Social Networking Addiction and Academic Self Concept

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Abstract

Addiction in simple terms can be defined as induced behavior which compels an individual to do an activity repeatedly. It has got many negative repercussions which in turn affect the overall personality of an individual in terms of his personal as well as spiritual achievements. In most addictions people feel compelled to do certain activities. It has got many negative effects often that it becomes a harmful habit. Today, we are living in the age of information and technology where so many powerful tools are available at our finger tips and are readily available all round. We are just a click away from our near and dear ones. Social media platform provides us an opportunity to interact with our friends and family members in a real time manner e.g. Face book Twitter Whatsapp, Hike, Google, Skype, Messenger and so on. Up to a minimal level all these application or tools are helpful to share ourselves/information with the outer world. But at same time, spending too much time on such tools like Facebook or Twitter leads to permanent behavior change which we can term as social networking addiction. Although there is few medical recognition of this type of addiction as a disorder or disease but the behavior change associate with it have become the subject of discussion and subsequent research.Social sites usually provides an individual a platform to create individual public profile and to meet people based on shared information. Evidence based upon case study of such addicts suggests that this addiction may be a potential mental health problem for the users. The present paper is an extract of Ph.D. work on the area Effect of Social Networking Addiction and Academic Self oncept in Adolescents on Their Academic Achievement.

Keywords: Networking, Behavior, Social Sites,

Introduction

Addiction usually refers to compulsive behavior that leads to negative effects. In most addictions, people feel compelled to do certain activities so often that they become a harmful habit. Social networking addiction is a phrase sometimes used to refer to someone spending too much time using Facebook, Twitter and other forms of social media.

Social media is a platforms for online discourse where people create content, share it, bookmark it and perform networking task in a real time manner. Because of essay access ease of use, fast, reach, social media is changing the public discourse in society and setting trends as well as agenda in topics that ranges from environment and politics to technology and academic achievements. People especially students use Facebook, blogs, twitters, ect to share interact with friends and peers. In past few years, social media web sites have become common; giving people a new way to interact with each other and communicate, with the world. Social networking sites provide tools to the students by which they can communicate, share information and create new relationship. The way web users interact and talk to each other has changed over the years and this change is still continuing.

There's no official medical recognition of social networking addiction as a disease or disorder. Still, the cluster of behaviours associated with heavy or excessive use of social media has become the subject of much discussion and research. Social networking sites are virtual community where a user was can create individual public profiles, interact with real life friends and meet other people based on shared interests. Anecdotal case study evidence suggests that addiction to social networks on the internet may be a potential mental health problem for some users.

The mass appeal of social networks on the interest could potentially be a cause for concern, particularly when attending to the gradually increasing amounts of time people spend online. On the internet,

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people engage in a variety of activities some of which may be potentially to be addictive. Rather than becoming addicted to the medium percent, some users may develop an addiction to specific activities they carry out online. Young argues that there are five different types of internet addictions, namely computer addiction, information overload, net compulsions, cyber sexual addiction and cyber relationship addiction.

Recently students use IT tools for several purposes such on connecting to friends, family, reading news, events, notification etc. Technology has become an integral part of our lives and one way that many students stay connected is through the use of social networking sites.

These SN technologies when introduction into education cultivates several advantages such as facility, Staff sharing learning materials with students enhance creativity innovations very easy to learn to use they are few permissions of multimedia tools for enhancing the understanding of students.

The use of internet also helps to replace the traditional classrooms. So they are valuable research for analzing uses is natural behavious use people information social links in the changing opinions among users in this network can be used by social analyses to discover mental pattern of user. So it can be easy to enter but unable to find exit gate from it. So upcoming students becomes addicted of it user. There answer has +Ve as well as +Ve impacts on their learning.

Social networking sites are virtual communities where users can create individual public profiles, interact with real life friends and meet other people based on shared interests. Social networking sites are egocentric sites. It is the individual rather than the community that is the focus of attention. Facebook helps us to connect and share with the people in our life.

If Facebook and Twitter redefined the way India did politics in 2014, the growing popularity of Whatsapp could well be the game – changer of the future. Political parties are working out a different social media strategy ahead of the 2017 assembly election. Instead of one IT cell, parties are looking to have a more decentralized approach. AAP, Congress and BJP have started creating WhatsApp groups at the block level in every constituency to pass on information to party supporters. Videos and photos is what people consume in large quantities in the small towns and villages which can be shared more easily on WhatsApp. Also, WhatsApp content can't be monitored as easily. Almost everything goes, and that drives popularity. "You don't have to log in and therefore not to worry if the messages have anything objection-able". (Hindustan Times of India)

With the growing use of smart phones, social media has become a part of daily life, not only in cities but in semi-urban areas as well. But doctors say that this "overindulgence" in the virtual world is taking people away form reality and pushing them towards unstable mental health.

Citing a recent example, Dr. Ranjan said that a girl in her late teens only spoke about her pictures uploaded on Facebook and the reactions to it throughout the counseling session at the institute. She refused to talk about any topic other than Facebook posts and her list at virtual friends, whom she had never met.

The disorder is curable through counseling and a complete prohibition of social patients away from the virtual world may also make them violent. Reports of people committing suicide over their friend request being rejected or due to comments mocking them have also come to the notice of experts, says Dr. Neha Syed, assistant professor of clinical psychology, central institute if Psychiatry (CIP), Ranchi.

A senior doctor from one of the leading private neuropsychiatry institutes in Kolkata, requesting anonymity, said that recently he had treated a teenage girl who had fallen in love with a fake Facebook account holder. Both were in need of medical attention. One had an alter ego while the other was miles away from reality.

