MUSHROOMING OF SOCIAL EVILS FOR MILLENNIALS:
A STUDY OF NORTH INDIA

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ABSTRACT

Digital innovations, such as video games, are both a source of fear and hope. Reports in the popular news concerning the concept of video game addiction have alarmed many parents. The purpose of this chapter is to critically evaluate some of the one of the most widely held fears about video game addiction and give an overview of the science that underpins these concerns include the following:1) The concept of increasing the amount of time spent playing is covered in this chapter. is a sign of a problem with alcohol or drugs,2) the belief that video games are digital narcotics similar to cocaine or heroin, 3) the fear that Internet descriptions of symptoms can be utilised for diagnostic purposes, and 4) the belief that video games are inherently harmful. We believe that the term "addiction" is inappropriate for describing children's use of digital media.

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Keywords: Digital Innovations, Addiction, Digital Media, Internet Descriptions, Social Evils.

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Introduction

Social evils are issues that directly or indirectly harm society's members and are viewed as a source of debate or a problem in terms of moral principles. Caste system, poverty, dowry system, gender inequality, illiteracy, and other societal ills are all common. The social problems and superstitions that have ruled society for ages have made social changes necessary for the society's and masses' development. As a result, reform of religious practices is required. Equal rights for men and women are guaranteed by India's constitution. However, certain social evils exist in the society that tend to obstruct the country's progress. India is a diverse country with many cultures and traditions. It is critical for the country's development to eliminate all social ills; else, our country would stagnate.

The millennial generation has been labelled in a variety of ways. On the bad side, they've been described as slackers, narcissists, and job hoppers. Millennials are more civically and politically disengaged, more focused on materialistic ideals, and less interested about assisting the greater community than GenX (born 1962-1981) and Baby Boomers (born 1946 to around 1961). Extrinsic values such as money, fame, and appearance are becoming more important, while intrinsic values such as self-acceptance, group affiliation, and community are becoming less important. They've been described positively as well. People born between 1980 and 2000 are referred to as members of the Millennial Generation. People of the millennial generation are currently between the ages of 20 and 40. It's worth noting that, unlike previous generations in Western history, this generation has been shaped by a broader, far more integrated set of global cultural experiences as well as an unprecedented

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development in technology and innovation. Millennials are the generation most likely to use social media and demand access to technology. They communicate with others through social media. This generation uses social media to share their tales, pass the time, and keep up with current events numerous times throughout the day. For Millennials, social media has swiftly become the new age tool. This generation is the most active user of these technologies. While it is often used for entertainment, social media is also being exploited as a tool to push change. Social media allows Millennials to engage in rapid social action and gives a platform for freedom of expression. Millennials can build collective societies and take organisational action via social media. Millennials are increasingly involved in social media activism, which is helping to push social-political issues to the forefront of public debate.

Literature Review

Sloup (2021): As new networks arise and existing websites gain more members, the use of social media is on the rise. Millennials, who are now between the ages of 16 and 30, are the most heavily influenced by social media. Many millennials are readily affected by their social media following and content. Millennials are now more likely than in the past to utilise social media platforms such as Instagram and Facebook. An surge in millennials suffering from anxiety, sadness, and other mental diseases appears to be linked to their increased usage of social media. While social media is frequently associated with mental illness, it also contributes to mental health benefits such as connection, awareness, and dependability. Social media platforms are continually changing, presenting new opportunities and/or risks.

