

Original Research

Effect of social media addiction in young adults

Sandeep Govil

Associate Professor, Department of Psychiatry, Rama Medical College Hospital & Research Centre, Hapur, Uttar Pradesh, India

ABSTRACT:

Background: One type of Internet addiction is social media addiction, in which users feel compelled to use social media excessively. Social media addiction is characterized by an insatiable desire to access and utilize social media, as well as excessive worry over it. The present study was conducted to assess social media addiction in young adults. **Materials & Methods:** 235 subjects age ranged 18- 23 years of both genders were subjected to a 20-item social media addiction questionnaire (SMAQ) to measure addiction-like behavior and the Pittsburgh Sleep Quality index (PSQI) was used to assess sleep quality. **Results:** Out of 235, 115 were males and 120 were females. The mean SMAQ score in age group 18-20 years was 56.4 and in age group 21-23 years was 65.7. The difference was significant ($P < 0.05$). Sleep quality good was seen in 150 and SMAQ value was 56.1 and poor in 85 and SMAQ value was 65.2. The difference was significant ($P < 0.05$). **Conclusion:** The 18–20 age group exhibited low SMAQ values and poor sleep quality.

Key words: Social media, sleep quality, Pittsburgh Sleep Quality index

Received: 15 August, 2018

Accepted: 18 September, 2018

Corresponding author: Sandeep Govil, Associate Professor, Department of Psychiatry, Rama Medical College Hospital & Research Centre, Hapur, Uttar Pradesh, India

This article may be cited as: Govil S. Effect of social media addiction in young adults. J Adv Med Dent Scie Res 2018;6(10):223-225.

INTRODUCTION

One type of Internet addiction is social media addiction, in which users feel compelled to use social media excessively.¹ Social media addiction is characterized by an insatiable desire to access and utilize social media, as well as excessive worry over it.² According to studies, mood, cognitive function, physical and emotional reactions, and interpersonal and psychological issues can all be signs of social media addiction.³ The fact that excessive social media use is a type of behavioral addiction linked to elevated anxiety and depressed symptoms is becoming more widely acknowledged. Some experts have even drawn comparisons between severe social media addiction and substance-related addictions like alcoholism or nicotine use.⁴

According to estimates, teens and young adults in industrialized nations are most likely to suffer from social media addiction.⁵ In the last five years, India—the nation with the biggest youth population in the world—has emerged as a global leader in the adoption of smartphones and mobile data, which has contributed to the rise and acceptance of social media use.⁶ However, there aren't many research that have

assessed social media addiction in India, particularly using questionnaires that have been validated locally. Using a questionnaire modified from Young's internet addiction test, a recent study calculated that 36.9% of students in Southern India were addicted to social media.⁷ The present study was conducted to assess social media addiction in young adults.

MATERIALS & METHODS

This study comprised of 235 subjects age ranged 18-23 years of both genders. All agreed to participate in the study with their written consent.

Data related to them such as name, age, gender etc was recorded. The presence of acute desire, impaired control, withdrawal, tolerance, decreased alternate pleasure, and detrimental use were among the variables reported in a 20-item social media addiction questionnaire (SMAQ) used to quantify addiction-like behavior. Sleep quality was evaluated using the Pittsburgh Sleep Quality Index (PSQI). Students self-rated their responses to each SMAQ item using a 6-point Likert scale, where 1 represented "strongly disagree," 2 "disagree," 3 "weakly disagree," 4 "weakly agree," 5 "agree," and 6 "strongly agree."

Higher scores indicate a higher risk of addiction. The total SMAQ score was calculated by adding the individual scores for each of the questionnaire's 20

components. Results were assessed statistically using chi-square test with 0.05 p value considered significant.

RESULTS

Table I Distribution of subjects

Total- 235		
Gender	Males	Females
Number	115	120

Table I shows that out of 235, 115 were males and 120 were females.

Table II Assessment of social media addiction questionnaire

Age group (Years)	Mean	P value
18-20	56.4	0.05
21-23	65.7	

Table II, graph I shows that mean SMAQ score in age group 18-20 years was 56.4 and in age group 21-23 years was 65.7. The difference was significant (P< 0.05).

