclusion of this study adolescents who use social media for more than two hours, they have poor mental health than who use social media for less than two hours.

SimilarlyCholeBerryman, Christopher. J, Ferguson Charles Negy (2017) made a study on social media use and mental health among young adults. The sample consisted of 471 undergraduate students attending a University from UK. All measures used Likert- scale items. Examined of this study several aspects of social media use among young adults and their relationship with various mental health problems including loneliness, suicidal thoughts, decreased empathy, social anxiety and overall mental health. Conclusion of this study revealed that, social media precipitating a mental health crisis may be unwarranted and social media use is poor predictor of mental health problems.

CONCLUSIONS

The study indicate that there is a significant relationship between social media and behavioural problems. The affect of social media on behaviouralproblems can be especially high during the adolescent period. Because of teens impulsive natures, teens who post content on social media are at risk of sharing intimate photos or highly personal stories. However, social media use can also negatively affect teens, distracting and disrupting their sleep and exposing them to bullying, rumor spreading, unrealistic views of other people's lives and peer pressure. In Researcher's view point, social media use positive relationship to behavioral problems of an individual. More social media use produces the more behavioural problems of an individual.

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