Talib (2021). The COVID-19 pandemic has caused widespread devastation around the world. India is likewise facing a difficult scenario, as the number of infected/positive cases continues to rise. Citizens will experience numerous psychological and emotional responses, including anxiety and insecurity, as a result of the precautionary measures and stringent restrictions imposed by the Indian government in the form of a statewide lockdown. The purpose of this study was to see how Covid-19 and the lockdown affected people's mental health. A total of 1,000 people were assessed for depression, anxiety, and stress using the DASS-21. The findings revealed that sadness, anxiety, and stress differed significantly depending on age, gender, and occupation. Depression was also found to be common among responders aged 15 to 35, as did general anxiety among those aged 15 to 35. and stress was high among those aged 21-25. Age

Kaplan (2020). A new generation of students and professors who have distinct viewpoints on society are challenging sociology. Millennials, often known as Generation Z, are the most progressive generation since the 1960s. As we educate them in our classrooms or visit activities on their campus, we have many opportunity to talk and introduce ourselves to power, diversity, and social change. Some Millennials/Gen Z believe that social scientists are limited by ancient beliefs and prejudices regarding race and gender, among other things, especially in academia. These outdated beliefs are incompatible with their vision of justice. Millennials aren't afraid to go against the grain. They already do so, and they encourage and support people of various gender and racial identities. A number of questions arise in my mind. How can sociologists assist them in their understanding? history, as well as other issues like racial and gender inequality? Are we prepared to deal with this generation? Are you prepared for our arrival?

Bland (2012) College is known to be one of the most stressful times in a person's life. The millennial generation of college students has distinct features, including how they deal with stress. The goal of this research was to find out which lifestyle patterns and coping mechanisms were linked to high or poor stress tolerance in millennial college students. The Stress Tolerance Questionnaire (STQ), which was consisting of checklists for stressors, symptoms, and coping techniques, was completed by randomly selected college students (N=246) in an epidemiological cross-sectional study. Subjects were split into high and low stress tolerance groups using stress tolerance ratios (STRs). Millennial college students' coping techniques and lifestyle choices are not only poor at reducing stress, but also put them at danger of developing a low stress tolerance.

Bright (2019) The goal of this research is to look into the phenomena of college Millennials becoming addicted to social media. The consumption continuum is used as a theoretical framework by the writers. The researchers utilised a "media deprivation" methodology that included both qualitative and quantitative data. According to the consumption continuum concept, some individuals may be in a "near addiction" or "social media addiction" phase when it comes to social media. A number of topics are discussed. Despite the limited sample size, this publication is the first to apply the consumption continuum concept to the study of social media addiction among Millennials. His paper investigates the concept of social media addiction and begins to look into the function of marketing in maintaining it.

Wilfred W.F. (2016) Social media has become an almost indispensible aspect of daily life in today's culture, particularly among university students, who are avid social media users. Multitasking on social media has also become more common. However, little is known about how social media use and social media multitasking affect university students' academic performance. The purpose of this study was to see if and how these two behaviours influence academic achievement in university students. This study found that using social media for academic purposes was not a significant predictor of academic performance as measured by cumulative grade point average in a sample of 348 undergraduate students at a comprehensive university in Hong Kong, but that using social media for nonacademic purposes (particularly video gaming) and social media multitasking were.

Kitzrow (2003) This study examines the literature on today's college students' evolving mental health needs, as well as the challenges created by both the rising number of students on campus with serious psychological problems and the rising number of students seeking counselling. The effects of student mental health issues on students, faculty, staff, and the institution are examined, as well as some ways for dealing with the increase in mental health needs on college campuses.

Rationale and Scope of the Study

In the modern society, the Gen Z and Millennials are much more advanced and updated with the current world than the previous generation (before 1980s). and with the modern world comes the modern problems which are much more complex among the masses. The social evils uprooting In the society are dangerous not only to the Millennials but also for the upcoming generation,The research aims to study the monsters growing deep, getting into the root cause and the ways to liberate from their shackles. This study aims to highlight the major social evils such as social media and loneliness, peer pressure, materialistic ideals, superficial connections, etc. And how all of these are so much interconnected to each other.

