



**“A STUDY TO ASSESS THE KNOWLEDGE REGARDING EFFECT OF SOCIAL MEDIA ON MENTAL HEALTH OF SCHOOL GOING CHILDREN IN THE SELECTED SCHOOLS OF PUNE CITY.”**

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**Abstract**

Social media refers to computer based technology that enables knowledge, thoughts and ideas to be shared through online communities and networks. The overuse of social media platforms is a growing phenomena and divisive topic in today's youth. Individuals have developed addictions to different social networking sites. Scientific research revealed that symptoms could result from over use of social networking sites addictions caused by substances, such as salience, mood modulation, tolerance, issues with behavioural addictions, withdrawal, and (Kuss & Griffiths, 2017). According to Chamath Palihapitiya, a former Facebook executive, Facebook was created to be compulsive. He discovered that social media platforms including Facebook, Twitter, Snapchat, and WhatsApp. Psychologically manipulate users with the goal of taking advantage of the behaviours of people of all ages. In a recent interview, Sean Parker, the former president of Facebook, stated that the procedure and Facebook's engineering team wants to take up as much of the user's time as possible. **Methodology:** Non-experimental exploratory techniques were used in this investigation. Data on 200 samples were gathered. Data were gathered from samples using a non-probability convenient sampling technique. A tool was created to determine the demographic factor, and a series of self-structured questions about effects of social media on the mental health knowledge were also included. **Result:** The result shows majority 72% of children's uses social media sometimes whereas 12% of children's uses social media very often and 16% of children's uses social media rarely. **Conclusion:** On the basis of the outcomes of the present study the underlying interpretations were made on the knowledge regarding effects of social media on the mental health of school going children and was found that 72% of the children uses social media Sometimes, 16% uses rarely and 12% of children uses social media very often and they have good knowledge regarding effect of social media on mental health. The study is conducted to assess the knowledge regarding effect of social media on mental health of school going children's in selected schools of Pune City. A review of literature has helped the researcher who gains depth information about the content. a tool was developed based on literature.

**Keywords:** (Knowledge, Assess, social media, mental health school going children, Non-Experimental Exploratory Study Design)

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## 1. Introduction

The term "social media" refers to computer-based technology that enables knowledge, thoughts, and ideas to be shared through online communities and networks. The internet-based social media platforms allow users to rapidly share everything, including videos, photos, documents, and private information. Via web-based software or applications on a computer, tablet, or smartphone, people engage with social media. 7.5 billion people live on the planet, and 4 billion of them utilize the internet. Globally, there are roughly social media has 3.3 billion active users. Social networking and media platforms first appeared in the 20th century, and they have since evolved and grown quickly. via social medias referred to as is known as "a technique for electronic communication whereby users set up online communities to share information, ideas, private messages, and other material on social media platforms, for networking, exchanging information, and communicating. Prominent social media platforms and tools include: • Facebook, the largest social network in the world, with more than 1.55 billion active members monthly. Users create personal profiles, add friends, and communicate with one another via messaging about the scenario. Users of Facebook have the option to "like" the pages that businesses build.

**Instagram:** using a free program to share images and videos and "enhancing the photographs with digital filters, frames, and added effects, then sharing them on different social networking sites.

**Twitter:** A social networking and micro blogging platform that enables people and organizations to stay in touch by exchanging succinct status

updates.

**Telegram** is a free, cross-platform, secure, cloud-based, and always-on messaging application that may be used to centralize instant chat.

Moreover, the program provides About

**Whatsapp :** In February 2009, former Yahoo! employees Brian Acton and Jan Koum created Whatsapp. It was not initially intended to be used as a chat application. is a voice-over-IP (VoIP), cross-platform, freeware, centralized instant messaging service that is available all over the world and owned by the US company Meta Platforms. In addition to exchanging messages, users may also trade photos, documents, user locations, and other stuff. Making audio and video discussions, sending messages via text and speech, and exchanging communications. Whatsapp has client applications for computers and mobile devices. To join up for the service, you need a mobile phone number.

## Need of the Study

Social media is a word used to describe a computer-based technology that makes it easier for people to share information, ideas, and thoughts through online groups and networks. Internet-based social media platforms enable users to quickly share content including films, images, documents, and personal details electronically. Internet-based software or applications are used by users to interact with social media on a computer, tablet, or smartphone. Teenagers may use the internet for up to 9 hours per day, according to a 2015 Common poll.

The fact that many of these people spend so much time on social media worries them. A 2019 study linked social media use to delayed and interrupted sleep. Evidence suggests that sleep issues are linked to negative mental health outcomes like memory loss and depression. Social media can lead to mental health issues by exposing users to cyber bullying. More than 6,000 people between the ages of 10 and 18 participated in a poll in 2020, and the results showed that about half of them had experienced cyber bullying. On October 3, 2018, the California Southern University Review Board gave its approval to this study. Social media can cause emotions of inadequacy. On social media, people favourably compare their lives to those of others, which can cause feelings of envy and unhappiness. According to a 2018 study, excessive social media use makes people feel more alone rather than less. Additionally, it stated that limiting social media use makes people feel less lonely and isolated and enhances their wellbeing. Social media can also encourage cyber bullying and alienation from friends and family and to assess the knowledge regarding effect of social media on mental health of the school going children. To associate the findings with demographic variables.