Graph I Assessment of social media addiction questionnaire

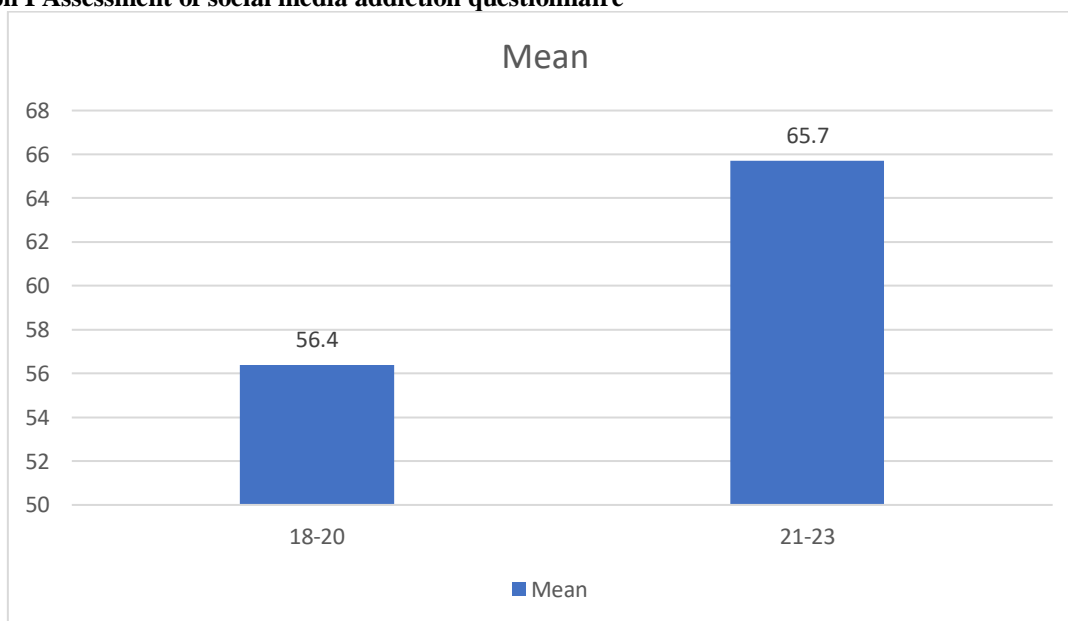


Table III Sleep quality in SMAQ

Sleep quality	Number	SMAQ value	95% CI	P value
Good	150	56.1	5.7	0.01
Poor	85	65.2		

Table III shows that sleep quality good was seen in 150 and SMAQ value was 56.1 and poor in 85 and SMAQ value was 65.2. The difference was significant (P< 0.05).

DISCUSSION

Other behavioral addictions are becoming more popular in the field of psychology, even if social media addiction is not yet included in the Diagnostic and Statistical Manual.⁸ It's critical to consider addiction holistically and identify the elements that comprise addictions in order to comprehend how social media addiction might develop.⁹ Although there is currently no official definition for social media reliance, experts have proposed behavioral addictions like smartphone and internet addiction.¹⁰ Video game addiction is just the second officially recognized behavioral addiction after gambling addiction, having

been characterized for the first time in the most recent Diagnostic and Statistical Manual (DSM-5). The issue is not social networking per se; rather, it is the potential for dependency to arise.¹¹ The present study was conducted to assess social media addiction in young adults.

We found that out of 235, 115 were males and 120 were females. Maqableh M et al¹² investigated how and to what degree the use of SNSs affects the students' academic performance. The current research's data was conducted by using drop and collect surveys on a large population from the University of Jordan. 366 undergraduate students answered the survey from

different faculties at the university. Research results showed that there was a significant impact of SNS on the student's academic performance. Also, there was a significant impact of SNS use per week on the student's academic performance, whereas no differences found in the impact of use of SNSs on academic performance due to age, academic achievement, and use per day to most used sites. The findings of this research can be used to suggest future strategies in enhancing student's awareness in efficient time management and better multitasking that can lead to improving study activities and academic achievements.