However, there are Certain Major Rationale to study the social evils mushrooming among Millennials:

- **Acute Digital Worlds:** As nowadays everything is online; from learning to romancing so it comes with major side effects such as bullying, shaming, trolling by strangers. It is another level of torment which makes it a little tough for the older generation to understand and comprehend with the issues faced by the Gen Z.
- **Fearful and Anxious at all Times:** Because of the glare of the social media the pressure to be updated with the fashion and technology creates an anxiety among the youngsters. 99% of this generation is hypersensitive to the emotional. Social, Financial and Political Turbulence in the society.
- **Increasing Gap among Gen X and Gen Z:** The increasing gap among the distant generations have not just caused trouble to the younger ones but also the older generation. The modern world is equally evil to both generations as it creates loneliness in the Gen X as well because they also expect from their offspring.
- **Neglected Intrinsic Values Over Extrinsic Values:** With rising stress and anxiety to deal with the modern world the Millennials are somewhere too much occupied to deal with the peer pressure and mental pressure that they are being ignorant of their intrinsic values towards an individual, family and the society.
- **Changing Attitudes and Beliefs towards Education and Career:** The present generation is somewhere being callous towards the modern methods of education and job opportunities. The element of hard work and dedication is missing; this also might be due to the result of mental stress and increasing competition. The belief to get everything easy might make them pay off later and this creates a gap of comprehension among the Gen X and Gen Z.

Scope of the Study

- **General Purpose of the Study:** The purpose of the study is to understand the concept of mushrooming social evils of the society on the millennial.
- **The Population or the Sample that you are Studying:** we are focusing on the millennials, to be more specific our sample is between 23-40 years of age group.
- **Topics or Theories that you will Discuss:** we are focusing on the millennials behavioral and physical changes due to the excess use of social media and gaming platforms.
- **The Geographical Location Covered in the Study:** we are focusing only on the northern part of India.

Objectives of the Research

- To understand the usage pattern or addiction pattern of millennial towards online gaming and related segments
- To understand the various dimensions of online gaming and social media on health and behaviour of millennial

Research Methodology

To test the hypothesis, data collection through convenient sample technique was done. The survey used a questionnaire to gather information on the impact of the social media and gaming platforms on the millennial and their children.

The total group for which the survey is designed in order to achieve the conclusions of our research investigations is referred to as the target population. Our target here was the people aging between 23-40 to tell us about their kid's behavioural aspect towards gaming and the damage caused by the addiction. We employed descriptive analysis for our research because we wanted to see what factors influence more on social evil for millennials. And we took a sample of around 151 individuals.

Data was acquired from respondents using Google Forms questionnaires. The questionnaire was separated into two sections, one of which contained the respondent's basic information such as name, email. The questions linked to our research were found in the other section. We experienced high level of difficulty in getting the data as most of the respondents were just filling the form only till 2nd or 3rd page only because of the length of the questionnaire, but we somehow managed to get it filled by 151 respondents out of the around 300 shared forms which provided insight into all of the crucial variables that we wanted to learn about through our survey.
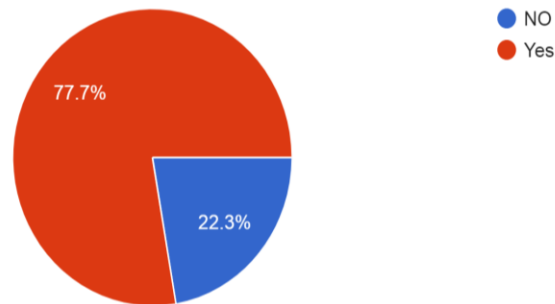
The questionnaire was created to collect all necessary data for our research. We mainly focused on six aspects social media, Behavior, Physical health, Peer relationship, Depression, Satisfaction
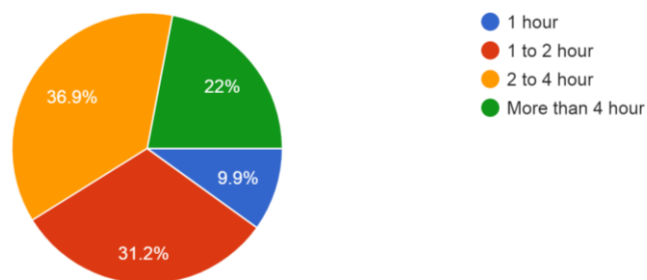
Data Review

