



IMPACT OF MEDIA ON MENTAL HEALTH OF YOUTH

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ABSTRACT :

Present study therefore examined the difference between Facebook, Twitter users and non-users and what effect of their mental health. The sample consisted of 60 Male and 60 Female Facebook, Twitter users and none users between 18 to 25 years P. G. student. The Facebook intensity scale (FBI), Mental health check list were used. The results revealed that facebook users and non users are having significant difference on mental health. Improvement in mental health. Facebook, Twitter users possessed secure feeling, attachment style, while non-users had a unsecure and fearful attachment style.



KEYWORDS : Facebook, Twitter, Social Media, Mental Health, Intensity.

INTRODUCTION

Social media plays a important role and has influence in virtually every aspect of our lives. Today media has huge influence on mental health social networking sites, facebook, Twitter it hugely impacts all aspects of human life India has the largest number one social networking site. According to the internet and mobile association of India (IAMA) and Indian Market Research Bureau (IMRB) out of 80 million achieve internet users in urban area India.

Social media is social communication between people in which they create disabuse or exchange information and thoughts in communities and virtual networks. Social networks replay on mobile and web based technologies to create extremely interactive platform through which individuals and communities share converse and adapt users generated matter. In produce substantial and widespread changes in communication between organizations, communities and individuals.

Facebook, Twitter is an ever growing social networking website through which millions of people shear information and internet with others on a daily basis. Facebook is an online social networking in February 2004. Facebook is designed to faster social interaction in a virtual environment. It allows a user a create profile, display personal information, upload pictures, access other users profiles, accumulate online friends and interact with those friends through messages.

The World Health Organization defines mental health as a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

The present research focuses on comparison between facebook, twitter users and non users of PG student's mental health.

OBJECTIVES :-

- 1) To study the mental health of female facebook, twitter users.

- 2) To assess the mental health of male facebook twitter non users.
- 3) To examine the mental health of male facebook, twitter users.
- 4) To find out the mental health of male facebook twitter non-users.

HYPOTHESES:-

- 1) Male facebook users and female facebook users would be significantly difference of mental health.
- 2) Male facebook non users & female facebook non users would be significantly differ mental health
- 3) Positively relationship facebook and mental health

❖ **Method :-**

• **Sample:-**

The present research carried out in Kolhapur city. Random sample techniques were used to collect data. The sample consisted of 60 male and 60 female facebook, twitter users and non users between 18 to 25 years PG students.

Table No. 1

Sr. No	Group	Male	Female	Total
1	Facebook, twitter users	30	30	60
2	Facebook, Twitter non users	30	30	60
N= 120				

• **Tools :-**

• Facebook Intensity scale (FBI):-

FBI was developed by Ellison, stem field and Lampe (2007). Cronbachis alpha of FBI is 0.83 FBI has eight question designed to measure active engagement and emotional connection with facebook. The first size items are measured by using a five point liker scale (1 = strongly disagree and 5 = strongly agree). The last two items gauge the number of friends on facebook and the time spent on facebook each day. The facebook intensity score is computed by calculating the mean of all items in the scale.

• **Mental health check list:-**

The mental health check list was constructed and standardized by Dr. Pramod Kumar. This check list consists of 11 items (6 mental and 5 somatic) and each item was provided 4 alternatives. The split half reliability was found 0.70 and test retest reliability was found 0.65. the face validity appeared to be fairly high.

• **Statistical Treatment :-**

Mean, SD and 'T' test were adopted for analyzing data

Table No 2
Showing mean, SD, 't' value of facebook users and non-users

Sr. No	Group		Mean	SD	T	Significant
1	Facebook users	Male	47.63	8.47	3.77	0.01
		Female	54.06	11.07		
2	Facebook non-users	Male	49.27	8.24	1.6	Non significant
		Female	47.55	7.49		

• **Discussion :-**

Result shows of that mean score of male facebook users is 47.63 with SD 8.47 whereas of female is 54.06 with SD of 11.07. The difference between mean score of male and female facebook users

is significant at 0.01 level as 't' value is 3.77. There is females were more emotionally unstable Significant difference in mental health of facebook users male and female PG students, Hence the first hypothesis is accepted.

Mean score of male facebook non-users is 49.27 with SD of 8.124 whereas of female facebook non-users is 47.55 with SD of 7.49. The difference between mean score of male and female Facebook non-users is not significant at 0.05 levels as 't' value is 1.6. There is no significant mean difference of mental health among male and female facebook non users. Hence second hypothesis is not accepted.

• **Correlation analysis:-**

To see the relationship between facebook and mental health, researcher used Pearson product movement correlation.

There is positive relationship between facebook and mental health, $R = 0.38$ $P < 0.01$. It shows that facebook use has been found to have significant positive on mental health and well being. They will develop confidence in their social skills and realize that their personal life regarding facebook are unrealistic exaggeration of their mind, foster good will, empathy and support for others by dropping positive and helpful comments, moral support from the result shows that positive relationship between facebook and mental health so hypothesis no 3 is accepted.

Result shows that significant difference between facebook users and non-users there are more positive effect on mental health. It's important of remember that youth are hardwired for socialization and facebook makes socializing easy and immediate, connecting with immediate with other youths. So facebook users are healthy mental health and while non-users are more anxious, loneliness

• **CONCLUSION :-**

- 1) Facebook users and non – users would be significantly difference of mental health.
- 2) Male and female facebook users would be significantly difference of mental health.
- 3) Male and female facebook non-users would be not significantly difference of mental health.
- 4) There are positive effect of facebook on mental health.

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