### **Aim of the Study**

The aim of the study was to assess the knowledge regarding effect of social media on mental health of school going children of selected school of Pune city.

## **2. Research Methodology**

The objectives of the study was to assess the knowledge regarding effect of social media on mental health of going

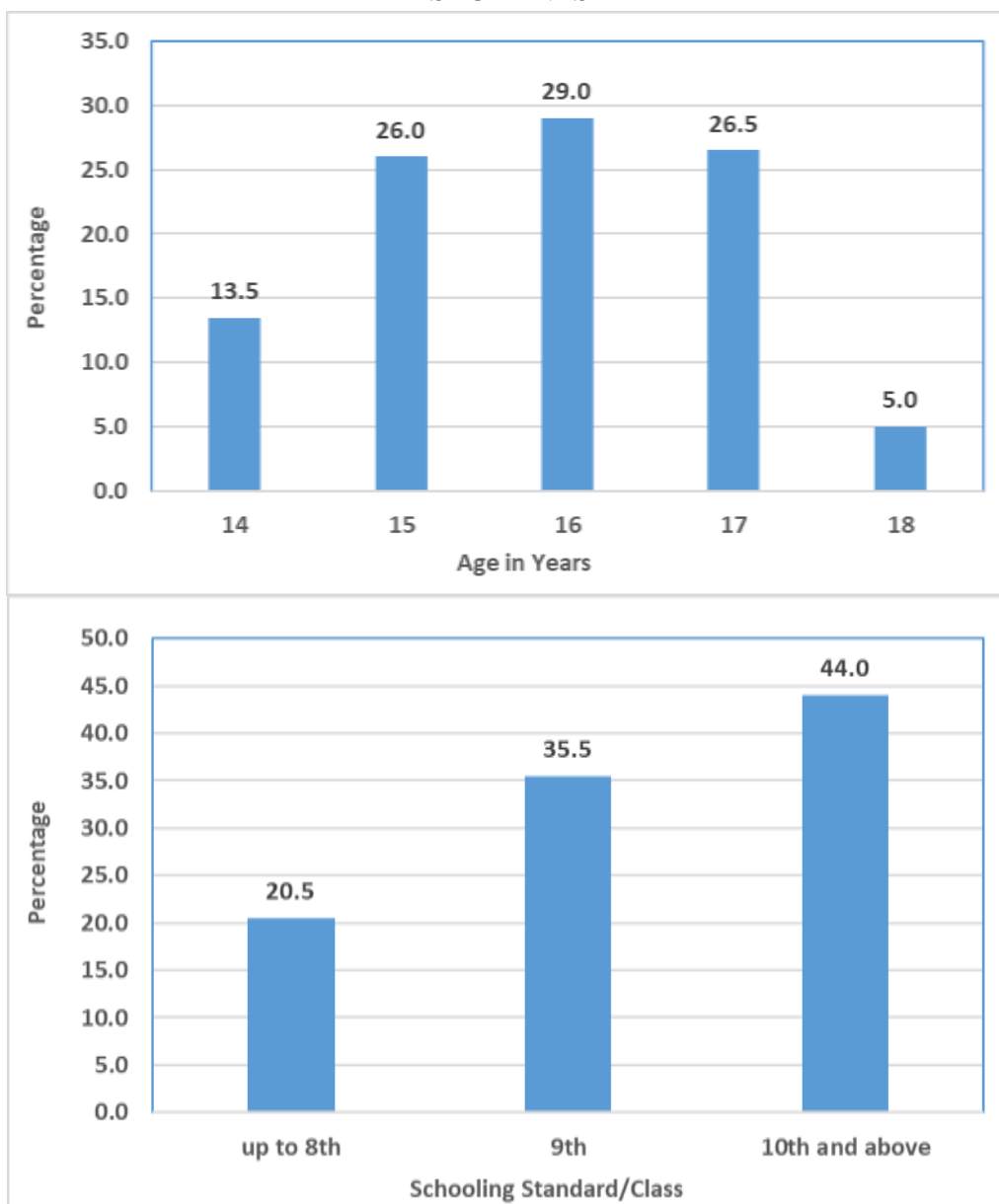
children of Pune city and to associate the findings with selected demographic variables. The research design was non-experimental exploratory study design, with setting of selected schools of Pune city. Our accessible population was children's of age group 10-18 yrs of selected schools of Pune city.