- **Social Media**

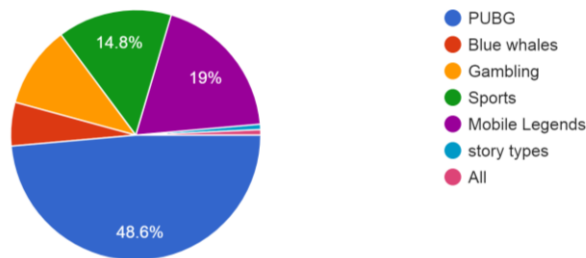Do you think the young generation is game addictive ?
148 responses
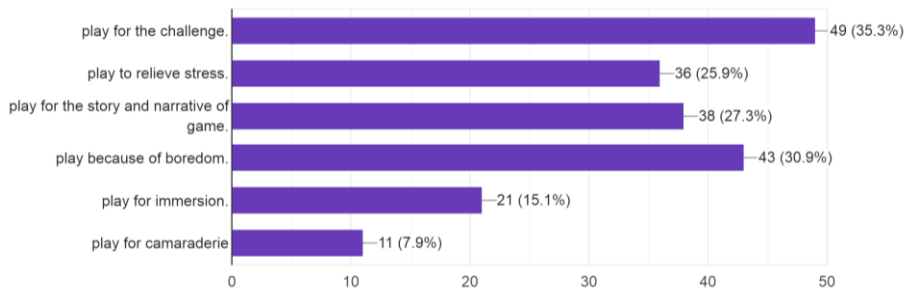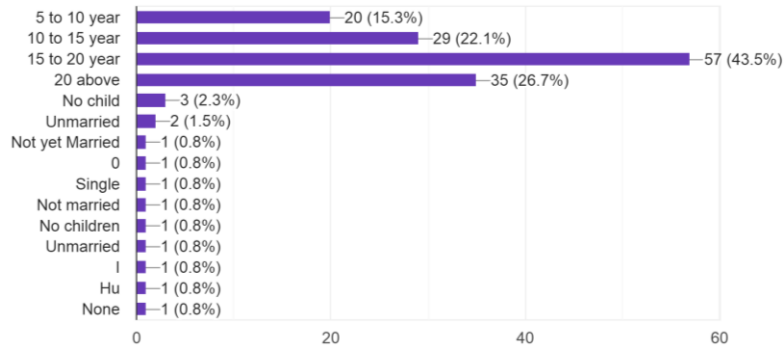

How many hours they are playing in a day ?
141 responses

what do you think which game is more attractive for them ?
142 responses

- PUBG
- Blue whales
- Gambling
- Sports
- Mobile Legends
- story types
- All

What reason for playing video games most applies according to you?
139 responses

play for the challenge.	49 (35.3%)
play to relieve stress.	36 (25.9%)
play for the story and narrative of game.	38 (27.3%)
play because of boredom.	43 (30.9%)
play for immersion.	21 (15.1%)
play for camaraderie	11 (7.9%)

What is the age of your child ?
131 responses

5 to 10 year	20 (15.3%)
10 to 15 year	29 (22.1%)
15 to 20 year	57 (43.5%)
20 above	35 (26.7%)
No child	3 (2.3%)
Unmarried	2 (1.5%)
Not yet Married	1 (0.8%)
0	1 (0.8%)
Single	1 (0.8%)
Not married	1 (0.8%)
No children	1 (0.8%)
Unmarried	1 (0.8%)
I	1 (0.8%)
Hu	1 (0.8%)
None	1 (0.8%)

Data Analysis

In the first statement regarding the Demographic expectancy which we asked to the respondents had a really high level of perception to the statement.