We observed that mean SMAQ score in age group 18-20 years was 56.4 and in age group 21-23 years was 65.7. Michikyan et al¹³ examined the relation between online academic disclosure and academic performance. A multi-ethnic sample of college students (N = 261; male = 66; female = 195; M age ≈ 22 years) responded to open-ended questions about their Facebook use. Thematic analysis revealed that over 14% of the Facebook wall posts/status updates (N = 714) contained academic themes; positive states were more frequent than negative and neutral states and students with lower GPAs expressed negative states more often. A path analysis suggested that academic performance may determine college students' Facebook use, rather than the reverse.

We observed that sleep quality good was seen in 150 and SMAQ value was 56.1 and poor in 85 and SMAQ value was 65.2. Depression and social media have a complicated relationship. When examining the relationship between depression and social media use, it is crucial to focus on adolescents and young adults because they use social media more frequently, have higher rates of depression, and are more likely to engage in dependency behaviors. Although psychologists acknowledge that social media, namely Facebook, may be linked to depression, it is extremely difficult to assess this association due to the paucity of longitudinal research on the subject. "A new phenomenon known as "Facebook depression" has been proposed by researchers, who define it as depression that arises in preteens and teens who spend a lot of time on social media sites like Facebook before they start displaying typical symptoms of depression."¹⁴

CONCLUSION

Authors found that the 18–20 age group exhibited low SMAQ values and poor sleep quality.

REFERENCES

1. Bányaí F, Zsila Á, Király O, Maraz A, Elekes Z, Griffiths MD, et al. Problematic social media use: Results from a large-scale nationally representative adolescent sample. *PLoS One* 2017;12:0169839.
2. Andreassen CS, Pallesen S, Griffiths MD. The relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large national survey. *Addict Behav* 2017;64:287-93.
3. World Health Organization. The ICD-10 Classification of Mental and Behavioural Disorders: Clinical Descriptions and Diagnostic Guidelines. Geneva: World Health Organization; 1992.
4. Al-Menayes J. Psychometric properties and validation of the Arabic social media addiction scale. *J Addict* 2015;2015:291743.
5. Ewing JA. Detecting alcoholism. The CAGE questionnaire. *JAMA* 1984;252:1905-7.
6. Paul, J.A., Baker, H.M. and Cochran, J.D. (2012) Effect of Online Social Networking on Student Academic Performance. *Computers in Human Behavior*, 28, 2117-2127. <http://dx.doi.org/10.1016/j.chb.2012.06.016>
7. Wentworth, D.K. and Middleton, J.H. (2014) Technology Use and Academic Performance. *Computers & Education*, 78, 306-311. <http://dx.doi.org/10.1016/j.compedu.2014.06.012>
8. Lomi, A., Snijders, T.A.B. Steglich, C.E.G. and Torló, V.J. (2011) Why Are Some More Peer than Others? Evidence from a Longitudinal Study of Social Networks and Individual Academic Performance. *Social Science Research*, 40, 1506-1520. <http://dx.doi.org/10.1016/j.ssresearch.2011.06.010>
9. Mehmood, S. (2013) The Effects of Social Networking Sites on the Academic Performance of Students in College of Applied Sciences, Nizwa, Oman. *International Journal of Arts and Commerce*, 2, 111-125.
10. Lau, W. W. Effects of social media usage and social media multitasking on the academic performance of university students. *Computers in Human Behavior* 2017;68: 286–291.
11. Andreassen CS. Online social network site addiction: A comprehensive review. *Curr Addic Rep* 2015;2:175-8410.
12. Maqableh M, Rajab L, Quteshat W, Masa'deh RE, Khatib T, Karajeh H. The impact of social media networks websites usage on students' academic performance. 2015;7(4)-1-6.
13. Michikyan, M., Subrahmanyam, K. and Dennis, J. Facebook Use and Academic Performance among College Students: A Mixed-Methods Study with a Multi-Ethnic Sample. *Computers in Human Behavior* 2015;45:265-272.
14. Griffiths MD. Is "loss of control" always a consequence of addiction? *Front Psychiatry* 2013;4:36.