"Living in the virtual world has become dangerous for people. We are often amazed by the high number of people suffering from mental disorders due to social media.

In many areas of behavioral addiction, there has been debate about whether some excessive behaviour should even be considered as genuine addictions (e.g., video game playing, internet use, sex, exercise etc.) and some debate holds for addiction to social networking. *Griffiths* has operationally defined addictive behavior as any behavior that features what he believes are the six core components of addiction (i.e. salience, mood modification, tolerance withdrawal symptoms, conflict and relapse. (Griffiths, J. Addict Research theory 2013, social networking addiction: Emerging themes and issues.)

In 21st century children are not only technically better connected than their earlier generations rather they are more competent of acting independently and talking their own decisions children these days use a mobile phone, laptop, tablets and other gadgets with effortless case and they make a large chunk of the active users of all social network forums such as Facebook WhatsApp, SnapChat, Xbox, Twitter, Youth, Skype etc.

Social media has brought about a revolution in the way people connect with each other. The barriers of distance have been almost negated in this new era. Using features like Google Translator, talking with strangers no longer come along with the familiar and disturbing language barrier. Not only do children learn how to use and become proficient with technology, developing their creative abilities, appreciating new and different perspectives and enhancing their communication skills, they are also gaining immensely on the behaviours front. The researchers found that young people are more likely to help others after playing a pro-social as compared to a neutral video game and are as likely to empathize and help a stranger in need.

However, like all good things, social media comes along with some really heavy dirty burden.

Although social media firms encourage parental guidance, at least they claim to, it is easily understood that this is an nonexistent as the mythical yeti. Children, not easily share their personal problems to far-away unknowns, they are also vulnerable to predatory adults into revealing sensitive information about their families and homes. Studies have proved that increased social media indulgence has led to development of an innate narcissism in youngsters which not only manifests in intolerance and violent behaviours but also creates a dual personality; wherein a timid and silent kid is a virtual cyber bully. Sharing of photos that one regrets later, has become a common phenomenon. Children are also an easy prey to non-age appropriate cyber content including misleading advertisements. Another disheartening aspect of the increased presence in the virtual world is the increasing disconnect with the real world. Children can often be seen discussing virtual world activities in classes and recess. Physical activities have been witnessing a rapid decline as the good old evening sports are fading away. (Social media and its adverse effect on children Teachers pride ISSN 2348-4152 Vol. I Issue 8 Aug. 2014)

Aim of the Study

Now a day, it is commonly observed that with the advancement of social networking sites like internet, Twitter, Facebook, WhatsApp, Friendster, MySpace, ChatOn etc., the students studying in secondary schools especially adolescents are addicted to social networking. It is evident that many sites are being used as tool by adolescents for all the activities from dawn to dusk. Children are much addicted of mobile phones to use, Facebook, Twitter, Whatapp etc. that they remain on phone during social situations or in the presence of family. Sometimes, it is used by them to bully others but excessive use of social networking sites can cause or worsen health problem and academic achievement of adolescents. The addiction of social networking affects the academic achievement to large existents. The students who are addicted social networking sites, wastes their valuable time in such activities which hampers their academic achievements. Hence, there is an urgent need for generating awareness of ill affects of social networking addition in view of the previewing situations.

Since academic achievement has been one of the most important goals of the educational process and in today's competitive world it has become an index of child's future. The investigator decided to investigate the problems, that is, "effect of social networking addiction and academic self concept in adolescents on their academic achievement"

Concept of Social Media and Education

Social media can be defined as any website that enables the users to create public profile within that website and relationship with other user. It facilitates building of social network among people who share interests, activities and background on real life connections. Basically it is a great way to stay connected and offers a very convenient way to share photos, videos etc. Social media platform definitely impact the way in which learners engage with tech in general. Social networking and their educational uses are of interest to many researchers.

Social Networking sites usage mild to server addiction

Autonomy

Adolescents very concerned about expectations and of others to make decision, more conforms to social pressure to think and act.

Environment Mastery

Adolescents may experience lack of competence in changing and improve surrounding with these they may unaware of surrounding opportunities.

Personal Growth

A sense of personal stagnation, lack of sense of improvement or expansion, uninterested with life and feels bored.

Purpose in Life

Lacks of a sense of meaning in life and direction has less aims and objectives in life. He also argues that any behavior (e.g. social networking) that fulfils these six criteria can be operationally defined as an addiction. To explain the formation of social networking sites addiction–Turel and Serenko recently summarized three overarching perspectives that may not be mutually exclusive.

Cognitive – Behavioral Model

This model emphasizes that 'abnormal' social networking arises from maladaptive cognitions and is amplified by various environmental factors and eventually leads to compulsive and or addictive social networking.

Social Skill Model

This model emphasized that 'abnormal' social networking arises because people lack self presentational skills and prefer virtual communication to face to face interactions and it eventually leads to compulsive and / or addictive use of social networking.

Social–Cognitive Model

This model emphasizes that 'abnormal' social networking arises due to the expectation of positive outcomes, combined with internet self – efficacy and deficient internet self regulation eventually leads to compulsive and/or addictive social networking behaviour.Twitter is a rich source of instant information stay updated keep other updated. It's whole thing customize Twitter by choosing who to follow. Then see tweets from those folks as soon as they are posted. Twitter is a service for friends, family and co-workers to communicate and stay connected through the exchange of quick frequent answers to one simple question.

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