The users are in high favor to the statement that digital gateways have a good optimizing and their perception.

Interpretation

We determined that the majority of respondents who responded to our survey were between the ages of 21 and 40 based on the information we received through our questionnaire. According to the results of our poll, Social media keeps people disconnected from real-life events, which has a long-term negative influence on their social lives. Social media has a harmful impact on physical and mental health. Not only can social media have an impact on relationships, but it also diverts attention away from other tasks. Many individuals believe that social media is one of the most common forms of student distraction. It has an effect that is both destructive to kids' productivity and has been demonstrated to lower students' academic grades.
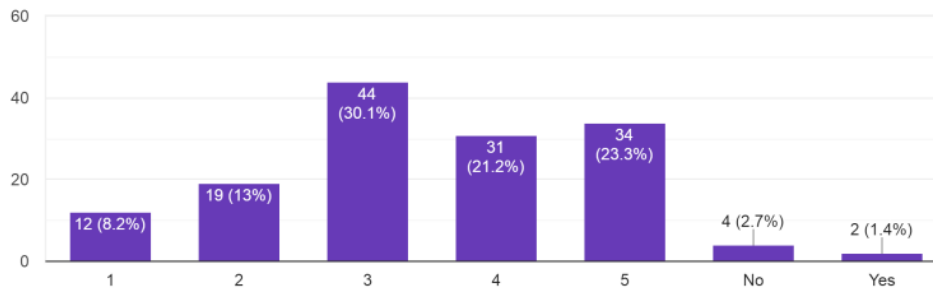
- **Behavior**

What do you think they have ever stolen money or anything else for gaming?
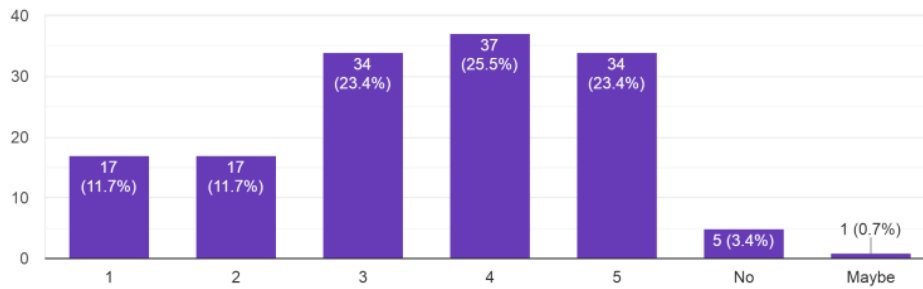
145 responses
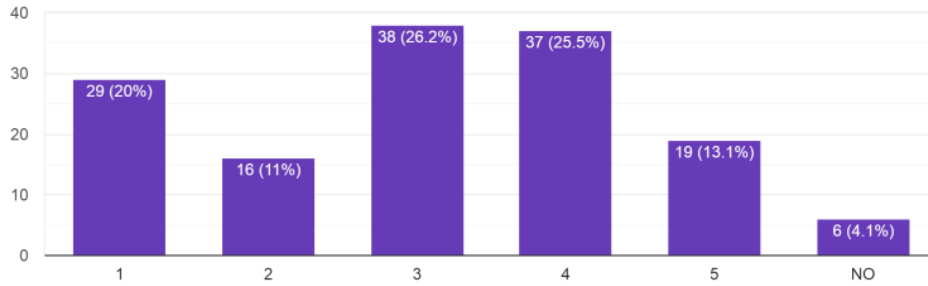
online games did affect on the psychological power of kid
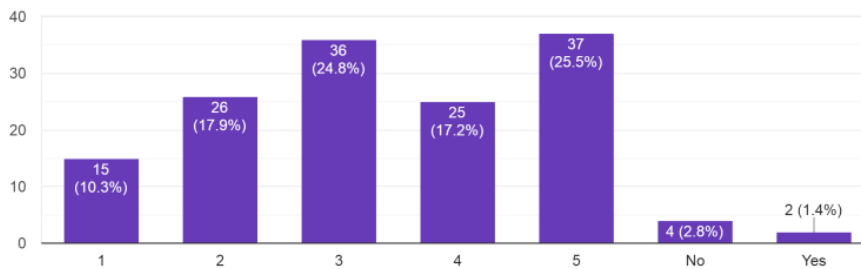
146 responses