The sample size was 200 School going children and technique used was non probability convenient sampling technique. The tool used for data collection was a self structured questionnaire that contain demographic variables in section 1, and question to assess the knowledge regarding effects of social media on mental health in section 2. The written informed consent was taking from the participants prior to the data collection. The questionnaire's reliability was assessed using the test- retest method. The reliability was conducted from the 10% of the sample that is 20 school going children . Since our result was 0.9 that indicates that our questionnaire was reliable. Pilot study was done on the 10% of the sample and it was found to be accessible and feasible.

## **3. Results**

The result was divided into 2 sections. In Section-I demographic variable- The age wise distribution of school going children i.e 29% of sample belongs to age group of 16 years where 26.5% belongs to 17 years of age, 5% belongs to 18 years of age, 29% belong to 15 years of age and 13.5% belongs to 14 years of age And 44% of samples are studying in 10 th and above standard , 35.5% of the samples are studying in 9th standard and up to 8th standard 20.5%.

**Figure 1: BAR DIAGRAM SHOWING DISTRIBUTION OF AGE GROUP OF STUDENTS**



**Fig no-2 SCHOOLING OF STUDENTS.**

**Table no-2 Association with Parent's occupation N=200**

		Total Score			Total
		Rarely	Sometimes	Often	
Business	Count	8	68	15	91
	%	8.8%	74.7%	16.5%	100.0%
Farmer	Count	3	31	4	38
	%	7.9%	81.6%	10.5%	100.0%
Job	Count	20	40	5	65
	%	30.8%	61.5%	7.7%	100.0%

Other	Count	1	5	0	6
	%	16.7%	83.3%	0.0%	100.0%
Total	Count	32	144	24	200
	%	16.0%	72.0%	12.0%	100.0%

	Value	df	p-value	Significance
Pearson Chi-Square	18.371 <sup>a</sup>	6	<b>0.005</b>	<b>Significant</b>

This association is significant, indicating that students of business families use the social media more often; than the children of parents engaged in other occupations.

The result shows that maximum of the school going children's (72%)uses social media platforms sometimes and 24% children uses social media very often. This shows that they have the knowledge regarding effects of social media on mental health of themselves.

#### 4. Discussion:

This study can be compared to a study that was conducted by Sushila Lairikyengbam, Derin Okram, Digna P. R, Divyank Kalal regarding mental health among adolescents in selected areas of Pune city in the year of 2017.Among all 100 samples 6% are having poor knowledge ,74% having average knowledge and remaining 20% having good knowledge .

The study was conducted by McKenzie Mathewson regarding the impact of social media usages on students mental health in 2019.Among 378 ,97% stated using some from of social media . the study was indicate the weak positive correlation between social media usages and both anxiety and depression, as well as a non-significant positive relationship between suicidality and social media usage. In March 2020 Deepa M and Dr. V Krishna Priya conducted a study regarding impact

of social media on mental health of students . the study shows that most of the samples uses social networking sites and are spending their time more than 4hrs in a day they show symptoms of depression anxiety etc.

A study was conducted by Sarah Nichole Koehler and Bobbie Rose Parrell regarding the impact of social media on mental health for service provider awareness at California state university San Bernardino in June 2020 . Among 95 samples ,75% agree regarding social media's impact on mental health, the result shows both positive and negative impact on mental health. A study was conducted by the Seong-Soo cha and Bo-Kyung Seo regarding smart phone use and smart phone addiction in middle school students in Korea in the year of 2018, Among all 1824 samples 30.9% were smartphone addicted ,69.1% normal user of the smartphones. A study was conducted Viktor Schonning and Gunnhild Johnsen Hjetland in August 2020 regarding social media use and mental health and well being among adolescents.

#### 5. Conclusion

The study is conducted to assess the knowledge regarding effect of social media on mental health of school going children's in selected schools of Pune City. A review of literature has helped the researcher who gains depth information

about the content. a tool was developed based on literature

On the basis of the outcomes of the present study the underlying interpretations were made on the knowledge regarding effects of social media on the mental health of school going children and was found that 72% of the children uses social media Sometimes,16% uses rarely and 12% of children uses social media very often and they have good knowledge regarding effect of social media on mental health.

End results of the study has Implications in various fields of Nursing which includes Nursing Education, Nursing practices, Nursing administration and Nursing research.

The result shows majority 72% of children's uses social media sometimes whereas 12% of children's uses social media very often and 16% of children's uses social media rarely.

The result shows majority 69.1%of male children's uses social media sometimes whereas 17.9% male uses social media rarely and 13% of male children's uses social media very often.

Among Female children's majority 76.6% uses social media sometimes whereas 13% of female uses social media rarely and 10.4% of female children's uses social media very often.

According to the findings, children studying upto 8th standard, majority of 80.5% uses social media sometimes, whereas 7.3% children uses social media rarely and 12.2% uses social media very often.

Among children of 9th standard majority of 67. 6% uses social media sometimes. Whereas 21.1% uses social media rarely and 11.3% uses social media very often.

Among children of studying in 10th and above, majority of 71.6% uses social media sometimes, 15.9% uses social media rarely and 12.5% uses social media very often.

#### **Conflict of interest**

The author certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in the paper.

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