## **Affect of Social Networking on Social Interaction, Self Concept and Loneliness on Today’s Youth**

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ABSTRACT

Social networking is used to link people from various countries, ages, and cultures. However, numerous studies have been undertaken on how excessive use of social networking has created a barrier to connection, with people becoming lonely without realizing it, addicted, and beginning to compare themselves to others. However, we will examine social interaction anxiety, loneliness, and self-concept among today's youth in this study. Which of these is the one that is being impacted the most? This raise the question here that is social media connecting or disconnecting people?

Keywords— Loneliness, Self Concept, Social Interaction, Social Networking, Youth, etc

# INTRODUCTION

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We are immersed during a digital society, within which our social relationships communication, education, leisure and work are transformed.Digitalization has an impact on our life paths, our independence, and our wellbeing.

Digital competencies are crucial to the wellbeing of the younger generations, who are considered to be digital natives due to their extensive use of technology.

 From our point of view, social networking sites play a key role within the lives of teenagers and relevantly affect the various dimensions of well-being. during this digital environment, below we present the results of our research on digital skills and also the well-being of children [1]. Online social networking sites, can give great opportunities, in terms of interaction with others, for individual with social anxiety. Two different hypotheses are proposed so as to elucidate why socially anxious individuals use computers, which may easily be applicable to online social networking sites. the primary hypothesis proposed is that the social compensation hypothesis, in step with which individuals use online social networking sites so as to catch up on deficits in social skills or discomfort in face-to-face situations. The second theory, critical the primary, is named the social enhancement hypothesis. consistent with this hypothesis, socially skilled individuals use online social networking sites to search out additional opportunities to interact with others [2]. Digital technologies became a universal feature of young people’s lives. Exposure to screen increasingly complex environment for youth. Social media offers a major context for navigating these tasks in new, increasingly complex ways: peers are constantly available.

In type of “likes” and “views”, social comparison is also another risk related to youth’ social media use. Individuals frequently engage in selective self-presentation on social media, leading to a stream of posts and pictures that are often carefully crafted to portray users in a very positive light, abilities, or appearance. this might lead some youth to have interaction in negative social comparisons regarding their own accomplishments, abilities, or appearance [3].

 Social networks facilitate interpersonal and group communications, and enable conversations between more persons who might never meet under ordinary circumstances. Individual’s ability to retort (interactivity) transforms the min to an audience that participates within the experiences of another person. The virtual social sphere allows people to take care of socialties―from the 000 world and develop them, and at the identical time helps those who lack gratifying socialties to construct a social world by creating new friendship ties online (Green & Schleien ,1991). Feeling of loneliness is subjective, and it's the interpretation that a private gives to his own reality. that's to mention, someone can feel lonely whether or not she is surrounded by people, or can feel socially gratified whether or not she is involved during a small number of social ties. a sense of loneliness directs us to hunt gratifying social interactions and avoid unsatisfying social interactions (Masietal., 2011).[4]
 The direct relation of the self-concept and self-esteem was postulated over 100 years ago by William James’ (1980/1952) who stated that self-esteem could be a product of an individual’s own sense of their achievements and aspirations. the upper the self-evaluation is in comparison to the person’s aspirations, the upper the vanity. Therefore, folks that perceive themselves as successful in areas of their aspirations should have higher self-esteem than people with lower self-assessments. James didn't specify which area of self-evaluation should exert most impact on self-esteem - the one associated with perception of one’s own competence, morality or acceptance by others. He rather discerned that self-image may be a significant think about self-esteem development especially when the realm of self-perception is taken into account as important by individual.[5] The increased use of The expectations of self-presentation have changed as a result of social media use and the prevalence of social media presences. Users are encouraged to require advantage of social media platforms by creating and communicating an identity on their profiles (boyd & Ellison, 2007). the power for users to manage and produce their own press to an audience of family and friends, makes it easy to mold public person as; and, use such person on influence the impressions and perceptions others make and build about them. the fabric users opt to share can often reflect their self-concepts: ideas and beliefs they need about themselves [6]. Research regarding problematic online social networking sites in adolescents in scarce, and really few studies have investigated the link between social networking addict and youth mental state problems [7]. Many research studies have highlighted that the psychological construction of a positive self-concept by the scholars, during their academic stage, results in success in educational environments and social and emotional situations (Eccles, 2009 et al 2013).[8]
 There are many reasons for young adults to affix social networking websites as they fight to speak within their scheme. The principal reason reported was to keep up relationships with existing acquaintances that were already a part of their social network (Sheldon, 2008). Although there are exceptions, most social network site users primarily interacton these sites to support pre-existing social relations, as against meeting new people (Boyd & Ellison, 2007) [9]. The amount of social websites has also grown exponentially offering different focuses designs and features for his or her users.[10] The importance of processing positive social information in social anxiety has only recently begun to be investigated adequately [11]. Individual high in openness personality are more susceptible to be creative, inventive, imaginative and original while individual who has low level of openness to experience are more tend to traditional, traditional, realistic and amount of interest to new things/experiences (Ryanand Xenos, 2011).[12]

 Social behavior could be a results of both impulsive and controlled processes. Personality could also be understood because the results of typical functioning of both sorts of processes. On the one hand, typical operation of reflective processes-how people typically perceive and categorized situations. On the opposite hand, the everyday functioning of impulsive processes-what quite action are automatically performed [13]. Social media provide Health Care Professionals with tools to share information and to push health behaviors, to have interaction with the general public, and to coach and interact with patients, students, and colleagues. HCPs can use social media to potentially improve health outcomes, develop knowledgeable network, increase personal awareness of stories and discoveries, motivate patients, and supply health information to the Community [14]. Many turned to the net to flee from the pressures and discomfort of their lives. Online, they found a world where they might be accepted and where their technical skills might be accustomed gain prestige [15].

