

IMPACTS OF SOCIAL MEDIA ON MENTAL HEALTH AND AGGRESSION

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ABSTRACT

This study was conducted to investigate the difference of the Impacts of social media on mental health and aggression. The main purpose of this research is to increase knowledge of the relationship between social media users and mental health, social media users and aggression, and highlight the need for psychosocial support for Social Media users. A total of 120 samples of social media users were taken from Surat City in Gujarat. Their samples were taken along with the data collected with the help of 'Mental Health Inventory' this scale was constructed by A. K. Shree Vastav and Dr. Jagdish (1982). and 'Aggression Scale' this scale constructed by Jansari, A. (2021). The data was used to obtain the Mental Health and Aggression measurement of the subjects. The collected data was statistically analyzed with the help of ANOVA and 'r' test. The results show that there is not significant difference in mental health between girls and boys using social media. ($F = 3.43$). There is significant difference in mental health between using less than 2 hours and more than 2 hours social media users. ($F = 66.01$). There is significant difference in mental health between gender and use of duration in the social media users. ($F = 12.69$). There is significant difference in aggression between girls and boys using social media. ($F = 45.69$). There is significant difference in aggression between less than 2 hours and more than 2 hours social media users. ($F = 183.96$). There is not significant difference in aggression between gender and use of duration in the social media users. ($F = 2.13$). There is significant correlation between mental health and aggression in girl using social media. ($r = 0.53$). There is significant correlation between mental health and aggression in boy using social media. ($r = 0.83$). There is not significant correlation between mental health and aggression in using less than 2 hours social media users. ($r = 0.07$). There is significant correlation between mental health and aggression in using more than 2 hours social media users. ($r = 0.42$). There is significant correlation between mental health and aggression in over all social media users. ($r = 0.58$).

Keywords: Social Media, Mental Health, Significant Correlation, Aggression Scale.

Introduction

In today's modern and digital era, social media plays an important role in one's life. It has affected the personal lives of all of us and dealt a heavy blow to our culture, economy and well-being. Widespread use of the Internet and social media can be an opportunity for innovation, socialization and learning. However, policy makers and researchers in public health have begun to express concern about the potential implications for youth mental health. Social media has also changed the way people socialize and communicate with each other. This study therefore aims to investigate the effects of mental health and aggression among users of various social media platforms.

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Social media provides a platform where people can share their ideas, connect with each other, build relationships and seek advice and guidance. The term mass media is defined as a means of communication that operates on a large scale, reaching virtually everyone in society. Social media is any digital tool that allows users to quickly find and share content with people. A wide range of apps and websites like Snapchat, Facebook, Instagram and LinkedIn are designed to share photos, videos and documents and communicate with each other.

Mental health is a state of mental well-being that enables people to cope with life's stresses, realize their potential, learn and work well, and contribute to their communities. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build good relationships, and shape the world in which we live. Mental health is a basic human right. And it is crucial for individual, community and socio-economic development. According to Lehner and Cube "Mental health is an adjustment to the world and to other persons that maximizes the individual's satisfaction." Herbal Carol (1969) "Mental health is the creation of conditions in which a healthy emotional life is possible and the treatment of milder mental illnesses makes it possible to prevent more severe and acute mental illnesses." All these definitions have a few literal differences. The common thread of all is that mental health is the intensive scientific effort to achieve a satisfactory state through healthy adjustment.

Aggression is an action intended to harm another. Social psychology refers to aggression as behavior designed to harm another person. Aggression is divided into two categories: instrumental aggression and hostile aggression. While instrumental aggression is used to achieve a goal or purpose, hostile aggression is aimed at harming others and includes two types of overt aggression (physical and verbal) and social aggression. Physical violence refers to intentionally causing harm to someone to make them uncomfortable, such as slapping, pushing, throwing objects, etc. Verbal aggression is the use of abusive language such as shouting and screaming that hurts a person's feelings and values and lowers a person's value in society. Social violence refers to behavior aimed at undermining the social status quo. Some forms of social violence involve extreme silence and indifference. Bhagi and Sharma (1992) view aggression as "injurious and destructive behavior." According to Johnson (1972) aggression is "physical or verbal behavior that is intended to hurt someone."

Alexandropoulou, E. (2021) Social media and aggressive behavior: to which extent social media influences aggression. The results of this study show that social media use is particularly strongly associated with various forms of problematic aggression. Teenagers and young adults are usually more affected, as they spend a lot of time online every day. Women are more susceptible to aggressive behaviors than men and therefore are victims more often. Kaur, R. & Bashir, H.(2015) Impact of social media on mental health of Adolescents. Explored both positive and negative effects of social media on the mental health of adolescents, positive effects include socialization, enhanced communication, learning opportunities and access to health information. While negative aspects include depression, online harassment, cyber-bullying, fatigue, stress, suppression of emotions, and decline of intellectual ability. In present world almost every individual from age of 11-93 is connected to the social media.