Do you think they ever used sick days or vacation days or skipped work or class just for gaming?
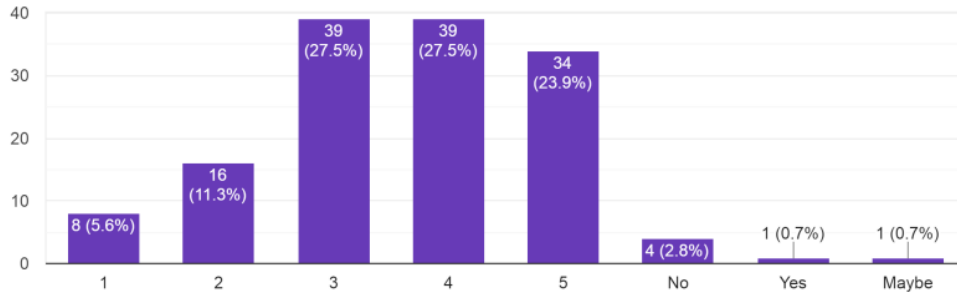
145 responses

Has gaming taken the place of any hobbies or sports they used to enjoy?

145 responses

Do you think they forget or neglect appointments, responsibilities or deadlines in work, school, or family when gaming?

142 responses

Data Analysis

In the second statement regarding the Behavior level which we asked to the respondents had a really high level of agreeing to the statement which was about behavior during playing the digital games.

Interpretation

According to our survey we found out that playing games was linked to problem behaviour, and this was the most important element, not the games themselves. Sleep deprivation, insomnia, circadian rhythm abnormalities, depression, anger, and anxiety have all been linked to gaming. Addiction to video games manifests itself in a variety of ways. Whether a person plays online or offline, there are a variety of changes in mood and behaviour that may indicate video game addiction. Due to the amount of time spent gaming, it's normal to observe a drop in performance at school or job, as well as troubles at home or with relationships.
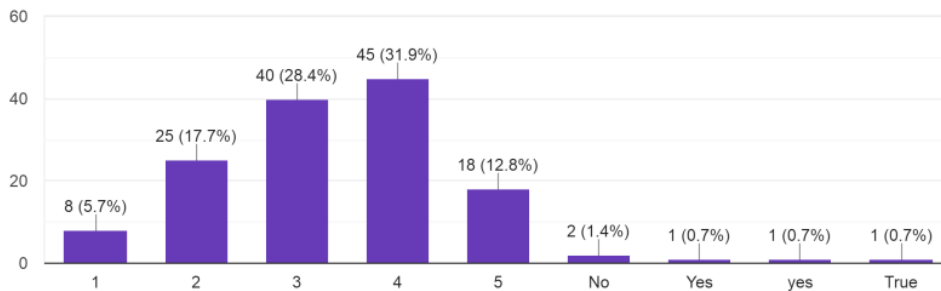
- **Physical**