**II. MATERIALS AND METHODS**

1. **Study Design**

A Survey

1. **Subjects**

100 subjects were taken from Community by Convenient sampling method.

1. **Inclusion criteria**

Age group 18-30 years

1. **Exclusion criteria**

Youth diagnosed with any psychiatric Condition or having any medical condition of long tern nature.

1. **Withdrawal criteria**

Youth not willing to participate and who did not complete the protocol due to any reason.

1. **Outcome Measures / Scales**
* **Social interaction anxiety scale.** (**SIAS**) is a self-report scale that finds distress when meeting and talking with other people that is commonly used in clinical settings and by [social anxiety](https://en.wikipedia.org/wiki/Social_anxiety) research scholars. The measure also assesses [social anxiety disorder](https://en.wikipedia.org/wiki/Social_anxiety_disorder), which is fear or anxiety about one or more social situations where the individual is subject to possible scrutiny.
* **UCLA Loneliness scale.** The UCLA Loneliness Scale is a commonly-used measure of [loneliness](https://en.wikipedia.org/wiki/Loneliness). It was originally released in 1978 as a 20-item scale. It has since been revised several times, and shorter versions have been introduced for situations where 20 questions is too much, such as telephone surveys.
* **Robson self- concept Questionnaire.** This questionnaire deals with attitudes and beliefs which some people have about them.

 **III. DATA ANALYSIS/RESULT**

The study's findings show the prevalence of social interaction anxiety, loneliness, and self-concept with the use of various social networking sites, such as video games, Facebook, Instagram, and Whatsapp, in relation to the number of hours spent by the participant, such as (M1=more than one hour, M2=more than two hours, M3=more than three hours).

## **Table 1 shows Frequency distribution on the basis of Gender**

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| **Gender** |
|  | Frequency | Percent | ValidPercent | CumulativePercent |
| Valid | Male | 53 | 53.0 | 53.0 | 53.0 |
|  | Female | 47 | 47.0 | 47.0 | 100.0 |
|  | Total | 100 | 100.0 | 100.0 |  |

**Figure 1 shows Graphical representation of gender with respect to their usage of mode of internet and hours they have spent on it**

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## **Figure 2 shows Graphical representation of different social media users according to age**

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## **Figure 3 shows Graphical representation of participants of Loneliness scale**

## **Figure 4 shows Graphical representation of participants of social interaction anxiety scale**

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## **Figure 5 shows Graphical representation of participants of self-concept scale**

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**IV. DISCUSSION**

The current study added to our understanding of social interaction anxiety, loneliness, and self-concept difficulties associated with social networking site overexposure. Males spend over three hours online, while ladies spend quite two hours. Both males and girls were found to spend greater time on social networking after they were 22 years old. Video games are the foremost popular social networking site, with 37 users (36 men and 1 woman) thereon. What's app is that the second preferred social media platform, with 25 users (12 men and 13 women). The third most used social networking site was instagram with 21individuals from which (1 is male and 20 are female). Face book is that the last hottest social networking site, with 17 users, (4of whom are male and13 of whom are female).This demonstrates that video games are the foremost popular among males and instagram among females, with What'sApp being the second most well liked choice among both the genders.

 We found that whereas few men had the most score in social interaction anxiety, females show the same range of high scores in social interaction anxiety. this means that men who play video games have more concerns with social interaction anxiety. Few Males score higher place loneliness than females, although females were more suffering from loneliness than males. this means that females were more lonely than males, but females who use Face book have greater loneliness scores. within the self-concept scale, males scored the bottom in factor 'A' (attractiveness as approved by others), whereas females scored very cheap in factor 'A' also as Factor 'C, 'i.e. ("autonomus self regard"), where females who used Instagram scored low in Factor A. In social networking sites, low scores in Factor 'C' were seen within the mixture of all the given option. The findings of our study was fond to be comparative with the studies of (e.g. Giulia Fioravanti , Silvia Casalein 2015.)

 Loneliness was found to spread faster than perceived social relationships, with friends spreading faster than relations and girls spreading faster than males. The findings contribute to a more robust understanding of the broad social forces that drive loneliness, and that they suggest that efforts to cut back loneliness in society may gain advantage from aggressively targeting people on the periphery to assist them repair their social networks and make a protective barrier against loneliness that may prevent the complete network from unraveling (e.g. By Cacioppo, John T., Fowler, James H., Christakis, Nicholas A. 2009). This study also shows the influenced altogether aspects of judgment, memory ,and overt behavior by the currently accessible pool of thoughts, attitudes, and beliefs (Nisbett & Ross 1980, Higgins & King 1981, Shermanetal 1981, Snyder1982). All of this points to the notion that these factors can have a bearing on one's personality, behavior, and perception of self and society. The difference in mean values was caused by the actual fact that there have been more male participants than female individuals.

  **V. CONCLUSION**

Our research is one of the few that has coupled issues of social interaction anxiety, loneliness, and self-concept with exposure to social networking sites. According to the findings, more social networking exposure in terms of hours spent increases interaction anxiety and loneliness while decreases the value of self-concept. Overall, our research found that an increase in these specific factors can cause personality, behavior, and self-perception changes.

**Conflicts of interest:** The authors report no conflicts of interest in this work.

**Findings sources:** Self

**Ethical clearance:** Necessary permission was obtained. Verbal consent and written consent were obtained from all the participants who elected to participate in the survey.

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