Methodology

Objectives

The present study was, hence, undertaken with the following objectives.

- A study of mental health among girls and boys using social media.
- A study of mental health among less than 2 hours and more than 2 hours social media users.
- A study of aggression among girls and boys using social media.
- A study of aggression among less than 2 hours and more than 2 hours social media users.

Hypothesis

The following things of hypothesis have been formulated for the investigation, here, researcher builds a null hypothesis.

- There is no significant difference in mental health between girls and boys using social media.
- There is no significant difference in mental health between using less than 2 hours and more than 2 hours social media users.
- There is no significant difference in mental health between gender and use of duration in the social media users.

- There is no significant difference in aggression between girls and boys using social media.
- There is no significant difference in aggression between less than 2 hours and more than 2 hours social media users.
- There is no significant difference in aggression between gender and use of duration in the social media users.
- There is no significant correlation between mental health and aggression in girls using social media.
- There is no significant correlation between mental health and aggression in boys using social media.
- There is no significant correlation between mental health and aggression in using less than 2 hours social media users.
- There is no significant correlation between mental health and aggression in more than 2 hours social media users.
- There is no significant correlation between mental health and aggression in over all social media users.

Participants

Total participants of 120 college girls and boys using social media. Were randomly selected from Surat city in Gujarat. The care was taken that the socio-economic levels of all subjects remain almost the same. The average age of participants was 18-22 years.

Design

The experimental design for this study was 2 x 2 factorial design. The first independent variable was gender (girls & boys). The second independent variable was use of duration (less than 2 hours & more than 2 hours). The first dependent variable was mental health score. The second dependent variable was aggression score.

Table 1: A table showing the number of samples selected

Independent Variable	Girls	Boys	Total
Less than 2 hours	30	30	60
More than 2 hours	30	30	60
Total	60	60	120

Measuring Instruments

For collecting the pertinent data, the following measuring instruments were used.

- **Personal Information Schedule**

The main purpose of this schedule is to collect certain pertinent data regarding the variables of the study, the various information such as, type of gender, age, social media use of duration are collected through this schedule.

- **Mental Health Inventory**

“Mental Health Inventory” Constructed by A. K. Shree Vastav and Dr. Jagdish (1982). The original hindi inventory was translated and standardized in Gujarati by Dr. Bhavna Thummar (2009) has been used. The inventory comprises 56 items, to be rated on four point inventory. The reliability of the “Mental Health Inventory” was determined by Split-Half method (r = 0.74). The validity of the “Mental Health Inventory” was determined by concurrent method (r = 0.68).

- **Aggression Scale**

“Aggression Scale” Constructed by Jansari, A. (2021). The original scale in gujarati has been used. The scale comprises 36 items, to be rated on five point scale. The reliability of the “Aggression Scale” was determined by Split-Half method (r = 0.62). The validity of the “Aggression Scale” was determined by concurrent method (r = 0.54).

- **Procedure**

A very smooth, cooperative and fresh environment was created for collecting the data, the investigator approached individually to all participants. The ‘Mental Health Inventory’ and ‘Aggression Scale’ was given to the participants when participants fill up the scale, these were collected. The scoring was done according to the manual.

Result

Table 1: Summary of analysis of variance for mental health in social media users

Source of Variation	Sum of Square	df	Mean Sum of Square	'F' Ratio	Level of Significant
A (Gender)	1484.04	1	1484.04	3.43	N.S.
B (Use of duration)	28582.54	1	28582.54	66.01	0.01
A x B	34.11	1	34.11	12.69	0.01
Wss	50227.81	116	433		
Tss	80328.50	119			

N.S. = Not Significant

Table 2: Summary of analysis of variance for aggression in social media users

Source of Variation	Sum of Square	df	Mean Sum of Square	'F' Ratio	Level of Significant
A (Gender)	12854.71	1	12854.71	45.69	0.01
B (Use of duration)	51750.54	1	51750.54	183.96	0.01
A x B	598.51	1	598.51	2.13	N.S.
Wss	32632.61	116	281.32		
Tss	97836.37	119			

N.S. = Not Significant

Table 3: Correlation between mental health and aggression among social media users

Independent Variables	N	'r' ratio between Mental Health and Aggression	Level of Significant
Girls	60	0.53	0.01
Boys	60	0.83	0.01
Less than 2 hours	60	0.07	N.S.
More than 2 hours	60	0.42	0.01
Over all social media users	120	0.58	0.01

N.S. = Not Significant

Discussions

The chief aim of the present research was to examine mental health and aggression among gender and use of duration in social media users. The derived result shows that out of eleven hypotheses, three hypotheses have been accepted and eight hypotheses are not accepted.