Does they look anxious, upset, or depressed after play the games
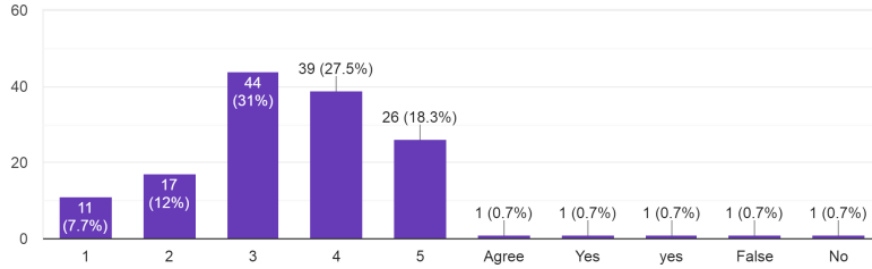
142 responses
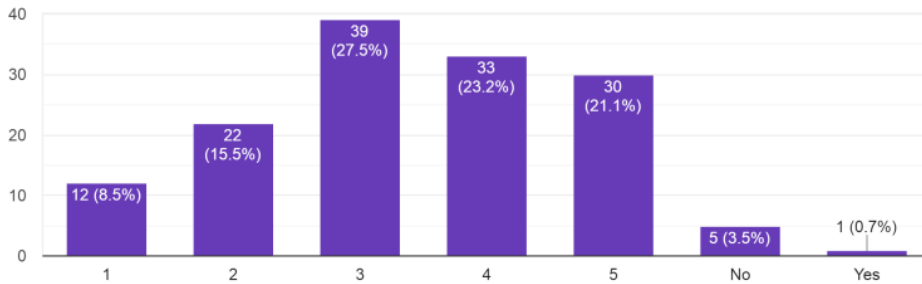
Do children spend all of their time playing video games.

141 responses

"Playing video games is unhealthy. It does not matter whether they are addictive or not, children should play as little as possible and preferably not at all."
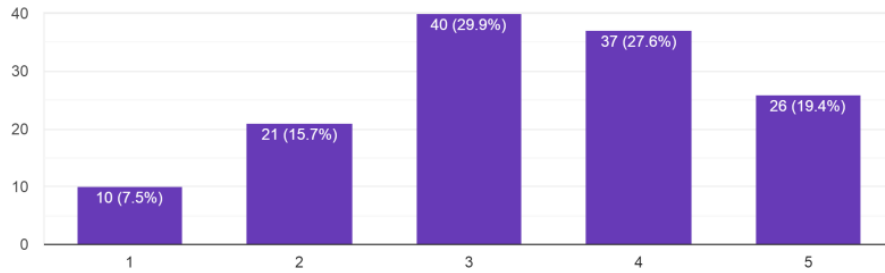142 responses

Do you think "Video games are digital cocaine. They hi-jack the brain's reward system (actually the dopamine system), so they are addictive by design."
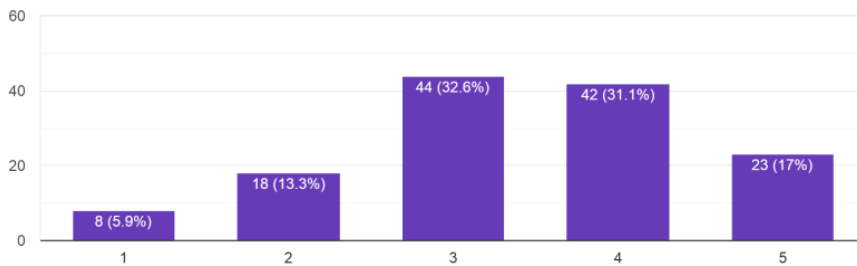140 responses
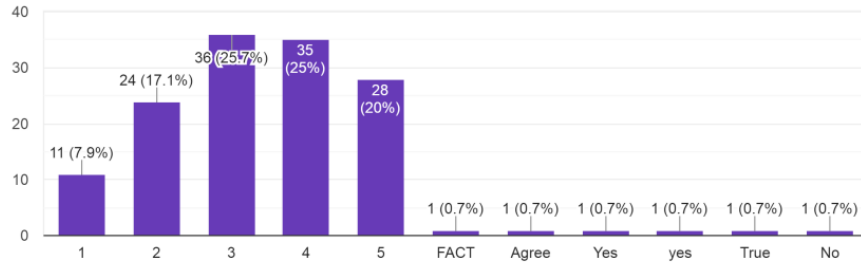
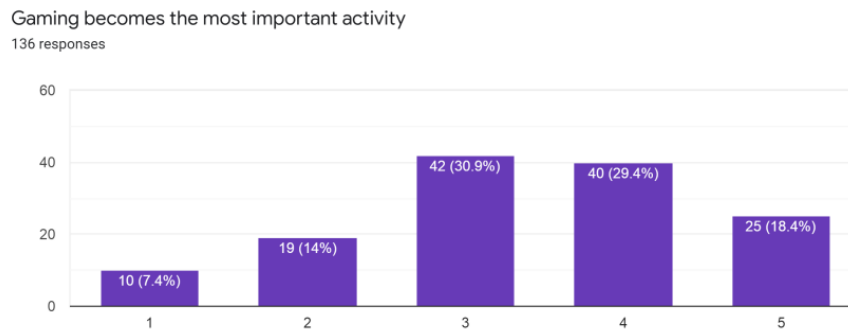Do they think about playing video games while they are not playing them?
134 responses