The difference in mental health between girls and boys using social media was not significant. Therefore, the hypothesis is accepted. It may be because today the difference between girls and boys is only gender. Both girls and boys use social media equally today. Both girls and boys can be victimized on social media. The impact of cyber bullying can lead to severe consequences such as stress, depression, anxiety, low self-esteem, isolation and loneliness. So there is no gender difference here. Rideout, v. (2016) The findings of the research found that women have lower well-being compared to men who use social media. But the results of this study appear to be neutral.

The difference in mental health between using less than 2 hours and more than 2 hours social media users was significant. Therefore, the hypothesis is not accepted. If a person uses social media for a long time, he cannot spend his time with other people. So the social relations with the persons close to him begin to diminish. So a person does not get mental support when he should get it. So his mental health deteriorates. A person, who uses less social media, spends time with family. So a person gets support and cooperation from others in his problem. So that the mental health of the person is good and the person can lead a happy life. For this reason, individuals who use social media for more than 2 hours have a worse mental health.

The difference in mental health between gender and use of duration in social media users was significant. Therefore, the hypothesis is not accepted. Social media is designed to grab the attention of users and as a result, it can lead to excessive time spent on screen. The effect of increased screen time are varied; ranging from disturbance in sleep, ignoring real-life relationships leading to isolation, It can lead to disturbed sleep, lower life satisfaction, decreased mood and restlessness. This affects overall mental health. Mohd, T and Mishra k, (2020) study results that male students are greater lively on social

media than female. The students spend an enormous quantity of time on social media. While maximum of the students are aware of the effects of social media on mental health and many expressed concern about mental health.

The difference in aggression between girls and boys using social media was significant. Therefore, the hypothesis is not accepted. Here we can say that male participants have higher aggression compared to female. Results also Shaban, A. and Kumar, P. (2016) who indicated that female participants are at high aggression in comparison to males. The reason may be that a woman, despite being more sensitive, does not express her anger quickly. That is why we call woman the idol of endurance. Whereas men do not control their anger and get angry quickly. Here the results of both may be different as region, state and culture influence.

The difference in aggression between using less than 2 hours and more than 2 hours social media users was significant. Therefore, the hypothesis is not accepted. Excessive use of social media makes a person aggressive. The reason may be that more violent news is seen in social media. It motivates a person to be aggressive. Sadiq, M.D. (2021) The investigation reveals that a substantial fraction of young people have altered their way of living due to a greater focus on online media for a significant portion of their day. These miracles will typically interfere with their sleep schedule and tests. Outdoor activities, eating habits, socialization activities, and other things. As a result, they will behave differently as a result of this example and will be especially prone to violence and annihilation. The solution to this problem is to either take effective steps to limit usage to specific times.

The difference in aggression between gender and use of duration in social media users was not significant. Therefore, the hypothesis is accepted. The reason why there was no difference between gender and use of duration social media may be that those who use social media for longer periods tend to be more aggressive.

The difference in correlation between mental health and aggression in girls and boys using social media was significant. Therefore, the both hypothesis is not accepted. Among girls, a statistically significant correlation of $r = 0.53$ was found, indicating a normal correlation. And a significant correlation was observed among boys $r = 0.83$, indicating a remarkable correlation. A higher score in the mental health questionnaire is interpreted as a lower mental health, so there is a positive correlation here, if a person's mental health decreases, the level of aggression increases.

The difference in correlation between mental health and aggression in using less than 2 hours social media users was not significant. Therefore, the hypothesis is accepted.

The difference in correlation between mental health and aggression in using more than 2 hours social media users was significant. Therefore, the hypothesis is not accepted. A significant correlation of $r = 0.42$ was found between social media users for more than 2 hours, indicating a normal correlation.

The difference in correlation between mental health and aggression in over all social media users was significant. Therefore, the hypothesis is not accepted. A significant correlation of $r = 0.58$ was found between mental health and aggression in overall social media users. Indicating a normal correlation.

Conclusion

- The difference in mental health between girls and boys using social media was not significant.
- The difference in mental health between using less than 2 hours and more than 2 hours social media users was significant.
- The difference in mental health between gender and use of duration in the social media users was significant.
- The difference in aggression between girls and boys using social media was significant.
- The difference in aggression between less than 2 hours and more than 2 hours social media users was significant.
- The difference in aggression between gender and use of duration in the social media users was not significant.
- The correlation between mental health and aggression in girl using social media was significant.
- The correlation between mental health and aggression in boy using social media was significant.

- The correlation between mental health and aggression in using less than 2 hours social media users was not significant.
- The correlation between mental health and aggression in using more than 2 hours social media users was significant.
- The correlation between mental health and aggression in over all social media users was significant.

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