Does playing video games ever take priority over performing daily tasks (e.g. laundry, washing, work, etc.)?
135 responses

Gaming becomes the most important activity
136 responses

Data Analysis

In the third statement regarding Physical power level which we asked to the respondents had a really high level of agreeing to the statement which was about physically problems during playing the digital games.

Interpretation

We discovered that playing too many computer and mobile games causes physical harm as well as anxiety and depression in players. We also discovered that most teens who are addicted to mobile gaming had a high heart rate and blood pressure as a result of too much excitement and stress. They spend so much time in this other realm that their bodies begin to deteriorate. Carpal tunnel syndrome, migraines, sleep problems, backaches, food abnormalities, and poor personal cleanliness are all physical repercussions of gaming addiction. It's no surprise that carpal tunnel syndrome is a physical indication of gaming addiction because it's long been linked to computer use.

Conclusion

For millennials, this study delivers timely and relevant research on the mushrooming of social problems. Based on the information gathered and the analysis of replies from parents (Millennials) via Questionnaire. The purpose of this study is to illustrate the behaviour and perceptions of parents toward their children when it comes to digital gaming addiction. We suggest that the term "addiction" is inadequate to characterise the complex connection that most youngsters have with digital devices, even when their involvement appears to be excessive. The term 'addiction' in psychiatric terminology usually refers to a chronic illness condition that is characterised by dysfunction and has severe negative consequences. Video game addiction has yet to be proven to have detrimental consequences equivalent to other addictions. Many research, as we've seen in this chapter, fail to find not only a causal relationship, but also a simple correlation. Because there is minimal evidence of long-term harm, the word video game addiction, while maybe useful in terms of expressing a point, does not appear well adapted to characterise children's everyday contact with video games. Work addiction, exercise addiction, food addiction, sex addiction, and other activities are not currently recognised as addictions, presumably because they are all a part of most people's daily lives and are mostly beneficial (if not essential) to human flourishing, and thus do not always cause problems. We would argue that video games, like the other activities stated above, are commonplace hobbies that should not be stigmatised or overly problematized. They may be an issue for certain people in some situations, but this appears to have more to do with the individual and their social surroundings than with gaming or a particular game. We would argue that if we, as a scientific community, wish to better understand excessive or problematic video game use, the phenomena should be investigated in its own right rather than being forced into an addiction framework. One researcher suggests that instead of talking about issue gaming, which we don't know whether it is, we instead talk about problematized gaming, which we do know is that it is considered to be a problem.

According to our poll, the majority of respondents were concerned about the negative effects of video games on children. The prospects feel that their children are highly addicted to the gaming platform, which is affecting their physical and mental health. They believe it is a complete waste of time and energy that could be better spent elsewhere for future development. But we believe that negative perceptions about gamers in general, as well as the societal stigma attached to individual gamers, cause significantly more harm to young people's psychological development than video games alone. Such stigmatization should be avoided until there is proof of a clear link between video games and negative effects.

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